

KEY POINTS OF INTEREST

1. Pittencrieff Park - given to Dunfermline by Andrew Carnegie in 1903; home of the Pittencrieff House Museum
2. Dunfermline abbey and Palace - Romanesque architecture with a cathedral-like presence. Founded as a priory, it gained abbey status in the 12th century
3. Charlestown & Limekilns – heritage coastal villages with harbours and the largest limekiln complex in Scotland
4. Pitliver House - 17th century house and historic estate
5. Keevil House – now a hotel, some parts of this rambling country house date back to the 15th century
6. Pitfirrane Castle - the 15th century towerhouse stands tall, surrounded by a 1950s golf course which is home to Dunfermline Golf Club
7. Logie House - a 19th century classical mansion, although the tower house dates back to the 15th century. The gardens are open in summer months; check opening times

THE STATS

DISTANCE:	ELEV GAIN:	Trails are intended as day-long walks or cycles, but route times will vary depending on speed and en-route stops.
9.7miles / 15.6km	639ft / 195m	

GEAR

The route follows a mix of pavements, paths and trails. Make sure your footwear and clothing is appropriate for the weather and off-road paths. If cycling, there are some technical sections so you will need a bicycle with off-road capabilities.

Remember to follow the Scottish Outdoor Access Code.

ROUTE 5: ABBEY TO SEA

A walking loop between Dunfermline Abbey and the once bustling harbours of West Fife, which takes in five historic estates.

Important during Scotland's industrial revolution, the Fife coalfield pits were held by some of the families who once lived - or still live - in the stately homes you pass. Their relationship with the Forth and its industrialisation is key to understanding the landscape to the west of Dunfermline.

Starting and ending nearby to Dunfermline Railway Station, this route can also be cycled.

WANDERINGS AND WINDINGS

Inner Forth Futures (IFF) is a partnership organisation that is taking forward the legacy of the Inner Forth Landscape Initiative. Find out more at www.innerforthlandscape.co.uk.

Wanderings and Windings (W&W) is an IFF project, supported by the National Lottery Heritage Fund. This leaflet is just one of nine Wanderings and Windings routes around the Inner Forth - day-long walks and cycles highlighting and linking some of the fantastic wildlife and historic heritage of this unique landscape at the heart of Scotland. Visit our W&W page at www.innerforthlandscape.co.uk/about/wanderings-windings to download all the leaflets and for further information on each of the routes.

If you would like to share your photos and experiences of the routes, why not join the Wanderings and Windings Facebook Group, where you can upload them for others. You can also engage with us on Twitter @innerforth.

NAVIGATION

A GPX file can be downloaded here and sent to a GPS device or to a smartphone:



You can also navigate the route by using Ordnance Survey Landranger 65 Falkirk & Linlithgow Map.

Look out for the Wanderings & Windings way markers, located at key points and junctions to help guide you, and download our free 'Inner Forth Landscape Explorer' app for additional information as you navigate the route.



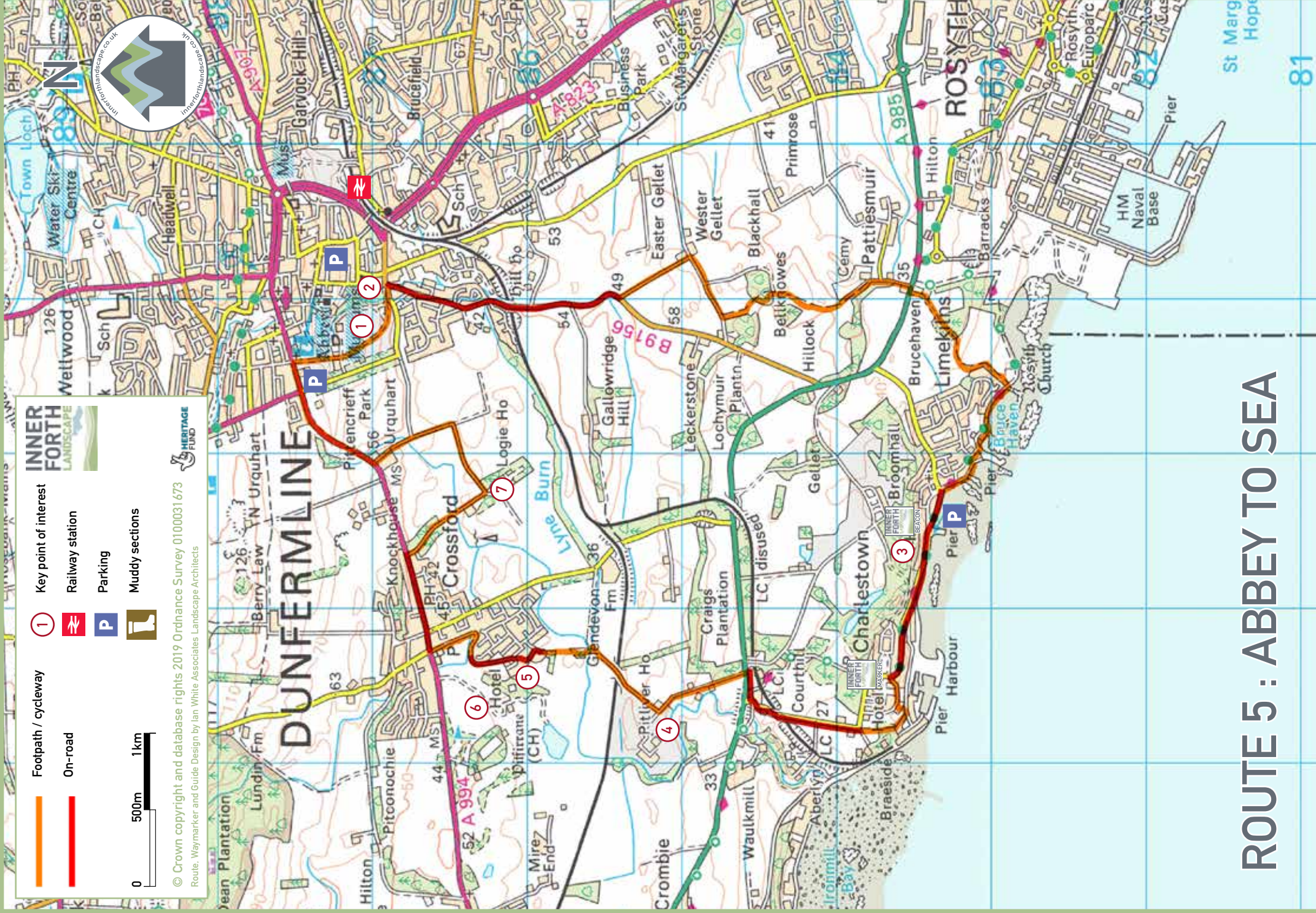
Route, Waymarker and Guide Design by Ian White Associates Landscape Architects



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WANDERINGS & WINDINGS





ROUTE 5 : ABBEY TO SEA