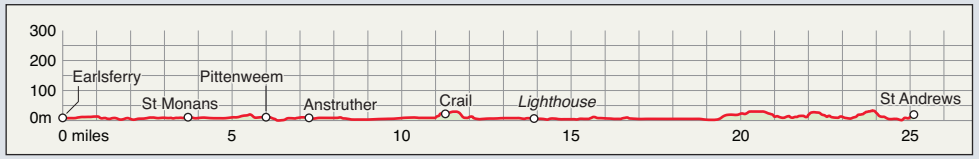
PRACTICAL INFORMATION



- **Terrain** A mix of coastal paths, sandy and rocky beaches, with steep ascents and descents, particularly towards the end of the walk
- **Difficulty** Challenging, with sections impassable at high tide
- **Directions & GPS*** 020pdf, 020.gpx, 020.kml at 💻 https://trailblazer-guides.com/press

* See p10-11 for more information on downloads

ROUTE OVERVIEW — 25.1 miles (40.5km)

A challenging but spectacular coastal walk, following the Fife Coastal Path. It's important to plan ahead and be prepared for the sections that are impassable at high tide.

Earlsferry to Crail — 11.4 miles (18.4km)

WARNING: At **high tide** the stretch between Newark Castle and St Monans, where it passes at the foot of the sea wall by St Monan's church, will be **under water**. A short **alternative inland route** is signposted just after Newark Castle which rejoins the coastal path just after the church, adding a negligible amount to the journey.

- **Time** 4 hours actual walking time
- **Total ascent** 300m/984ft
- **Map** OS Explorer *OL371 St Andrews & East Fife*

At Chapel Ness you immediately pick up the well-signed Fife Coastal Path all the way to St Andrews. The first **3.9 miles** to St Monan's run along the mainly level grassy clifftop. From St Monans the path is punctuated with lovely fishing villages, reaching Pittenweem after **1.7 miles**, Anstruther **1.6 miles** later and Crail after another **4.2 miles**.

Crail to St Andrews — 13.7 miles (22.1km)

WARNING: At high tide two sections of the stretch beyond Fife Ness become **impassable**, and there are **no alternatives**. The first is 1.4 miles after Constantine's Cave, where the path runs along the beach for half a mile, passing beneath rocky cliffs and round a headland before returning above the high-tide line. The second comes shortly after passing the Torrance Golf Course, where the path again descends to the sands to pass beneath a rocky headland. **Check the tide times** before setting out: 💻 metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times/gfn0h1ztx

- **Time** 5½ hours actual walking time
- **Total ascent** 548m/1798ft
- **Map** OS Explorer *OL371 St Andrews & East Fife*

In contrast to the previous day's landscape, this more rugged coastline has rocky headlands interposed with the occasional white-sand beach. The headland at Fife Ness is reached after **2.5 miles**, followed by a combination of cliff top and beach stretches, plus one short diversion inland, for the remaining **11.2 miles** to St Andrews.

Day walk options

- **By public transport** Markinch is the nearest railway station to the start at Earlsferry, while Leuchars station is closest to the end. Crail can be reached by bus or taxi from either station.
- **Taxi option** Markinch Cabs (☎ 01592-756550, 💻 markinchcabs.co.uk); St Andrew's Quick Taxis (☎ 07938-151900, 💻 standrewsquicktaxis.co.uk).

Where to eat/stay

- **Elie** ***Elie Bay Bed and Breakfast*** (☎ 01333-330942, 💻 eliebedandbreakfast.co.uk, 2 Wadeslea KY9 1EB), close to the start of the walk.
- **Pittenweem Lunch** by the harbour, sampling the local seafood at either ***The Dory Bistro & Gallery*** (☎ 01333-311222, 💻 thedory.co.uk, noon-2.30pm & 5-9pm, East Shore) or ***Larachmhor Tavern*** (☎ 01333-311888, 💻 thelarachmhor.blogspot.com, 6 Midshore).
- **Crail Stay** in a historic fishing village at the characterful ***Marine Hotel*** (☎ 01333-450207, 💻 crailbandb.co.uk, 54 Nethergate).

PILGRIMAGE HIGHLIGHTS

- Stunning coastal walking in the footsteps of St Adrian, St Monan and St Fillan.
- At Pittenweem explore **St Fillan's Cave** (Key from Cocoa Tree chocolate shop, High Street; 💻 pittenweemchocolate.co.uk, Tue-Sun 10am-5pm).
- Watch out for guillemots, shag, eider, cormorants and dolphins as you walk through **Kilminning Coast Nature Reserve** (💻 scottishwildlifetrust.org.uk).
- Explore the ruins of once-vast **St Andrew's Cathedral** and climb **St Rule's Tower**, built to house the saint's relics (💻 historicenvironment.scot/visit-a-place/places/st-andrews-cathedral; Apr-Sept 9.30am-5.30pm; Oct-Mar 10am-4pm)

St Andrew's saint's day: 30 November

			Walk 20: Earlsferry to St Andrews
Distance from start	**Distance from last direction**	**OS references**	**CAUTION: Short sections on both days one and two of this walk are below the high tide mark. On Day 2 there are no alternative, high-tide routes, and the danger sections highlighted below and in the book should not be attempted for at least two hours either side of high tide. Get tide times here**: metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times/gfn0h1ztx
0	0		From Chapel Ness, walk north towards the village of Earlsferry.
55yds/50m	55yds/50m	NT 48055 99451	Reach Chapel Green Rd and walk along it.
370yds/340m	320yds/290m	NT 48101 99709	At the staggered crossroads go straight ahead along High St.
790yds/720m	470yds/430m		At the crossroads go straight ahead along Williamsburgh, which runs from Earlsferry into the adjoining village of Elie, and becomes Liberty, then Links Pl, Bank St, and finally High St.
1.1miles/1.8km	0.9mile/1.4km	NO 49329 00075	Turn right off High St into Stenton Row, which becomes The Toft and runs alongside the harbour, with the sea to your right.
1.2miles/1.9km	550yds/500m	NT 49429 99866	Turn left off The Toft into Admiralty Ln.
1.3miles/2km	110yds/100m	NT 49514 99882	Turn sharp right to continue along Admiralty Ln.
1.4miles/2.3km	330yds/300m		At the end of Admiralty Ln, by the car park, continue straight on to the path, signposted Fife Coastal Path. Follow the clear path running south east across the headland of Elie Ness and pick up the coastline again, following the path as it swings gently left, and passes to the right of the East Links golf course, with Lady's Tower beach to your right.
2.5miles/4km	770yds/700m	NO 50845 00690	The ruins of Ardross Castle are to the immediate left of the path. Continue along the distinct path, hugging the shore line all the way.

			CAUTION: the section of the path that runs below the seawall alongside St Monan's church is under water at high tide. Follow sign for high tide route, branching left just before Newark Castle to avoid this stretch if appropriate. It runs along a field margin and then a minor road to arrive at the far side of the church.
3.2miles/5.2km	0.7mile/1.2km	NO 51818 01231	The ruins of Newark Castle are to the seaward side of the path, and the path skirts left around the ruins.
3.3miles/5.3km	110yds/100m		Turn right to follow the path, which picks up the shoreline alongside a tapering stone turret that was once a dovecote.
3.6miles/5.8km	550yds/500m	NO 52260 01435	St Monan's church, and site of his chapel, is immediately to the left of the path. To continue, follow the path as it descends to cross Inverie Burn via a stone bridge and becomes tarmacked. Bear slight left to follow the path, which becomes very narrow and passes between houses and climbs to reach the junction of two roads: Braehead and West End.
3.6miles/5.9km	110yds/100m	NO 52355 01501	Turn right on to West End to descend to the harbour in the village of St Monans.
3.7miles/6km	110yds/100m	NO 52405 01492	When West End reaches the harbour it bears left to run alongside it. Follow this road, which becomes West Shore and then Mid Shore, and passes through St Monans. As it turns away from the shore it becomes Forth St. Follow Forth St as it ascends.
4miles/6.5km	550yds/500m	NO 52773 01666	Bear right at the Y junction to take Rose St.
4.1miles/6.6km	110yds/100m		At the end of Rose St, continue past the car park on your right and take the broad tarmacked path through St Monans Costal Park.
5.1miles/8.3km	1.1mile/1.7km	NO 54440 02374	At Pittenweem Crazy Golf, bear left away from the coast, and leaving the Fife Coastal Path, to pick up the tarmacked lane that leads to West Braes.
5.3miles/8.5km	220yds/200m		Turn right on to West Braes, which becomes High St, and takes you through the village of Pittenweem.
5.6miles/9km	550yds/500m	NO 54904 02586	Turn right into Cove Wynd, a narrow pedestrian way that descends towards the harbour.

5.7miles/9.1km	110yds/100m		St Fillan's Cave is on your left. Continue down Cove Wynd and turn left at the harbour, walking along East Shore and then Abbey Walls Rd, with the harbour to your right.
5.8miles/9.3km	220yds/200m	NO 55158 02549	Where Abbey Walls Rd turns sharp left, go right, picking up a path that runs over grass, parallel to the shore. Continue as the path passes between the back gardens of houses and the shore, becomes tarmacked, then reverts to grass.
5.9miles/9.5km	220yds/200m	NO 55386 02676	At this point the path passes to the right of a row of domestic garages. It is hard to spot and there is no signpost to assist you, but aim for the back end of the garages and a narrow opening will become evident. The path runs between the shore and the links as it passes Anstruther Golf Club.
6.3miles/10.2km	770yds/700m	NO 56117 02840	Pick up the tarmacked service road and follow it to the village of Anstruther.
6.7miles/10.8km	660yds/600m		Continue along the service road as it passes to the left of The Rockies cafe.
6.8miles/10.9km	110yds/100m	NO 56317 03211	At the junction, where Bankwell Rd goes to left and right, continue straight on along Shore Rd. You are now in the village of Anstruther.
6.9miles/11.1km	220yds/200m	NO 56358 03443	Turn left into Crichton St.
6.9miles/11.2km	110yds/100m	NO 56314 03474	Turn right into Pittenweem Rd, the A917, which becomes High St West.
7miles/11.3km	110yds/100m	NO 56424 03507	Turn left on to Elizabeth Pl.
7.1miles/11.4km	110yds/100m	NO 56493 03611	Turn right into High St East.
7.2miles/11.5km	110yds/100m	NO 56558 03619	Turn right into Rodger St, which becomes Shore St, and runs alongside the harbour.
7.5miles/12.1km	660yds/600m		Continue along the harbour as the road becomes East Shore, then East Green, then consecutively James St, John St, George St.

7.9miles/12.8km	770yds/700m		Pass Cellardyke Harbour and continue along this coastal road, which becomes East End.
8.2miles/13.2km	440yds/400m	NO 57864 04120	Alongside Cellardyke Play Park, where the road splits, ignore the option that ascends left to Kilrenny Mill Caravan Park, and bear slight right to continue along East End, the tarmacked road close to the shore. After the caravan park the route becomes a narrow path, over grass, running close to the beach.
9.9miles/16km	1.7miles/2.8km	NO 59977 05811	Arrive at Caiplie Caves, which also appear as The Coves on OS maps. To continue, pick up the coastal path once again for the village of Crail.
11miles/17.8km	1.1miles/1.8km	NO 61043 07102	Where the path joins a tarmacked service road called West Braes, continue along West Braes towards Crail.
11.2miles/18km	220yds/200m	NO 60953 07315	Turn right on to Anstruther Rd, the A917.
11.3miles/18.2km	220yds/200m		A path to your right leads down to Crail harbour. The route continues into the village.
1.4miles/18.4km	220yds/200m		This point on the High St is the focus for pubs, restaurants, cafes and accommodation in the village.
			Day 2
11.7miles/18.8km	440yds/400m	NO 61433 07933	Turn right into Kirkwynd
11.8miles/19km	220yds/200m	NO 61546 07852	Where Kirkwynd turns sharp right and becomes Nethergate, continue straight, taking the path over grass towards the shore.
11.9miles/19.1km	110yds/100m	NO 61644 07803	Bear left on the tarmacked path that passes between the shore and a children's playground.
12 miles/19.4km	330yds/300m		Follow the tarmacked path as it loops left, then pick up the steps on your right, turning right a few yards after the top of them to continue along the coastal path.
12.1miles/19.6km	220yds/200m	NO 62129 07842	Where the path joins the service road just outside Sauchope Links caravan park, bear right and walk through the park, following this road.

12.7miles/20.5km	990yds/900m	NO 62817 08257	Bear right off the road between the caravans, picking up the path beside the shore and following it through Kilminning Coast Wildlife Reserve and on to Fife Ness.
13.9miles/22.4km	1.2miles/1.9km	NO 63830 09763	At Fife Ness, round the headland on the narrow path between the lighthouse and the rocky shore, shortly after which the path joins a tarmacked access road. Bear right to follow this road.
14.2miles/22.8km	440yds/400m	NO 63571 09891	Bear right off the tarmacked access road, taking the path along the shoreline, keeping the Craighead Links golf course to your left.
14.4miles/23.2km	440yds/400m	NO 63345 10109	Constantine's Cave is to the left of the path. Continue past Balcomie Golf Links, where the path follows a line at the top of the beach, but is very faint. You may find it easier to walk along the sands for this stretch.
14.7miles/23.6km	440yds/400m		At this point the path up on the shoreline becomes more distinct, and it is easier-going to revert to it.
15.8miles/25.5km	1.1miles/1.8km	NO 61772 10946	**CAUTION: The path here, 1.4miles after Constantine's Cave, runs on to the beach for half a mile, and can be impassable around high tide**.
16miles/25.8km	330yds/300m	NO 61308 11247	The Fife Coastal Footpath route is indistinct here. Avoid the temptation to bear left and pick up the track but continue along the edge of the beach through the golf course.
16.5miles/26.5km	770yds/700m		Here the path joins a compacted access track along the fringe of the remainder of the golf course.
16.6miles/26.7km	220yds/200m	NO 60836 11651	Follow the track as it bears left, then right, passing through a belt of woodland, emerging to run along the fringe of the Kingsbarn Links golf course, close to the shore.
17.3miles/27.8km	0.7mile/1.1km	NO 60216 12460	Walk through Kingsbarn Beach car park, then pick up the footpath-cum-track as it runs along, approximately 20yds in from the beach, later rejoining the access track to cross the remainder of this golf course. After it, the route becomes a narrow path running between farmland and the beach.
19.4miles/31.2km	2.1miles/3.4km	NO 58132 14315	Here the path swings left inland, alongside a river called Kenly Water, running upstream through a wood.

20miles/32.2km	0.6mile/1km	NO 57417 13881	Turn right to cross Kenly Water via a footbridge, and emerging from the wood bear left to follow a track past Burnside Farm and Boarhills Farm.
20.6miles/33.2km	0.6mile/1km	NO 56680 14368	Where the path meets a track running left to right, with a large barn diagonally left ahead of you, turn left before the barn, then immediately right to run alongside it on a farm track.
20.7miles/33.4km	220yds/200m	NO 56519 14470	Turn right off the farm track onto a grassy track that leads dead straight between fields to the shore.
21miles/33.8km	440yds/400m	NO 56553 14881	Turn left onto the path running along the shore.
21.3miles/34.2km	440yds/400m	NO 56312 15004	Reach Buddo Rock, a distinctive outcrop of stone between the path and the beach.
22.7miles/36.6km	1.5miles/2.4km		**CAUTION: This section of the route, after passing the Torrance Golf Course is very close to the shore and can become impassable at high tide.**
23.2miles/37.3km	770yds/700m	NO 53730 15766	Round Kinkell Ness for the final approach to St Andrews.
23.9miles/38.6km	0.8mile/1.3km	NO 52517 15695	The path passes to the right of East Sands View caravan park, and turns 45 degrees right.
24miles/38.7km	220yds/200m		The path bears 45 degrees left on the approach to Sea View caravan park, then turns sharp right just before it. Follow the path as it skirts to the right of the caravans and continues through the outskirts of St Andrews.
24.8miles/40km	330yds/300m	NO 51638 16559	Bear left to cross St Andrews harbour via the footbridge.
24.9miles/40.1km	110yds/100m	NO 51591 16574	Turn right behind the buildings lining the harbour onto The Shore.
25miles/40.2km	220yds/200m	NO 51610 16648	Turn left onto The Pends and climb, passing the ruins of St Mary on the Rock church. The Pends becomes Gregory Place, and the ruins of St Andrews cathedral are to your left.
25.1miles/40.5km	330yds/300m	NO 51336 16746	Turn left into Gregory Lane. The entrance to St Andrews cathedral is on your left.