



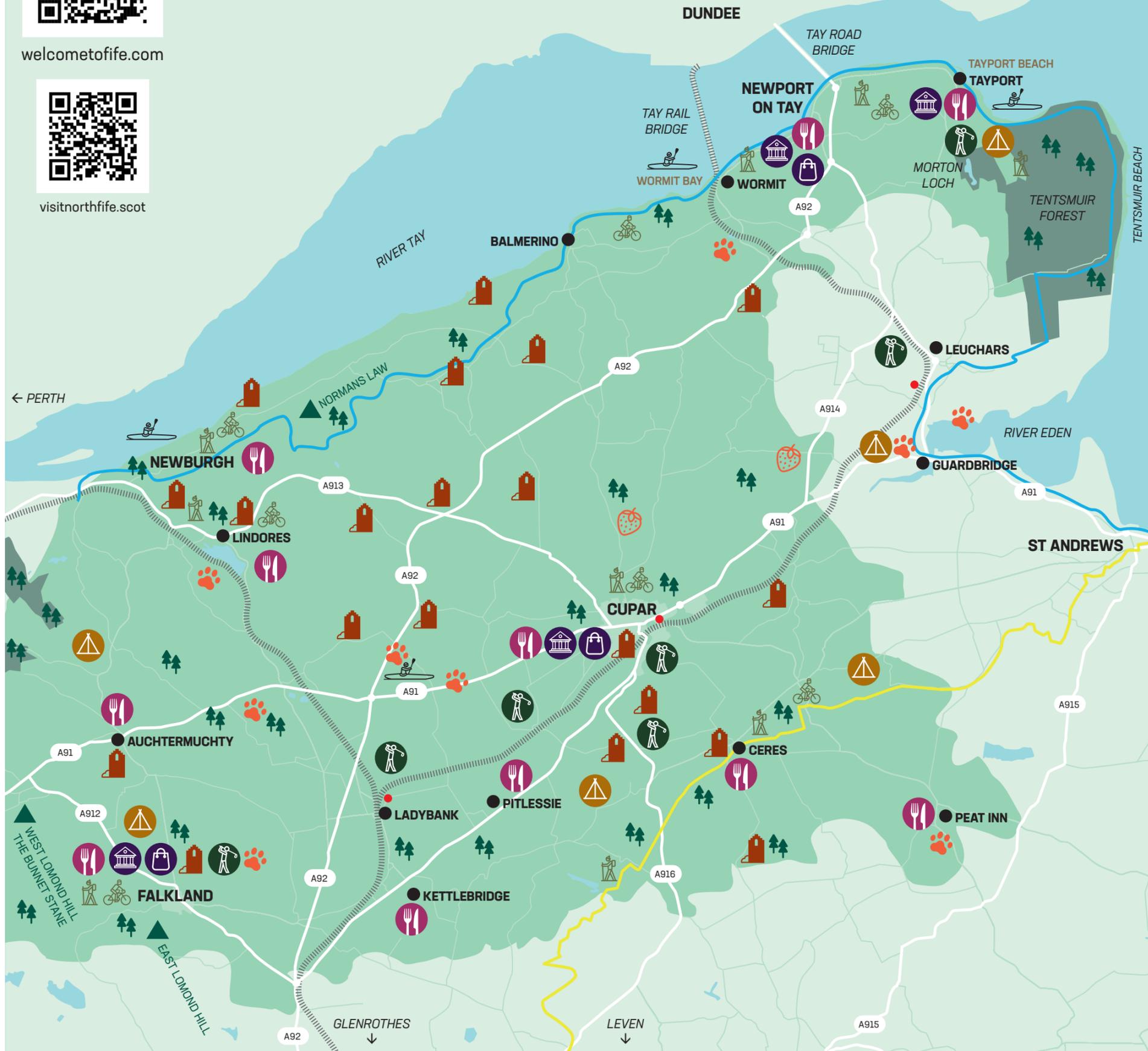
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Welcome To North Fife

WHERE NATURE MEETS HISTORY



MAP KEY			
FIFE COASTAL PATH		GOLF COURSE	
FIFE PILGRIM WAY		WOODLAND WALKS, GARDENS & FORMAL PARKS	
MAJOR ROAD		HIDDEN GEMS BY FOOT	
MINOR ROAD		CYCLE ROUTES & FACILITIES	
RAILWAY		WATERSPORT FACILITIES	
RAILWAY STATION		CAMPING & CARAVAN SITES	
BEACHES & ROCKY SHORELINES	BEACH	MUSEUMS & GALLERIES	
HISTORIC BUILDINGS & CASTLES		SHOPPING AREA	
FOOD & DRINK		FAMILY FRIENDLY & NATURE BASED ATTRACTIONS	



CERES

WHERE NATURE MEETS HISTORY

www.welcometofife.com/region/north-fife

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 Heartlands and North Fife. The Markinch to Ceres route passes medieval landmarks, and picturesque villages en route to St Andrews. The route has easy sections which offer a few hours' walking or a long-distance challenge.



Explore the Fife Pilgrim Way

NORTH FIFE IS AN AREA OF ROLLING HILLSIDES, FARMLAND AND COASTAL VIEWS. THE AREA STRETCHES FROM THE TAY ESTUARY IN THE NORTH AND LOMOND HILLS IN THE WEST TO THE UNSPOILT EXPANSE OF TENTSMUIR FOREST IN THE EAST, CENTRED ROUND THE CHARMING HISTORIC MARKET TOWN OF CUPAR.



LOMOND HILLS

A NATURAL PLAYGROUND

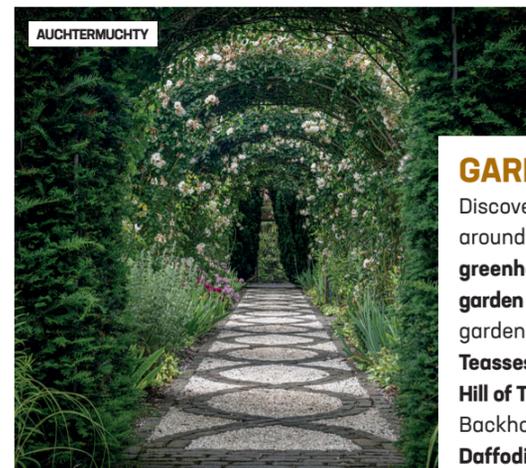
Discover North Fife's natural wonders: woodlands, mountain hikes, and coastal walks. The expansive **Lomond Hills** covers 25 square miles of moorland, lochs, and farmland. **Tentsmuir** offers enchanting forest trails, sandy dunes, and abundant wildlife. Enjoy outdoor activities like walking, cycling, horse riding and fishing.



CUPAR



LINDORES



AUCHTERMUCHTY

GARDENS

Discover stunning estates and gardens around North Fife with **walled gardens, greenhouses, award winning artwork, garden cafés and festivals**. The wonderful gardens of **Backhouse Rossie Estate, Teasses Estate, Falkland Estate, and Hill of Tarvit** have something for everyone. Backhouse Rossie host the **National Daffodil festival** in April, or why not join a garden workshop at Teasses Estate.



CUPAR

FAMILY FRIENDLY

Enjoy a great day out with all the family. Get close to the animals at **The Scottish Deer Centre and Wildlife Park, Fife Zoo**, or walk an alpaca at **Bowbridge Alpacas**. Visit the **Mega Maze** from July-October and funyard from March-November at **Cairnie Fruit Farm**.

GOLF

Fife is recognised as the home of golf and the North of Fife has some golfing gems. Experience the unique **Kingarrock Hickory Golf Course** at **Hill of Tarvit**. Where you can play 9 holes with original hickory golf clubs and balls that represent the feel and distance of 100 years ago. North Fife has a range of parkland, heathland, links and driving ranges to play. For comprehensive information on courses in the area visit Fife Golf's website.



SCAN ME



HILL OF TARVIT

FOOD & DRINK

Savour Fife's culinary delights with fresh fruits from **Cairnie Fruit Farm** and organic foods from **Pillars of Hercules**. Indulge in acclaimed restaurants, pubs and cafés, including **Kitschnbake, The Newport, The Peat Inn, The Boars Head, and the Inn at Pitlessie** offering **homemade dishes** made with **local produce**. Try a unique immersive food and drink experience in **'The Hide at Lindores'** overlooking the longest river in Scotland. Cupar is home to the world-renowned **Fisher & Donaldson fudge doughnut**, which you can enjoy in their flagship store. Experience North Fife's **distillery scene**. Historic **Lindores distillery**, dating back to 1494, offers **traditional whisky** crafted from locally grown barley. For something different, visit **Tayport Distillery**, a family-owned business producing **premium spirits** like vodka, gin, and Eau de Vie using produce from **local farms**.



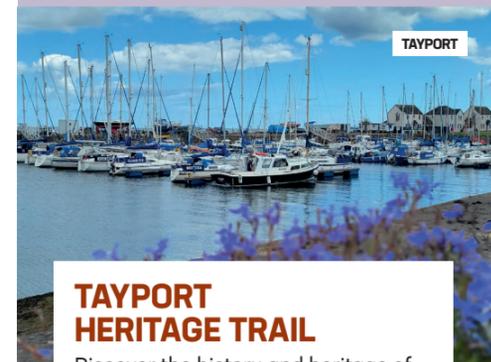
FIFE COAST & COUNTRYSIDE TRUST



NEWPORT

FIFE COASTAL PATH

Explore the Fife Coastal Path, 117 miles of quaint fishing harbours, atmospheric castles, historic villages and industrial heritage. The **St Andrews to Newburgh** section captures the essence of North Fife's beauty, from rich seabird habitats to playful seals and occasional dolphins. Discover coastal villages, harbours and **Tentsmuir beach** immersed in centuries of history and heritage.



TAYPORT

TAYPORT HERITAGE TRAIL

Discover the history and heritage of Tayport by completing the Tayport Heritage Trail. The 4 mile route describes the area from 1770 through to 1966 when the **Tay Road Bridge** was introduced. The route links to the **Fife Coastal Path** and has local refreshment stops along the way at **The Larick Centre and Harbour Café**.



FALKLAND

HISTORY & HERITAGE

Discover the rich heritage of North Fife. Visit conservation villages, **Falkland's majestic palace** and famous **Outlander locations**, Hill of Tarvit's **Edwardian mansion**, and the significant **abbeys of Balmerino and Lindores**. Explore Cupar's market town at the **Heritage Centre** and visit the **Fife Folk Museum** in **Ceres** to learn about the story of the people of Fife.