



6. Continue on footpath to A914. Turn right. Follow pavement until reach entry to Tarvit Mill (about 300 yds). A Scotways sign marks the track. Cross road to enter track, through wooden fence with gate (this was main road from Kennoway to Cupar about 200 years ago).
 7. Make way along path tht through woodland. If this path is overgrown use the field edge of the field to the left. When minor road, Sandystrae, is reached turn right and after 30 yds, turn left on old track towards Scotstarvit Tower. At top, turn left on to track which passes entrance to Tower and leads to Hill of Tarvit, after crossing the A916. When in Hill of Tarvit grounds, consider walk up to top of the Hill. As a viewpoint the summit excels to enjoy lovely views. Option also to have coffee in Hill of Tarvit tea-room
 8. Follow road through Hill of Tarvit, passing the house and Hickory Golf Course to reach other main entrance on Wemysshall Road. Turn right towards Ceres and at T junction, unless left towards Ceres and near top, at Give Way sign, turn left into Brighton Road (signposted to Cuparmuir). Continue along road, past playing fields on right, until you reach Cuparmuir.
 9. Continue until reach entrance on left to Moor Road. Continue on path, going through wooden gate, then down through Owllet Wood to reach Ceres Road. After passing a primary school, reach main road where turn right on way back into Cupar—option to stop off for coffee at famous local bakery. Cross over railway, pass station, continue on Station Road to roundabout where cross over to return to Futhers Car Park.

7: Scotstarvit, Hill of Tarvit and Ceres.



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- Ramblers Holidays Charitable Trust
- St Andrews Community Trust
- St Andrews Common Good Fund
- Ramblers Association
- St Andrews University Kate Kennedy Club
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- St Andrews Community Council 200 Club
- Cupar Round Table

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Prepared by St Andrews & NE Fife Ramblers Group

www.standrewsnefferramblers.com

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January 2018

Distance: 7miles
 Circular Route
 Start from: Futhers Car Park
 Terrain: Roads, tracks - some may be rough or muddy and farm roads.
 Note: this walk may be extended by visits of Hill of Tarvit or Ceres

7: Scotstarvit, Hill of Tarvit and Ceres.



Scottish Outdoor Access Code

- You can exercise access rights for:
- recreational purposes
 - educational purposes (concerned with furthering a person's understanding of the natural and cultural heritage)
 - crossing over land or water.

The four key principles of the Scottish Outdoor Access Code are:

- Respect the interests of other people
- Care for the environment
- Take responsibility for your own actions
- Take your litter home



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distance the Quaker Oats factory and Hopetoun Monument.
 5. At the end of path, turn left at road to reach Springfield. Follow the road through the village, swinging left at phone box. Continue to railway bridge, passing under it and turning left at signpost to Cuparmuir. Walk along pavement for about 1 mile.
 6. As enter Cuparmuir, look for Commerce St on right and walk down it to industrial estate with marked right of way on roadway. Continue under railway bridge towards Damside Mill and follow signs past mill to cross river by the Simpson Footbridge built in 1904 for mill workers.
 7. Continue on access road up to A914 where walk past War Memorial into Station Road, Wateland Road.
 2. Walk along riverside under South Bridge Brae(townspeopel's cattle came this way after grazing along the river, for milking) bus stop.
 8. Turn right alongside river (look for heron turn right into Millgate and near top, at Give Way sign, turn left into Brighton Road (signposted to Cuparmuir). Continue along road, past playing fields on right, until reach Cuparmuir.
 4. Turn left into Millgate and after 200 yds, turn right into Millbank and near top, at Give Way sign, turn left into Brighton Road (signposted to Cuparmuir). Continue along road, past playing fields on right, until you reach Cuparmuir, look for Commerce St on left and walk down it to Stratheden Hospital.
 4. Hospital drive exits on to a main road, where turn right and follow the road for 50 yds and cross over road to a path on left. Cross road to enter footpath on left path. Follow the Stratheden-Springfield path to its end, noting in

6: Cuparmuir, Elmwood Farm, Springfield Wood, and Simpson Bridge.

CUPAR LOCAL WALKS



Distance: 8.5miles
 Circular Route
 Start from: Futhers Car Park
 Terrain: Pavements, minor roads, farm tracks - muddy in places.

6: Cuparmuir, Elmwood Farm, Springfield Wood, and Simpson Bridge.



Cupar

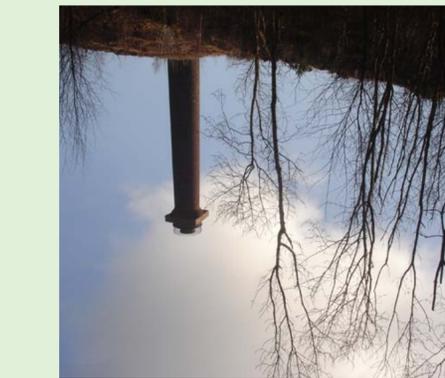
Cupar followed Crail as the county town for Fife from 1214 until 1974, when it passed on to Glenrothes. The town's early wealth was based on the wool trade and being a market for East Fife, until around 1350, when as a result of the Black Death, the town's dominance was lost to St Andrews.

The new county headquarters was built in 1817, and the local newspaper, the Fife Herald, was founded in 1822. A major development for Cupar was the arrival of the railway in 1847 and continues to help the town's economy.

Along the River Eden and tributaries until early 20th Century, there were at least eight mills for grinding corn, spinning linen flax and sawing timber. Some of the local walking routes were used by the mill-workers, but before the Reformation, some paths were pilgrim routes between abbeys, priories and holy wells. Cupar is near to the Fife Pilgrim Way, a new long-distance path through Fife, and a mile to the north of Cupar lies the route of the Coast to Coast Walk from Oban to St Andrews.

The town's religious heritage is shown by its varied collection of churches, including St John's Church in Bonnygate, built in 1878 with its 150ft spire.

Close to Cupar are Hill of Tarvit mansion house and the older tower house of Scotstarvit.



hill and Monument. Here you can enjoy views of Lomond Hills and Eden Valley.
 8. Return to small gate, and turn left along circular path until reach gate to re-join upward path, after which retrace steps back to Cupar.

Walk Variants

Walk 3: Shorter Circular Route to Cairngreen Wood and return-5.5miles

Follow points 1& 2 and then follow:

- At road turn left, and at Woodlands Farm, turn right on to track which leads to Cairngreen Wood. On reaching the Wood, stay right and when see sign to Dura Den, turn right to top of wood, then left along edge of wood until reach track on left.
- Follow track through wood until reach track to left which will reach west side of wood, where turn left down edge of wood until reach end of wood at point 3 above.
- Retrace steps to start via Woodlands Farm, Ceres-Cupar Road, Ceres Moor Road etc.

Walk 6: Shorter circular walk to Cuparmuir and return—4.5miles

Follow points 1 & 2 and then follow:

- Turn left into Millgate and after 200 yds, turn right into Millbank and near top, at Give Way sign, turn left into Brighton Road. Continue along road, past playing fields on right, until reach Cuparmuir.
- Look for Commerce St on your left and walk down it to industrial estate with marked right of way on roadway. Continue under railway bridge towards Damside Mill and follow signs past mill to cross river by the Simpson Footbridge built in 1904 for mill workers.

Distance: 9miles
 Linear Route
 Start from: Futhers Car Park
 Terrain: Roads, footpaths and tracks - some very stony. Great views of Fife.

5: Hopetoun Monument.

Walk Variants

Walk 7: Longer route options to Chance Inn & Craigrothie-extra 2-3 miles

When reach Scotstarvit Tower at point 7, follow:

- Turn right and follow a rough track past Scotstarvit Farm, signposted as a cycleway, which heads to Chance Inn. At Chance Inn, the track joins a minor road where you turn left and follow it until join A916.
- Turn left and make your way on the pavement into Craigrothie. At the bottom of the hill, cross over opposite Kingarroch Inn and turn into Old Mill Road. Follow this road, keeping left at all junctions till you cross the yard of the old mill buildings and come to Craigrothie Ford over the burn; pedestrians cross by an ancient packhorse bridge.
- Continue on the track to join Wemysshall Road where you turn right and after 200m, reach the entrance to Hill of Tarvit. Continue as per main route 8.

1: Riverside East, Tarvit Pond and Tarvit Farm.

Distance: 3.8miles **Circular Route**

Start from: Fluthers Car Park

Terrain: Varied terrain of roads, farm tracks and good paths.



1. Leave Fluthers car park by main entrance and cross A91 and walk across Haugh Park to reach riverside walkway.
2. Turn left along river, cross Pitscottie Road and go down steps to continue on riverside path.
3. When reach T junction, bear right round belt of trees passing marshy area where there used to be a curling pond.
4. Return to Pitscottie Road, turn left and after crossing railway bridge, turn right into Tarvit Avenue and almost immediately, turn left into Tarvit Drive.
5. At end of the drive, reach Tarvit Pond park which should be circumnavigated by the Nature Trail and information boards to view the bird life, after which take the path on the far side of pond to reach a narrow path on right beside an Information Board.
6. The path leads to some steps through trees, passing a buried ice house on the left. Follow path beside wooden fence to reach farm track to Tarvit Home Farm

7. Turn right and follow farm road uphill until it joins Ceres Road, where turn right, admiring views of Cupar. After passing a primary school, reach main road where turn right on way back into Cupar - option to stop off for coffee at famous local bakery. Cross over railway, pass station, continue on Station Road to roundabout where cross over to return to Fluthers Car Park.



2: Hawklaw, Foodieash, Cairnie and Moonzie Kirk.

Distance: 9.5miles **Linear Route**

Start from: Fluthers Car Park

Terrain: Country roads, farm tracks and main road pavements.



1. Leave Fluthers car park by northern pedestrian exit and cross over into Castle St. At top, turn into Well St.
2. After wooden gate at No19, turn right into lane, then left along hedge and continue to Bishopgate, where turn right and go uphill, passing entry to Middlefield Farm
3. At top of hill, take sharp right along boundary fence of disused Hawklaw Government Communication Centre, and continue on track to Kingask Farm until reach Cupar/Dairsie signpost.
4. Turn left and follow track downhill past the farm to junction with public road at Kingask House. Turn right and follow road into Foodieash village.
5. At north end of village green, turn left on to grassy track. After short distance, turn right at footpath sign and follow path through trees until it reaches a field, where you turn left on to a

track which leads to Cairnie Fruit Farm - optional coffee stop.

6. Leave the Fruit Farm through main entrance and turn left at public road. After a short distance, turn right at first junction on to a signposted path. Follow the path, which may be muddy, for approx. 1.7 miles, passing through woodland and open fields to reach Lordscairn road at Muirside.

7. Turn right at road, and then left to Moonzie to reach Kirk on top of a rise; the church is built on site of medieval chapel, known as the "visible kirk" due to its whitewashed gable end to guide pilgrims on way to and from St Andrews.

8. Retrace outward route to return to start. Have alternate option when reach point 4, Kingask House, to continue on public road to a T junction, where turn left to walk back on pavement, passing Adamson Hospital, then continue on Bank St, Burnside North, East Burnside and on to Fluthers car park.



3: Cairngreen Wood, Dairsie Den, Kemback, Dairsie Mains, Chapelwell, and Hawklaw Circular.

Distance: 9miles **Circular Route**

Start from: Fluthers Car Park

Terrain: Tracks and paths - some rough in places, minor roads and pavements.



1. Leave Fluthers car park main entrance, cross A91, pass War Memorial and walk down Station Road, pass railway station, cross railway bridge and into South Road. Pass supermarkets and turn left into Ceres Road.
2. Pass Primary School and cemetery and enter Ceres Moor Road on right, continuing uphill on path through Owllet Wood until reach wooden gateway. Turn left on to farm track which leads to Ceres-Cupar road.
3. At road turn left, and at Woodlands Farm, turn right on to track which leads to Cairngreen Wood. On reaching the Wood, stay right and when see sign to Dura Den, turn right to top of wood, passing through 2 deer fence gates go through the next gate into a field. Walk down the field edge, with woods on your left, and cross field until reach the Pitscottie Road.

4. Cross over Pitscottie Road and go down a small path between field and trees until you reach a small bridge over ditch, turn right into field and follow the path until you reach a gate. Go through the gate and walk through between the houses until you reach the bridge over the Ceres burn, turn left onto minor road towards Dura Den & Kemback

5. Follow road until river bridge where cross carefully until reach Dairsie Mains.

6. Turn left on to track to Chapelhall and on up to A91, cross and continue on track towards Foxton. Before reaching Foxton, turn left on to rough track which passes disused Hawklaw Communication Centre, after which turn sharp left downhill, passing entrance to Middlefield Farm.

7. Reach Bishopgate as enter town, and follow lane along hedge and then turn left to reach wooden gate at No19 Well St. Turn left down Castle St and back to Fluthers car park.



4: Moathill, Elmwood College, St Mary's Farm, Balgarvie.

Distance: 5miles **Circular Route**

Start from: Fluthers Car Park

Terrain Footpaths, surfaced roads and farm tracks.

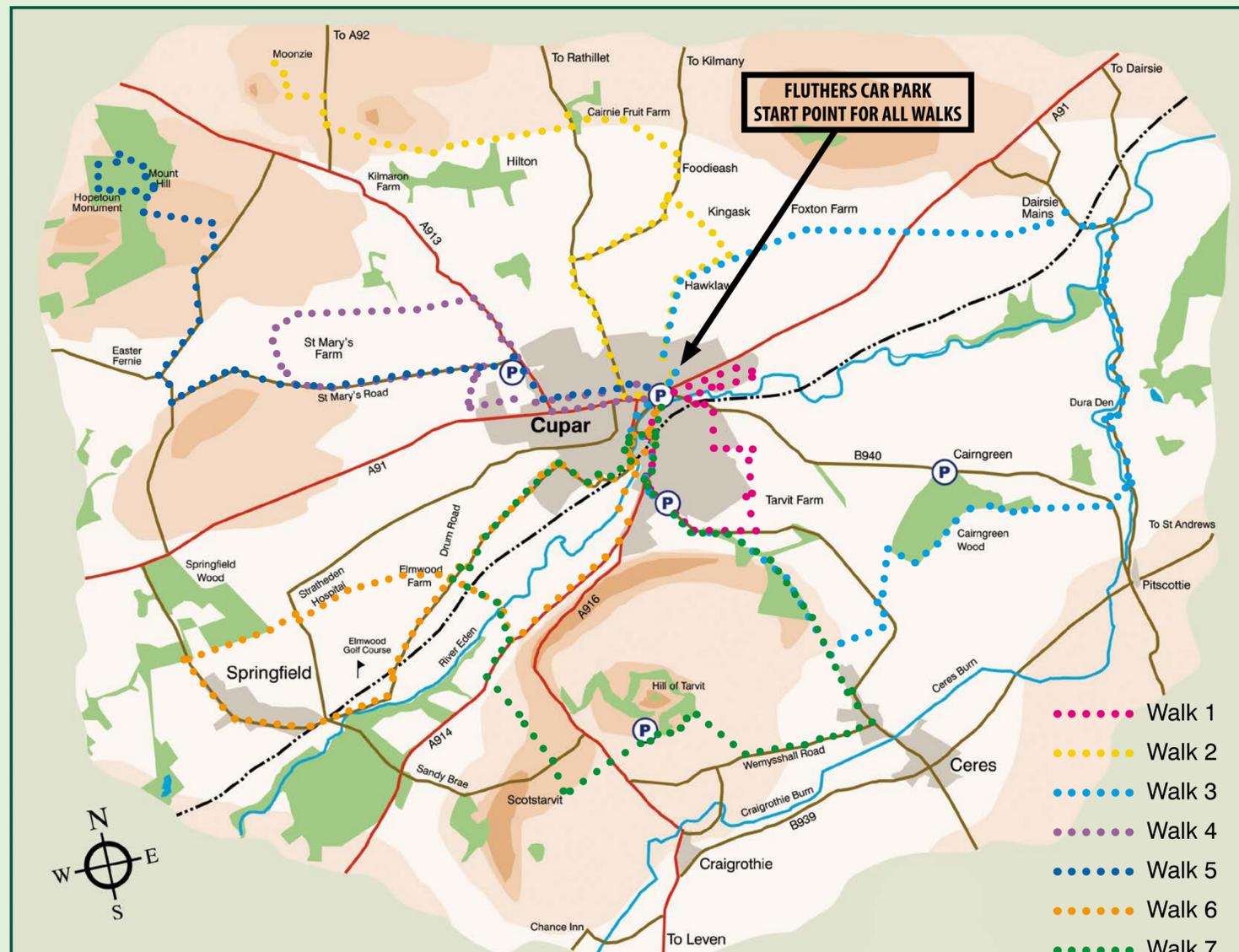


1. Leave Fluthers car park by main entrance, turning right and follow pavement along Burnside.
2. Cross over Bishopgate, Newtown and North Burnside.
3. On reaching other side of North Burnside, cross the Ladyburn by the footbridge and make way up the hill over the grass for 50 yds to meet gravel path.
4. Keep left, then right and follow path along the top of the ridge of Moathill, with views of Cupar on both sides. Continue along path until it joins the road at Balgarvie Crescent. Continue west until reach Balgarvie Road (A913).
5. Cross road and enter track opposite between Duffus Park and Rugby Club. Continue along the track to reach grounds of Elmwood College and cross over drive, still heading west.
6. The path now narrows and runs between hedges until reach a slatted fence where bear right and continue for 500 yds until join St Mary's Road.

7. Follow St Mary's Road for about 1 mile westwards, passing Horselaw steading on left. When reach entry to St Mary's Farm, turn right into farm road and go past farmhouse. The track now crosses Ladyburn and continues through field, before swinging sharp right eastwards. (The names St Mary and Ladyburn derive from a church here in the middle ages).

8. Continue on track until it joins tarred road to Wester Balgarvie Farm up on left. Follow farm road back to A913, Balgarvie Road where cross over to pavement until reach A91 junction, where turn left into West Port.

9. Continue through town centre along Bonnygate and St Catherine St, turning left at roundabout back to Fluthers Car Park.



Cupar Walks

Walks to enjoy the history and beauty of the town. All the walks in this leaflet follow rights of way, farm tracks and other paths falling within Scottish Access legislation.

Many paths have been kept open by the Scottish Rights of Way Society (Scotsways) and by continued use by local people for leisure. Some may become overgrown in summer and some routes are kept open by farmers in the course of the work of the farm. Walkers using these routes are asked to respect the needs of those whose livelihoods depend on good management of the land. In particular, where necessary, use field edges and margins to avoid crop damage, avoid disturbing farm animals and close gates after use.

Every care has been taken to make the walk descriptions accurate but no responsibility can be taken for users of this leaflet. Suitable footwear should be worn appropriate to described terrain and weather. The rights of landowners and farmers, under Scottish Access legislation, should be recognised.

