

For the Travel Trade

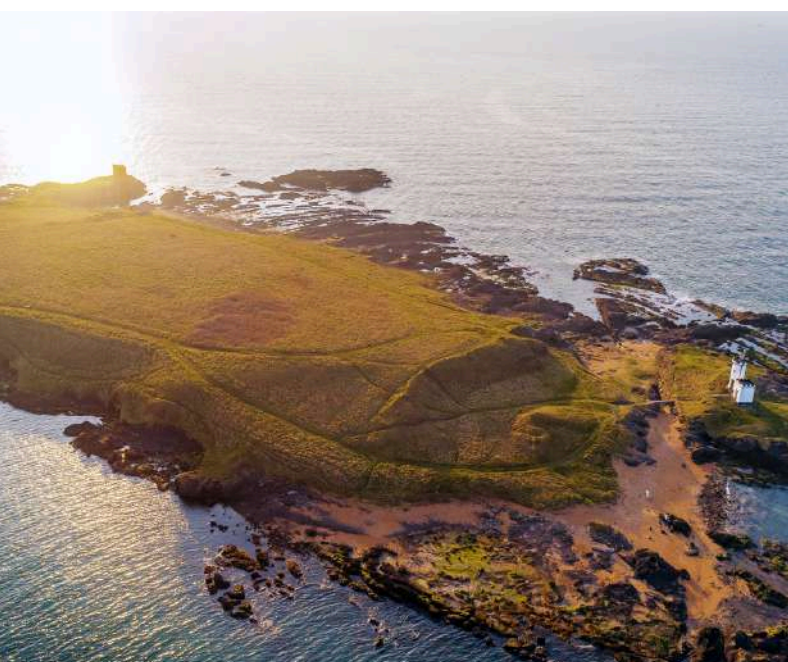
WELCOME TO FIFE

Sample Itineraries

Fife's stunning coastline offers the perfect setting to slow down, reconnect, and experience true Scottish hospitality. From seaweed foraging and wild saunas to artisan crafts and traditional rural life, this is where wellbeing meets culture in the most inspiring way.

Wander through charming villages, enjoy hands-on experiences, and discover stories woven through generations. Whether it's walking through a storybook village, savouring seasonal produce, learning a new craft, or simply breathing in the beauty of the coast, Fife invites you to pause, reconnect and find balance.

This is more than a retreat. It's a journey into Scotland's coastal soul.



For a copy of our Travel Trade Brochure with supplier details, email:
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Fife's Coastal Retreat: Wellness, Traditions & Seaside Escapes

Breathe in the sea air and slow down the pace with this three-day itinerary focused on wellness, tradition, and timeless coastal charm. From artisan workshops and hands-on encounters with nature to moments of calm and creativity, this journey along Fife's stunning coastline invites guests to connect with Scotland's heritage and themselves.

DAY ONE - Coastal Immersion and Local Connection

Start your coastal retreat in the charming village of **Crail**, where whitewashed cottages, winding lanes, and sea views offer a timeless welcome. Step into the **Crail Museum & Heritage Centre** for a guided experience that brings the Royal Burgh's rich history to life, from wartime romances to maritime stories. Optional walking tours take guests through the town's hidden corners and centuries of local life.

Venture down to the shoreline with **East Neuk Seaweed** for a hands-on foraging session with expert Jayson. Learn to identify edible seaweeds, taste wild-gathered varieties, and connect with the rhythms of the tide. This nourishing and grounding experience is as rejuvenating as it is educational.

Enjoy a leisurely lunch at **The Shoregate**, where local ingredients are transformed into delicious bistro-style dishes. Seasonal, hearty and full of East Neuk flavour, this stylish restaurant and historic bar offer the perfect coastal bite.

After lunch, head inland to meet the buzzing residents of **Fife Beekeepers Association**.

Jump into your beekeeping suit and step inside the hive for a fascinating look at the life of bees. Spot the queen, handle live bees, and learn how these pollinators are vital to Scotland's ecosystem in this unforgettable hands-on experience.

Check in to **St Andrews Coach Houses**, a peaceful countryside haven just minutes from St Andrews. Nestled on a working 300-acre family farm, the Coach Houses offer cosy, self-catering accommodation with a warm Scottish welcome. As an optional add-on, guests can enjoy a mini farm tour — a chance to meet the family behind the farm, including the charismatic Farmer John, and learn about life on the land. It's an authentic and heartfelt introduction to rural life in Fife.

Round off your first day with dinner at **The Adamson**, a contemporary brasserie located in the heart of St Andrews. Known for its seasonal menus and commitment to sustainability, The Adamson showcases the finest local produce in a relaxed and sociable atmosphere — the ideal setting to reflect on a day of nature, nourishment, and coastal calm.



DAY TWO - Wellness, Flavour & Friendly Faces

Begin your day with a truly refreshing experience: a private sauna session by the sea with **Wild Scottish Sauna**. Feel your stress melt away as you alternate between the soothing heat and the brisk sea air — the ultimate Scottish wellness ritual.

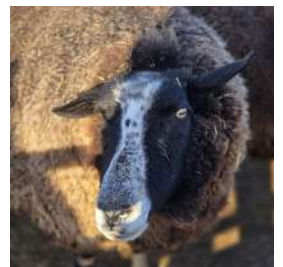
Just a short drive away, explore the story of **Kingsbarns Distillery**. Housed in a beautifully restored farm steading, the distillery offers engaging tours with tastings of their Lowland single malt whisky and Darnley's Gin, both influenced by the nearby coastline. Stay for lunch at the distillery's cosy café, where locally sourced ingredients take centre stage in a fresh, seasonal menu ideal for refuelling before the afternoon's adventures.

Continue inland to **Bowbridge Alpacas**, where a unique, hands-on experience awaits. Meet the herd, hand-feed mums and babies, try clicker-training, lead an alpaca through an obstacle course, and even make your own mini fleece alpaca to take home. A joyful and memorable connection with nature.

Before dinner, enjoy a gentle walk along the iconic **West Sands Beach** and through the world-famous **Old Course**, taking in the atmosphere of one of golf's most celebrated landscapes.

Then head to **Ondine**, an award-winning seafood restaurant in the heart of **St Andrews**. With a reputation for outstanding, sustainably sourced seafood, this is the perfect place to toast the day's adventures.

Choose between two elegant stays: the refined charm of **Seaton House**, a peaceful country retreat, or the warmth and heritage of **Rufflets**, a family-owned hotel set in beautiful gardens on the edge of town.





DAY THREE - Crafts, Culture & Coastal Heritage

After a delicious breakfast, start your final day with a visit to the historic **Wemyss School of Needlework**, where guests are invited to explore intricate Scottish embroidery techniques that reflect local patterns and coastal life. Enjoy a demonstration or take part in a traditional stitching workshop.

Step into the past at the **Fife Folk Museum** in **Ceres**, a charming village steeped in history. This hidden gem showcases the everyday lives of people who lived and worked in Fife through the centuries, with a rich collection of artefacts, tools, and domestic items that paint a vivid picture of traditional rural life.

Wander through characterful exhibits in historic buildings, including a 17th-century tolbooth, weaver's cottage, and smithy. Learn about crafts and customs that shaped communities, and gain a deeper understanding of the region's identity. From tales of farming and fishing to dressmaking and domestic skills, the museum offers an authentic and heartwarming insight into the cultural heritage of this unique part of Scotland.

In nearby **Cupar**, enjoy a pit stop at **Fisher & Donaldson**, one of Scotland's most beloved bakeries. Tuck into traditional savoury pastries or sweet treats, including their famous fudge doughnuts, for a satisfying midday boost.

Travel north to the banks of the River Tay and visit **Newburgh Handloom Weavers**. Witness handweaving in action on 19th-century wooden looms and hear about the slow craft movement from skilled artisans. Optional workshops allow guests to try their hand at this ancient skill.

Round off your coastal retreat in the tranquil surroundings of **Balmerino**, where wool production and sheepdog trials showcase the deep connection between land, animals, and tradition. Watch expert dogs at work and learn about sustainable wool practices in a fittingly grounded finale..

