



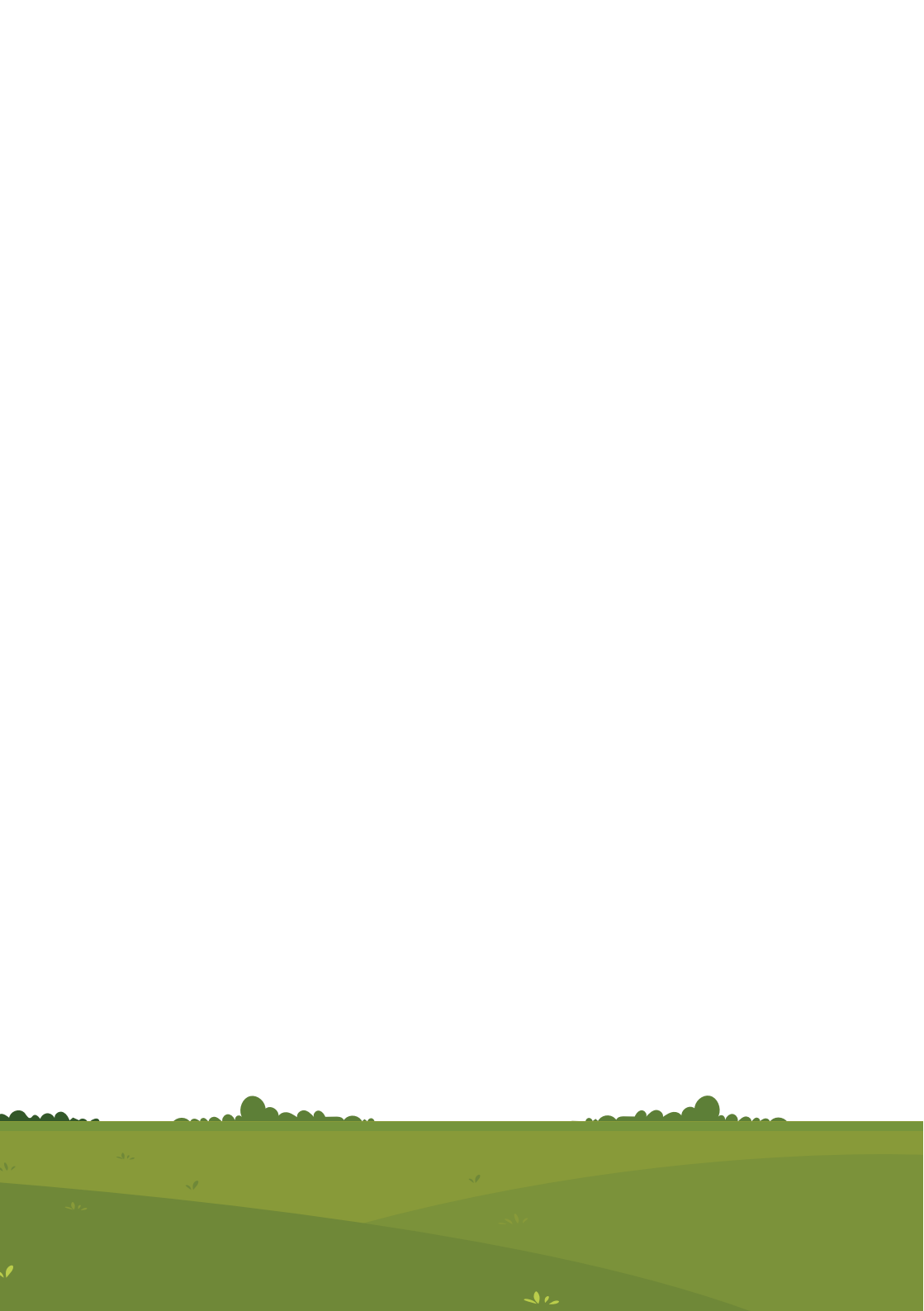
12 - 18 MAY

WALKING FESTIVAL PROGRAMME

Walks to suit everyone! Various walks with multiple start points across Fife available over the week. All our walks are led and free.



LET'S GO!



We are excited to announce the Lochore Walking Festival, running from May 12th to 18th, 2025. In addition to the walks at Lochore Meadows, various routes will be available from multiple start points across Fife. For full details on each walk, including length, start time, and location, please refer to the walk descriptions and timetable. Most walks do not require booking—simply show up ready to go! **(Outdoor education walks and Beach of Dreams require a booking due to limited numbers)**

All walks are led by qualified leaders and are completely free to join.

A 30 minute walk on five days of the week can prevent illness and improve wellbeing. It has been proven to prevent a range of health conditions, have a positive effect on our mental health and combat loneliness as you connect with your community.

So whether you are looking to get fitter, enjoy the outdoors more, improve your mental health, have a good natter, make new friends, volunteer or meet like minded people. Walking is for you!

WALK TO CELEBRATE MENTAL HEALTH WEEK

Join us for a walk around the Loch. Feel the benefit to our mental wellbeing of fresh air and a sociable chat. There will be free coffee and teas to finish.

WALKING FOOTBALL TASTER

It's exactly what it says.... Play & enjoy the game you fell in love with, only this time everyone walks during the game. No matter if you were a footballer or just someone who loved the game, you can take part in walking football near you.

There too many benefits to share them all, but here are some experiences people have shared..... *Healthy Mind, Health Improvement, Social Benefits, Recovery or Prevention from injury or illness, Better Mental Health*, our favourite is simply *"Getting fit with friends.*

WALKING RUGBY TASTER

Walking Rugby is a slower, non-contact version of rugby for adults who are looking to increase their levels of physical activity. It is suitable for those recovering from illness or injury, retired players and older people looking to stay fit and active. Walking Rugby provides participants with the opportunity to enjoy a social, physically active, healthy lifestyle. This session will be supported by Kirkcaldy Rugby Football Club.

WALKING NETBALL TASTER

Walking Netball is a modified version of the traditional netball game. It is designed to be more accessible and inclusive for players of all ages and abilities. The game is played with the same rules as traditional netball, but with the added stipulation that players must maintain a walking pace throughout the game. Walking netball is a fun and sociable game and can be enjoyed by everyone so grab your trainers and get involved! This session is supported by the Active Communities Team.

BUMS OFF SEATS WALKS

Come and experience a Bums Off Seats walk. This is a short, social, low level walk for those that are maybe inactive or have a health condition.

BUMS OFF SEATS NORDIC WALK

Nordic walking combines the simplicity of walking with poles to work your upper body as well as your legs. It can improve your posture, reduce tension in your neck and shoulders and improve strength. Poles will be supplied. It will last an hour going round the loch. No need to book or have prior experience.

FAMILY WITH TODDLERS WALK (Kirsty McIlhenny)

Walks and toddles - family walk. Children must be accompanied by an adult. **Wheelchair and buggy friendly.** Prior to this there will be a **book bug session** for under 5s run by a local librarian.

PARKRUN

parkruns are free, weekly community events across the world, organised by local volunteers. Everyone is welcome at parkrun – whether you walk, jog, run, volunteer or spectate. Lochore Meadows parkrun is a fun and friendly 5k event featuring one lap of Loch Ore completed on the main trail paths.

To take part, you only need to register once. To find out how to register or for more information about the event please visit:

www.parkrun.org.uk/lochoremeadows

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

FIFE CYCLE PARK JUNIOR PARKRUN (4-14YEARS)

This is a fun and friendly 2k event for juniors . The route consists of two laps of the purpose built tarmac cycle circuit, starting and finishing beside the clubhouse.

To take part, you only need to register once. To find out how to register or for more information about the event please visit:

www.parkrun.org.uk/fifecyclepark-juniors

parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

HERITAGE WALK

Join us for a fascinating Heritage Health Walk at Lochore Meadows Country Park, where history and nature come together in a journey through time. As we explore this stunning landscape, we'll uncover the park's deep connection to Scotland's coal mining heritage, walking in the footsteps of the miners who once powered the nation. Along the way, we'll also visit ancient sites of historical interest, revealing stories of the land's past that stretch back centuries. This gentle, guided walk offers a perfect blend of fresh air, exercise, and discovery, making it ideal for history enthusiasts and nature lovers alike. Step back in time, breathe in the beauty of Lochore Meadows, and connect with the rich heritage beneath your feet!

NATURE WALK

Join us for a rejuvenating Nature Health Walk at Lochore Meadows Country Park where we'll explore the beauty of hedges & edges, wildflower meadows and grasslands. As we stroll through this stunning landscape, we'll uncover the hidden wonders of these vital habitats, learning about the diverse wildlife they support—from pollinators buzzing among wildflowers to birds and small mammals sheltering in the hedgerows. This gentle walk is the perfect way to boost your well-being while deepening your connection to nature. Breathe in the fresh air, enjoy the sights and sounds of the park, and discover the ecological richness right at your feet. Whether you're a seasoned nature enthusiast or just looking for a peaceful escape, this walk promises inspiration and relaxation in equal measure.

DEMENTIA FRIENDLY WALKS

Come and join us for a short stroll. Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. For times and contacts please see timetable.

WALK UP BENARTY HILL

Leaving from Willie Clark Centre Lochore Meadows at 1.30pm on Wednesday 14th May, this led walk will head to Vane Farm via Benarty summit returning by mini bus. Length approx 8km, 2.5-3 hours in duration. Moderate fitness required as there will be some height gained on this walk. Book on 01592 583388 or info.outdooreducation@fife.gov.uk (Limited numbers)

LOMOND HILL WALK

Leaving from Willie Clark Centre Lochore Meadows at 10am on Saturday 17th May, this led walk will go from Glenvale to Craigmead via West Lomond summit drop off and return by mini bus by mini bus. Length approx 7.5km, 3-3.5hours in duration. Moderate fitness required as there will be some height gained on this walk. Book on 01592 583388 or info.outdooreducation@fife.gov.uk (Limited numbers)

SCAVENGER HUNT - Early Years in Fife

Just pick up a sheet of instructions for your family from the Early Years stall and you are off walking around the park looking for things to scavenge.

ORIENTEERING WALK

Come to the Willie Clark Centre and grab an orienteering map. Walk/run around park to find the orienteering markers.

BEACH OF DREAMS FIFE COAST AND COUTRYSIDE TRUST

Celebrate our coastal areas with a led walk along the coastal path. Use of public transport encouraged.

ADAPTED BIKES - for those unable or have difficulty with walking. Hire for free from Outdoor centre Lochore Meadows 10-3pm Saturday 17th May.

OTHER WALKS GOING ON THIS WEEK -

Walk On - A short walk followed by a book chat over a cuppa - Contact your local Fife library for more information.



FREE COMMUNITY EVENT

SATURDAY 17TH MAY

9.30AM - 3.00PM

Come and join in the fun!

Try a park walk, nordic walk, book bug session,
family and toddler walk or tasters in walking football,
rugby and netball.

Check timetable for start times.

STALLS OPEN FROM 10.00 AM - 2.00PM

Stalls include: Andys Man Club, Climate Action Fife,
local activities, Early Years and more!



WALKING FESTIVAL PROGRAMME

| NAME | LEADER | DESCRIPTION | DAY /TIME | LENGTH | MEETING PLACE |
|----------------|---|-------------|--|------------|--|
| Bums Off Seats | Steve, Dale and Janice | Health Walk | Monday 12 May 1.30pm | 60 minutes | Fluthers Car Park Cupar |
| Bums Off Seats | Margaret, Liz, Rose, Sheila, Alice and Susan | Health Walk | Monday 12 May 1.00pm | 60 minutes | Dalgety Bay Library entrance |
| Bums Off Seats | Ruby, Jackie, Anne, Maggie, Colin and Frances | Nordic Walk | Monday 12 May 10.30am | 75 minutes | Pittencrieff Park Dunfermline behind Glen Pavillion |
| Bums Off Seats | Elsie, Lloyd and Brian | Health Walk | Monday 12 May 1:10pm | 60 minutes | Action Zone, Leven Promenade |
| Bums Off Seats | Ruby, Ian, Ann and Pam | Health Walk | Monday 12 May 1.30pm | 60 minutes | Parkgate Community Centre, Rosyth |
| Bums Off Seats | Kirsty and Margaret | Health Walk | Monday 12 May 1.30pm | 60 minutes | Kelty community centre |
| Bums Off Seats | Claire and Claire | Health Walk | Monday 12 May 6.30pm | 75 minutes | Dunfermline High School |
| Nature Walk | FCCT | Nature walk | Tuesday 13 May 10.30am-12pm | 90 minutes | Willie Clark centre, Lochore Meadows |
| Bums Off Seats | Tara | Health Walk | Tuesday 13 May 10am | 60 minutes | Benarty Community Centre |
| Bums Off Seats | Nadia and Alyson | Health Walk | Tuesday 13 May 11am | 60 minutes | Action Zone Leven Promenade |

PLEASE ARRIVE 15 MINUTES BEFORE STATED START TIME

| NAME | LEADER | DESCRIPTION | DAY /TIME | LENGTH | MEETING PLACE |
|--------------------------------------|--|---|---------------------------------------|----------------------|--|
| Bums Off Seats | Caroline, Shelagh, Chery and Pat | Health Walk | Tuesday 13 May 11.30am | 45 minutes | Entrance to Castle Grounds near Livingston Lane, Aberdour |
| Bums Off Seats | Dorothy, Adam and Alyson | Health Walk | Tuesday 13 May 12.30pm | 60 minutes | Clock outside Rothes Halls Glenrothes |
| Walk to celebrate mental health week | Kirsty | Walk round Lochore to benefit our mental well being | Tuesday 13 May 6pm | 3 miles | Willie Clark Centre Lochore meadows |
| Bums Off Seats | Claire, Val and Ann | Health Walk | Tuesday 13 May 6.30pm | 75 minutes | Inverkeithing High School |
| Bums Off Seats | Stephen and Alison | Health Walk | Tuesday 13 May 6.30pm | 60 minutes | Esplanade Lorry Park, Kirkcaldy |
| Bums Off Seats | Fiona Ashton-Jones, Ann, Maggie, Jackie, Ruby, & Colin | Nordic walk around Lochore | Wednesday 14 May 10.15am | 3 miles | Willie Clark Centre Lochore Meadows |
| Bums Off Seats | Fiona, Jackie and Robert | Health walk in Pittencrieff Park | Wednesday 14 May 11am | 45-60 minutes | Louise Carnegie Gates bottom of High Street Dunfermline Pittencrieff Park |
| Bums Off Seats walk | Stephen, Alison and Susan | Health walk | Wednesday 14 May 1pm | 3 miles or 1.5 miles | Willie Clark Centre, Lochore meadows |
| Bums Off Seats | Heather, Sheena and Irene | Health Walk | Wednesday 14 May 1.15pm | 60 minutes | Car park at Ravenscraig - Park off Dysart Road |

| NAME | LEADER | DESCRIPTION | DAY /TIME | LENGTH | MEETING PLACE |
|---|------------------------------------|--|---|--|--|
| Hill walk | Fife outdoor education | Walk to Vane Farm via Benarty Hill. Mini bus to return | Wednesday 14 May leaving at 1.30pm | 5 miles moderate fitness required due to elevation | Outdoor Education Centre Lochore MUST BOOK |
| Bums Off Seats | Kirsten and Fiona | Health Walk | Wednesday 14 May 6.30pm | 60-75 minutes | Car Park North Pier Limekilns |
| Heritage Walk | Benarty Heritage Group | History Walk | Thursday 15 May 10.30am -12.00pm | 90 minutes | Willie Clark centre Lochore Meadows |
| Bums Off Seats | Jackie, Ruby, Ann, Andrea & Janice | Health Walk | Thursday 15 May 10.30am | 60 minutes | William Street, Car park Dunfermline |
| Bums Off Seats | Brian and Lloyd | Health Walk | Thursday 15 May 1.10pm | 60-75 minutes | Car Park next to Three Tuns Kennoway Rd, Kennoway |
| Bums Off Seats | Claire, Ann and Graeme | Health Walk | Thursday 15 May 6.30pm | 60-75 minutes | Duloch Primary School Dunfermline |
| Parkrun | Scott | Walk, jog or run a lap of Lochore | Saturday 17 May 9.30am | 3 miles | Willie Clark Centre REGISTER |
| Hill walk | Fife Outdoor Education | Walk from Glenvale to Craigmead via West Lomond mini bus to and return | Saturday 17 May leaving at 10am | 4.5 miles moderate fitness requires due to elevation | Outdoor education Centre Lochore MUST BOOK |
| Bums Off Seats Walk | Fiona | Short health walk | Saturday 17 May 10.30-11.15am | 1.5 miles - option for shorter | Willie Clark Centre |
| Scavenger Hunt for families with younger children | Sharon | Pick up a scavenger sheet at the Early Years stall | Saturday 17 May 10-2pm | Do as much or as little as you want | Grass outside the Willie Clark Centre Lochore |

PLEASE ARRIVE 15 MINUTES BEFORE STATED START TIME

| NAME | LEADER | DESCRIPTION | DAY /TIME | LENGTH | MEETING PLACE |
|----------------------------------|---------------------------------|---|--|---------------------------------|---|
| Book bug session | Niamh | <i>Story with one of the local librarians</i> | Saturday 17 May 10.15-10.45am | Active stories | Meeting room Willie Clark Centre |
| Family with toddlers walk | Kirsty | <i>Walk to Pithead around to stables finishing in play park. Buggy friendly</i> | Saturday 17 May 11am | 1.5 miles | Willie Clark Centre Lochore |
| Walking football taster | Jamie | <i>Casual game of walking football</i> | Saturday 17 May 11-11.30am | Join in for as long as you wish | Grass opposite Willie Clark Centre |
| Walking rugby taster | Coach from Kirkcaldy Rugby Club | <i>Casual game of walking rugby</i> | Saturday 17 May 12-12.30pm | Join in for as long as you wish | Grass opposite Willie Clark Centre |
| Walking Netball taster | Megan | <i>Casual game of walking netball</i> | Saturday 17 May 1-1.30pm | Join in for as long as you wish | Grass opposite Willie Clark Centre |
| Nordic walk | Lauren | <i>Nordic walk around Lochore including warm up and stretch</i> | Saturday 17 May 1:30pm -3 pm | 3 miles | Willie Clark Centre Lochore |
| Adapted Bikes | Outdoor Education Lochore | <i>Hire bikes for free for those unable to walk or have difficulty in walking</i> | Saturday 17 May 10-3pm | | Outdoor Education reception Lochore Meadows |
| Junior parkrun | Scott | <i>Walk, jog or run around the track (4-14 year olds)</i> | Sunday 18 May 9.30am | 2km | Fife Cycle Park |
| Bums Off Seats | Graeme & Kate | <i>Health Walk</i> | Sunday 18 May 10am | 2 miles | Louise Carnegie Gates bottom of High Street Dunfermline Pittencrieff Park |

PLEASE ARRIVE 15 MINUTES BEFORE STATED START TIME



**Alzheimer
Scotland**
Action on Dementia

Sociable walks for those who are living with dementia and their carers

| | | | |
|-------------------------|---------------------------------------|--|---|
| Lesley Dewar | Monday 12 May 11am | <i>Under 1 mile, wheelchair suitable</i> | Botanic gardens St Andrews |
| Michelle Hodgson | Tuesday 13 May 1-30-2.30pm | <i>1.8 miles</i> | Outside Loch café/ ski centre – Townhill Loch |
| Lesley Dewar | Tuesday 13 May 2-3pm | <i>Under 1 mile wheelchair suitable</i> | Angel Statue, Haugh park, Cupar |
| Claire French | Wednesday 14 May 1-2.30pm | <i>Different routes dependent on the weather</i> | Aberdour train Station |
| Lesley Dewar | Thursday 15 May 1.30-2.30pm | <i>1.4 miles</i> | Lindores Distillery, Newburgh |
| Claire French | Friday 16 May 11-12.30pm | <i>Different routes dependent on the weather</i> | Morrisons Car Pk, The Esplanade , Kirkcaldy |
| Michelle Hodgson | Friday 16 May 2-3pm | <i>1 mile including strength and balance exercises</i> | Links Place Carpark Burntisland |

PLEASE ARRIVE 15 MINUTES BEFORE STATED START TIME

For further information regarding any of the Alzheimer's Fife walks please use the following contact details:

Lesley Dewar – Ldewar@alzscot.org 07766 445717

Michelle Hodgson – Mhodgson@alzscot.org 07824 377548

Claire French – Cfrench@alzscot.org 07795 507072

www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre

BEACH OF DREAMS WALKS

| | | | | |
|---|---|--------------------------------------|--|---|
| Fife Coast and Countryside Trust | <i>A walk along the Fife coastal path</i> | Friday 16 May 11am | North Queensferry to Aberdour 8 miles | Meet Battery Road Car park N. Queensferry MUST BOOK |
| Fife Coast and Countryside Trust | <i>A walk along the Fife coastal path</i> | Saturday 17 May 10.30am | Newburgh to Wormit 16 miles or Newburgh to Balmerino 13 miles | Meet Newburgh Public Pk MUST BOOK |
| Fife Coast and Countryside Trust | <i>A walk along the Fife coastal path</i> | Sunday 18 May 10.30am | Aberdour to Kinghorn 7 miles | Meet at Silversands MUST BOOK |

PLEASE ARRIVE 15 MINUTES BEFORE STATED START TIME

For more information regarding the Beach of Dreams walks visit:

www.beachofdreams.org

Or contact : **ask.us@fifecountryside.co.uk**



JOIN IN!

We've tried to include a variety of walks for all ages and abilities and there's something for everyone throughout the week.

Remember to check if a walk needs to be booked or if you have to register for it.

And most of all - have fun!

For more information about the Festival contact:
bumsoffseats.project@fife.gov.uk

TERMS OF PARTICIPATION

We are committed to running the Walking Festival safely and appreciate your cooperation with this. However, participants take part in our walks at their own risk. If you have a health condition that you believe may be relevant, please make the leaders aware of this prior to your walk. The Walk Leader endeavours to ensure that the walk is enjoyable for participants and protects the environment. Should the Walk Leader have any concerns about any participant during the walk they may decide to ask the participant to leave the walk as long as it is reasonable to do so. The decision of the Walk Leader is final. Persons under the age of 16 must be accompanied by an adult. Participants are requested not to smoke or vape on our walks. Assistance dogs only please.

