



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

New Year Walk - Fife Coastal Path - Elie to Crail

08 January 2012

O.S. Map No. 59

Bus start: Blairgowrie (Wellmeadow): 9.00 am Alyth (Square): 8.45 am

A Walk – Elie to Crail

Start in the centre of Elie and join the Fife coastal path. Walk eastwards to Crail passing through St Monans, Pittenweem and Anstruther.

After-walk refreshments in Crail at the **Golf Hotel** (<http://www.thegolfhotelcrail.com/>). **SEE BELOW.** Fife Coastal Route leaflets are available at Tourist Information Offices.

Approx. distance: 16 km

Total ascent: 200 m

Min. **walking** time: 4:30 hrs

B Walk – As above

As above.

Approx. distance: [] km

Total ascent: [] m

Min. **walking** time: [] hrs

C Walk – As above

As above with the option of catching a service bus at any point along the route to Crail. Stagecoach service 95 stops at St Monans at 36 minutes past the hour, Pittenweem at 40 minutes past the hour, Anstruther (harbour) at 44 minutes past the hour and Cellardyke at 49 minutes past the hour every hour on a Sunday.

Suggested that C group is dropped off at Pittenweem and make their way to Crail.

Approx. distance: [] km

Total ascent: [] m

Min. **walking** time: [] hrs

REFRESHMENTS AT THE GOLF HOTEL, CRAIL:

The Golf Hotel, Crail is booked for soup, tea/coffee and cake from 3:30 pm. This is £6 per person with free refills of tea/coffee and menu items available if required at not a lot of extra cost). There is no problem with earlier arrival and facilities are very good (exclusive use of the dining room, roaring fire in the bar etc.).

Please note that the Minimum walking times are based on reasonably fast walkers and assuming good conditions. The times do not include stops or breaks.

In poor weather conditions or if members are not comfortable walking at 4km/hour then alternative or shorter routes should be considered.

The next club walk is on Sunday 29 January, Blackford/Dollar starting at 8.00 am (Blairgowrie) and 7.45 am (Alyth).

Other information/events: Club Quiz Night at the Royal Hotel, Blairgowrie 7.30pm.

IMPORTANT: YOUR SAFETY IN THE HILLS

The Committee reminds members and guests of the following important points:

- You are responsible for your own safety
- Club officials are not trained mountain leaders
- Are you fit enough to complete your chosen walk in the available time?
- Know where you are going on the walk and follow the route on your map.
- Know how many are in your party and stay together
- Ensure you have enough food plus emergency rations
- Carry a map & compass, survival bag, torch, whistle and small first aid kit. Know how to use them.
- In winter conditions you must carry an ice axe on high level walks (club rule). You are also recommended to carry crampons.
- **Learn** how to use your equipment.

Club officials will be happy to give advice on any of these points if requested.