This leaflet could not have been published without the generous financial support of the following organisations:

- Ramblers Holidays Charitable Trust
- St Andrews Community Trust
- St Andrews Common Good Fund
- St Andrews Rotary Club
- Ramblers Holidays Charitable Trust
- St Andrews Community Trust
- St Andrews Common Good Fund
- St Andrews Rotary Club
- Kilrymont St Andrews Rotary Club
- St Andrews Community Trust
- Ramblers Holidays Charitable Trust

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

1. Respect the interests of other people
2. Care for the environment
3. Take responsibility for your actions
4. Take your litter home

Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town's early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.

The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

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

Distance: 8.5 miles
Circular Route
Start from: Fluthers Car Park

1. Leave Fluthers Car Park, cross A91 and Waterend Road.
2. Cross over Bishopgate, Newtown and North Bridge.
3. Turn left into Millgate and after 200 yds, turn left on to track which passes entrance to Tower Mill (about 300 yds). A Scotways sign marks field to the left. When minor road, Sandybrae, is reached turn right and after 30 yds, turn left on to track which leads to Hill of Tarvit. After crossing the wooden fence with gate (this was main road to Ceres-Cupar Road, Ceres Moor Road etc. look for lane on left down to the river by Cow Brae(townspeople’s cattle came this way after grazing along the river, for milking bus stop.
4. Follow points 1 & 2 and then follow: a. Look for Commerce St on your left and walk along road, past playing fields on right, until you reach Woodend Farm, turn left towards Cupar - option to enjoy coffee stop at Mayfield Farm Café. As enter Cupar look for lane on left down to the river by Cow Brae (beneath Hen’s cote farm) cattle came this way after grazing along the river, for milking bus stop.
5. At the end of path, turn left at road to reach signpost to Cuparmuir. Walk along pavement past Lomond Hills and Eden Valley.
6. As enter Cuparmuir, look for Commerce St on your left and walk until at cross at pedestrian crossing and turn right into South Bridge and when nature ponds appear, turn left into Millgate and after 200 yds, turn left on to track which passes entrance to Tower Mill (about 300 yds). A Scotways sign marks field to the left. When minor road, Sandybrae, is reached turn right and after 30 yds, turn left on to track which leads to Hill of Tarvit. After crossing the wooden fence with gate (this was main road to Ceres-Cupar Road, Ceres Moor Road etc. look for lane on left down to the river by Cow Brae(townspeople’s cattle came this way after grazing along the river, for milking bus stop.
7. Turn right along road (look for hen and kingfishers) and path emerges behind Fishers Laundry. Turn left along Riggs Place to Cupar and at Fishers Laundry, turn left along Riggs Place to Cupar.

Cupar local walks

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.

Cupar

- Cupar followed Crail as the county town for Fife from 1214 until 1704, when it passed on to Glenrothes. The town’s early wealth was based on the wool trade and being a market for East Fife, where it was well located. After 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.
- The town’s historic church is shown by its varied collection of churches, including St John’s Church in Bonymble, built in 1789 with its 15th century spire. Close to Cupar are Halls of Tantallon house and the older tower house of Scotland.
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 curving pond.
4. Return to Pitscottie Road, turn left and after crossing railway bridge, turn right into Tavari Avenue and almost immediately, turn left into Tavril Drive.
5. At end of the drive, reach Tavril 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 towards an Information Board.
6. The path leads to some steps through trees, passing a burried ice house on the left. Follow path beside wooden fence to reach farm track to Tavril Home Farm.
7. Turn right and follow farm road uphill until it joins Ceres Road, where turn right, admiring views of Cuper. After passing a primary school, reach main road where turn right on way back into Cuper - 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, Foodleash, Caimie and Moonzie Kirk.

Distance: 5 miles Circular Route
Start from: Fluthers Car Park
Terrain: Country roads, farm tracks and main road pavements.

1. Leave Fluthers car park by northern paved pathway end and cross over into Caistie St. At top, turn into Wall St.
2. After wooden gate at No19, turn right into lane, then left along hedge and continue to Bishopgale, where turn right and go uphill, passing entry to Middleshield Farm.
3. At top of hill, take sharp right along boundary fence of disused Hawklaw Government Communication Centre, and continue on track to Kingaig Farm until reach Cuper/Dairies signpost.
4. Turn left and follow track downhill past the farm to junction with public road at Kingaig House. Turn right and follow road into Foodleash 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 Caimie 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 signedpost path. Follow the path, which may be muddy, for approx. 1.7 miles, passing through woodland and open fields to reach Lordscairnie road at Muhnside.
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 and guide pilgrims on way to and from St Andrews.
8. Rerace outward route to return to start. Have alternate option when reach point 4, Kingaig House, to continue on public road to A7 junction, where turn left to walk back on pavement, passing Adamson Hospital, then continue on Bank St. Bamburde North East Burnside and on to Fluthers car park.

3: Caimie Green, Dairies Den, Kemback, Dairies Mains, Chapelwell, and Hawklaw Circular.

Distance: 9 miles Linear 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 Oriel Wood until reach wooden gateway. Turn left on to farm track which leads to Ceres-Cuper road.
3. At road turn left, and at Woodlands Farm, turn right on to track which leads to Caimgreen 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, 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 Cenus burn, turn left into minor road towards Dura Den & Kemback.
5. Follow road until river bridge where cross carefully until reach Dairsie Mains.
6. Turn left on to road to Chapalhall and on up to A91, cross and continue on track towards Dairies Foston. Before reaching Foston, turn left on to rough track which passes disaced Hawklaw Communication Centre, after which turn left downhill, passing entrance to Middlefield Farm.
7. Reach Bishopgale 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.

Moat hill, Elmwood College, St Mary’s Farm, Balgavie.

Distance: 3 miles 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 curving pond.
4. Return to Pitscottie Road, turn left and after crossing railway bridge, turn right into Tavari Avenue and almost immediately, turn left into Tavril Drive.
5. At end of the drive, reach Tavril 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 towards an Information Board.
6. The path leads to some steps through trees, passing a burried ice house on the left. Follow path beside wooden fence to reach farm track to Tavril Home Farm.
7. Follow St Mary’s Road for about 1 mile westwards, passing Horselea standing on left. When reach entry to St Mary’s Farm, turn right into farm road and go past farmhouse. This 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. Continues on track until it joins the road at Bishopgale, where turn left and go uphill, passing entry to Middleshield Farm.
9. Continue on track to Chapelhall and on to Chapelwell, and Hawklaw Den, Kemback, Dairsie Mains, Bishopgate, where turn right and go uphill, passing entry to Middleshield Farm.
10. Continue on track to Kingaig Farm until reach Cuper/Dairies signpost.
11. Turn left and follow track downhill past the farm to junction with public road at Kingaig House. Turn right and follow road into Foodleash village.
12. 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 Caimie Fruit Farm - optional coffee stop.
13. 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 signedpost path. Follow the path, which may be muddy, for approx. 1.7 miles, passing through woodland and open fields to reach Lordscairnie road at Muhnside.
14. 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 and guide pilgrims on way to and from St Andrews.
15. Rerace outward route to return to start. Have alternate option when reach point 4, Kingaig House, to continue on public road to A7 junction, where turn left to walk back on pavement, passing Adamson Hospital, then continue on Bank St. Bamburde North East Burnside and on to Fluthers car park.

Cupar Walks
Wals to enjoy the history and beauty of the town. All the walks in this leaflet follow right 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 (Scotways) 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 livelihood depend on good management of the land. In particular, where necessary, use foot edges and margins to avoid crop damage, avoid disturbing farm animals and close gates after use.

Every car 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 the season and weather. The rights of landowners and farmers, under Scottish Access legislation, should be recognised.