

Bob's Walk 2015

Day 1 - Saturday 13th June

The Kelpies to The Falkirk Wheel	4.0	
The Falkirk Wheel to Polmont	5.5	
Polmont to The Avon Viaduct	3.0	
The Avon Viaduct to Linlithgow Canal Centre	3.0	
Day Total		15.5 miles

Day2 - Sunday 14th June

Linlithgow Canal Centre to Niddrie Bridge, Winchburgh	6.0	
Winchburgh to Kirkliston	2.5	
Kirkliston to Tesco Roundabout, South Queensferry	2.0	
Tesco Roundabout to Inverkeithing Ferrytoll Park and Ride	2.5	
Day Total		13.0 miles

Day 3 - Monday 15th June

Inverkeithing Ferrytoll Park and Ride to Aberdour Silver Sands	7.0	
Aberdour Silver Sands to Kinghorn	7.0	
Day Total		14.0 miles

Day 4 - Tuesday 16th June

Kinghorn to Maggie's Fife, Victoria Hospital, Kirkcaldy (Short visit to Maggie's)	5.5	
Maggie's Fife to West Wemyss	4.2	
West Wemyss to Buckhaven	3.5	
Day Total		13.2 miles

Day 5 – Wednesday 17th June

Buckhaven to Leven Paddling Pool	3.5	
Leven Paddling Pool to Lower Largo	2.0	
Lower Largo to Shell Bay	3.5	
Shell Bay to Elie	2.5	
Day Total		12.5 miles

Day 6 Thursday 18th June

Elie to St Monans	4.0	
St Monans to Anstruther	3.5	
Anstruther to Crail	4.5	
Crail to Fife Ness	2.5	
Day Total		13.5 miles

Day 7 Friday 19th June

Fife Ness to Kingsbarns Old Harbour	3.0	
Kingsbarns Old Harbour to Boarhills	3.5	
Boarhills to St Andrews Leisure Centre	4.0	
St Andrews Leisure Centre to Golf Museum	1.5	
Golf Museum to Guardbridge (Core Path 2)	3.5	
Day Total		15.5 miles

Day 8 - Saturday 20th June

Guardbridge Inn to Tayport Harbour (Core Paths 38, 48 and 51)	9.0	
Tayport Harbour to Tay Bridge (South) (Core Path 56)	3.8	
Day Total		12.8 miles

Day 9 - Sunday 21st June

Tay Bridge (South) to Discovery Point	2.3	
Discovery Point to Maggie's Dundee	4.5	
Day Total		6.8 miles

GRAND TOTAL **116.8 MILES**