

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



St Andrews & North East Fife Ramblers enjoyed good weather and a full turnout once again on a circular 7-mile walk from Limekilns at the end of last month. As we walked through the village we happily accepted an invitation to 'help ourselves' to surplus – and delicious – apples sitting at a resident's gate. Our route took us across the busy A985 in the direction of Pitliver and shortly afterwards, a brief stop for refreshments. Continuing on an easterly path we had good views over to Dunfermline Abbey before turning onto

farm tracks and our lunch destination in Bellknowes wood. Suitably restored we made our way along more woodland paths, passing Douglasbank Cemetery and back to the main road at Brucehaven. Safely across, we joined the coastal path heading downhill to the shoreline, with striking views of Rosyth Dockyard and the bridges and Pentlands in the background. Arriving back at our starting point, several of our number adjourned to a nearby café to complete a very pleasant and sociable day out.



Our leisurely mid-week outing this month was a circular 4-mile walk of St Andrews' Lade Braes and Balgove Estate. We were very pleased to welcome back one of our regular walkers after several months' absence. Once our Walks Co-ordinator had finally deigned to join us at the designated start point (if not the start time) we set off 13-strong along the Lade Braes on yet another bright and sunny walking day. We enjoyed a scenic coffee stop at the duck pond before making our way via the cemetery to Balgove Estate, pausing to admire the vibrant berry-laden trees and hedges lining the route. Then it was downhill to cross the A91 and follow the coastal/cycle path back into St Andrews, and for some, a light lunch to finish.



The following Saturday 12 walkers met at Newburgh for an 8-mile 'lollipop' walk to Glenduckie Hill and back, following the (inland) coastal path for much of our route. We took the opportunity to support the BBC Countryfile Ramble for this year's Children in Need Appeal, raising £100 on the day. Not long into the walk, as we were making our way uphill we came across a young horse with its forelegs tangled in a fence. Our 'horse whisperer' came to the rescue and with help from others,

fortunately they managed to disentangle the animal without injury to it or themselves. Shortly after this excitement, our luck with good weather came to an end when – as forecast – the leaden skies overhead spilled into a steady rain. The 'prolonged ascent' promised in the walk description continued, with a quick break for coffee, until the path levelled out to give some respite before the next uphill stretch along the woodland track. By the time we reached Glenduckie Hill we were glad to move into the relative shelter of the trees for lunch. After a quick ascent of the hill to take in the limited views and our Walks Co-ordinator's culinary joke, we continued with the circular part of the walk. Thankfully the rain began to ease and by the time we were completing another ascent on

the so-called downhill section, it had cleared completely – though not before your correspondent had concluded that her waterproof jacket no longer meets that description. Newburgh and the Tay were now clearly visible below as we completed the return leg. As we passed our horse, we were glad to see that it was grazing happily and none the worse for its encounter with the fence. A great walk in spite of the weather!



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](http://www.standrewsnefiferamblers.com)