

Scottish Mountain Bike Trails: Fife

NEWBURGH: ROUTE NO.8

RIVER TAY FIFE COASTAL PATH

Route Grading:



Difficult (Red): Proficient Mountain Bikers with good off-road riding skills & fitness. Suitable for good Mountain Bikes.

ROUTE No
08



STARTING POINT(S)

Cupar Rd, Newburgh KY14 6HA
OS Map Ref. NO 240 182

SUMMARY

A fantastic ride with stunning views above the River Tay, accessing Norman's Law, one of Fife's highest hills and the Eastern most peak in the Ochil Fault. Some challenging climbs and exposed hill sides make this suitable for more experienced riders.

MAX HEIGHT GAINED

225m

LENGTH

9.5km max



Views over the River Tay

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For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No **08**

ROUTE DESCRIPTION

Free car parking is available at the East end of Newburgh, opposite the petrol station. The Cafe in the petrol station is a Fife Coastal Path 'Welcome Port' where you can buy supplies and use the toilets.

Leaving the car park, cross the main road, onto Abbey Rd. At Parkhill farm, turn right onto way-marked Coastal Path (CP) by pond, across 2 fields up-hill to bottom edge of woods. Head left onto farm track, uphill. Continue across open fields on well defined grass track, following CP way-marking posts through gates. At narrow patch of trees, head left on singletrack, right at junction onto farm track uphill & along the edge of a field.

Head left through gate, into narrow grass path between fields, then tree plantations following CP signs.

Follow farm track down hill & left at signed junction. Continue into field following grass path skirting the edge, uphill. Rejoin farm track at cottages and follow signs to Ayton Woods, climbing steeply uphill to the shoulder of Normans Law. At left hairpin, a track on the right signed Norman Wood allows most direct (walking) route to summit.

Return via same route, or extend by continuing around Norman's Law and follow either CP signs onto public roads, or footpaths to Luthrie & Brunton, or Ayton.



Views over the River Tay

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- This route crosses exposed hill sides and open farmland so please ensure you are properly prepared, respect livestock and leave any gates as you find them.
- There are sections of private working forest, follow any local diversions in place.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. **07823 338691**
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

EAST PORT GARAGE

Garage & Cafe
Cupar Rd, Newburgh, KY14 6HA
Tel. **01337 840379**

ELMWOOD GOLF COURSE

Golf Course, Clubhouse Bar & Restaurant
Stratheden, Cupar, KY15 5RS
01334 658782
www.elmwoodgolf.co.uk

JAMESFIELD FARMSHOP

Farmshop & Cafe Restaurant
Jamesfield Farm, Newburgh, KY14 6EW
Tel. **01738 850498**

