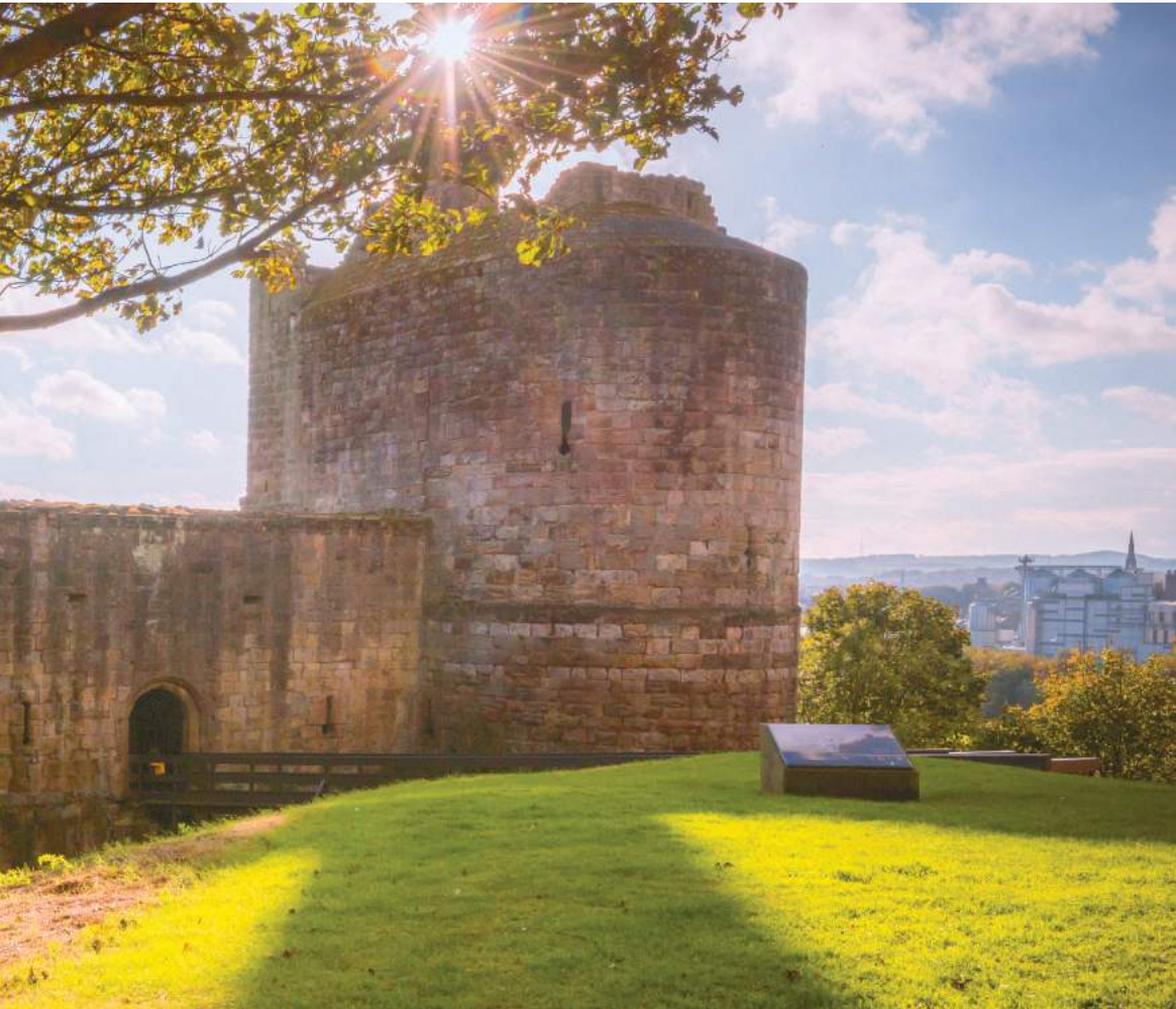


*A Visitor Guide*

# Heartlands *of* Fife



# Welcome to Heartlands of Fife

*The Heartlands of Fife stretches from the award-winning beaches of the Firth of Forth to the panoramic Lomond Hills. Its captivating mix of bustling modern towns, peaceful villages and quiet countryside combine with a proud history, exciting events and a lively community spirit to make the Heartlands of Fife unique, appealing and authentically Scottish.*

*Within easy reach of the home of golf at St Andrews, the fishing villages of the East Neuk and Edinburgh, Scotland's capital city, the Heartlands of Fife has great connections and is an ideal base for a short break or a relaxing holiday.*

*Come and explore our stunning coastline, rolling hills and pretty villages. Surprise yourself with our fascinating wildlife and adrenalin-packed outdoor activities. Relax in our theatres, art galleries and music venues. Also don't forget to savour our rich natural larder.*

*In the Heartlands of Fife you'll find a warm welcome and all you could want for a memorable visit that will leave you eager to come back and enjoy more. And you never know, you may even lose your heart!*

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welcometofife.com

# Our towns and villages

## Burntisland

Set on a wide, sweeping bay, Burntisland is noted for its Regency terraces and A-listed buildings which can be explored on a Burntisland Heritage Trust guided tour. Alternatively, relax on the award-winning sandy beach, make a splash at the Beacon Leisure Centre, or climb 193 metres to the top of The Binn to enjoy panoramic views over the Firth of Forth from the iconic Forth Bridges to the Bass Rock.

## Aberdour

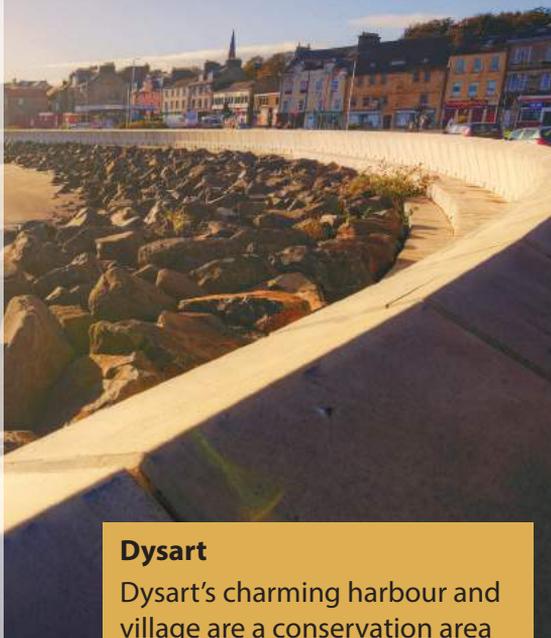
Nestled around a pretty harbour, the village of Aberdour enjoys an idyllic situation on the Firth of Forth, looking south to the island of Inchcolm and Edinburgh beyond. The arrival of the railway in 1890 transformed Aberdour into a thriving village with opulent houses. Today, visitors flock to enjoy its family-friendly beaches and explore Aberdour Castle and gardens.



# Our towns and villages

## Kirkcaldy

Kirkcaldy has a rich past as home to many of Scotland's great 'innovators' including the philosopher and economist Adam Smith, Scottish neoclassical architect, Robert Adam and engineer & inventor Sir Sandford Fleming. The theatre that takes his name shows a varied programme throughout the year including live-streamed theatre, ballet and opera from London venues. Kirkcaldy Galleries house a nationally important collection of the Scottish Colourists and work by local resident Jack Vettriano. Visitors to the 'Lang Toun' can also enjoy magnificent parks, vibrant shops and restaurants, and Europe's longest annual street fair.



## Kinghorn

Kinghorn's spectacular sandy beaches enjoy dramatic sea views to the south and east and Pettycur Bay houses one of the largest holiday parks in Fife. Just outside the town, Kinghorn Loch is home to The Ecology Centre, a wonderful place to enjoy a picnic or spot wildlife on one of the tranquil walks.

## West Wemyss

Once a centre for the salt industry, West Wemyss spreads out from its central Tolbooth, whose origins date back to 1511. Its harbour was later used to export coal from pits on the Wemyss Estates and part of the old village is now a conservation area, with several attractive buildings including a row of traditional miners' cottages.

## Dysart

Dysart's charming harbour and village are a conservation area with landmarks such as the 16th and 18th century painted dwellings on Pan Ha', many of which have been restored by the National Trust for Scotland. The Harbourmaster's House, dating from around 1840, is home to the Fife Coast and Countryside Trust Visitor Centre, bistro and shop. The picturesque harbour was also used in series 2 of the popular TV show, Outlander.



## East Wemyss

East Wemyss takes its name from the 'weems' or caves in the cliffs along its shoreline. These ancient caves are famed for their Pictish drawings, which are believed to be the oldest in the UK. They are a short walk from the village and the impressive Court Cave and Jonathan's Cave are accessible with care.



## Markinch

The small country town of Markinch incorporates a conservation area containing architectural treasures, including the 12th century Norman tower of the parish church. Balbirnie Park offers visitors bridle paths, picnic areas, woodland walks, wildlife areas and a golf course, as well as the Balbirnie Stone Circle, thought to date back to 2000 BC.

## Glenrothes

Glenrothes was planned as one of Scotland's first new towns and has grown into an important centre for the electronics industry. With an abundance of green spaces and beautiful parks, it has won numerous 'Britain in Bloom' awards and is notable for the many quirky outdoor sculptures and artworks dotted throughout the town. Visitors can explore a network of waymarked trails at Riverside Park or shop 'til they drop at the Kingdom Centre, which is also home to the Rothes Hall theatre and exhibition venue.



# Our towns and villages

## Leslie

The small town of Leslie was once home to number of mills and the workers' cottages that still stand in the old town are testament to this industrial past and now form part of a conservation area. Acting as a gateway to the open spaces of the Lomond Hills, Leslie is a great base for walkers, cyclists and horse riders looking to explore the numerous local trails.

## Kelty

The former coal mining village of Kelty lies in the industrial heartland of Fife. The mines are long gone, but today walkers and cyclists come to explore the waymarked trails of Blairadam Estate, which was landscaped by renowned architect Robert Adam in the 1700s, and offers opportunities to spot red squirrels, lofty trees, elegant bridges and old mine workings.

## Lochgelly

Once known as 'Little Moscow' due to its left-leaning politics, Lochgelly was named 'Scotland's Most Improved Town' in 2016, thanks largely to the efforts of its strong local community. The Lochgelly Centre regularly hosts exhibitions, theatre, and music, while the loch and nature reserve at Lochore Meadows Country Park is the venue of a host of outdoor activities including horse riding, mountain biking and watersports.



## Cowdenbeath

Coal mining doubled Cowdenbeath's population between 1890 and 1900, giving rise to the nickname 'The Chicago of Fife'. Work is currently underway to transform the town's Brunton Square into a heritage garden which will reflect the rich mining history of the area. The town also boasts a leisure centre and 18-hole golf course, as well as Britain's most northerly stock car racing track.

# The Great Outdoors

## Sandy Beaches

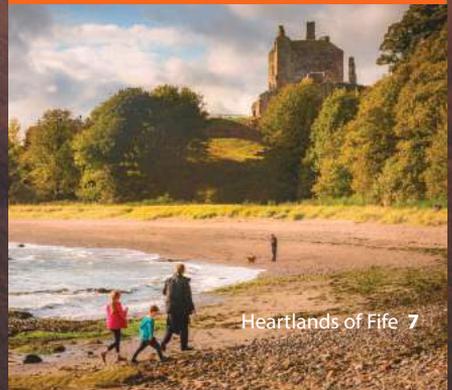
Set in a sheltered cove, **Aberdour's Silver Sands** offers fine views across the Firth of Forth. The Fife Coastal Path passes by the beach, offering an opportunity for a scenic stroll. Summer facilities include a beachfront café, and a putting green and bouncy castle.

The popular family beach at **Burntisland** is ideal for playing, collecting shells and exploring rock pools. Adjacent facilities include the Beacon Leisure Centre, the huge Links park area, crazy golf, bouncy castles and an annual summer fairground.

**Kinghorn's beach**, overlooked by the Pettycur Bay Holiday Park, offers a long, wide stretch of sand coupled with stunning views of Edinburgh Castle and Arthur's Seat from across the water. If the tide is out, you can walk right along the sands to Burntisland.



Winner of a Keep Scotland Beautiful 2017 Beach Award, **Pathhead Sands** at Kirkcaldy, stretches between the harbour and Ravenscraig Castle. The Fife Coastal Path links the beach with Ravenscraig Park, with its woodland walks and picnic areas.



## Sailing

Aberdour Boat Club has an active racing and cruising programme and its annual Regatta is one of the biggest events on the Forth. The club offers a warm welcome to visiting sailors and the pretty historic harbour is a great place to watch the boats come and go.

**w: [aberdourboatclub.co.uk](http://aberdourboatclub.co.uk)**

Burntisland Sailing Club is now more than 60 years old and is located in Burntisland Harbour. It is one of the principal sailing clubs on the Firth of Forth. The club has about 25 moorings accessible at all states of the tide and a well-equipped clubhouse. The sailing season is from mid-April to early October and races are held every Monday and Friday evenings.

**w: [burntislandsailing.org.uk/about/](http://burntislandsailing.org.uk/about/)**

## Sub-Sea Adventure

The coastal waters of the Heartlands of Fife offer several excellent diving sites including HMS Campania, a luxury liner converted to an aircraft carrier, wrecked near Burntisland, and Grumman Avenger, a well-preserved World War Two aircraft resting a mile off shore.

Divebunker in Burntisland arrange dive expeditions to these and many other sites, as well as taster dives for novices. Find out more at **w: [divebunker.co.uk](http://divebunker.co.uk)**.



# The Great Outdoors



From Kirkcaldy's long esplanade the Path follows the main road past the old Nairn linoleum factory towards Ravenraig Castle and into Dysart. The approach to West Wemyss along intermittent gravel and grass track is a pretty section of the path that hugs the shoreline, with some sharp descents and steps that make it less suitable for cyclists.

The grass track from West Wemyss to East Wemyss and the famed caves is mainly flat. Look out for the steep steps by the caves leading east towards Buckhaven.

For more detailed information visit [w: fifecoastalpath.co.uk](http://w:fifecoastalpath.co.uk) or look out for the Fife Coastal Path map at visitor information centres.





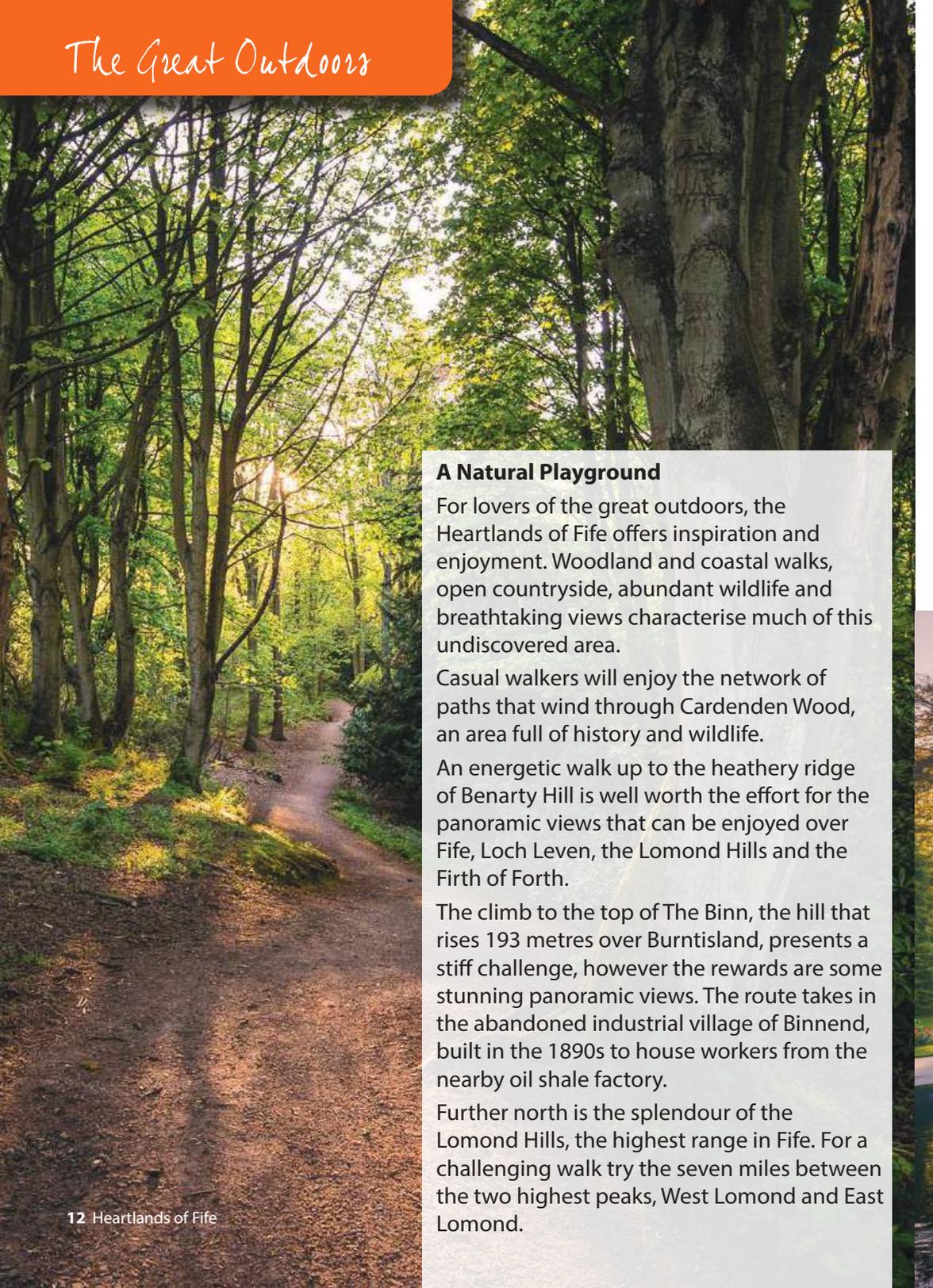
## Fife Pilgrim Way

A new 64 mile trail from North Queensferry and Culross via Dunfermline to St. Andrews offers the opportunity to discover, enjoy and share the Kingdom's rich pilgrim heritage. From medieval landmarks such as the abbeys and palaces at Culross and Dunfermline and St. Andrew's Cathedral, to hidden gems such as St. James's Chapel in North Queensferry, Inverkeithing Friary and Finglassin's Well, Kinglassie.

The Fife Pilgrim Way is scheduled to open soon - come and experience a walk with a purpose, whilst enjoying the fresh air and exercise, following in the footsteps of the many that have trodden this Way before.

**[w. fifecoastandcountryside.co.uk](http://w.fifecoastandcountryside.co.uk)**





## **A Natural Playground**

For lovers of the great outdoors, the Heartlands of Fife offers inspiration and enjoyment. Woodland and coastal walks, open countryside, abundant wildlife and breathtaking views characterise much of this undiscovered area.

Casual walkers will enjoy the network of paths that wind through Cardenden Wood, an area full of history and wildlife.

An energetic walk up to the heathery ridge of Benarty Hill is well worth the effort for the panoramic views that can be enjoyed over Fife, Loch Leven, the Lomond Hills and the Firth of Forth.

The climb to the top of The Binn, the hill that rises 193 metres over Burntisland, presents a stiff challenge, however the rewards are some stunning panoramic views. The route takes in the abandoned industrial village of Binnend, built in the 1890s to house workers from the nearby oil shale factory.

Further north is the splendour of the Lomond Hills, the highest range in Fife. For a challenging walk try the seven miles between the two highest peaks, West Lomond and East Lomond.

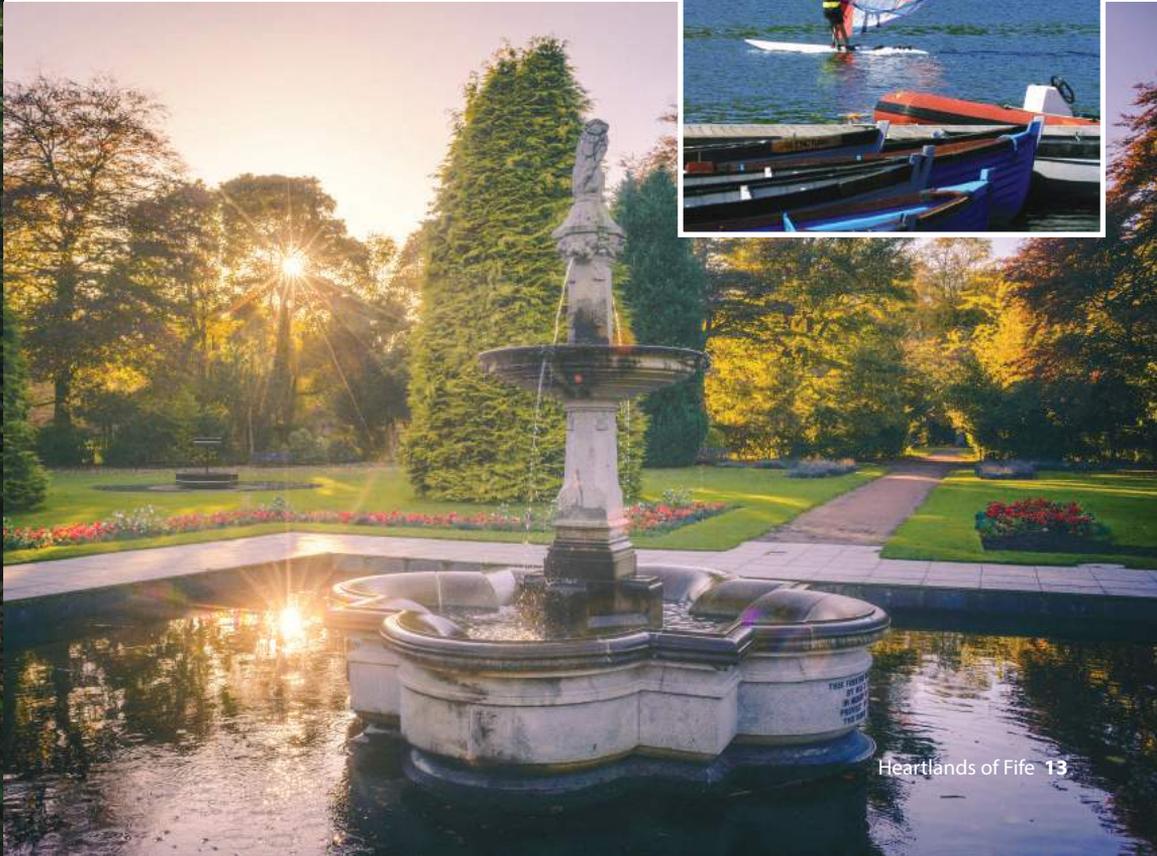
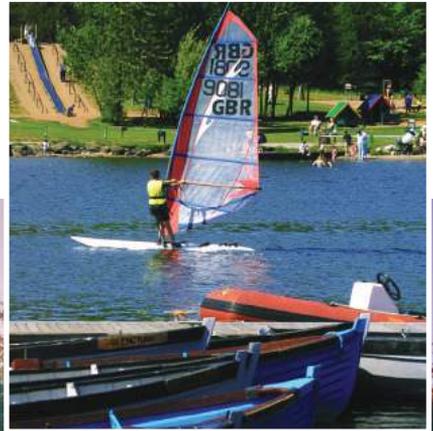
Lochore Meadows is a 1200 acre country park and nature reserve near Lochgelly. Facilities include a trout fishery, 9-hole golf course, outdoor education centre, picnic areas, BBQs, a beach and play area and riding stables. Visitors can enjoy a range of activities including watersports, hillwalking and mountain biking.

The area is home to some of the most beautiful parks in Scotland. In Kirkcaldy, Beveridge Park is a lovely space with woodland walks, rose and flower gardens, play areas and a boating pond, while Ravenscraig Park, next to the castle of the same name, has large sweeping lawns, play areas and great views across the Firth of Forth.

Riverside Park in Glenrothes boasts beautiful riverside and woodland walks, as well as play areas, floral gardens and town art sculptures.

Just outside Glenrothes, Balbirnie Park offers 416 acres of parkland and woodland walks and features a remarkable rhododendron collection, snowdrops as well as many exotic tree specimens.

For more information on walks in the area go to **w: [fifedirect.org.uk/corepaths](http://fifedirect.org.uk/corepaths)**



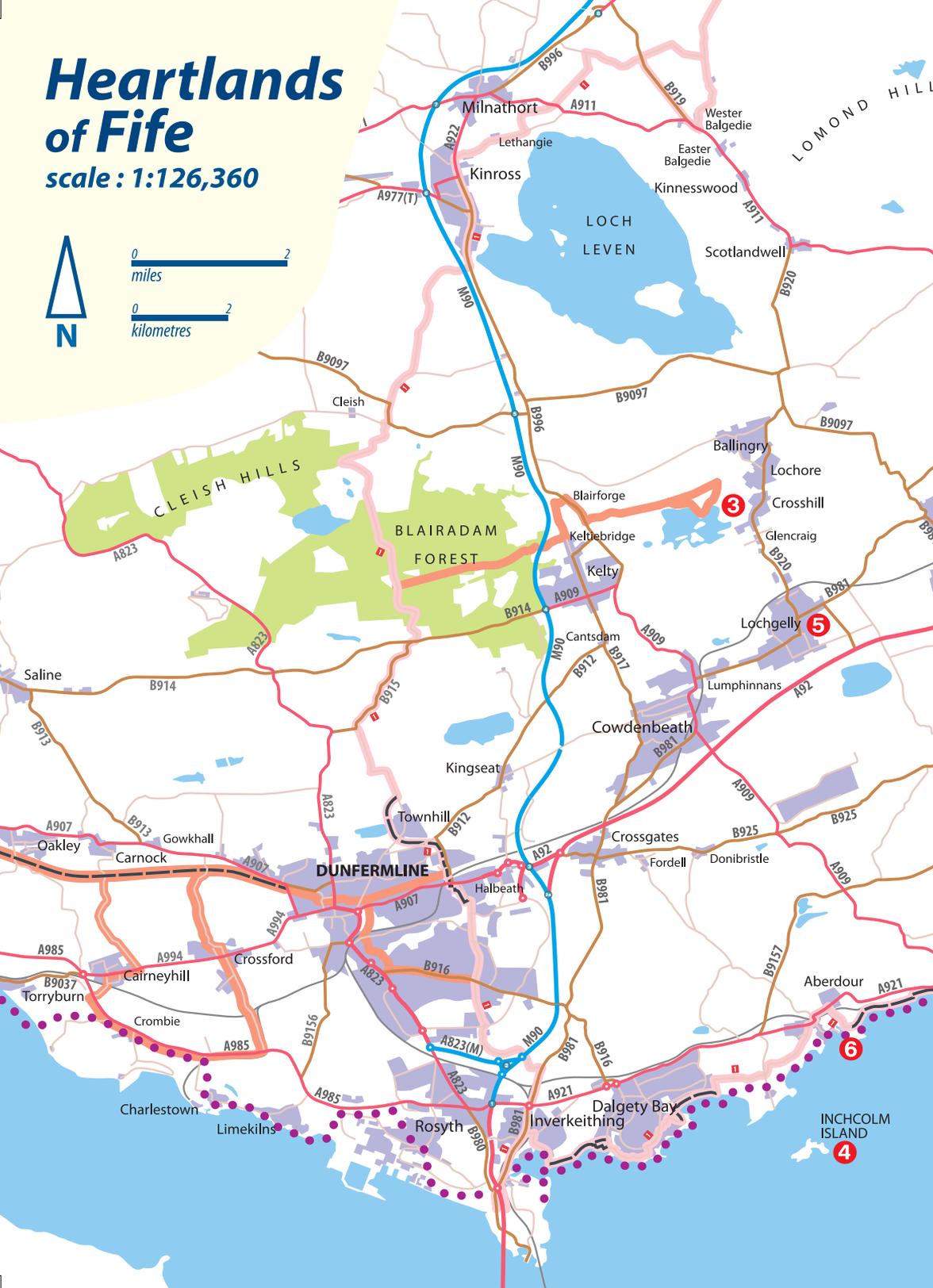
# Heartlands of Fife

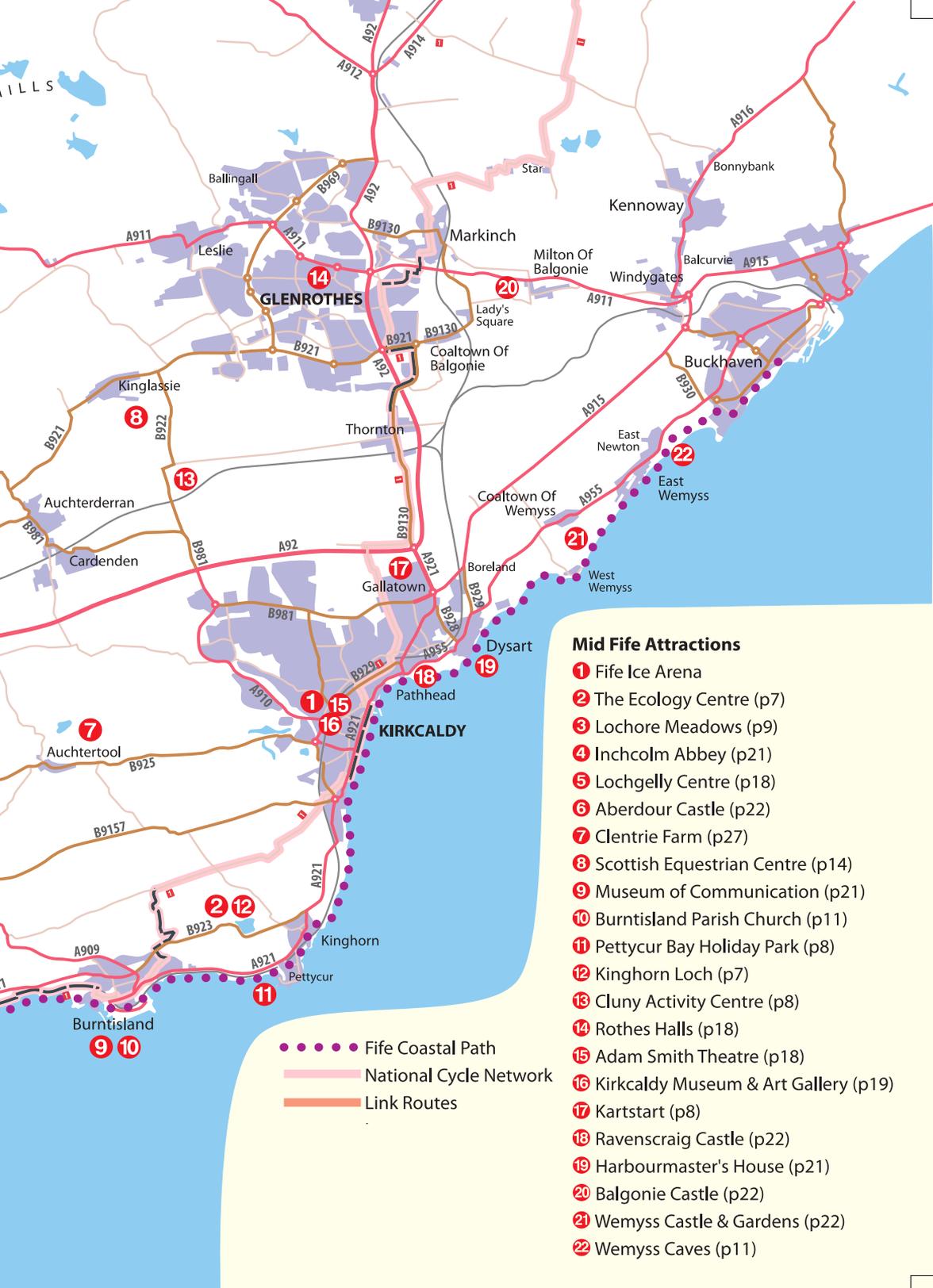
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### Mid Life Attractions

- 1 Fife Ice Arena
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- 3 Lochore Meadows (p9)
- 4 Inchcolm Abbey (p21)
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- ● ● ● ● Fife Coastal Path
- National Cycle Network
- Link Routes



**Fife Cycle Park**

Scotland's first closed loop cycling circuit



## Cycling

Fife has one of the best networks of cycle routes in Scotland, with the Kingdom of Fife Millennium Cycleway linking 300 miles of dedicated cycle tracks. The Kingdom Cycle Route, which circumnavigates Fife, goes through Glenrothes, Kirkcaldy and Burntisland and connects with the Fife Coastal Path.

The bike tracks at Blairadam Forest include some more challenging off-road cycling, or try the Lochore recreational route that runs from Lochore Meadows Country Park through to Blairadam Forest, connecting to the main Kingdom Cycle Route.

For more information on cycle routes throughout the area, check out the Fife Cycle Map at **w: [ffedirect.org.uk/cycleways](http://ffedirect.org.uk/cycleways)**

Fife Cycle Park is a closed loop cycling circuit which is a loop of tarmac road, fully street-lit and built to 'A Road' standard. It allows for a full range of cycling activities to take place in a traffic free environment all year round. Users will be able to choose from a variety of circuits to suit the activity as well as having the option of more than one group or session using the facility at the same time. **w. [ffedirect.org.uk/cyclingcircuit](http://ffedirect.org.uk/cyclingcircuit)**



## Wildlife

Beautiful Inchcolm Island, with its imposing 12th century abbey, is a haven for marine wildlife. There are opportunities to see a variety of seabirds and you can also find many seals basking on its shoreline rocks. Boat trips to visit the island are available from South or North Queensferry.

The woodland, meadow and lochside walks at Kinghorn Loch provide a wonderful opportunity to spot wildlife such as grebes, buzzards and herons, along with a profusion of wild flowers, bees and butterflies. At The Ecology Centre, find out how the natural environment helps to improve people's quality of life.

**w: [theecologycentre.org](http://theecologycentre.org).** The adjacent Earthship Visitor Centre is built from old car tyres, aluminium cans, and other waste materials and is powered completely by renewable energy. **w: [sci-scotland.org.uk/visit-earthship-fife/](http://sci-scotland.org.uk/visit-earthship-fife/)**

At Lochore Meadows Country Park, Harran Hill Wood is noted for its great variety of plants, bryophytes and ferns, while at the west end of the loch there is a nature reserve with a wheelchair-accessible bird-watching hide. **w: [lochoremeadows.org.uk](http://lochoremeadows.org.uk)**

The Harbourmaster's House at Dysart is Fife's first Coastal Centre and an interactive visitor display describes the history, wildlife and geology of the Fife coastline. **w: [fifecoastalpath.co.uk](http://fifecoastalpath.co.uk)**



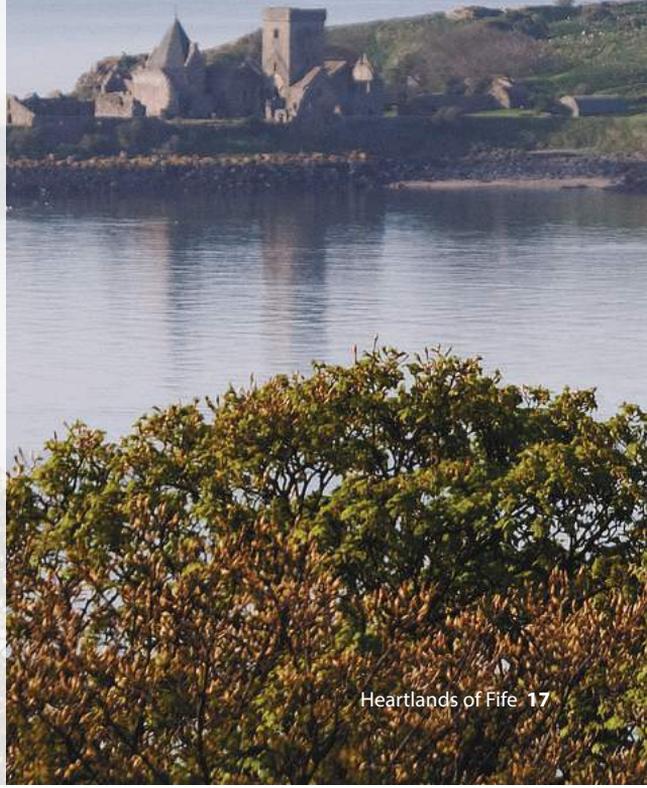
## Fishing

The Heartlands of Fife offers a host of fishing locations for first timers and experts alike. There are options to fish from bank & boat in the area for rainbow, blue and wild brown trout with some locations offering boat, rod and reel hire. Check websites for more details.

**w: [facebook.com/Stenhousetroutfishery](https://www.facebook.com/Stenhousetroutfishery)**

**w: [lomondhillsfishery.com](http://lomondhillsfishery.com)**

**w: [raithlake.com](http://raithlake.com)**



# Golf Excellence

Fife is recognised as the home of golf and Heartlands of Fife possesses some real gems that provide value for money, stunning views and enjoyable challenges for all standards of golfer.

Golf was first played at Burntisland in 1797, making it one of the world's oldest courses.

Aberdour is set against the Forth coast and its cliff top setting and inspirational views to Inchcolm Island provide a dramatic backdrop to a rewarding course.

Other courses to look out for include Balbirnie Park Golf Club, a more modern course set in 140 acres of woodland at Markinch; Kirkcaldy Golf Club, designed by Tom Morris in 1904; Thornton Golf Club, founded in 1921 by a group of local railwaymen; Kinghorn Golf Club, one of Fife's - and Scotland's - oldest courses founded in 1887 and Cowdenbeath Golf Club, originally built as a 9-hole course on the old Dora Coalmine site and now an 18-hole course of charm and character.

The Fife Golf Partnership website brings together information on golf courses, passes and packages throughout the area. **w: [visitfifegolf.com](http://visitfifegolf.com)**

The First in Fife booking portal shows real-time availability and the lowest green fees at 17 great courses and offers additional discounts based on the number of rounds booked.

**w: [firstinfifegolf.com](http://firstinfifegolf.com)**

# Sporting fun



Heartlands of Fife has a wealth of leisure centres and sporting venues offering plenty of fun for active families.

The Beacon Centre, next to Burntisland beach, has a 25 metre freeform swimming pool with flumes and wave machine. Cowdenbeath's leisure centre includes a swimming pool, health suite, sports hall, crèche, gym and floodlit outdoor playing pitches and there are also popular pools at Kirkcaldy opposite the Esplanade, and Bowhill near Cardenden.

The Michael Woods Sports and Leisure Centre in Glenrothes is one of the best equipped facilities in Scotland. With a choice of 3 swimming pools, 80-station gym with state-of-the-art equipment, fitness studios, squash courts, sports hall, outdoor pitches, health suite, crèche and café, the centre delivers unrivalled choice and quality. Full details of all centres are available from **w: [fifeleisure.org.uk](http://fifeleisure.org.uk)**

Kartstart in Kirkcaldy is an indoor motorsports facility with state-of-the-art karts to suit all ages and abilities, while Scotland's national motorsport centre at Knockhill is just a short drive from Kelty. The thrills and spills of stock car racing can be experienced at Cowdenbeath's Racewall at Central Park. Alternatively, take the drive of your life with a Supercar Experience at Fife Airport, just outside Glenrothes, or test your 'drifting' skills at Driftland UK, the UK's only dedicated drift track.

**w: [kartstart.com](http://kartstart.com) w: [knockhill.com](http://knockhill.com) w: [racewall.co.uk](http://racewall.co.uk)**

**w: [supercarexperiencedaysuk.com/fifeairport](http://supercarexperiencedaysuk.com/fifeairport) w: [driftlanduk.com](http://driftlanduk.com)**



For extraordinary experiences, excitement and adrenaline visit Cluny Activities for an unforgettable day out! Choose from: outdoor kids play, footgolf, clay shooting, archery, air rifles, golf and segways - tasty food available in the clubhouse!

**w: [clunyactivities.co.uk](http://clunyactivities.co.uk)**



Kirkcaldy's ice rink, the Fife Ice Arena, is home to ice hockey's famous Fife Flyers. Visitors can take to the ice for skating or curling. **w: [fifeicearena.co.uk](http://fifeicearena.co.uk)**

Football fans can take in Scottish League action at local clubs Raith Rovers (Kirkcaldy) or Cowdenbeath, while Thornton, near Glenrothes, is home to Fife's only greyhound racing venue.

**w: [raithrovers.net](http://raithrovers.net)**

**w: [cowdenbeathfc.com](http://cowdenbeathfc.com)**

**w: [thorntondogs.wixsite.com/racing](http://thorntondogs.wixsite.com/racing)**

## Historic Castles & Abbeys

An extensive complex that has played home to five centuries of noble families, Aberdour Castle boasts a delightful early modern walled garden and terraces with a beehive-shaped dovecot. Get up close to what is possibly Scotland's oldest standing castle **w: [historicenvironment.scot](http://historicenvironment.scot)**

Founded by King David I, Inchcolm Abbey is home to the best-preserved group of monastic buildings in Scotland. Wandering around the remarkably complete cloister provides a haunting sense of monastic life. **w: [historicenvironment.scot](http://historicenvironment.scot)**

Kirkton Old Church is the oldest surviving building in Burntisland. A recent restoration and conservation project suggests an initial build date of the 12th or 13th century. **w: [kirktonoldchurch.org.uk/](http://kirktonoldchurch.org.uk/)**

Burntisland Parish Church is historically important as one of the first churches built in Scotland after the Reformation. It is a Category A listed building for its architectural importance. In 1601 the church was the location of a meeting of the General Assembly of the Church of Scotland which proposed to King James VI Scotland that they work on a new Bible translation. **w: [burntislandkirk.org.uk/](http://burntislandkirk.org.uk/)**



# History and Heritage

Ravenscraig Castle in Kirkcaldy was built for James II's queen, Mary of Guelders, in the 15th century to perhaps defend the coast from pirates and English ships. Its two linked round towers, moat and thick walls are an impressive sight. The ruins are well worth visiting, although access is limited.

**w: [historicenvironment.scot](http://historicenvironment.scot)**

The fabulously restored walled and wild gardens at Wemyss Castle, where Mary Queen of Scots met future husband Lord Darnley for the first time, can be visited from May to July by prior arrangement. The castle walls and ruins can be viewed from the Fife Coastal Path although the building is not open to the public. **w: [wemysscastlegardens.com](http://wemysscastlegardens.com)**

The 14th century tower at Balgonie Castle near Markinch is the oldest of its kind still intact in Fife and is regarded as one of the finest in the country. The castle was used as a filming location for the Outlander TV series. **w: [balgoniecastle.co.uk](http://balgoniecastle.co.uk)**

## In the Footsteps of Kings

In the Footsteps of Kings is a new project that will highlight the wealth of royal connections that extend along the coast, from Aberdour to West Wemyss and north to Falkland and Ballingry. These connections are being developed into a series of footsteps that correspond to existing tourism locations. The project will connect the sites as an augmented reality trail which can be travelled on foot, or by bike, car, bus or train.

For updates on the project go to **[WelcometoFife.com](http://WelcometoFife.com)**



## Industrial Heritage

The towns and villages spread across the Heartlands of Fife give a sense of the area's proud industrial heritage and community spirit. Lochgelly, Kelty, Kinglassie and Cowdenbeath were once busy mining towns and this heritage can still be seen in local buildings.

Work is well underway to transform Cowdenbeath's Brunton Square into a heritage garden which will reflect the rich mining history of the area. A recently-unveiled mural on the north facing wall of Brunton House, by local artist Kerry Wilson, pays homage to the town's mining heritage.

The prominence of Kirkcaldy's former linoleum industry is preserved in the imposing façade of the Nairn factory at the eastern end of the Esplanade.



## Museums & Heritage Centres

The ground floor of Kirkcaldy Galleries is home to an exciting museum display, Moments in Time, which captures 24 moments in Kirkcaldy's history - from 300 million years ago to the modern day through artefacts, photos, film and sound. The Galleries is also home to a local studies room that makes a great start for family history research.

**w: [onfife.com/kirkcaldy-galleries-museum](http://onfife.com/kirkcaldy-galleries-museum)**

The Museum of Communication in Burntisland houses a fascinating collection of gadgets and books that tell the story of communication



from the days of pre-electric telegraph to the latest state-of-the-art technology.

**w: [mocft.co.uk](http://mocft.co.uk)**

Burntisland Heritage Trust holds an extensive collection of reference material relating to the Burntisland area and offers guided walks through the town's intriguing past. It holds annual summer exhibitions at the Heritage Centre at 4 Kirkgate, Burntisland. For more information. **w: [burntisland.net](http://burntisland.net)** or call 01592 872121

Glenrothes & Area Heritage Centre, situated in the Kingdom Shopping Centre, is run by volunteers and provides a wealth of information about the history of the local area.

**w: [facebook.com/glenrothesheritage](https://www.facebook.com/glenrothesheritage)**



## Theatres

Located in Kirkcaldy's town centre, the Adam Smith Theatre is a popular venue in a traditional setting, well-loved for its high-quality shows, full-scale cinema and long history as the heart of the local arts scene.

A diverse and popular programme of events runs throughout the year at this 475-seat venue, including comedy, dance, drama, music, and children's theatre. **w: [onfife.com/venues/adam-smith-theatre](https://onfife.com/venues/adam-smith-theatre)**. Rothes Halls

is an entertainment and conference venue located in the centre of Glenrothes. Its vibrant programme includes popular music, big-name comedy, drama, dance and children's shows. Uniquely in Fife, Rothes Halls can stage large-scale, site-specific theatre productions.

**w: [onfife.com/venues/rothes-halls](https://onfife.com/venues/rothes-halls)**

Lochgelly Centre is a bright, modern and attractive community space, combining a 412-seat theatre, studio theatre, art studios and meeting and practice rooms.

A new glass-fronted extension houses a modern library and reception area and local offices services.

**w: [onfife.com/venues/lochgelly-centre](https://onfife.com/venues/lochgelly-centre)**

## Galleries

Kirkcaldy Galleries houses an exceptional collection of paintings and ceramics of local and national importance. It also has a diverse programme of changing exhibitions

**w: [onfife.com/kirkcaldy-galleries-art-gallery](https://onfife.com/kirkcaldy-galleries-art-gallery)**

FifeSpace at Rothes Halls in Glenrothes holds exhibitions by a wide variety of artists, ranging from college graduates to nationally-recognised names. The adjacent FotoSpace is a dedicated photography gallery" so dropping the last sentence from 'and includes a range. of exhibitions by some of our finest photographers.

**w: [onfife.com/venues/fifespace-rothes-halls](https://onfife.com/venues/fifespace-rothes-halls)**.

FifeSpace at Lochgelly Centre holds exhibitions by a wide variety of artists, ranging from college graduates to nationally-recognised names, working in a range of styles and media. The annual Fife Art Exhibition is held here every Autumn.

**w: [onfife.com/venues/fifespace-lochgelly-centre](https://onfife.com/venues/fifespace-lochgelly-centre)**

## Street Art

Kirkcaldy artist Kerry Wilson has created terrific artwork in the Heartlands of Fife Area including the shop-shutter art and mining mural in Cowdenbeath as well as the Maci-Selfie in Glenrothes.



# Innovation and enlightenment

Heartlands of Fife, with its traditions of hard work and innovative thought, played an important role in the Scottish Enlightenment of the 18th century. The legacy of its famous sons and daughters has shaped the area's rich cultural heritage and extended to influence Scotland and the world beyond.

Adam Smith was born in Kirkcaldy in 1723. As the author of the hugely influential *Wealth of Nations*, he is widely regarded as the father of modern economics and is a world renowned economist. His former home at 220 High Street is marked with a plaque and his name decorates many civic organisations including the theatre and college.



Others notable innovators from the area include Smith's contemporary and fellow Kirkcaldy native Robert Adam, the great neoclassical architect; Sir Sandford Fleming, who devised standard time zones and engineered much of the Canadian railway; William Dick, founder of the world famous Royal Dick School of Veterinary Studies in Edinburgh; and Jennie Lee, founder of the Open University.

More recently, renowned authors Val McDermid and Ian Rankin have both hailed from the Heartlands of Fife.



## Family days out

There are several soft play facilities for younger children in the area, including Bongos Soft Play Centre and Jungle Jim's Indoor Soft Play Centre in Glenrothes; Wonder World and Archie's Activity Zone in Kirkcaldy; Little World of Play in Cowdenbeath; and Pettycur Bay Holiday Park at Kinghorn.

Xtreme Trampoline Park in Glenrothes offers a thrilling indoor trampolining experience.

**w: [xtremeuk.co.uk](http://xtremeuk.co.uk)**, while Kingdom Amusements, a family-run amusement arcade in Burntisland, provides another great wet-weather option.

**w: [kingdomamusements.co.uk](http://kingdomamusements.co.uk)**

# Shopping

Kirkcaldy has an appealing mix of independent shops and familiar high street names brought together in its mainly pedestrianised town centre. With over 40 stores and cafes, The Mercat Shopping Centre links the High Street to The Esplanade and houses many leading brands, while shoppers seeking a choice of independent stores will head for nearby Hunter Street.

Fife Central Retail Park, to the north west of the town, hosts some of the biggest names in retail and offering everything from fresh produce, clothing and jewellery to entertainment and home furnishings. There are also plenty of family-friendly eateries. **w: [fifecentralrp.co.uk](http://fifecentralrp.co.uk)**



The Kingdom Centre in Glenrothes is the largest indoor shopping centre in Fife with over 100 retail outlets and an alfresco-style cafe. A further range of shops is available at the Saltire Centre just outside the town centre. **w: [kingdomshoppingcentre.co.uk](http://kingdomshoppingcentre.co.uk)** There are also many independent, family-run shops dotted throughout towns and villages across the area, and it's a short drive to Edinburgh or St Andrews.

# Food and Drink

## Fife Larder

The story behind Fife's celebrated reputation for locally produced food, expert chefs and wide variety of fine restaurants is told in Fife Larder. Look out for free copies of the Fife Larder, published by The List Ltd, and the Fife Larder food map, available in visitor information centres, farm shops and restaurants.

**w: [food.list.co.uk/guides/fife-larder/](http://food.list.co.uk/guides/fife-larder/)**



Visitors to Fife can sample some of the finest food and drink in Scotland, with a feast of local producers on the doorstep including farm shops and artisan producers such as bakers, cheese makers, ice cream makers, smokehouses, breweries and distilleries.

Many local chefs showcase Fife's natural larder in their menus, while the Food from Fife website lists over 150 local producers along with information on where you can sample and buy their tasty treats. **w: [foodfromfife.co.uk](http://foodfromfife.co.uk)**

There are a number of local farm shops selling fresh local meats, fruit and vegetables. Fife's Farmers' Market visits Kirkcaldy on the last Saturday of every month. Always popular with shoppers, it provides a great selection of local produce including fruit and vegetables, fresh fish and meat.

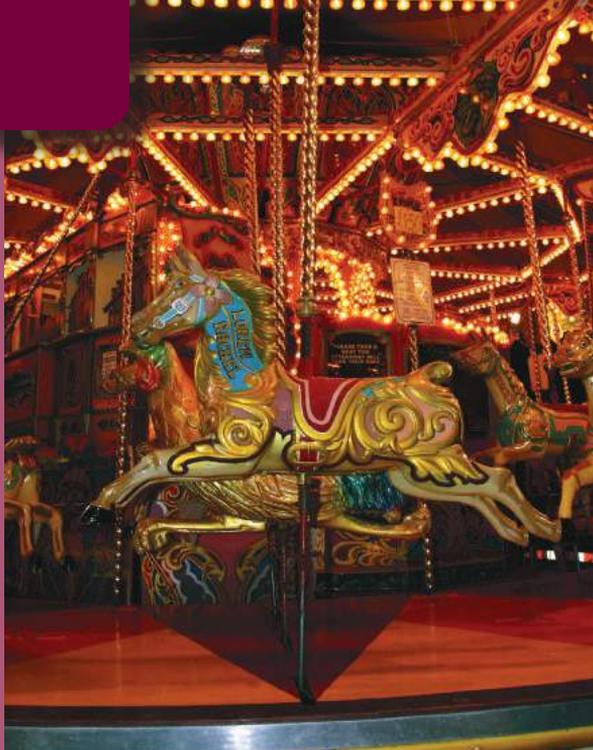
**w: [fifefarmersmarket.co.uk](http://fifefarmersmarket.co.uk)**

Heartlands is home to Scotland's largest Buffalo Farm and Butchery **w: [thebuffalofarm.co.uk](http://thebuffalofarm.co.uk)**

Puddledub we have built a reputation as one of Scotland's finest Bacon and Pork Producers **w: [puddledub.co.uk](http://puddledub.co.uk)**

# Events and Festivals

A year-long programme of events and festivals takes place across the length and breadth of the Heartlands of Fife, providing visitors with an authentic taste of the region. In addition, our towns and villages make a great base from which to visit the variety of events and festivals taking place throughout the rest of Fife. With everything from highland games and arts, food and music festivals to gala days, sporting tournaments and heritage celebrations on the menu, there really is something for the whole family to enjoy.



## March

### ***Adam Smith Festival of Ideas***

A festival exploring the philanthropic and academic theories of philosopher and economist Adam Smith.

w: [welcometofife.com/events](http://welcometofife.com/events)

## April

### ***Kirkcaldy Links Market***

First started by Royal Charter in 1304, Kirkcaldy Links Market is one of the longest, and oldest, fairgrounds in Europe. w: [welcometofife.com/events](http://welcometofife.com/events)

## May/June

### ***The Black Rock '5' Race***

Run since 1987 from Kinghorn, Fife, out over the sand to rocks in the Firth of Forth, being held on a suitable Friday in May or June when the tide is out.

## June

### ***Glenrothes Comic Con***

A festival dedicated to comics, film and games, featuring some of the UK's best comic artists, writers and creators.

w: [facebook.com/glenrothescomiccon](http://facebook.com/glenrothescomiccon)

## July

### ***Burntisland Highland Games***

The second-oldest highland games in the world, featuring highland dancing, running, cycling and heavy events.

w: [burntislandhighlandgames.co.uk](http://burntislandhighlandgames.co.uk)

### ***Burntisland Pipe Band Championships***

Some of the best pipe bands from the UK and overseas compete in a colourful spectacle for all ages.

w: [welcometofife.com/events](http://welcometofife.com/events)

### ***Burntisland Heritage Exhibition***

w: [burntisland.net](http://burntisland.net)



### ***Aberdour Festival***

A packed 10 day programme of music, events and culture, all set in the picturesque village of Aberdour.

**w: [aberdourfestival.org](http://aberdourfestival.org)**

### **August**

### ***Fife Outdoor Festival***

A festival celebrating Fife's great outdoors, with opportunities for all the family to explore and enjoy nature and wildlife.

**w: [fifeoutdooraccessfestival.co.uk](http://fifeoutdooraccessfestival.co.uk)**

### **September**

### ***Central Fife Open Studios***

This two-day event sees professional artists and designers across Central Fife opening their doors to the public, providing a fantastic opportunity to buy original arts and crafts.

**w: [centralfifeopenstudios.org](http://centralfifeopenstudios.org)**

### ***Beach Highland Games***

The UK's 1st Beach Highland Games takes place on Kirkcaldy's Waterfront Beach **w. [kirkcaldy4all.blog](http://kirkcaldy4all.blog)**

### **November**

### ***Fireworks and Bonfire Night***

Traditional bonfire and fireworks displays take place throughout the area.

For more information about events in Fife, pick up a copy of the Events in Fife brochure or visit **w: [fifedirect.org.uk/events](http://fifedirect.org.uk/events)**.



Heartlands of Fife is easily accessed by road, rail or air.

The A92 dual carriageway connects Kirkcaldy and Glenrothes directly to one of Scotland's main motorways, the M90 from Edinburgh to Perth. An alternative route on the A921 takes visitors along the Forth coast.

Express bus services connect Kirkcaldy and Glenrothes to Scotland's major cities including Edinburgh, Dundee, Glasgow and St Andrews, whilst local bus routes provide an effective link for the smaller towns and villages across the area.

**w: [stagecoachbus.com](http://stagecoachbus.com)**

Intercity express trains stop at Aberdour, Burntisland, Kinghorn, Kirkcaldy and Markinch. They are also served by the Fife Circle train route, operated by ScotRail, which also connects Cowdenbeath, Lochgelly, Cardenden and Thornton in a loop to and from Edinburgh. **w: [scotrail.co.uk](http://scotrail.co.uk)**

Heartlands of Fife lies just 45 minutes from Edinburgh International Airport. An excellent park and ride service operates to the airport and the capital from the Ferrytoll Hub at Inverkeithing. **w: [ferrytoll.org](http://ferrytoll.org)**

In Heartlands of Fife you will find an excellent range of accommodation including hotels, guest houses, B&Bs, self-catering accommodation, and caravan and camping parks. Many accommodation providers will arrange golf packages or provide transport and packed lunches for walkers and cyclists.

For full details of accommodation in the area go to:

**w: [welcometoffe.com/accommodation](http://welcometoffe.com/accommodation)**

**w: [visitscotland.com/accommodation](http://visitscotland.com/accommodation)**



### **Visitor Information**

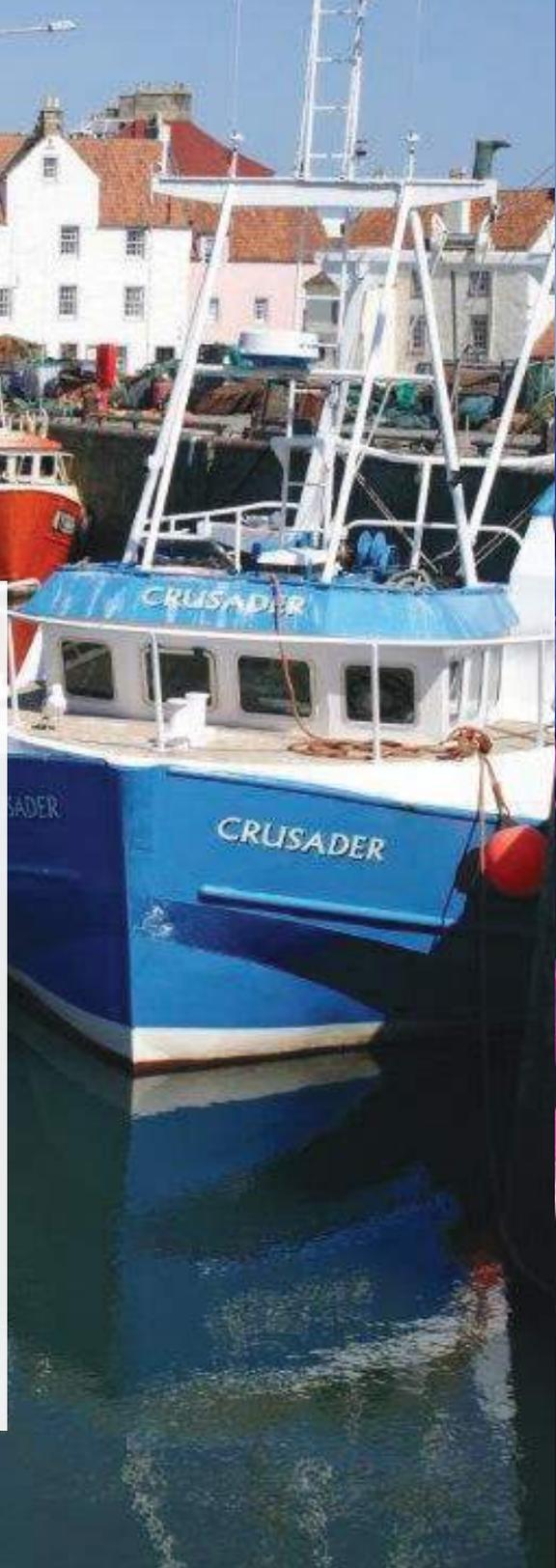
*Heartlands of Fife visitor information can be found at Kirkcaldy Galleries. Staff can help with maps, cycle and walking routes, accommodation and information about attractions, eating out and events.*

*There is also a digital information kiosk at Rothes Halls in Glenrothes and leaflets on local attractions and facilities can be picked up from our outlets across the region.*

Heartlands of Fife is located at the very centre of Fife, making it an ideal base from which to enjoy all of the Kingdom's varied attractions.

A few miles along the coast you will find the picturesque villages of Fife's Energy Coast and the East Neuk, some of the most attractive in Scotland, along with the famous university town of St Andrews. In addition to world-class golf courses, a stunning beach and a ruined castle and cathedral, St Andrews has an excellent range of shops and restaurants.

Leading family attractions such as Scotland's Secret Bunker, The Scottish Deer Centre, Deep Sea World and St Andrews Aquarium are all within easy reach, or for those seeking thrills and spills on four wheels, Knockhill Racing Circuit is Scotland's national motorsport centre.





To the west are the historic gems of Dunfermline's magnificent abbey, burial place of King Robert the Bruce, and the historic village of Culross. Falkland Palace, Kellie Castle and Hill of Tarvit Mansion and Kingarock Hickory Golf are all within easy reach.

Tentsmuir Forest and Silverburn Park are popular with nature lovers, walkers and cyclists. Dolphins, seals and a myriad of birdlife inhabit the coastline - including the puffins that frequent the Isle of May.

Many Fife villages boast galleries and shops where you can browse for locally-produced crafts, while Edinburgh is just a short car, train or bus ride away.

[welcometofife.com](http://welcometofife.com)

#### Disclaimer

This guide is published by Heartlands of Fife Local Tourism Association, a not for profit community organisation. Heartlands LTA is made up of tourism businesses within the area and is part of Fife Tourism Partnership.

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