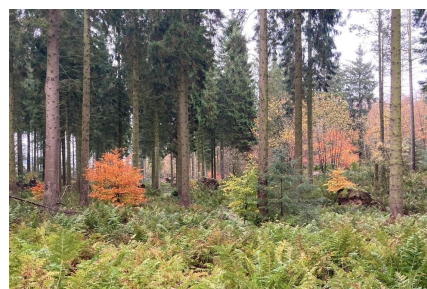


The Ramblers - St Andrews & N.E. Fife Group



On the last Sunday in October, nine St Andrews and North East Fife Ramblers and one guest had a 7-mile circular walk from Kinghorn via Kinghorn Loch to Kirkcaldy, returning along the coastal path. We started uphill towards the golf course, skirting around its edge and following a path towards the Loch. On reaching the water's edge we had our coffee break in splendid sunshine, watching ducks and swans and admiring the energy of the skiffie crew as they rowed around the loch. Continuing uphill past the old

agricultural buildings at Craigencait, we stopped to have a very informative chat with a local well-versed in the history of the area. The track took us to a minor road, where we passed under the pair of 'kissing trees' before turning right and heading gradually downhill towards Kirkcaldy. At this point the rainclouds which we had seen looming menacingly from the west finally caught up with us, prompting the hasty donning of waterproofs. Fortunately, by the time we reached our planned lunch stop by the shoreline – completely lacking in shelter from the elements – the rain had passed through so we were able to sit in comfort at the picnic tables and appreciate the views out to sea. We now joined the coastal path and were delighted to spot three seals basking on the rocks as we made our way back to Kinghorn.



The following Saturday, ten walkers gathered on a drizzly morning at the Clink car park near Auchtermuchty for an 8.5-mile walk through Pitmedden Forest. Our path took us uphill through the trees and after a short spell on a minor road we were back into the forest. Here we stopped briefly for refreshments, then continued along the undulating track to the junction known somewhat confusingly as Seven Gates – with only one gate in evidence. Turning right we followed the path to Carpow Hill, which overlooks the River

Tay, but sadly the mist and rain denied us the good views depicted in the walk description. Further along this path we sought relative shelter under trees for our lunch break, before returning to Seven Gates and then onto a series of paths taking us back towards our starting point. By now the skies had cleared, and for the last couple of miles we enjoyed the autumn woodland colours – and even a burst of sunshine – as we made our way to the car park. Over post-walk refreshments in Auchtermuchty, our favourite raconteur shared with us an entertaining tale about his recent encounter with parameters – a fine conclusion to a great day out.



Our next outing is on Wednesday 16th November, a 5-mile circular walk from Leven to Lower Largo. This follows an easy, low level route along the beach, coastal path and woodland tracks. All of our walks are open to guests who would like to try out The Ramblers, and full details can be found on our website www.standrewsnefiferamblers.com