

Dr Bob's Walk for Maggie's

3rd-11th August 2013

Draft Daily Programme

Day 1: Saturday 3rd August. Maggie's Centre, Edinburgh to North Queensferry (12miles)

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 . The route will be on the Cycle Route which runs from the Crewe Toll Roundabout (half mile from Maggie's Edinburgh towards the River Forth) and on to Crammond Brig . Walk distance approx. 3.5 miles

11.45 approx. Stop for brief rest at Crammond Brig.

Then take Cycle Route 76 from Crammond Brig, through Dalmeny Estate to South Queensferry. Walk distance 5.5 miles

1.45pm approx.. 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. Walk distance approx. 3 miles).

4pm. End of walk for Day 1. For Core Group walkers,transport back to Lomond Centre, Glenrothes (5pm approx.)

*Core group returning to Lomond Centre without waiting for food

- Food is available at Ferrybridge Hotel (01383 416292) Advanced booking required

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 Route will use pavement on road past Ferry Hills and Gallow Bank rather than Coastal Path route round headland. Walk distance approx. 4.5miles

11am Stop for brief rest at Dalgety Bay Sailing Club.

Restart walk for further 4.5 miles

1.15pm. Arrive at Aberdour Silver sands beach. Lunch stop

2.15pm. Restart walk towards Burntisland and walk for approx. 4miles along Coastal Path

4pm. Arrive at car park at Kingswood Hotel

- Food available (High tea)at Kingswood Hotel (01592 872329) Booking essential
- Table booked for all core group walkers
- Transport will collect core walkers to return to Lomond Centre , Glenrothes (6 pm approx.)

Day 3: Monday 5th August. Kingswood Hotel, Burntisland to Buckhaven (Muiredge) (13 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.

Walk for 3.5 miles

11am. Stop for brief rest at Seafield car park

Walk for further 2 miles

12.30pm Arrive at Maggie's Centre, Fife.

1.30pm. Depart from Maggie's Fife, heading for Dysart & West Wemyss.

Walk for further 4.5 miles along Coastal Path

3.15pm. Arrive at West Wemyss harbour. Stop for brief rest

Walk further 3 miles along Fife Coastal Path

5.pm. Arrive at Muiredge, Buckhaven.

Transport will collect core walkers to return to Lomond Centre, Glenrothes (5.30pm approx.)

Day 4: Tuesday 6th August. Buckhaven to Earlsferry (12miles)

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

9.30am. Walkers depart from Muiredge, Buckhaven to follow Fife Coastal path towards Leven.

Walk for approx. 3 miles along Coastal Path

11am. Arrive at Leven , stop for brief rest

Walk for further 3 miles along Coastal Path

1pm Arrive at Crusoe Hotel, Lower Largo for lunch stop.

2 pm Restart walk towards Shell Bay and Earlsferry.

Walk for further 3.5 miles along Coastal Path

3.30pm. Arrive Shell Bay; stop for brief rest

Walk further 3.5 miles along Coastal Path

5.15pm Arrive Golf Tavern, Links Road, Earlsferry.

Transport will collect core walkers to return to car park at Lomond Centre (6pm approx.)

* Core Group walkers will return to Lomond Centre & not wait for food in Earlsferry

*Food available at Golf Tavern (01333 330610) Booking advised

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

Walk approx. 4 miles along Coastal Path

11am. Arrive at St Monans for brief rest

Walk approx. 2 miles along Coastal Path

12 noon. Arrive in Pittenweem to visit Mobile Maggie's Centre at Harbour. Lunch stop.

1.30pm. Restart walk, heading for Anstruther.

Walk approx. 1.5 miles along Coastal Path

2.15pm. Arrive Anstruther. Probable brief stop.

2.45pm Restart walk towards Crail.

Walk approx. 4miles along Coastal Path

4.15pm Arrive at Crail Golf Hotel. . Transport will collect core walkers to return to car park at Lomond Centre (5.15pm approx.)

*Food available (High Tea) at Golf Hotel (01333 450206) Booking advised

*Table booked for all core group walkers

Transport will collect core walkers to return to car park at Lomond Centre (6.30pm 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

Walk for approx. 2.5 miles along Coastal Path

10.30am. Arrive Fife Ness. Stop for brief rest

Walk approx. 3 miles along Coastal Path

12.30pm. Stop for lunch near Kingsbarns Old Harbour

1.30pm. Restart walk towards Boarhills.

Walk for 3.5 miles along Coastal Path

3.45pm 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.

Walk for 4 miles along Coastal Path

11.30am Arrive adjacent to St Andrews Leisure Centre . Stop for brief rest.

Walk further 1.5 miles approx. along Coastal Path

1pm Arrive St Andrews West Sands near Golf Museum for lunch stop

2pm. Restart walk towards Guardbridge.

Walk approx. 3.5miles along Coastal Path

3.45pm Arrive at Guardbridge Hotel.

Transport will collect core walkers to return to car park at Lomond Centre (4.45pm approx.)

*Food available at Guardbridge Hotel (01334 848507) Booking advised

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.

Walk along Coastal Path for 3.5 miles

10.45am. Arrive at edge of Tentsmuir forest. Stop for brief rest.

Walk further approx. 2.5 miles along Coastal Path

12.15. Arrive Kinshaddie Beach. Lunch stop

1.15pm Restart walk towards Tayport harbour

Walk approx. 5 miles along Coastal Path

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

- Tayport Gala Day. Bands and BBQ to enjoy on the Common
- Transport will collect core walkers to return to car park at Lomond Centre (6.15pm 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

Walk 3 miles along Coastal Path

10.45am Arrive at south end of Tay Bridge. Stop for brief rest

Walk 2 miles across Tay Road Bridge

12.15pm. Arrive at Discovery. Stop for lunch

1.15pm restart walk towards Maggie's Dundee

Walk 4 miles

3pm. Arrive Maggie's Dundee