

A Guide for Disabled Visitors

FIFE

ACCESSIBLE

HIGHLIGHTS

GUIDE
EUAN'S

WELCOME TO FIFE!

From wheelchair accessible red squirrel trails in the west to the golden sands of St Andrews in the east, take yourself on an unforgettable Fife journey.

Inside this guide you'll discover the wild variety of towns and villages along Fife's rocky lava coast. By experiencing the beach wheelchairs in St Andrews, an accessible whisky distillery tour in The East Neuk and the Heritage Quarter of Scotland's ancient capital, you'll discover that Fife's accessible highlights are quite remarkable.

The places in this guide are ready to be explored and we hope that they give visiting disabled people a flavour for the Kingdom of Fife, as well as practical information about accessibility before visiting.

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For disabled access reviews and more information about accessibility, visit www.euansguide.com/fife-guide to discover more about the featured locations, as well as thousands of other places including hotels, restaurants and transport.

If you've been exploring the places in this guide, as well as other locations, please share your discoveries by writing a review on Euan's Guide. That way other disabled people, their families and friends can benefit from your experience. Why not start by reviewing your favourite place in this guide? Go to www.euansguide.com/write-a-review





ST ANDREWS BY THE SEA

A small Scottish town with a big name for itself, St Andrews is surprisingly compact which makes it appealing to visitors and good for day trips when travelling to Fife.

Around two-thirds of its bars, shops and restaurants are blissfully step-free, and once you get used to the quirky location of the dropped kerbs, exploring this city as a wheelchair user is smooth sailing.

If you're arriving by public transport, the bus station is conveniently located in the middle of the town which will put you in an excellent position to make the most of your time visiting.

Start your journey at the VisitScotland iCentre on Market Street where you can get tips and advice before setting off. Expect to spend most of your time wandering around North Street, Market Street and South Street before venturing towards the dramatic ruins at the edge of the sea. If you're a wheelchair user or mobility impaired take care on some of the narrower streets and stop every so often to admire the 15th century university buildings, old doors and characterful architecture that you pass.

Credit: VisitScotland



SAY CHEESE!

The town's golf clubhouses have exceptionally good food, but it's on South Street where you'll find some of St Andrews' best food and drink spots. The first thing you'll notice is the rather pungent yet aromatic smell drifting along the street from I J Mellis Cheese Shop. This fantastic easy access establishment sells farmhouse cheese, butter, dry goods and a beautiful range of cheese celebration 'cakes'.

If it's the real sweet stuff you're after, Jannettas Gelateria is the place to be. Any time you see a large line of people on South Street, it's because they're queuing up for St Andrews' world-famous ice cream! Jannettas has been around for over 100 years and sells handmade gelato, ice cream cakes, sorbets and frozen yoghurts.

For those in a hurry, turn the corner onto Church Street where Fisher & Donaldson's 24-hour hot pie vending machine lies in wait. Locals will recommend the famous fudge donut, a must-try delectable sweet treat.

When the weather is hot, Zest Café is a welcoming café that sells smoothies, salads and fresh squeezed orange juice. They have large print menus available and the doors are often propped open.



QUICK TIP

There's a great photo spot beside the medieval gateway on South Street.

THE HOME OF GOLF



Take a stroll over the world's most famous golf course and sample the food at the city's various accessible clubhouses.

Fife is world famous as being the 'Home of Golf', and it's easy to see why. St Andrews' breezy beachside courses range in style and difficulty and each has its own story to tell. The best known is Old Course with its unmistakable Swilken Bridge and Hell Bunker, and it's here you'll find the

St Andrews Links Clubhouse with accessible parking bays near the entrance. If it's good food you're after, try the Eden Clubhouse where they bake their own bread each morning.

QUICK TIP
No golf takes place on Sundays at Old Course. Instead, you can picnic or walk across the links with friends or family.

GOLF THROUGH THE AGES

Did you know the first golf ball was made of feathers? The British Golf Museum has over 500 years of golfing history on display!

Beside the West Beach car park, the two-storey museum has over 17,000 curious items, photos, film and golfing memorabilia to explore. You'll begin your journey with the oldest known set of golf clubs before discovering more about the fashion, rules and legends of golf through the ages. There is good lift access to the upper floor where diners are surrounded by windows in the museum's immensely popular café. You can choose to overlook the sea or the links, but the more difficult choice is whether you'll be having an afternoon tea or a Sunday roast...

QUICK TIP
You can request large print or Braille guides at this museum.



Credit: Fife Council



Credit: VisitScotland

A ROCKY CASTLE DUNGEON

This headland castle has a gloomy prison hidden belowground but the sea view from the ruins above is quite spectacular!

Best explored on a sunny day, St Andrews Castle is surprisingly accessible. Around 50 metres from the wheelchair accessible visitor centre, a wide boardwalk invites you through the well-preserved gateway into the castle courtyard. Here an expanse of lawn gives the perfect vantage point to take in

the shape and scale of how the castle once looked. If you do want to climb and scramble around the site, there are stone staircases to admire vistas from a height and a set of steep metal steps to descend into the dark and infamous prison tunnels.

QUICK TIP
The nearby cathedral has no accessible toilets, so take note of where the castle facilities are located if you plan to explore further.

THE HARBOUR BELOW THE RUINS

Stumble across a charming harbour as you follow the clifftop pathway from the castle to the impressive assortment of ruins that make up St Andrews Cathedral.

Inside the ruins you can wander through dramatic archways or climb the narrow staircase up St Rule's Tower. Don't miss the carved stones in the visitor centre and museum where stewards will assist you with portable ramps.

From here, take a stroll down to St Andrew's Harbour where around a dozen fishing boats come and go beyond the pier walls. The speciality here is shellfish, and you'll find countless lobster pots dotted around the stone paths and walls.

QUICK TIP
When arriving at the cathedral you'll encounter various stepped entrances. To find the step-free entrance, look out for the war memorial on North Street and enter through the adjacent gate.



Credit: VisitScotland

THE EAST NEUK AND THE BEACHES OF FIFE



The tiny corner of Fife known as The East Neuk is dotted with charming fishing villages and harbours, each connected by volcanic outcrops or stretches of sandy beach. The entire Fife coast is sprinkled with hundreds of beaches from the golden sands in St Andrews to the silvery woodland bay in Aberdour.

Beach wheelchairs

The most famous of the Fife beaches can be found on the edge of Old Course in St Andrews. West Sands Beach is two-miles long and famed for its appearance in the film Chariots of Fire and known internationally for its dune stabilisation programme. West Sands has good parking facilities, a toilet block with accessible loos and beach wheelchairs available to hire.

St Andrews' second beach, East Sands, is much quieter but also boasts a toilet block and small car park, albeit with rough gravel. This beach is ever-changing as the sand shifts often.



QUICK TIP

If driving to West Sands beach, head to the roundabout at the end of the car park. This is the closest point you can get to the beach without actually going on the sand.

Cheese toasties by the sea

Kingsbarns Beach is two miles long and a great place to relax and enjoy the views or kick a ball about on the grass! If you don't take a picnic, head to The Cheesy Toast Shack which is usually pitched by the beach. If the shack's not there, those amazing cheese toasties will be on a roadtrip to a big music or street-food festival.

A crustacean craving

A beach popular with families and good for a naturally sensory-friendly environment is Roome Bay in Crail. It has scores of rockpools to explore, a nearby playground, and an abandoned swimming pool at one end that has become an oasis for wildlife. If you're feeling peckish head to the Lobster Store, a shack on the harbour run by the Reilly family who sell their The East Neuk catches including crab and lobster.

Birds not birdies

Billowness in Anstruther is a good bay to spot birdlife as it's a Site of Special Scientific Interest. It lies just west of the town's harbour where you'll find accessible loos, boat trips, and some of the best fish 'n' chips in Scotland.

Go in search of rubies

If you stop by Elie, Ruby Bay is a sheltered beach where you may be able to spot periwinkles, barnacles or the odd crab. Many wine-coloured gemstones, 'Elie Rubies', have been found in the volcanic rock on this beach. You can park on the headland for the view and handy accessible loo. In the village, The Toft is a road along the old harbourside with more exceptional views and a café.

A silver beach with a golden loo

Aberdour's small beach has silvery white sands and views of the Forth islands, Inchmickery and Inchcolm. With trees and meadows on one side and water on the other, the beach with its café terrace is a serene spot to watch the world go by. The toilets by the café are award-winning with an excellent accessible loo.



QUICK TIP

There are two accessible parking bays beside the beach café. These are much closer to Aberdour beach than the large car park that you first encounter.



A SALT STORY

Visit St Monans and you may just stumble across the last windmill in Fife.

Once known as The Saltmill, St Monans Windmill can be found by following signs pointing to a wheelchair accessible route from the village road. The track is around 200 metres long and at certain times you can pick up a key from the local newsagents to go inside the old saltmill. This is only recommended if you're comfortable climbing the tall flight of steps up to the windmill's door. If you don't want to do this, the spot is a great place to have a picnic and simply take in the views across the water.



QUICK TIP

It's possible to reach the village by bus.

FISH SUPPERS ON THE HARBOUR

The largest town in The East Neuk has a fish supper reputation and a very unusual shell house on High Street West.

Down by the harbourside, most visitors to Anstruther have one agenda: a fish supper! The Anstruther Fish Bar and Restaurant is the place to go but watch out: the takeaway section of the restaurant isn't wheelchair accessible. If you require level access, you can either sit in, ask for your takeaway from the main restaurant, or try one of the numerous other fish 'n' chip shops in the town. If you head outside with your supper, you can relax knowing there are public toilets including an accessible loo on the harbour.

Nearby, The Scottish Fisheries Museum is well worth a visit. The museum has a bus stop right outside and two accessible parking spaces. Inside you'll learn about the Scottish fishing industry and can view thousands of items in the collection.

If you're in the mood to explore, wander along the quiet and colourful Anstruther High Street West and you may notice something unusual. Buckie House, known locally as the Shell House, is decorated with countless shells.



QUICK TIP

There's a Changing Places toilet in Anstruther. It's open from 9am – 10pm on weekdays during school term only as it's inside Waid Community Campus.



BOTANICALS AND BARLEY

Join a distillery tour at Kingsbarn's Distillery & Visitor Centre then explore the Darnley's Gin Distillery in the cottage outside.

A collection of rustic farm buildings has been transformed into a stunning new single malt scotch whisky distillery in The East Neuk. The distillery's first filled cask is on display in the steading's iconic doocot and you can choose from various tours around the site, including a gin distillery tour!

At six miles from St Andrews, the distillery is easily reached by car with accessible parking and clear, modern signage in the car park. The friendly hosts greet you at the entrance and there's a lowered reception counter where you can find your

bearings and directions to the accessible loo.

The excitement begins as you venture off on your chosen tour where a platform lift takes you up close to the stills, fully immersing you in the workings of the distillery. You can take another lift to the tasting room for a well-deserved dram after your tour.

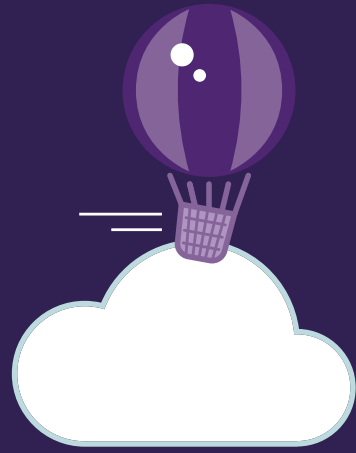
Outside, a curious gin cottage has been added to the steading. Inspired by wild elderflower in Scotland, Darnley's Gin uses a small still which you can view inside the accessible gin distillery.



QUICK TIP

Leave yourself plenty of time to enjoy a tour and stop by the café and shop.

THE EAST NEUK COASTAL ROUTE



Cupar



St Andrews

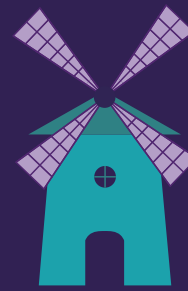


Kingsbarns



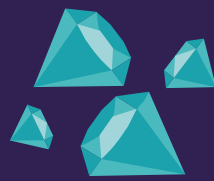
Crail

Anstruther



St Monans

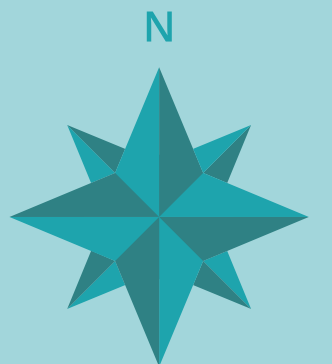
Elie



Lundin Links



Dunfermline





DUNFERMLINE TOON

The grey stone buildings of Dunfermline are a stark contrast to the colourful fishing villages of The East Neuk, but the drama and intrigue which surrounds this town's Heritage Quarter give it an altogether different appeal.

Scotland's ancient capital city where kings and queens were laid to rest, Dunfermline is a history-lover's paradise. The medieval town is well laid out and easy to explore with the most interesting sites lying in the Heritage Quarter. You can drive and park close to all the key sites, and there are buses stopping in the centre of the town. If arriving by train the station is south of the town centre and has accessible toilets available for passengers.



Credit: VisitScotland

A SCOT IN AMERICA

Step inside the tiny weaver's cottage where Andrew Carnegie was born and explore the exhibition about the philanthropist's life in America.

The Carnegie Birthplace Museum is a fascinating two-winged attraction in the Heritage Quarter that is mostly run by friendly volunteers. Inside there are over 5,000 objects, weaving demonstrations, interactive games and a pleasant garden to explore.

The wheelchair accessible entrance is directly opposite the accessible parking bays where a doorbell is fitted to notify the reception. You'll find the door right beside the 18th century weaver's cottage where Andrew Carnegie was born. The cottage is a tiny space accessed by two steps, but there are images and materials to paint the picture of what's inside. Visitor toilets including an accessible loo can be found in a separate building through the garden.



QUICK TIP

If required, you can ask for the portable audio recording of the Birthplace Cottage commentary from reception.

DUNFERMLINE ON DISPLAY

A sleek museum has been joined seamlessly to the old Carnegie Library, and the results are marvellously accessible.

Dunfermline Carnegie Library and Galleries takes pride of place in the Heritage Quarter with its architecturally impressive modern museum building. From its glass corner lookout points to its sublime Changing Places toilet, the attraction is one of the town's best.

The museum explores themes ranging from rock music and transport, to Dunfermline's kings and queens and domestic life in the 20th century. If driving, there are accessible parking bays at the front and rear of the building with good signage to the building's automatic doors and numerous, varied styles of accessible loo. When the weather's nice, head to the garden to attempt the hedge maze!

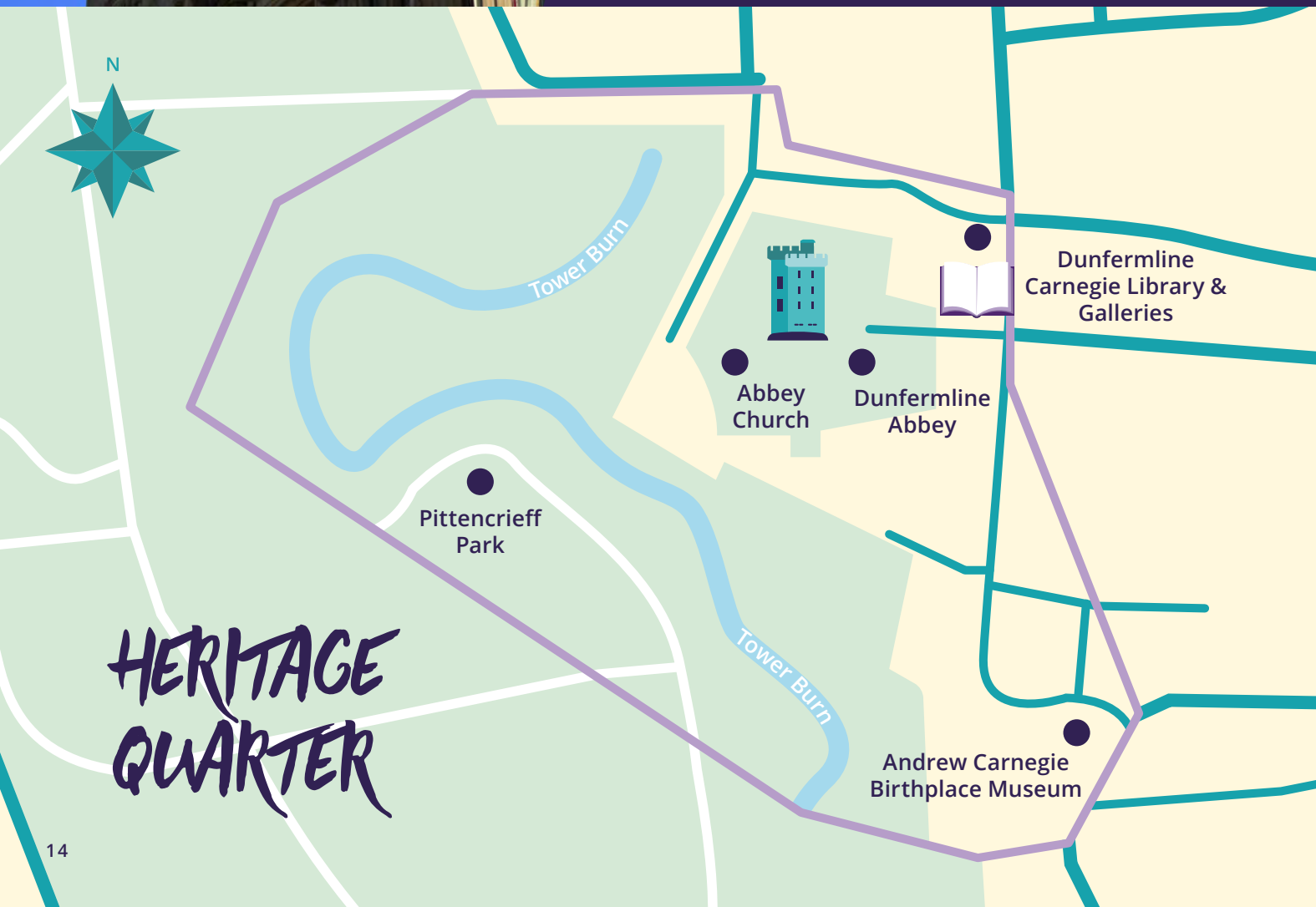


QUICK TIP

Take a selfie by the seated statues in the garden!



Credit: Fife Council



HERITAGE QUARTER



KINGS AND QUEENS

The final resting place of Robert the Bruce and many other Scottish kings and queens, Dunfermline Abbey and Palace is a stirring and enchanting monument in the town's Heritage Quarter.

This historic site predictably has a few spiral staircases preventing full access, but the sense of grandeur and importance of the Abbey and Palace can be felt as you wander among the ruins and through the ancient archway. It's easy to park beside the Abbey Church adjacent to the Abbey and Palace with a Blue Badge but be aware that wheelchair access is restricted around the site.

Before visiting, it's a good idea to call ahead to notify the steward of your arrival. They'll be able to show you the tarmac walkway which gives good views of the ruins.



QUICK TIP

The nearest accessible toilets are in the library and museum.

A CURIOUS CHURCH

At first glance, Abbey Church looks a little odd, and that's because it is two churches that meet in the middle.

Old Church is managed as part of the Abbey and Palace, but New Abbey Church added in the 19th century is a functioning place of worship that is non-ticketed and open to the public.

Much like the Abbey and Palace, Old Church is worth seeing but is tricky to access as a wheelchair user. There are ruins to explore in the grounds, but if you want to go inside you'll need to get in touch ahead of your visit to request entry via the unmarked accessible door.



QUICK TIP

A portable ramp is available to gain access to New Abbey Church.



HISTORY ON THE MOVE

See the best bits of Dunfermline's Heritage Quarter on a wheelchair accessible walking tour.

If you'd like a guided tour of the town's major historic sites, Discover Dunfermline Tours have crafted a wheelchair accessible walking tour that travels from the Andrew Carnegie Birthplace Museum to the Abbey and Palace and the churches. You can sign up to a tour individually or as a group and be shown along the flattest routes by a friendly local guide.



PEACOCKS IN PITTENCRIEFF

Known locally as 'The Glen', Dunfermline's large urban park is home to proud peacocks, tall trees and an eclectic mix of curios.

Pittencrieff Park has surprises around every bend, but you can plan your visit by picking up one of the many themed leaflets in Pittencrieff House. The main paths are good to wheel along making it easy to spot wildlife and follow the tree trail. You'll likely stumble upon the Art Deco pavilion, the famous double bridge or the town's cherished locomotive among other unexpected features as you wander. There is an accessible loo but being outdoors it's a bit less comfortable than the facilities inside the town's main attractions.

If you're visiting with children, they'll love the various playparks in the grounds, including the

colourful wheelchair accessible playground that can be found in Pittencrieff Park.

Heading indoors, there are ramps into Pittencrieff House and the nearby glasshouses. Look out for the raised beds in the kitchen and medicinal garden with its aromatic herbs. Inside the house, a 3D model of The Glen gives a clear sense of how varied and interesting the grounds are, and on the ground floor, the 'Magic of the Glen' exhibition shows the evolution of the park over hundreds of millions of years.



QUICK TIP

If you didn't pack a picnic, you can enjoy breakfast, lunch or afternoon tea on the Peacock Rooms Café terrace.

HERITAGE AROUND DUNFERMLINE

Vintage buses

A ten-minute drive from Dunfermline takes you to the Vintage Bus Museum, a nostalgic site with over 160 vehicles.

Opened on Sundays in the warmer months, the Vintage Bus Museum is a marvellous collection of neglected and restored buses held in storage sheds in Lathalmond. The 49-acre site is run by volunteers with a café, shop and exhibition hall where events are held throughout the year.



QUICK TIP

Keep an eye out for open days at the museum when you can take a dedicated bus from Edinburgh to the museum and back.

A walled garden

Thought to be Scotland's oldest standing stone castle, Aberdour Castle is full of tricky narrow staircases and uneven floors; but it's the walled garden and beehive doocot you go in search of...

Twenty-minutes from Dunfermline, Aberdour Castle is one of Fife's Outlander film locations doubling as Saint Anne de Beaupré's French monastery. Inside there's an impressive painted ceiling, but it's inaccessible to those who require step-free access. Instead, the sweet-smelling walled garden has that secret feel and is manageable if you use a wheelchair. Look out for the beehive-shaped doocot as you wander.



QUICK TIP

There are accessible loos in the nearby train station.

Red-tiled roofs by the Forth

A 20-minute drive from Dunfermline, the picture-perfect village of Culross is a remarkable 17th century town, but its cobbles make it best admired from afar.

That's right, Culross is notorious for its ancient cobbled streets and is steeped in history, including Scottish witch trials. To get the most of this location on the Fife Coastal Trail, park in the main car park and follow the railway line along the coast. You'll have the vast expanse of the Forth on one side, and the red-tiled roofs, yellow and white buildings of the village on the other.



QUICK TIP

There is a very small adapted loo in the car park.



Credit: Paul J Ralph



Credit: Paul J Ralph



Credit: WistScotland



Credit: The Scottish Deer Centre

RURAL FIFE

Fife is known for more than its seafood; its rolling farmland means there are plenty of organic farm shops and fresh produce to sample around the region.

Muddy Boots in Cupar is particularly good for fruit and veg straight from the farm, as well as home-baking, jams and chutneys. The shop and café have level access and accessible toilets, and the farm has lots of activities going on for families and children.

The Scottish Deer Centre near Cupar is an excellent choice for a wheelchair accessible day outdoors. The park has various species of deer, a wolf pack, wildcat and more incredible animals. There's a good-sized car park and accessible toilets by the entrance.

If you're feeling adventurous, Lochore Meadows Country Park is a 1,200-acre site in the heart of Fife.

The park's loch has its own beach and there are countless activities going on around the grounds. Most of the park is wheelchair accessible, but you can hire an all-terrain mobility scooter if you'd like to explore beyond the paths!

In Glenrothes, there's a little-known restaurant that does an excellent Sunday high tea. It's fairly remote, mostly because it's on the site of an airfield! If you're somebody who loves watching planes take-off and land, you can do that while dining in the Tippy Nipper at Fife Airport.

On the western edge of Fife, there's an accessible red squirrel trail nestled in Devilla Forest. The trail is clearly signposted, and there are wheelchair accessible picnic benches in the forest clearings. Be aware that there are no toilets in Devilla Forest.

THE FESTIVALS OF FIFE



FEBRUARY

St Andrews Green Film Festival

A week-long festival of documentaries, events and festival workshops about climate change and the environment takes place at venues in St Andrews each February. The Byre Theatre is a central venue to the festival with level access, loop systems and accessible loos.

APRIL

On the Rocks Festival

The student-run arts festival with fashion, live music, dance, comedy, film and more! Many of the events take place at St Andrews' Byre Theatre which has good accessibility.

The Links Market

Europe's longest street fair runs for almost a mile along Kirkcaldy's Esplanade. It's a true fun fair with thrill rides, stalls and snacks.

MARCH

St Andrews Charity Oktoberfest

A riotous festival with Bavarian food, live music and lots of beer!

StAnza Festival

Taking place annually in spring, StAnza is Scotland's International Poetry Festival held in St Andrews.

Fife Whisky Festival

For whisky-enthusiasts in Cupar, exhibitors at this new annual festival have previously included Fife's Kingsbarns Distillery.

MAY

Fife Science Festival

A touring festival around Fife with a programme that's jam-packed with fun science-related events and activities.

JUNE

The East Neuk Festival

A classical chamber music festival with jazz, folk and electronic performances at churches and venues around picturesque The East Neuk.

JULY/AUGUST

Aberdour Festival

The festival of summer with live music, workshops, culture, sporting events and food takes place over ten days in Aberdour.

JULY

Anstruther Harbour Festival

A summery atmosphere with fishing boats, lifeboats and sailboats, as well as the 'Anster Fair Market' full of arts, crafts and food stalls under a marquee. There's often Viking re-enactments! There are accessible loos on the harbour.

AUGUST

Pittenweem Arts Festival

This tiny village is home to lots of artists who open their doors, studios and galleries in August for the Pittenweem Arts Festival. Try the town's local chocolate if you're visiting!

STAYING IN FIFE



Credit: Fife Council

A mixture of waterfront hotels with roll-in showers, adaptable luxury cottages and spacious rural rooms await travellers to Fife.

Wherever you choose to stay in St Andrews, you can rest knowing that you're in a central location. The compact town makes exploring easy, and you can choose from luxury or budget accommodation in this old university town. There's a Premier Inn on Largo Road south of the city centre, not too far from the Botanic Gardens which are worth a visit. For a splash of tartan in a luxury golf resort, try Fairmont with its huge roll in showers, many lifts and views across St Andrews Bay and the links.

Alternatively, you could stay in the adapted Lang Break Caravan looked after by MND Scotland. Located in Craigtoun Meadows Holiday Park near St Andrews, the caravan is extra wide inside with ramped access to the door and an adapted shower space.

Cupar is surrounded by a dreamy rural landscape where there is a choice of luxury accessible accommodation. The Rings is a flexible holiday space set in beautiful Fife farmland with French windows opening to accessible decking. The house can be split into different cottages based on the number of guests you're visiting with. If you'd prefer to stay in a hotel, the Michelin starred restaurant, The Peat Inn, has eight suites in The Residence including one accessible bedroom. They also supply charging facilities for powerchair users.

In The East Neuk, Homelands Trust Fife is a collection of four luxury holiday cottages in a woodland setting in Lundin Links. The cottages sleep between six and eight people and are highly adapted to be exceptionally accessible for guests and their families.

Right by the Forth bridges is the DoubleTree by Hilton Edinburgh Queensferry Crossing. The hotel has fabulous views across the Forth and a twin accessible room with a roll in shower and lowered appliances.

The locations highlighted in this collection represent a handful of the places that are available to discover on Euan's Guide, the disabled access review website.

As a powerchair user, I am familiar with the time and effort that is involved in planning everything from nights out with friends to football matches with the kids. My Motor Neurone Disease (MND) diagnosis in 2003 was the start of a new journey for me, my family and friends.

In 2013, along with my sister Kiki, we created Euan's Guide, a charity that is all about sharing. As my access requirements changed, we built up a list of 'go to' places in and around Edinburgh which we knew had good disabled access. We weren't the only ones doing this in their home town, but there was no platform for anybody to share their knowledge.

Euan's Guide now has disabled access reviews and listings for thousands of places around the UK and beyond.

The website is used by disabled people, their friends, families and carers to review, share and discover accessible places to visit. You can review anywhere from hotels and concert venues, to train stations and coffee shops. You can write about anything from wheelchair accessible parking and toilets, to audio description and staff welcome. The possibilities are endless.

Visit www.euansguide.com to join in and start reviewing your favourite accessible places. You could always start with one of the places in this guide!

Euan

Co-founder of Euan's Guide





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