Great places to walk and cycle

There are loads of great places in and around Kirkcaldy to go for a walk or cycle:

- **Beveridge Park** which includes rose and flower gardens, a bog garden and woodland walks as well as facilities for many sports from bowls to skateboarding.
- **Ravenscraig Park** has woodland walks and links to the coastal path, as well as access to Ravenscraig Castle and the Harbourmaster’s House.
- **Dunnikier Park** in the north of the town has woodland walks as well as a skatepark, and is linked to other areas by signed cycle routes.
- **Middleden Mountain Bike Trails** is a network of purpose built trails which offer a variety of riding opportunities from Green through to Red graded.
- The **Fife Coastal Path** stretches for 117 miles with lots of interesting sights around Kirkcaldy, www.fifecoastalpath.co.uk
- The **Ramblers Medal Routes** are 3 graded walking routes (bronze, silver & gold) around the town. Details can be found on the Ramblers website.

Kirkcaldy Cycle Network
Kirkcaldy has an extensive network of routes for cycling, as shown on the map. The network uses a combination of:

- **Segregated Routes**
- **Pedestrians and cyclists use the same path and are separated by a white line – please keep to the appropriate side.**
- **Shared Use Routes**
- **Pedestrians and cyclists share the same path.**
- **On Road Cycle Lane**
  - Advisory cycle lanes are marked on the road by a dashed white line. Use this lane on the left hand side of the road in the direction you are travelling.

Remember to:
- Follow the Highway Code
- Follow the Scottish Outdoor Access Code
- Respect other road and path users
See [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk) for lots more information about safe cycling.

Public Transport and Car Sharing

Sometimes public transport is the best option for a journey – but remember you can always cycle or walk to catch the bus or train. There is bike parking available at Kirkcaldy railway station and at the bus station.

You can find public transport information in lots of places including Fife Council local offices, at the railway station and bus station, and at Kirkcaldy Tourist Information.

- **Traveline Scotland**
  - For bus and rail information or to plan a journey, you can contact Traveline on 0871 200 22 33 or visit [www.travelinescotland.com](http://www.travelinescotland.com)
- **National Rail**
  - For more information on train travel call 08457 48 49 50, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk), or text ‘Kirkcaldy’ to 84950 for a list of the next few train departures.
- **Tripshare Fife**
  - If you’re travelling by car, Tripshare Fife can help you save money by finding someone to share your specific journey with [www.fifetripshare.liftshare.com](http://www.fifetripshare.liftshare.com)

Local bike shops

- **Spokes**
  - 425-427 High Street
  - T: 01592 646203
  - [www.spokecycles.net](http://www.spokecycles.net)
- **Halfords**
  - Fife Central Retail Park
  - T: 01592 642258
  - [www.halfords.com](http://www.halfords.com)
- **Bikeworks (repairs and second-hand bikes)**
  - Castletown Business Park
  - Fullerton Road, Glenrothes KY7 5QR
  - T: 01592 751500
  - [www.fibikeworks.org.uk](http://www.fibikeworks.org.uk)
- **Dave’s Bike Shed (repairs and maintenance)**
  - 23 Morayvale, Aberdour, Fife KY3 0XE
  - T: 01383 880199
  - [www.davesbikeshed.co.uk](http://www.davesbikeshed.co.uk)
- **Leslie Bike Shop**
  - Bankhead Industrial Estate
  - Blackwood Way, Glenrothes KY7 6JF
  - T: 01592 770600
  - [www.lesliebikeshop.co.uk](http://www.lesliebikeshop.co.uk)

For more information about cycling
- **CTC**
  - [www.ctc.org.uk](http://www.ctc.org.uk)
- **Cycling Scotland**
  - [www.cyclingscotland.org](http://www.cyclingscotland.org)
- **Sustrans**
  - [www.sustrans.org.uk](http://www.sustrans.org.uk)

Cycling and Walking

We offer a range of activities and services to help you make your move:

- **Borrow a bike from us**, it’s free, comes with accessories and can be loaned for a month.
- **Book some cycle skills training** (traffic-free or on-road) and feel more confident. These free sessions for adults are run by qualified cycle trainers and can be organised for individuals, groups of friends or work colleagues.
- **Learn some basic bike maintenance** so you know how to fix a puncture, check your brakes and other top tips.
- **Join us on one of our family friendly bike rides**. These are rides over short distances, at a comfortable pace so you can chat as you go.
- **Regular Dr Bike sessions** provide you with free bike checks. These are available for workplaces and community groups too.

We are also looking for volunteers to lead rides, become cycle trainers, help distribute posters and be involved in events.

For more information visit [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk) or email info@makeyourmovekirkcaldy.co.uk

Feedback and suggestions are welcome and should be submitted to info@makeyourmovekirkcaldy.co.uk

While every effort has been made to ensure accuracy in this map, it is intended only as a guide to encourage sustainable travel and should not be used for navigation.

For more information visit:
- [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk)
- Facebook/makeyourmovekirkcaldy
- @MYMKirkcaldy

Contact the Project Co-ordinator at info@makeyourmovekirkcaldy.co.uk

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