

For the Travel Trade

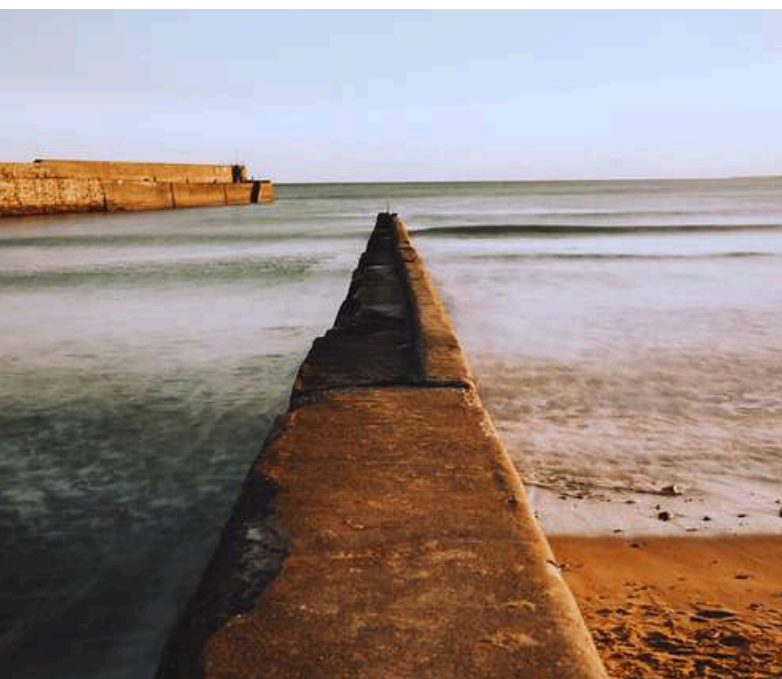
# WELCOME TO FIFE

Sample Itineraries

Where stories, scenery, and spirit come together.

From the rolling hills of stately estates to windswept beaches and cliffside trails, Fife is a place that invites exploration—and rewards it with depth, beauty, and unforgettable experiences. This is a journey that blends hands-on heritage, outdoor adventure, and the warmth of coastal hospitality.

Whether you're restoring a hickory golf club, tasting seaweed straight from the shore, or feeling the rush of a race track, Fife offers more than just a visit—it offers connection.



For a copy of our Travel Trade Brochure with supplier details, email:  
[promoting.fife@fife.gov.uk](mailto:promoting.fife@fife.gov.uk)







## Experience Fife: Heritage, Adventure & Coastal Charm

Fife offers the perfect fusion of heritage, luxury, and outdoor adventure, where scenic landscapes, historic traditions, and immersive experiences come together to create unforgettable journeys. This two-day itinerary highlights the very best of the region, from hands-on country pursuits and traditional golf to coastal foraging, spirited tastings, and high-octane thrills

### DAY ONE - Step Into the Past, Connect with the Present

Begin your Fife journey with a warm welcome at **Teasses Estate**, a private 1,000-acre retreat offering immersive, bookable rural experiences.

Get hands-on with their own traditional take on Highland Games, explore the estate on a guided tour, or enjoy a taste of country pursuits such as falconry, foraging, or quad biking. You can even experience being a Laird or Lady of the Estate for the day, stepping into a world of tradition and luxury.

Head to the **Hickory Golf Workshop** near **St Andrews**, where Scotland's golfing traditions come to life. Craft hickory-era golf clubs and balls, explore museum displays, and play vintage-style golf on a simulator or putting green—led by passionate, knowledgeable hosts. This unique indoor experience is ideal for golf lovers and heritage seekers alike.

If you are keen to continue the theme of a tradition of hickory golf, why not take a drive to **Hill of Tarvit**, which is home to **Glencarrick**, a historic 9-hole course.

It is set against the backdrop of an Edwardian mansion, this National Trust for Scotland property offers a charming and authentic way to connect with the past.

Make your way to **Cambo Estate**, a beautiful Scottish estate that's home to stunning gardens and rich history. Cambo offers a charming setting for a leisurely lunch, with fresh, local ingredients incorporated into each dish. Experience a blend of natural beauty and cuisine before heading to your **St Andrews**

Choose from a range of accommodations in St Andrews which could include:

- **Luxury:** The Old Course Hotel, Seaton House, or Rufflets
- **Boutique & Unique:** Bracken Treehouse, a luxurious hideaway nestled among the trees above the town.

Enjoy dinner at **The Adamson**, located in the heart of **St Andrews**. Known for seasonal menus and a relaxed yet stylish atmosphere, this local favourite focuses on provenance and sustainability.



## DAY TWO - Farm Life, Foraging, Spirits & Speed

Start your day at the coast with wild food expert Jayson Byles of **East Neuk Seaweed** for an immersive seaweed foraging session.

Learn about Fife's marine ecology and sustainable harvesting while tasting edible treasures from the intertidal zone. This experience is a sensory, educational, and flavourful highlight of the East Neuk

Visit **Kingsbarns Distillery**, a family-owned whisky and gin producer in a beautifully restored steading with sea views. Take a guided tour of the whisky distillery, visit the Gin Cottage, and enjoy a tutored tasting session.

Lunch is served in the elegant private space overlooking the botanical garden or in their cafe.

Spend the early afternoon at **Cluny Activities**, Fife's ultimate multi-activity destination, offering thrilling bookable experiences for all ages and interests.

Choose from activities including clay shooting, archery, segways, disc golf, and air rifles—perfect for active travellers or those looking to try something new. Surrounded by beautiful countryside, the site also features walking trails, wildlife spotting opportunities, and a welcoming café with panoramic views, making it a brilliant rural stop that blends fun, challenge, and fresh air.

End your journey at **Knockhill**, Scotland's national motorsport centre. Take in panoramic views, explore the pit lane, and enjoy a passenger experience with a professional driver on the track. Whether you're into rally cars, superbikes, or pure speed, this is the ultimate Fife finale.

Why not add a touch of authentic Scottish tradition to your itinerary with **Dean Saunders**, a professional bagpiper offering fun and engaging bagpipe workshops. Learn the history and cultural significance of Scotland's most iconic instrument in a relaxed, hands-on session.

Guests can try their hand at playing the bagpipes themselves and even dress the part in traditional Scottish attire, making this an entertaining and memorable experience.

