

Dr Bob's Walk for Maggie's

3rd-11th August 2013

Daily Programme

Day 1: Saturday 3rd August. Maggie's Centre, Edinburgh to North Queensferry (11miles)

9am Core group walkers to assemble in car park at Lomond Centre, Glenrothes. Transport will leave promptly at 9am to arrive at Maggie's Centre, Western General Hospital, Edinburgh by 10am.

10.30am Walkers will depart from Maggie's Edinburgh and will head towards Crammond Brig by mixture of pavements and paths

11.45 approx. After 3.5 miles, brief rest stop at Crammond Brig

1.45pm approx. After 4.5 miles, arrive at South Queensferry for lunch (in area adjacent to Rail Bridge restaurant)

2.45pm Continue walk, over Forth Road Bridge and then into North Queensferry and to the area adjacent to Ferrybridge Inn (3 miles)

4pm End of walk for Day 1. Transport back to Lomond Centre, Glenrothes (5pm approx.)

Day 2: Sunday 4th August. North Queensferry to Kingswood Hotel, Burntisland (13 miles)

8.45am Core group walkers assemble at car park, Lomond Centre. Transport will depart promptly at 8.45am to arrive at Ferrybridge Inn, North Queensferry in advance of 9.30am

9.30am Walkers depart from Ferrybridge Inn, North Queensferry to follow Fife Coastal Path to Inverkeithing (Decision to be made whether to follow path from North Queensferry round headland and scrap yard or to use pavement on road past Ferry Hills and Gallow Bank)

11am After 4.5 miles stop for brief rest at Dalgety Bay Sailing Club.

1.15pm After 4.5miles arrive at Aberdour Silver sands beach. Lunch stop

2.15pm Restart walk towards Burntisland

4pm After 4 miles, arrive at car park at Kingswood hotel. Transport will collect core walkers to return to Lomond Centre, Glenrothes (4.45 pm approx.)

Day 3: Monday 5th August. Kingswood Hotel, Burntisland to West Wemyss (10 miles)

8.45am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly to arrive at car park, Kingswood hotel in advance of 9.30am

9.30am Walkers depart from Kingswood Hotel car park to follow Fife Coastal path towards Kinghorn & Kirkcaldy.

11am After 3.5 miles, stop for brief rest at Seafield car park

12.30pm After 2 miles arrive at Maggie's Centre, Fife.

2pm Depart from Maggie's Fife, heading for Dysart & West Wemyss.

4pm After 4.5 miles, arrive at West Wemyss harbour. Transport will collect core walkers to return to Lomond Centre, Glenrothes (4.45pm approx.)

Day 4: Tuesday 6th August. West Wemyss to Earlsferry (15 miles)

8.45am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.45 to arrive at West Wemyss harbour in advance of 9.30am

9.30am Walkers depart from West Wemyss harbour to follow Fife Coastal path towards Buckhaven and Leven.

11am After 3.5 miles arrive at Buckhaven Museum, stop for brief rest

1.30pm After 5 miles arrive at Crusoe Hotel, Lower Largo for lunch stop.

2.30pm Restart walk towards Shell Bay and Earlsferry.

4pm After 3.5 miles arrive Shell Bay; stop for brief rest

5.15pm After 3 miles, arrive Earlsferry golf club. Transport will collect core walkers to return to car park at Lomond Centre (6pm approx.)

Day 5: Wednesday 7th August. Earlsferry to Crail (11 miles)

8.45am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.45 to arrive at Earlsferry Golf club in advance of 9.30am

9.30am Walkers depart Earlsferry Golf Club to follow Fife Coastal Path to Elie and St Monans

11am After 4miles arrive at St Monans for brief rest

12 noon After 2 miles arrive in Pittenweem to visit Mobile Maggie's Centre at Harbour. Lunch stop.

1.30pm Restart walk, heading for Anstruther.

2.15pm after 1.5 miles arrive Anstruther. Probable brief stop.

2.45pm Restart walk towards Crail.

4.15pm After 4 mile, arrive at Crail Golf Hotel. Transport will collect core walkers to return to car park at Lomond Centre (5.15pm approx.)

Day 6: Thursday 8th August. Crail to Boarhills (9 miles)

8.30am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.30 to arrive at Crail Golf Hotel in advance of 9.30am.

9.30am Walkers depart Crail Golf Hotel to follow Fife Coastal Path towards fife Ness and Kingsbarns

10.30am after 2.5 miles arrive Fife Ness. Stop for brief rest

12.30pm After 3 miles stop for lunch near Kingsbarns Old Harbour

1.30pm Restart walk towards Boarhills.

3.45pm After 3.5 miles arrive in village of Boarhills. Transport will collect core walkers to return to car park at Lomond Centre (4.45pm approx.)

Day 7: Friday 9th August. Boarhills to Guardbridge (9 miles)

8.30am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.30 to arrive at Boarhills in advance of 9.30am.

9.30am Walkers depart from Boarhills to follow Fife Coastal path towards St Andrews.

11.30am After 4miles arrive adjacent to St Andrews Leisure Centre . Stop for brief rest.

1pm After 1.5miles arrive St Andrews West Sands near Golf Museum for lunch stop

2pm Restart walk towards Guardbridge.

3.45pm After 3.5 miles arrive at Guardbridge Hotel. Transport will collect core walkers to return to car park at Lomond Centre (4.45pm approx.)

Day 8: Saturday 10th August. Guardbridge to Tayport. (11miles)

8.45am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.45 to arrive at Guardbridge Hotel in advance of 9.30am.

9.30am Walkers depart from Guardbridge Hotel to continue on Fife Coastal Path to Leuchars and Tayport.

10.45am After 3.5 miles arrive at edge of Tentsmuir forest. Stop for brief rest.

12.15. After 2.5 miles arrive Kinshaldy Beach. Lunch stop

1.15pm Restart walk towards Tayport harbour

4pm After 5 miles arrive at Tayport harbour. Transport will collect core walkers to return to car park at Lomond Centre (4.45pm approx.)

Day 9: Sunday 11th August. Tayport to Maggie's Centre, Dundee. (9 miles)

8.45am Core group walkers assemble at car park, Lomond Centre, Glenrothes. Transport will depart promptly at 8.45 to arrive at Guardbridge Hotel in advance of 9.30am

9.30am Walkers depart from Tayport Harbour to follow Fife Coastal Path to the Tay Road Bridge and Dundee

10.45am After 3 miles arrive at south end of Tay Bridge. Stop for brief rest

12.15pm After crossing bridge (2 miles) arrive at Discovery. Stop for lunch

1.15pm restart walk towards Maggie's Dundee

3pm After 4 miles arrive Maggie's Dundee