

EXCLUSIVE TO HEARTLANDS FIFE

**KIRKCALDY ICE RINK:**  
Skating, Curling, Ice Hockey,  
Famous Fife Flyers Ice Hockey Team

**WEMYSS SCHOOL OF NEEDLEWORK:**  
Shop, Classes, Museum

**RACEWAYS:**  
Cowdenbeath Racewall – Stock Cars,  
Drifting, Lochgelly Raceway

**FIFE AIRPORT GLENROTHES:**  
Flight Training, Aircraft  
Hangarage & Hire

CULTURAL HUB:  
LIBRARY, MUSEUM,  
ART GALLERY, LOCAL  
& FAMILY HISTORY ROOM



KIRKCALDY



WELCOME TO  
Heartlands of Fife  
THE HEART OF ADVENTURE

FREE VISITOR MAP & GUIDE



THE HEARTLANDS OF FIFE IS AN AREA OF STUNNING CONTRASTS. FROM THE HIGHEST POINT IN THE KINGDOM OF FIFE - THE LOMOND HILLS - TO THE AWARD-WINNING BEACHES AND QUAIN HARBOURS ON THE COAST. FROM HISTORIC MINING VILLAGES TO ONE OF SCOTLAND'S NEWEST TOWNS, GLENROTHES.



LOCHORE

FAMILY FRIENDLY

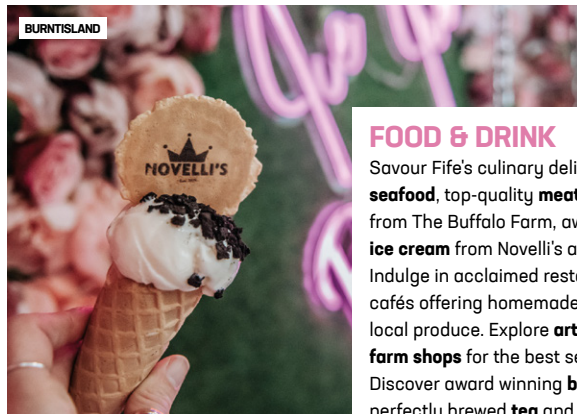
Start your family adventure at vibrant play parks like **Beveridge Park, Ravenscraig** and **Riverside Park**, following fairy trails and sensory experiences that spark imaginations. Continue the fun outdoors at **Lochore Meadows** with picnics, boating, and scenic bike trails. For more excitement, visit the **Beacon Leisure Centre** in Burntisland for waves and flumes in the indoor pool. For a relaxed outing, **Kirkcaldy Galleries** offers free interactive activities, blending fun with education, making it a cultural hub for all ages.



CLUNY



KINGHORN



BURNTISLAND

FOOD & DRINK

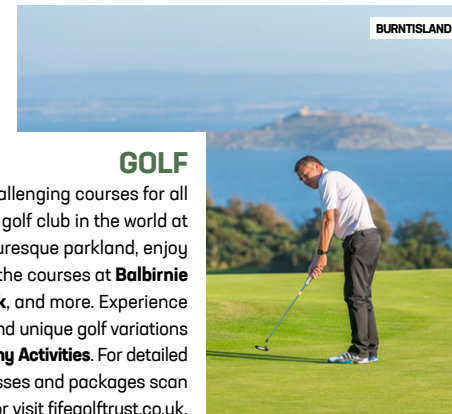
Savour Fife's culinary delights; daily fresh **seafood**, top-quality **meats**, and **cheese** from The Buffalo Farm, award winning **ice cream** from Novelli's and Perfect Scoop. Indulge in acclaimed restaurants, pubs and cafés offering homemade dishes made with local produce. Explore **artisan markets**, and **farm shops** for the best seasonal produce. Discover award winning **beers**, **spirits** and perfectly brewed **tea** and **coffee**.



COWDENBEATH

CULTURE & LIFESTYLE

Immerse yourself in rich culture with events, museums, galleries, theatres, and local independent shops. Visit the **Adam Smith Theatre** in Kirkcaldy for diverse performances, and explore the **Adam Smith Heritage Centre** to learn about the economist's legacy. Discover **Glenrothes' art trail**, featuring 170 pieces, including Stanley Bonner's hippos and Michael Westwater's Giant Irises. **Cowdenbeath** also showcases vibrant murals by Kerry Wilson.



BURNTISLAND

GOLF

Offering stunning views and challenging courses for all golfers. From the 10th oldest golf club in the world at **Burntisland** to **Aberdour's** picturesque parkland, enjoy a round with a view. Explore the courses at **Balbirnie Park, Kirkcaldy, Dunnikier Park**, and more. Experience 9-hole courses, driving ranges, and unique golf variations including disc and foot golf at **Cluny Activities**. For detailed information on courses, passes and packages scan the **Fife Golf QR code** or visit [fifegolftrust.co.uk](http://fifegolftrust.co.uk).

A NATURAL PLAYGROUND

The Heartlands of Fife provide a diverse natural playground, perfect for lovers of the outdoors. Set between the rolling **Lomond Hills** and picturesque coastlines, this area is celebrated for its scenic **walking** and **cycling** routes, making it ideal for hikers and mountain bikers alike. The beaches at **Aberdour, Burntisland, Kinghorn**, and **Pettycur Bay** not only offer stunning views of the Forth Bridge but are also popular spots for water sports like **kayaking, paddleboarding**, and **cold-water swimming**. The stunning scenery beckons exploration and activity all year round.



SCAN ME



FIFE COAST & COUNTRYSIDE TRUST



Explore the Fife Pilgrim Way



KIRKCALDY

HISTORY & HERITAGE

The Heartlands is rich in historic treasures, from the ancient walls of **Aberdour Castle, Macduff's Castle**, and **Ravenscraig Castle** to the timeless **Markinch Church**, in continuous use since the early 12th century. Explore family history at the charming **Wemyss School of Needlework**. Nearby, take a guided tour of the **Wemyss Caves**, home to the largest collection of ancient Pictish carvings, preserved for over 1,500 years.



SCAN HERE TO DISCOVER YOUR ADVENTURE

HEARTLANDS OF FIFE: FREE VISITOR MAP INSIDE



KINGHORN



FIFE COASTAL PATH

Explore the Fife Coastal Path, 117 miles of quaint fishing harbours, atmospheric castles, historic villages and industrial heritage. The **Aberdour to East Wemyss** section captures the essence of the Heartlands of Fife. Encounter diverse beauty, from rich seabird habitats to playful seals and occasional dolphins. Discover **Kirkcaldy's Waterfront**, immersed in maritime heritage.



MARKINCH

FIFE PILGRIM WAY

The 64-mile Fife Pilgrim Way starts at **Culross** and **North Queensferry**, and meets in **Dunfermline** before winding it's way through to **Lochore Meadows, Leslie, Glenrothes** and onto the historic **Markinch Church**. It passes medieval landmarks, industrial landscapes, and picturesque villages en route to **St Andrews**. The route has manageable sections which offer a few hours' walking or a long-distance challenge.





# Heartlands of Fife

THE HEART OF ADVENTURE



For More Info Visit [welcometofife.com](http://welcometofife.com)

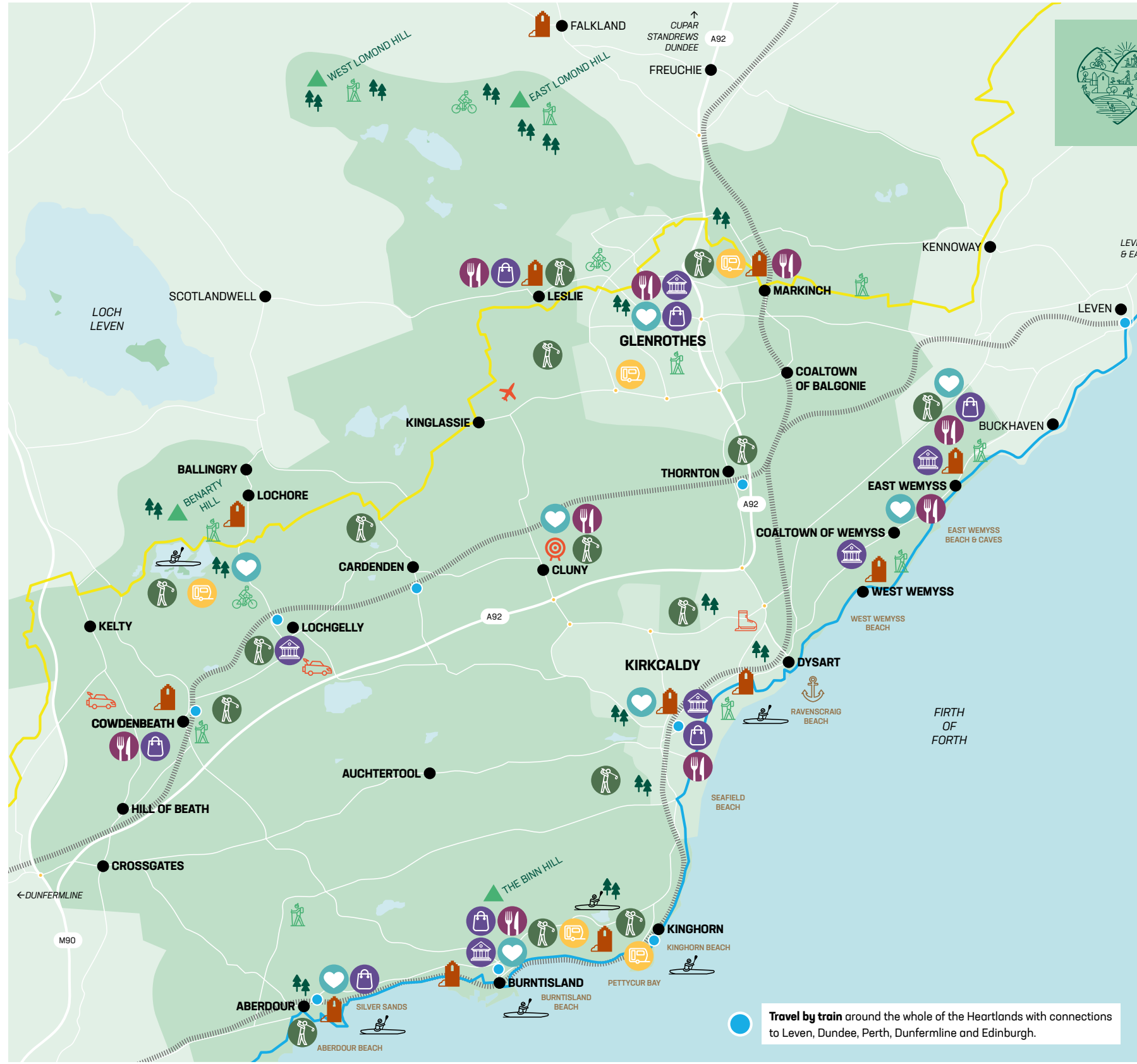


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MAP KEY			
FIFE COASTAL PATH		WOODLAND WALKS, GARDENS & FORMAL PARKS	
FIFE PILGRIM WAY		HIDDEN GEMS BY FOOT	
MAJOR ROAD		CYCLE ROUTES & FACILITIES	
MINOR ROAD		WATERSPORT FACILITIES	
RAILWAY		CAMPING & CARAVAN SITES	
BEACHES & ROCKY SHORELINES		HISTORIC BUILDINGS & CASTLES	
HISTORIC HARBOUR		FAMILY FRIENDLY	
FOOD & DRINK		GOLF COURSES	
SHOPPING AREA		THEATRES & MUSEUMS	
<b>EXCLUSIVE TO HEARTLANDS FIFE</b>			

**Travel by train** around the whole of the Heartlands with connections to Leven, Dundee, Perth, Dunfermline and Edinburgh.