



Medal Routes in Old Town Dunfermline

Medal Routes is a partnership project between Scottish Natural Heritage, Paths for All and the Ramblers Holidays Charitable Trust.

Medal Routes are three short circular walking routes that start and finish at Carnegie Library. These routes are designed to take around 15 (Bronze), 30 (Silver) and 60 (Gold) minutes.

Both the bronze and silver medal routes pass through Pittencrieff Park so we've added them here for you to try out.

All Medal Routes are available to download online at ramblers.org.uk/scotland - why not try out the longer Gold Route too which takes in the town centre, conservation area and passes through the Public Park?

Fitness or run or both?

Walking is a good form of exercise for people who want to be more active more regularly. It is one of the easiest ways for people to get out and about in their local area.

It is widely agreed by health professionals and walkers that there can be many physical and mental health benefits to walking regularly.

Taking regular walks:

- Helps with maintaining a healthy weight
- Can reduce the risk of some illnesses such as heart disease, type-2 diabetes and stress
- Gets you out in the fresh air
- Can be very sociable - especially if you join a walking club
- Is free and convenient!

Pittencrieff Park restoration project

Thanks to funding from the Heritage Lottery Fund with match support from the Carnegie Dunfermline Trust and Fife Council, a £1.6 million transformation to return this much loved green space to its former glory began in Autumn 2012.

Producing information about walks in Pittencrieff Park is part of this project.

Look out for our other leaflets on nature, trees and the history within Pittencrieff Park. You can use these when taking your walks around the Glen to find out more about the features of the park you come across!



Pittencrieff Park boasts a range of walks for all abilities. Come and take in the wildlife, spot a waterfall or stroll along a woodland path in a part of the park you haven't discovered before...

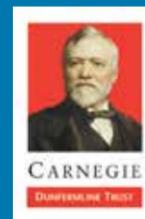
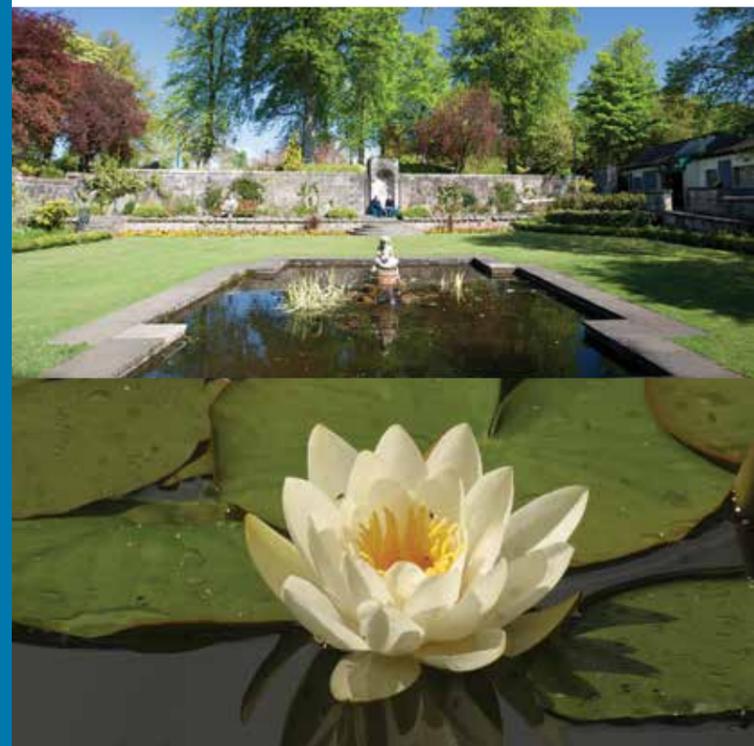
A Walk in the Park

Walking in the Glen gives you the chance to see wildlife, trees, gardens or historical buildings and sites.

Throughout the park and its many paths, there are areas that make ideal rest stops or viewpoints, including lawns and benches, so there's no need to rush!

Here are some suggested walking routes across the Glen to get you started.

Whether you follow one of the measured routes, want to take in some great views or just walk through different areas of the park there should be something for everyone!



Walks in Pittencrieff Park



Dunfermline Heart Walk

NHS Fife joined forces with British Heart Foundation (BHF) Scotland to become Dunfermline Heart Town. The partnership aimed to increase awareness, improve the lives of local resident's heart health and raise important funds for the BHF's Mending Broken Hearts Appeal.

The routes in Dunfermline promote walking as a means to improving fitness and overall health.

There are two Heart Walk routes, both are accessible with wheelchairs, prams and pushchairs though there are some slopes and inclines to tackle!

The Dunfermline Heart Town guide to walking in Pittencrieff Park (includes map) is available to download from our website at fifedirect.org.uk/pittencrieff



Measured Walking Routes

- 1 mile Bums off Seats Route
- 1.25 mile Photo Opportunities Route
- 2 mile Bums off Seats Route
- Wheel Friendly Woodland Loop



Photo opportunities

- 1** Andrew Carnegie Statue
- 2** Humpback bridge, Abbey in background
- 3** Cherry blossom avenue (*in spring*)
- 4** Across the Double Bridge
- 5** Glasshouse
- 6** Laird's garden (*summer*)
- 7** Queen's walk (*summer*)
- 8** Pittencrieff House
- 9** View of Dunfermline Abbey
- 10** Waterfall in the Glen

Key

- D Doocot
- S Andrew Carnegie Statue
- L Locomotive
- GP Glen Pavilion
- IG Italian Garden
- PH Pittencrieff House
- GH Glasshouse
- LG Lairds Garden
- PS Peacock Sanctuary
- W Wildlife Area
- WF Waterfall
- P Parking
- W Woodland
- Lawn
- Bridge
- Humpback Bridge

Bums off Seats Walking Group

Bums off Seats is a Fife walking initiative that provides free local health walks. All walks are led by a trained team of volunteer walk leaders and it is open to all ages and abilities.

There are two Bums off Seats routes within Pittencrieff Park. Please note that parts of the two-mile walk is not suitable for wheelchairs, prams or pushchairs.

If you'd like to take part in a group walk with Bums off Seats visit fifedirect.org.uk/bumsoffseats

Wheel Friendly Woodland Loop

A route has been developed that is suitable for visitors that may not be able to access routes with steep hills or stairs.

This loop path can be found just to the south of the Louise Carnegie Gate, amongst the trees. It will take in views of the Abbey, Tower Burn and bring users back onto one of the main routes into the centre of the park.

Tower Burn

A walk through the woodland alongside the burn will be peaceful and you will enjoy the sights and sounds of the running water, trees and creatures such as birds. The paths can be accessed from steps at the Abbey Gates and Louise Carnegie Gates, paths leading down from the Double Bridge as well as from Moodie Street and the Nethertown gates. Be aware that there are steps along this path which limits access to some parts with prams, bicycles or wheelchairs.

Doocot

Situated close to the Louise Carnegie Gates this little piece of woodland is not only home to the stone Doocot but also woodland wildlife.

South Woodland and Wildlife Area

Found at the south end of the park there is a small, mixed woodland which is home to woodpeckers and a variety of trees so it is perfect for nature lovers, a peaceful walk or to escape the bustle of the busy park! In the southwest corner is an area being managed to encourage wildlife with wildflowers, butterflies and birds all found here.

Laird's Garden

Come in to the colourful garden and take a walk round. There are plenty of benches and photo opportunities in here!