

For the Travel Trade

# WELCOME TO FIFE

Sample Itineraries

Fife is home to one of Scotland's most exciting food and drink larders – a place where rich farmland meets the sea, and passionate producers, chefs and makers craft unforgettable tastes and experiences. This three-day itinerary is perfect for food lovers looking to immerse themselves in local flavours, meet the people behind the produce, and take part in unique hands-on activities that bring Fife's culinary culture to life.

From field to fork, garden to glass, visitors will enjoy a delicious journey through the very heart of Fife.



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[promoting.fife@fife.gov.uk](mailto:promoting.fife@fife.gov.uk)







## Flavours of Fife: From Fields to Distilleries & Culinary Delights

Embark on a two-day culinary journey through Fife, where land and sea unite to create a rich tapestry of flavours. This itinerary invites visitors to experience Fife's thriving food and drink scene—from immersive farm experiences and seaweed foraging to hands-on cookery classes and elegant dining in award-winning restaurants. A feast for all the senses, it's a celebration of local produce, sustainability, and warm Scottish hospitality

### DAY ONE

Start your day with a wild seaweed foraging adventure with **East Neuk Seaweed**. Jayson, a passionate forager and expert in coastal flora, leads you along the scenic East Neuk shoreline to explore the edible wonders of the sea. Reconnect with nature and wellbeing while sampling curated seaweed snacks or indulging in a tasting menu that reflects the unique terroir of Fife's coast.

Next, visit **Ardross Farm**, a shining example of sustainable agriculture and authentic food experiences. Enjoy a hands-on guided farm tour tailored to your interests — whether sowing, planting, or harvesting produce. Learn about low-mile Scottish food, and enjoy a private farm-to-fork meal in the charming grain loft. Don't forget to browse the award-winning farm shop, packed with seasonal, local delicacies.

Stop for lunch and exploration at **Bowhouse**, a hub of artisan food and community connection.

Take part in one of their popular food-making workshops—from butchery to cheese-making—or join a 'Grass to Grill' tour of the Balcaskie Estate. These immersive tours trace the journey of food from pasture to plate and include a delicious seasonal lunch made with estate produce.

Continue your culinary education with a class at **Courses for Cooks**. Enjoy a hands-on afternoon in a welcoming kitchen setting where you'll prepare and taste traditional Scottish dishes such as Cullen Skink, oatcakes, and shortbread. Optional Scottish Afternoon Tea experiences include tutored tea tastings paired with homebakes—perfect for guests seeking flavour and heritage.

Settle in for the night at **The Peat Inn**, one of Scotland's most acclaimed dining destinations. Indulge in a refined, seasonal tasting menu crafted from the best of Fife's local produce at this Michelin-starred restaurant. With luxurious overnight accommodation, it's the perfect setting to relax and reflect on a day of memorable culinary encounters.



## DAY TWO

Begin your morning with a visit to **Wendy Barrie's** seaside studio for a one-of-a-kind cookery experience.

Set against sweeping views of the Firth of Forth, Wendy invites you into her home and guides you through a range of sustainable, off-grid cooking sessions. Choose from a variety of taste adventures—from heritage meat and Scottish cheese tastings to wild-inspired foraged dishes.

Next, travel inland for a rustic yet refined experience at **The Hide at Lindores**. Climb aboard a Land Drover and journey to a secluded BBQ cabin perched atop Lindores Hill. Meet the farm's iconic Highland cows before settling in for an exclusive private dining experience, showcasing homebred and locally sourced produce. This is immersive, sensory dining at its finest—surrounded by nature and far from distraction.

Conclude your culinary escape with a visit to **Kingsbarns Distillery**.

Set in a beautifully restored 18th-century farm steading near St Andrews, this family-owned distillery offers whisky and gin tours, tastings, and insights into the spirit-making process. Explore the Gin Cottage, sample the distillery's award-winning expressions, and relax with a treat from the café before your journey home.

