

Walk and Wheel in Fife this May!

ActiveFife
A way of life

active.fife.scot/walking

This May, we're encouraging everyone to get more active by walking or wheeling throughout the month. Whether it's a stroll around your local community or exploring one of the 31 scenic walks we've suggested, there are plenty of ways to take part.

Set yourself a personal walking goal and challenge yourself to walk every day in May. Whether you're walking or wheeling, keep track of your steps or miles throughout the month.

At the end of May, we'll get in touch to ask for your feedback and find out how far you've gone – we'd love to hear about your experience!

The Walking Challenge Map features 31 footsteps, one for each day of May, to help track your progress feel free to colour these in. There's also a list of suggested walking spots across Fife, but you don't need to visit these to complete the challenge. You can simply walk or wheel in your own local area – the key is to get moving every day and track your distance.

Whether you live, work, volunteer or study in Fife, you're welcome to take part.

The goal is simple: we want as many people in Fife as possible to walk or wheel throughout May. Regular physical activity has so many benefits, improving your physical, mental and social wellbeing. And those who stay active tend to live longer, healthier, and happier lives.

Once you've submitted your feedback at the end of the challenge, we'll send a certificate to all participants who complete the form.

So why not join us? Let's walk or wheel our way to better health in Fife!
Scan the QR code to register or visit active.fife.scot/walking

Any issues or questions please email bumsoffseats.project@fife.gov.uk

Your personal data will be collected and used in accordance with our Privacy Policy.

You can read more about how we will use your information in our Privacy Policy | Fife Council

www.fife.gov.uk/kb/docs/articles/privacy-notices/active-fife



Scan to register



31 Scenic walks in Fife

for Walking Month – May 2025

1. Pittencrieff Park **Dunfermline**
2. Broomhall Estate **Limekilns**
3. Largo Law **Upper Largo**
4. Craigtoun Park **St Andrews**
5. St Ninians **Kingseat**
6. Fife Coastal Path
7. Townhill Loch **Dunfermline**
8. Ruby Bay **Elie**
9. Letham Glen **Leven**
10. Falkland Estate **Falkland**
11. Beveridge Park **Kirkcaldy**
12. Devilla Forest **near Kincardine**
13. Bin Hill **Burntisland**
14. Lochore Meadows Country Park **Lochore**
15. Tentsmuir Forest **near Leuchars**
16. Pitmedden Forest **Auchtermuchty**
17. Lomond Hills **Regional Park**
18. West Sands Beach **St Andrews**

19. Hill of Tarvit **Cupar**
20. Ravenscraig Park **Dysart**
21. Blairadam Forest **Kelty**
22. Fife Coastal Path
23. Riverside Park **Glenrothes**
24. Craighall Den **Ceres**
25. Kinghorn Loch **Kinghorn**
26. High Valleyfield Woods
27. Lade Braes Walk **St Andrews**
28. Formonthills **Glenrothes**
29. Cowdenbeath Public Park
30. Silverburn Park **Leven**
31. Harran Hill **Lochore Meadows**



Walking or wheeling, Fife has plenty to see and discover outdoors this May.

Let us know how far you go!

Total steps/distance