

6: East Sands, Rock & Spindle and Castle Golf Course

Walk along part of Coastal Path to Rock & Spindle, returning via Castle Golf Course

Distance: 3.5 miles

Circular Route

Start from: East Sands Coastal Car Park

Terrain: Coastal path, steep and rough in places, possibly muddy, golf course tracks.

1. Walk south on the coastal path, passing Leisure Centre, and caravan park.

2. At fork, take waymarked path to right up wooden steps.

3. Follow cliffpath (narrow in places), until reach downward rough stone steps to coast and climb over stile into coastal grassland, used for wintering cattle.

4. Carry on along the coastal path until the Spindle Rock comes into view. Note the wide track branching off right uphill, whilst continuing along the coastal path for a short distance through a wooden gate to the Rock & Spindle rock formations.

5. Retrace your steps to take the wide track running up to a gate into the Castle Golf Course (clubhouse open to the public). Passing through the gate, continue along the track, turn right at T junction to the golfers' car park. Walk through the car park and take access road towards golf course entrance on main road.

6. Approaching the main road, just before entrance, follow the right hand track inside the boundary wall. This leads towards and curves in front of a group of cottages.

7. Follow the track beside the cottages, climb stile on the left and continue alongside the caravan park until it rejoins coastal path, turn left and return to start.



7: Pipeiland, Scooniehill and Balmungo.

Explore country to south of St Andrews, returning by Coastal Path

Distance: 5.5 miles

Circular Route

Start from: East Sands Coastal Car Park

Terrain: Pavements, minor roads, rough tracks and coastal path.

1. Walk south on the coastal path, turning right on sandy track after HM Coastguard building. Follow path to end and cross main road onto Lamond Drive. Continue along Lamond Drive, pass Warrack Street and take path on left up to Pipeiland Hill. Follow through houses to reach grass track uphill.

2. Keep Pipeiland farm cottages on right to reach Scottish Water facility. Transfer to track along field edge and follow over hill towards cottages at Wester Balmrymonth.

3. At lane turn left signposted Allanhill and continue through Scooniehill farm to Grange road. Turn left along the roadside, and after 400 yds turning right on track alongside The Grange Inn. Pass cottages and go through field gate following grassy track to footbridge at Balmungo cottage. Continue through Balmungo farm and reach the main road. Cross road into field opposite, turn left along boundary wall and then veering right at the bottom of the field to reach the St Andrews - Crail road.

4. Cross the road onto footpath, turn right heading to cottages, where turn left along front of cottages. Continue to path with caravan path on the left and walk downhill until it rejoins coastal path, turn left and head downhill, pass the Leisure Centre to reach East Sands Car Park.



8: Craigtoun, Denbrae, Easter Strathkinness, Caidside, Kincaple

A linear walk from Craigtoun Park through varied countryside with great views to Eden Estuary, completing walk along Coastal Path into St Andrews.

Distance: 6 miles

Linear Route

Start from: Craigtoun Country Park

Terrain: Undulating country tracks and paths, some of which may be muddy, minor roads, surfaced coastal path.

1. As linear walk, best option is to take Stagecoach bus 64A from St Andrews bus station to Craigtoun Park—bus stop on main road near park road entrance.

2. If take car, park in car park beside The Dukes Golf Course and walk back to main road, past Dukes Golf course.

3. From entrance on main road, walk right along the road verge until reach entrance to Denbrae Farm. Turn left passing farm buildings and go left through wood to a track past Windward Farm to reach B939

4. Cross road and take track past Neither Strathkinness to reach Strathkinness High Road, where turn right along road for 300 yds, passing The Rummund, and take next left track to Caidside.

5. Follow track as winds in horseshoe loop past houses, through gates, and continue uphill to enjoy great views to Eden Estuary and



In 1842, after Hugh Playfair became Provost, the medieval streets were widened, the university expanded, and major improvements made to the harbour. St Andrews today owes much to his vision.

St Andrews is favoured by two major beaches. The long West Sands which runs beside the golf courses features many leisure activities, and was famously used in the feature film, Chariots of Fire.

Other attractions include the St Andrews Aquarium, the Botanic Garden and Craigtoun Country Park

St Andrews is also the finishing point for the Coast to Coast Walk from Oban, 128 miles to the west, as well as the Fife Pilgrim Way.

More information about St Andrews & NE Fife Ramblers, along with more walks, can be found on website www.standrewsneffieramblers.com



St Andrews

A settlement called Kilrymont has existed on the site of St Andrews since the first millennium and by the mid 12th century, St Andrews had a leading role in the Scottish Church with St Andrews University, the first university in Scotland, being formed in 1410.

In early 15th Century, it is thought, people first started hitting small balls into holes in the ground, and of course today's St Andrews is famous as the home of golf.

In addition to golf, St Andrews University is just as important to the town's economy. Medieval St Andrews was built around the university and it remains a major element of the fabric of the town.

The extensive ruins of St Andrews Cathedral once the largest cathedral in Scotland, and St Andrews Castle, which housed the bishops, reflects St Andrews' leading role in the church in Scotland until the Reformation swept all that away.



ST ANDREWS LOCAL WALKS



Scottish Outdoor Access Code

You can exercise access rights for:

- recreational purposes
- educational purposes (concerned with furthering a person's understanding of the natural and cultural heritage)
- crossing over land or water.

The four key principles of the Scottish Outdoor Access Code are:

- Respect the interests of other people
- Care for the environment
- Take responsibility for your own actions
- Take your litter home

Prepared by St Andrews & NE Fife Ramblers Group
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- Cupar Round Table

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1: St Andrews Town Circular

A circular walk round the town to see the most famous sights, with opportunities to stop and dwell on historic and other places around the famous old town.

Distance: 4 miles Circular Route

Start from: Petheram Bridge Car Park

Terrain: Easy walking on pavements and walking tracks. Many road crossings.

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1. From Petheram Car Park, go out past round Gateway building, and main road on to minor road towards Old Course Hotel
2. Just before hotel, take path to right alongside Old Course at rear of famous Road Hole, passing famous Swilken Bridge (take photograph if does not hold up golfers)
3. Walk up The Links alongside 18th hole and carefully cross over Granny Clark’s Wynd towards West Sands. Opportunities for walk on sands of “Chariots of Fire” fame, putt on The Himalyas or take refreshment in Links Clubhouse.
4. Walk east along 1st hole and pass R&A Clubhouse (opportunity to visit Golf Museum) Cross road to bandstand and Martyrs Monument.
5. Enjoy views as walk along cliff path and walk up The Scores, passing RC Chapel, University buildings, MUSA museum to reach castle. During this stage, opportunity to visit historic St Salvator’s College and University Chapel on the right.

4: Craigtoun Park, Craigtoun and Lumbo Dens

A circular walk from nearby country park to enjoy hidden glens, and great views.

Distance: 3.5 miles Circular Route

Start from: Turn from main road at signpost Craigtoun Park. Use furthest car park outside main entrance to Park, past all golf course car parking (about 0.9 miles from main road).

Note: if take bus (Stagecoach 64/64A) from town centre to main road close to road entry to the Park, this will add about 1.5 miles to the walk.

Terrain: Tracks, paths, minor roads and pavements, with descent and ascent of up to 300ft. Paths may be muddy after rain.

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1. Start by taking path at right hand end of car park, winding through trees and forking right at signpost ‘St Andrews via Craigton Den & Lumbo Den’. Shortly after, pass through gates to cross a minor road into Craigton Den.
2. Follow downhill track through Den, then pass through gates to cross minor road into Lumbo Den.
3. Shortly after, turn right off the main track into woodland and follow path downhill, following Lumbo Burn (on your left). Go over bridge, then through gate and follow track to Bogward Road.
4. Turn left along Bogward Rd, and at roundabout turn left onto Craigtoun Road. Head uphill for 500yds and turn left at minor road

6. Pass castle, continuing along cliff pathway with Cathedral on the right, to reach the Harbour.
7. Walk down to harbour area and cross little bridge over harbour gates to reach coastal path alongside the East Sands. (Opportunity for nice coastal walk to enjoy views of town and sea life)
8. At boat ramp next to playpark, turn right along Woodburn Place, cross the main road and turn right on Abbey Walk, passing St Leonard’s School on right, and before reach Byre Theatre, turn left into Greenside Place, following it downhill to Kinnesburn, where turn right alongside the burn.
9. After a few hundred yards, take footbridge across burn and walk up steep hill to Queen’s Terrace. Pass Episcopal Church up Queen’s Gardens to reach town centre on South Street.
10. Before continuing the walk, can take many opportunities to enjoy historic sights, shops and refreshments, including St Mary’s College , Byre Theatre and famous Janetta’s Ice Cream Parlour.
11. Walk continues along South Street passing historic Madras College, until reach Louden’s Close (one of many hidden lanes in the town) on left. Walk through Close until reach Lade Braes Walk, turning right until reach main road.
12. Cross at pedestrian Crossing and continue on Lade Braes Walk. When reach car park on right (viaduct on left leads to the Botanic Gardens), walk through it, cross road, and through Argyle Street car park until reach Doubledykes Road.
13. Cross road, turn left and enter into Kinburn Park with tennis courts. Keep the museum (with café) on your left to reach gap in wall at rear of Park, where steps will return you to your start point in Petheram Car Park.

- signposted Mount Melville. After 300 yds turn right on road signposted Mount Melville (and with sign ‘No Entry to Golf Course’)
5. Follow road uphill and turn right at house on right with postbox outside.
 6. At old Give Way sign, turn left along track to pass to right of very large pink sandstone building, now boarded up, (listed building ex Mount Melville House/then Craigtoun Hospital) until reach minor road. Keep left past Clubhouse. Bear left onto road towards Craigtoun Park entrance. After 100 yds enter Park through small gate. There are many visitor facilities including café. (opening hours subject to seasonality).
 7. Walk through Park to return to starting point in car park



2: Lade Braes, Balgove & the Links

A very nice circular walk from town centre through a hidden glen, a country estate, returning alongside golf courses, with options for coffee stop, view famous Old Course or walk along the West Sands(of “Chariots of Fire” film fame).

Distance: 4 miles Circular Route

Start from: Town Centre-West Port

Terrain: Easy walking on paved tracks, country paths, estate tracks. Some road crossings

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1. From West Port, go left and at pedestrian crossing, cross over on to paved track into the Lade Braes. Continue along the Lade Braes, passing Botanic Gardens, old mill until it reaches main road at pedestrian crossing opposite school.
2. Cross the road, turn left until reach path alongside a burn behind the houses on Little Carron Gardens. Follow track uphill and walk through the cemetery to reach the Strathkinness Low Road.
3. Turn right and just past the road entrance to Lawhead School, cross the road to a lane through to the Strathkinness High Road.

4. Cross the road to the narrow Right of Way path, signposted to Guardbridge Road. Follow scenic country path with markers through the Balgove estate, passing Balgove House (famous as house where Prince William and Kate stayed as students) and then down to the main road.
5. Cross the road through a gate to the Cycle Path, turning right back into town
 - a. Before end of cycle track, have option of going through double gate to cross Balgove Golf Course, with care, to Eden Clubhouse, (open to public), and path alongside Old Course back into town or West Sands.



3: Lade Braes, Spinkie Den, Wester Balrymonth and Pipeland

A circular walk from near town centre to enjoy hidden glen, walk into country south of the town, returning via a superb view point of town, estuary and many miles beyond.

Distance: 4.5 miles Circular Route

Start from: Argyle Street Car Park

Terrain: Varied terrain of paved walks, narrow country paths, minor roads, field edge rough paths, with an ascent of 150 feet. Some sections may be muddy after rain.

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1. Start from Argyle Street Car park (lower section), walking down to Lade Braes Walk at foot of car park, turning right along the walk.
2. Passing the football park on left, the walk continues straight on, following the Kinnesburn until reach the bridge designated Hallow Hill.
3. Cross bridge and keeping to right, climb up the grassy hill, with Cairsmill Burn on your right, until reach Bogward Road, where you cross over following signposted path to Spinkie Den.
4. Follow wooded path (can be slippery after rain) uphill to right side of the burn eventually emerging at a stile. Climb over the stile and keeping right, follow fenced track, with caravan

park on the left. Go through a gate on left to reach a minor road.

5. Turn left along this road to reach the main St Andrews/Largo road. Cross this road and follow the lane up the hill, past cottages and steading at Wester Balrymonth.
6. At junction of tracks, look up to left for signposted path to St Andrews and follow the rough track along field edge.
7. Enjoy great views at top of the hill, and as path drops downhill, follow track on right through small woodland and walk downhill towards Scottish Water facility
8. Continue into residential area via path and when reach Scooniehill Road, cross over to follow Pipeland Walk through houses to Tom Morris Drive. Cross road and go downhill on Pipeland Road, past Police Station, to reach Lamond Drive.
9. Cross over, continuing on Pipeland Road, passing Bowling Club on right and on reaching Kinnesburn Road, keep left to cross on to path alongside the Kinnesburn. After short distance, cross bridge and go uphill to reach Lade Braes Walk.
10. Turn left along the Walk, cross road at pedestrian crossing, and continue along the walk to reach start at Argyle Car Park.



5: Mussel Road, Outhead & West Sands

A circular walk through golf courses to Eden Estuary and West Sands

Distance: 4 miles Circular Route

Start from: Eden Golf Course Car Park

Terrain: Paved tracks, minor roads and golf course paths. Care required to avoid risk and disturbance of golfing activities.

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1. Start from Eden Golf Course car park, walk through clubhouse and find track marked Eden Estuary. Follow track between Eden & Old golf courses, until reach the Eden estuary.
2. Walk along estuary to rear of golf tees, keeping estuary on left, and where track turns back towards town, between the New & Old Course, follow track to left beside white posts to reach sand dunes on West Sands. Option to walk to Outhead to look for wildlife by first taking track to left.
3. Return alongside beach on road beside beach until reach Links Clubhouse (open to public). Look for path across Old Course behind clubhouse, and cross carefully to reach track in front of Old Course Hotel
4. Take care with golfers playing from behind sheds on Old Course, as walk right along track to return to Eden Clubhouse (open to public) and start of walk, first passing the Golf Academy on left.

