

CULROSS TO NEWMILLS

Distance: 5.0 miles (8.1km)

Grade 1 (0ft)

**This walk follows the River Forth
to Preston Island**

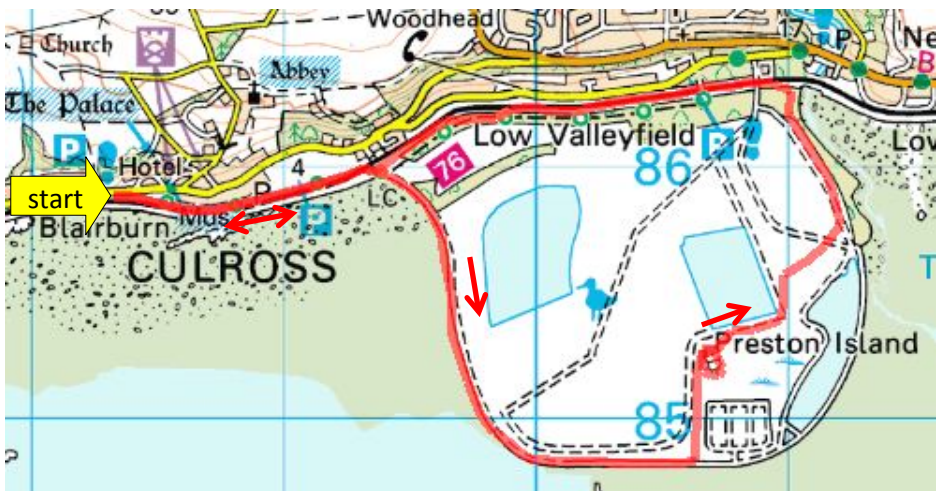
Start and finish of walk: car park on the coast road on the western outskirts of Culross. Map ref 65: 983858

Leave the car park eastwards along the footpath which runs to the left of the railway.



Continue for 2km with the town on your left to a railway crossing gate. Cross with care. Take the path to the right alongside the river, and shortly you will see pipelines to the left carrying ash slurry from Longannet Power Station along to the settling lagoons. The path turns inland at the signpost to Preston Island (photo to the left). Four information boards describe its history: coal mining and salt production. Note that the OS map is out of date with the changing use of the lagoons.

Indeed Preston Island is no longer an island since the surrounding land has been raised by the ash deposits. After circling the "Island" take the exit to the northeast on a footpath through the lagoon area (constructed by Scottish Power in February 2006). It passes reclaimed land to the southeast which is now a nature reserve. At the exit from Scottish Power land follow the path back towards Culross. The path splits in 300m. Both paths return to the gate where you cross the railway back to the starting point, either directly, or through the town where you can visit many historical gems, including the Palace, the Abbey and the Mercat Cross.



LIMEKILNS AND CHARLESTOWN

Distance: 4.6 miles (7.5km)

Grade 1 (150ft)

Combines a seaside walk along the promenade with an exploration of these two historic villages

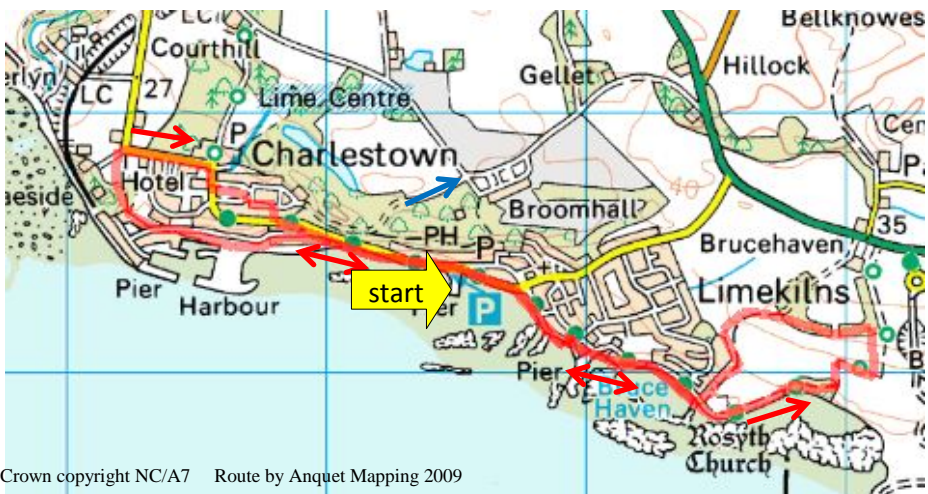
Start and finish of walk: promenade car park on the coast road through Limekilns. Map ref 65: 074833

Turn right out of the car park and then right again at Red Row alongside the shore. A few metres before the Forth Cruising Club turn left then right following the Cycle Route signposted "Rosyth Church". The ruins of the Church are on the left in 500m. Continue



along the tarmac track and after it veers away from the shore, at the top of a steep rise, turn left on an obvious track through the woodland. Go straight on through the gate exiting the woodland, follow the track between the fields then turn left down the path alongside the houses. At the bottom turn right and retrace your steps to the promenade. Go to the far end towards Charlestown, bearing left along

Salt pans Road and continue along East Harbour Road past Charlestown harbour (see photo) and the old limekilns. 50m past the kilns bear right up a grassy track with houses on your left and at the top of the track turn right along the road to Charlestown. Turn right at the Post Office and then left to go round the village green. There are two exits down to the main road by the cottages at the far right-hand corner of the green. Continue along the road to the car park. The Elgin Estate (historically open only on Sundays) affords an alternative route. Access is at the east end of Charlestown (→) to the A985 road.



DEVILLA FOREST, KINCARDINE

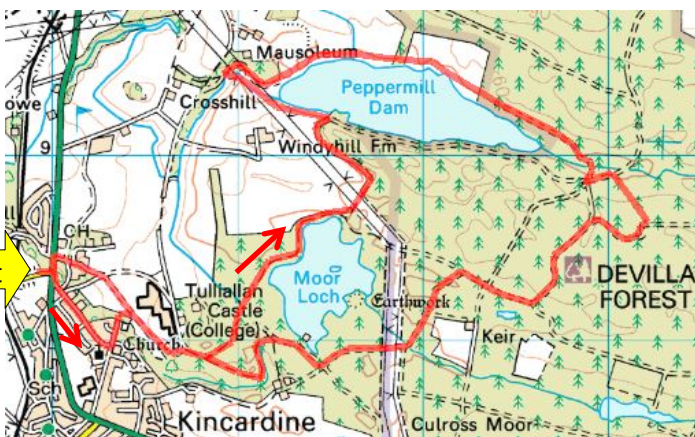
Distance: 7 miles (11.3km)

Grade 1 (250ft)

One of the many possibilities from the extensive network of paths in and around the forest. A compass is useful!

Start and finish of walk: park on road to site of old Kincardine Power Station off the A977 opposite the Scottish Police College. Map ref 65: 929883

Cross the A977 and go right, then left up Kirk Brae for 400m then turn left along Wood Lea. Just past Tulliallan Old Kirk on the right follow a grass path leading to a door into the Police College grounds. At the end of the paved path go right along the main drive to the forest entrance gate on right, 50m before the Castle car park. At fork (100m) take left track and in 250m go straight on at a junction. Keep right at the next Y-junction and in 200m, a path to the right takes a short diversion to the side of Moor Loch. Return to the main track and continue round the Loch. In 400m, at a break in the trees, there is a view across the Loch to a white house, and 100m further on at the top of Moor Loch take the track to the left and continue under power lines. The track skirts around the trees to reach the edge of Peppermill Dam. Go left between the wire fences and cross over the lade where the corrugated iron fence ends. Turn right and follow path along north side of dam. At the east end of the dam the path continues eastwards and after 300m swings right to the south to reach a junction of five tracks. Go left for 200m, then right at a "Cycleways" post to a grass track heading south which soon narrows into a path and meets a main track. Turn right here, pass the site of an old arsenal on the right and follow track downhill. Ignore track on right and continue walking SW until reaching a T-junction. Turn right and walk NW to the crossroads. Go straight across through a metal gate. About 200m downhill, go left as indicated by "Cycleways" post. At next junction go straight on under power lines and through metal gate. At next crossroad turn right and pass the white house seen earlier. At next junction (wire fence and small wooden gate on left) keep to the right-hand track and, at next, go left to the SW. The track then bears to the right to reach the entrance gate by the Castle. Retrace steps back to the power station road or continue along the main drive to the road.



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LINDORES LOCH AND DUNBOG

Distance: 6 miles (9.5km)

Grade 2 (650ft)

This walk is on good tracks at the eastern end of the Ochils, passing over rolling hills and farmland with extensive views

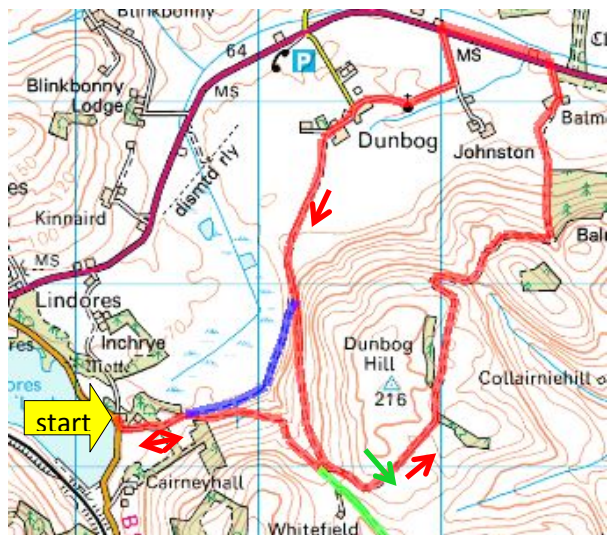
Start and finish of walk: by Lindores Loch, 2 miles north of Collesie on the B937 road to Newburgh. Park 40m north of fishing club car park on other side of the road. Map ref 59: 272162

Take the stony path opposite the fishing club. After 650m, past a metal gate, look to the NE to note a possible return route — (permissible only if the field at the bottom of the slope is not cultivated). Continue uphill for another 500m, turn left through a metal gate (the path shown on the OS map going straight ahead does not exist) and turn right at the junction (GR 283162). After 250m you pass the track leading to Monimail. Continue uphill and in about 300m views of the Howe of Fife and the Hopetoun Monument can be seen. The track then goes downhill, past a cattle yard, through a metal gate, past a pond on the left and continues over grazing land with views towards Norman's Law. After the downhill zigzag bend, go through a metal gate and circle round Balmeadow Wood. This track appears to end where it meets a field. Turn left here down an indistinct grassy path with woods on your right. Continue through a gate down through a farm to the A913. Turn left and walk along the grass verge on the other side of the road for 600m, then turn left towards Johnston Farm, then right to pass the 'Auld Kirk' (now a private house). At the end of the lane, turn left past Shepherd Cottage. Go through the farm and bear left to a track going south. After 1km (100m after a metal gate) take the possible alternative path to the right or continue to the junction at GR 283162 and back to Lindores Loch.

Alternative route: Start and finish at Monimail, by the triangular green, map ref. 299142 where there is more parking room. The distance is then 7.4 miles, or with a diversion to Lindores Loch, 9 miles. All distances disregard the possible shortcut

For further background on places mentioned in this walk see Hamish Brown's book "25 Walks in Fife", ISBN: 1 841830 089

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THE FALKLAND ESTATE

Distance: 6 miles (9.6km)

Grade 3 (850ft)

An exploration of the Falkland Estate in Fife, following paths recently opened up by the Falkland Heritage Trust (ref 11)

Start and finish of walk: car park opposite Falkland Palace. Map ref 59: 253073. There is also a car park inside the Estate near the Stables.

Walk back to the main road opposite the Palace, turn left and go down steps to the right of the café at the far right corner of the square. Turn right then left to West Loan Play Area. Continue for 300m, cross the burn and enter the Falkland Estate. Follow the lime trees past the stables, keep to the path straight ahead and after 300m turn left at a bridge crossing the Maspie Burn. After 100m Falkland House (now a school) is on your left. The path follows the burn and after about 300m goes through a tunnel (a torch is useful). Continue up Maspie Den, crossing the burn several times until it meets an overhanging rock. Either follow the path under the rock (it may be closed) or follow the detour to circle to the right above the waterfall crossing the burn for the 9th time! Pass conifer stumps to regain the track to the north of the den. At the T-junction at the bottom, turn left through Westfield Farm following the middle path through the swing gate. Keep to the main forestry track going uphill for 1.2km, then take the right fork (not the first signed path) and after 300m head to the right through the trees to the Tyndall Bruce Monument, where there are outstanding views to the north. Retrace the route as far as the last bend before Westfield House and take the signed path to the left, to reach a junction by a stone seat. Continue westwards and after 500m follow a path which goes downhill to the right and then turns to the east. After 100m or so, note the interesting rock formations to the right. Continue eastwards, keep to the north of the playing fields and after the cricket pitch, turn right through woodland leading to the car park by the Stables. Return along the road to Falkland.

At GR 217075, a steep path (not shown on the OS map) gives access to the Lomond Hills. The path going south shown on the OS map 400m further west is overgrown.

