



Scotland – Cycle the Kingdom of Fife (2025)
Individual Self-guided
8 days / 7 nights



This part of the east coast of Scotland is often referred to as the Kingdom of Fife. Fife was one of seven Celtic kingdoms and the only one to retain its special title and spirit. The sea was the main route to Fife and the coastal villages had thriving trade with Europe, exporting coal and salt and importing timber and textiles. Visit these scenic harbours with their fishing boats and pleasure craft and enjoy the miles of golden sandy beaches. Royal connections remained when Dunfermline was Scotland's ancient capital and Falkland Palace was the King's hunting lodge and there is more history in St Andrews with its ruined Bishop's Palace and Cathedral. This tour uses recently created Cycle Routes to explore the lush green landscapes and sparkling sea views from the River Tay in the north to the Forth in the south.



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Itinerary Day to Day

Day 1: Arrive Perth

Perhaps time to explore the riverside walks and enjoy the colour of “Perth in Bloom”. Collect cycles, route briefing and instruction at 7:00 pm



Day 2: Perth – Dundee 51 km

Take the minor roads to Abernethy and climb into Pitmedden Forest to join the Fife Cycleway. On a seat by the River Tay at Newburgh you will find the perfect spot for a picnic lunch. Follow the road by the river to Balmerino Abbey and cross the Tay Road Bridge to Dundee.

Day 3: Dundee - St Andrews 29 km

Continue round the coast and spend a little time away from the tarmac on the tracks of Tentsmuir Forest. There is a lovely panoramic view over the Firth of Tay and beyond as you descend into St Andrews. Once the ecclesiastical capital of Scotland, St Andrews is now better known as the “Home of Golf”. Visit the ruined castle and cathedral or take a stroll on the wide expanse of the golden West Sands.

Day 4: Explore the East Neuk of Fife 39 - 55 km

Either spend the day exploring in St Andrews or cycle to the charming East 'Neuk'(Scots word for corner) of Fife. Visit the picturesque fishing villages of Crail, Anstruther and Pittenweem where whitewashed buildings with red pan tiled roofs overlook cobbled, winding streets leading to the harbours. Overnight in St Andrews





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Day 5: St Andrews – Aberdour 59 km

Southwards today towards the Firth of Forth. On the road from Ceres, where there is an interesting Folk Museum, there are beautiful views of the valley of the River Eden. Follow the coast to your next overnight destination: Aberdour.



Day 6: Aberdour – Kinross 34 km

Leave Burntisland and cycle by the Coastal Path to the magnificent sight of the mighty Forth Bridge. Continue to the historic town of Dunfermline, for 500 years the ancient capital of Scotland and burial place of Scottish kings. Visit Dunfermline Abbey with its ninth century nave and the ruined Royal Palace, birthplace of two kings and seven queens. At Kinross, on an island in Loch Leven stands Loch Leven Castle, famous as the prison of Mary, Queen of Scots.

Day 7: Kinross – Perth 37 - 50 km

From Kinross follow old railway lines and ancient rights of way to the small village of Strathmiglo. Perhaps divert to visit Falkland Palace and Gardens, set in the heart of a unique medieval village. It was the country residence and hunting lodge of eight Stuart monarchs and has an exceptionally beautiful Chapel Royal. The tour is complete when you descend from Pitmedden Forest to the River Tay and return to the Fair City of Perth.

Day 8: Depart Perth





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Route



Technical Characteristics:

Tour Profile: Average. Mostly long cycling days of 40 – 64 km with longer uphill rides. A moderate level of fitness is required.

Distance: 249 - 278 km

Travel Season: Daily departures from April 1 until October 31

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350



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Price per Person: (UK Pounds) all prices subject to confirmation on booking

Double Occupancy	£ 1035
Single Room	£ 1345
Child Rate (0-11 years old, sharing a room with two adults)	£ 828
Bike Rental	£ 110
E-Bike	£ 220
Extra Nights Double Occupancy	£ 85
Extra Nights Single Occupancy	£ 125

Included:

- Bed & Breakfast accommodation in twin/double or single rooms with shower/wc facilities in 3 or 4 star guesthouses. In Glamis or in private houses inspected by the operator.
- Tour information including maps and detailed route description
- Luggage transportation (maximum one piece up to 20 kg)
- Emergency support

Not Included:

- Entrance fees for castles
- Lunches and Dinners
- Bike Rental



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Bikes

Men's



Ladies



Brand: GT Transeo 3 or Forme Peak Trails

Number of gears: 24 Brand of gearshift GRIPSHIFT/RAPID FIRE

Sizes of frames: LADIES 15" or 17". GENTS 19" 21" or 23"

Addition information: Bikes are equipped with suspension forks & seat posts, mudguards, rear pannier frame, stand, bell, and water bottle holder. Rental equipment includes rear pannier bags (1 set per person), helmet, pump, tool kit, lock, map holder, cycle computer, water bottle, reflective vest, lights

E-bike



Assisting people in realizing their touring dreams worldwide is our passion.

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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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