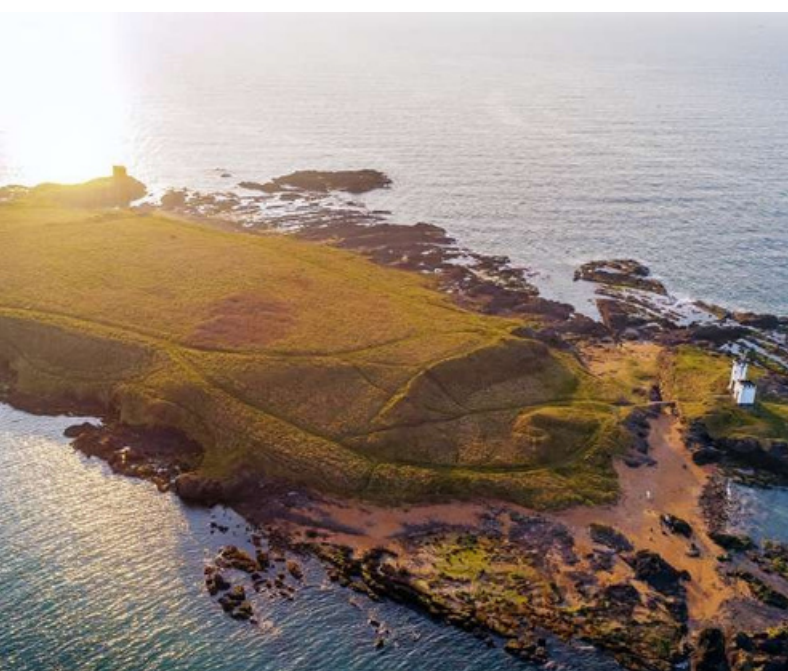


Sample Itinerary For the Travel Trade

WELCOME TO FIFE

Experience Fife's
Coastal Wellness,
Heritage & Adventure

Discover Fife through a curated four-day itinerary centred on St Andrews, blending coastal landscapes, rich heritage, and immersive experiences. From iconic museums and cultural highlights to artisan food, craft workshops, and East Neuk coastal wellbeing, the journey offers a balanced mix of relaxation and activity. Concluding with adventure experiences including a coastal safari and motorsport finale, this programme is ideal for groups and FIT travellers seeking authentic, high-quality Scottish experiences.



For a copy of our Travel Trade Brochure with supplier details visit:
Welcometofife.com or email promoting.fife@fife.gov.uk

Fife

Day One

St Andrews Heritage, Coast & Adventure

Arrive in St Andrews, Scotland's world-renowned "Home of Golf," where centuries of history, academic excellence, and coastal beauty combine to create a truly iconic destination. Begin with an exploration of the town's rich heritage, visiting the R&A World Golf Museum, where the global story of golf is brought to life through engaging displays and historic collections.

Continue to the St Andrews Heritage Museum and Garden, offering a charming and accessible insight into the town's social history, before heading to the Wardlaw Museum, part of the University of St Andrews, where contemporary exhibitions and panoramic rooftop views provide a modern perspective on the town's past and global connections.

In the afternoon, head to nearby West Sands Beach for an exhilarating experience with Blown Away Land Yachting, where guests can harness the coastal winds and take to the sands in a unique, high-energy activity set against one of Scotland's most iconic landscapes.

Take time to explore St Andrews further, including its independent shops, historic streets, and coastal viewpoints, before checking into premium accommodation such as The Old Course Hotel, Seaton House, or Rufflets.

In the evening, enjoy a traditional Scottish dinner at Forgan's, one of the town's most popular restaurants. Known for its lively atmosphere and modern take on classic dishes using locally sourced ingredients, it provides an authentic and memorable end to a day rich in culture, heritage, and coastal experience.



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Fife

Day Two

East Neuk Coast, Wellness & Distillery Experiences

Travel into the picturesque East Neuk of Fife, a chain of traditional fishing villages known for their distinctive character, working harbours, and strong sense of community. This stretch of coastline offers an ideal setting to slow the pace and experience Fife's connection to nature, heritage, and coastal life.

Begin with a gentle and restorative experience at Bowbridge Alpacas, where the focus is on slowing the pace and reconnecting with nature. Guests can enjoy mindful walking alongside the alpacas in a calm rural setting, encouraging relaxation and reflection while engaging softly with the landscape.

Continue exploring the East Neuk villages before stopping in Anstruther for award-winning fish and chips by the harbour, one of Scotland's most iconic seaside dining experiences and a true taste of the region.

In the afternoon, visit Kingsbarns Distillery for a guided tour and tasting, learning about the production of Lowland whisky and gin in a beautifully restored rural setting.

End the day with a signature coastal wellness experience, choosing from several wild sauna locations along the Fife coastline. These sessions can be paired with tidal swimming, alongside opportunities to walk sections of the Fife Coastal Path, taking in expansive sea views, wildlife, and the rhythm of coastal life at a slower, more mindful pace. This creates a memorable and restorative finale to the day.



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Fife

Day Three

Adventure, Coast & High-Energy Finale

Begin your day at Craigluscar Activities, set within a scenic rural landscape near Dunfermline. Guests can take part in a fun and engaging mini Highland Games experience, featuring traditional Scottish activities such as caber tossing, tug of war, and other light-hearted team challenges. With expert guidance, this provides an accessible and memorable introduction to Scotland's cultural sporting traditions, ideal for groups and a great way to build energy early in the day.

Just over the Knockhill Hill make your way to Knockhill Racing Circuit, Scotland's national motorsport centre, for a high-energy finale. Guests can experience the thrill of the track with a passenger ride alongside a professional driver, or take in the atmosphere from the pit lane and viewing areas. This adrenaline-fuelled experience offers a striking contrast to the slower-paced elements of the itinerary and ensures a memorable end to the programme.

Continue to the coast for an exhilarating Forth Sea Safari, offering a unique perspective of Fife from the water. Travelling by RIB, guests can take in dramatic coastal scenery, rugged cliffs, and iconic landmarks, with opportunities to spot local wildlife including seabirds and marine species. This experience combines adventure with interpretation, bringing the region's natural environment and maritime heritage to life.

Conclude the day with a stay at Garvock House Hotel in Dunfermline, a charming country house hotel set within mature gardens. Offering a warm welcome, elegant interiors, and a relaxed atmosphere, it provides the perfect setting to unwind after a high-energy day and reflect on the experiences of the trip.

