

The Ramblers - St Andrews & N.E. Fife Group

St Andrews & North East Fife Ramblers continued their summer programme with a circular walk from Cupar along the River Eden. We set out from the Fluthers on a hot and sunny Sunday morning, grateful for the cooling breeze which prevailed during the 6.5-mile walk. We were pleased to be joined by a young visitor who certainly reduced our average age by a considerable amount! We headed southwest along the Eden, stopping briefly for refreshments at the water's edge, where we were amused at the exhortations of another walker to 'enjoy our picnic'. On reaching Damside we were unable to follow the river any further due to a landslip and so our leader had adjusted the route to take us along the edge of the golf course at Elmwood. Russell Mains provided our venue for lunch, with a glimpse of East Lomond through a break in the trees. Our route then took us over the railway line and after a pleasant stroll through the grounds of Stratheden Hospital we completed the final stretch of road back into Cupar.



A few days later we met again for our monthly mid-week walk, starting at Abdie Church near Grange of Lindores. It was good to see some familiar faces making their appearance again. Fortunately the light rain, which had forced us to clear our windscreens en route to the starting point, stopped as quickly as it had started and there was plenty to catch up on as we set off on our 'lollipop' route towards the forest tracks of Weddersbie Hill. We stopped to inspect the carved Pictish symbol stones at the remains of the old churchyard before crossing a field and making our way along the road beside

Golden Loch and up towards the forest. After a short break we continued through the trees, passing the old Red Myre loch, now completely filled in with bracken and other damp-loving vegetation. We emerged on the western edge of the forest to yet another view of the Lomonds and our designated lunch stop. The track then brought us round to the opposite side of Red Myre and after a further mile we left the forest for the return leg along the minor roads to Abdie.



For the time being we are still keeping our walks local to Fife, with a maximum of 15 people on each walk. Details of our walks – which are open to guests as well as members of Ramblers – can be found on our website www.standrewsnefiferamblers.com