



FIFE PILGRIM WAY

The 64-mile Fife Pilgrim Way starts at **Culross** and **North Queensferry**, and meets in **Dunfermline** before winding through the less well-known areas of the Fife Heartlands. 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.

ADVENTURE AT THE HEART OF FIFE



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 QUAINT HARBOURS ON THE COAST. FROM HISTORIC MINING VILLAGES TO ONE OF SCOTLAND'S NEWEST TOWNS.



ACCOMMODATION

Heartlands of Fife offers a range of serviced accommodation, including award-winning hotels, family-run B&Bs, and self-catering properties. Camping and caravanning enthusiasts can also enjoy well-equipped sites across the region.



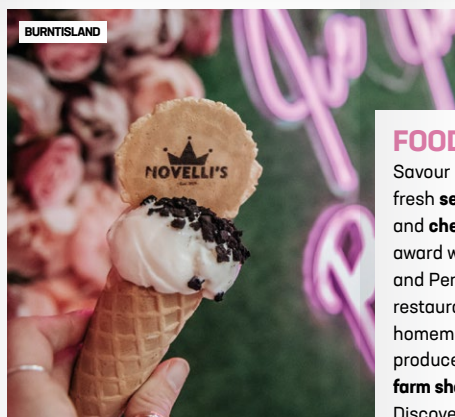
KIRKCALDY



BURNTISLAND



KIRKCALDY



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**.

welcometofife.com/region/heartlands



COWDENBEATH

CULTURE & LIFESTYLE

Immerse yourself in authentic charm with a variety of **events**, **museums**, **galleries**, **theatres** and local **independent shops**. Check out the **art trail** around **Glenrothes** featuring 170 different pieces of town art including hippos by Stanley Bonner and Giant Irises by Michael Westwater. **Cowdenbeath** also features **murals** by Kerry Wilson.

A NATURAL PLAYGROUND

Experience the Heartlands of Fife's outdoor wonders: woodland and coastal walks, scenic parks, wildlife, and captivating views. Don't miss **Lochore Meadows**, a 1200-acre country park near **Lochgelly**, offering a **trout fishery**, **golf course**, **picnic spots**, **beach**, **play area**, and **riding stables**. Embrace **watersports**, **e-foil**, **paddle boarding**, **hillwalking**, and **mountain biking** across the Heartlands.



KINGHORN

AT THE HEART OF THE HOME OF GOLF

Unleash your golfing passion in the Heartlands of Fife, where history, beauty and diverse golfing experiences await. Discover Fife's golfing gems 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 comprehensive information on courses, passes and packages scan the **Fife Golf QR code** or visit their website.



SCAN ME



KIRKCALDY

HISTORY & HERITAGE

The Heartlands offers a wealth of historic treasures like **Aberdour Castle**, **Macduff's Castle**, and **Ravenscraig Castle**. 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 ME



SCAN HERE TO DISCOVER YOUR ADVENTURE

HEARTLANDS OF FIFE: FREE MAP INSIDE

EXCLUSIVE TO HEARTLANDS FIFE

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

CLUNY ACTIVITIES:
Segway Riding, Clay Target
Shooting, Disc Golf

RACEWAYS:
Cowdenbeath Racewall - Stock Cars,
Drifting, Lochgelly Raceway

FIFE AIRPORT GLENROTHES:
Flight Training, Aircraft
Hangarage & Hire

GREYHOUND RACING:
Thornton Stadium

WELCOME TO
Heartlands of Fife
THE HEART OF ADVENTURE

FREE MAP & GUIDE



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.



Heartlands of Fife

THE HEART OF ADVENTURE



MAP KEY			
FIFE COASTAL PATH		GOLF COURSES	
FIFE PILGRIM WAY		WOODLAND WALKS & FORMAL PARKS	
MAJOR ROAD		HIDDEN GEMS BY FOOT	
MINOR ROAD		CYCLE ROUTES & FACILITIES	
RAILWAY		CAMPING & CARAVAN SITES	
IN THE FOOTSTEPS OF KINGS		HISTORIC BUILDINGS & CASTLES	
BEACHES & ROCKY SHORELINES		SHOPPING AREA	
WATERSPORT FACILITIES		THEATRES & MUSEUMS	
EXCLUSIVE TO HEARTLANDS FIFE			



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