

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



In a change to the original programme, St Andrews & North East Fife Ramblers met last Saturday at the East Sands, St Andrews for an 8-mile circular walk taking in the coastal path and countryside to the south of the town. We set off in the cool morning sunshine towards the Rock and Spindle and after carefully navigating several slippery sections on the undulating path, we enjoyed a well-deserved coffee break with fine views out to sea. We made our way down to

the Rock and Spindle for the obligatory group photograph and then turned back to take the track leading uphill to the Castle golf course. Continuing towards the main road we followed a track to the junction at Brownhills, where we headed for Balmungo farm, stopping shortly afterwards for lunch in pleasant sunshine at the side of a field. We continued on the path to the Grange Inn and then up the road to join the track



towards Scooniehill farm. The final uphill stretch from Wester Balrymonth rewarded us with splendid views of a sunny St Andrews as we walked down into the town. We completed our walk at a leisurely pace along by the Kinnessburn and back to the East Sands. A few of us decided to round off the afternoon with a welcome cup of tea and a chocolate biscuit (no scones were available!) before heading for home.

Our next walk is on Sunday (5<sup>th</sup> February), a 7-mile figure of eight walk from Anstruther to Pittenweem to Kilrenny and Cellardyke, taking in both coast and country on the coastal path, pavements and grassy tracks, with fine views. 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](http://www.standrewsnefiferamblers.com)