

## Beach Safety

Visiting the beach is fun. To ensure that you are safe at the beach, please follow these guidelines:



- Avoid alcohol
- Beware of changes in water depth
- Use inflatables cautiously, always have a fixed line
- Supervise your children at all times
- Be aware of the tide; be careful not to get cut off by the tide
- Be careful, even calm waters can be dangerous



- Be sun safe, stay in the shade, drink plenty of water and wear sun protection
- Do not enter the water if you feel unwell or have just eaten recently
- Be aware of others in or near the waters edge
- Keep to footpaths and be careful around the waters edge
- Be careful not to disturb the plants and animals that live at the beach
- Leave only your footprints, not your litter
- Reduce, reuse and recycle
- Please use the litter bins provided
- If you see someone in difficulty, call 999 and ask for the Coastguard
- Inform beach lifeguards / patrol (if available)
- Do not enter the water – use the lifesaving aid

## Beaches, Bays & Coves

Fife Coast and Countryside Trust manage several of Fife's most stunning beaches, 15 of which are award-winning with a range of facilities.

However, there are many others in our care, which are secluded and tranquil offering a very different seaside experience.

Whether you are a Fife Coastal Path walker looking for a deserted cove as a welcome break from your labours, or a family exploring rock pools and enjoying a picnic, our beautiful beaches have something for everyone.

We work continuously with local communities and other organisations to maximize the quality of the public experience at these beaches to allow as many people as we can to enjoy them while respecting their conservation value.



## About Fife Coast and Countryside Trust

We are a local charity committed to ensuring that everyone has the opportunity to experience Fife's great outdoors. We do this through careful management in a manner which respects the balance between people and nature.

We manage sites and paths throughout the Kingdom of Fife including the Fife Coastal Path and the Lomond Hills Regional Park. We also manage several Local Nature Reserves, beaches and many other sites used by our communities.

For more information visit our websites  
[fifecoastandcountryside.co.uk](http://fifecoastandcountryside.co.uk)  
[fifecoastalpath.co.uk](http://fifecoastalpath.co.uk)



### Useful Contacts

Coastal Path Information **01592 656080**  
Fife Council **03451 55 00 00**

### Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.



For up to the minute travel information contact:



**FIFE COAST & COUNTRYSIDE TRUST**

### Fife Coast and Countryside Trust

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Fife Coast and Countryside Trust is a company registered in Scotland, Company No. SC216254 and a registered Scottish Charity, Charity No. SC031247.

# Fife's Beaches



## The Fringe of Gold



**FIFE COAST & COUNTRYSIDE TRUST**

experience • engage • enjoy  
[fifecoastandcounsidetrust.co.uk](http://fifecoastandcounsidetrust.co.uk)

# Fife's Beaches

**Aberdour Black Sands** is a small, quiet, sandy bay. Its peaceful and tranquil surroundings make it very popular with the local community and visitors alike. The views across the Firth of Forth to Edinburgh and the Lothians make it a perfect natural retreat.



1



**Aberdour Silver Sands** is one of the most attractive resorts on the Fife Coast. The shore looks out to the islands of Inchmickery and Inchcolm, where there is a famous Abbey. With a kids' putting green, bouncy castle and lifeguards in the summer, it's a great family day out.



**Burntisland Beach** is located to the east of Burntisland. The natural features of the sandy beach with rock pools are enhanced by a modern leisure centre, seaside park, crazy golf course, picnic tables and an annual summer fairground.



3



**Kinghorn Pettycur Bay** is a small, sheltered, sandy bay backed by sand dunes. It is an ideal spot to stop and enjoy the breathtaking views. At low tide, a huge area of sand and mud flats is exposed which go all the way out to the Black Rocks and Burntisland Beach.



**Kinghorn Harbour** is an excellent destination for families, this pleasant beach is located to the East of Kinghorn overlooking the Firth of Forth. With natural features of a sandy beach, rock pools and cliffs, it is a beautiful bay offering something for everyone.



5



6

**Kirkcaldy Seafield Beach** is situated along the Fife coastline. The sandy, rock pool filled beach is located to the South of Kirkcaldy overlooking the Firth of Forth. For a real adventure you can watch seals basking in the sun just ten minutes walk south and listen to the seabirds.



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**Pathhead Sands Kirkcaldy** is a sheltered bay on the Fife Coastal Path, in the shadow of the ruins of Ravensraig Castle. With ample parking and picnic areas, this is a great beach ideal for a family day out. Situated at the east end of the town, adjacent to Ravensraig Park this beach is easily accessible by public transport, car and on foot.



**Leven Beach** is situated in an area of industrial heritage. It is backed by a promenade, green open space, a caravan park and golf course. The beach is close to the town centre and has picnic tables, a skateboard park, a children's play area and a new outdoor gym close by.



8



**Elie Harbour Beach**, at low tide, links to Earlsferry giving almost a mile of uninterrupted golden sand. With a wide range of facilities and activities available this is a great family venue. There is an active sailing club, for those wanting some extra adventure.



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## Other notable local beaches

- Wormit Bay
- Castle Sands, St Andrews
- Lifeboat Sands, Anstruther
- Lower Largo Beach
- Portlraig Beach, Inverkeithing

## Key

- Footpaths
- Parking
- Disabled Parking
- Public Toilets
- Disabled Toilets
- Baby Changing
- Fife Coastal Path
- Cafe
- Cyclepaths
- Picnic Facilities
- Shower
- Playground
- Skateboarding
- Train Station (5 minute walk)



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**Elie Ruby Bay (Woodhaven)** is a sheltered and sandy beach, located to the East of Elie with a back drop of dunes and beautiful views. At low tide, there are many creatures to see in the rock pools and in the seaweed. It's also a great location for a spot of bird watching.



**Anstruther Billowness** is a lovely, sandy beach, close to Anstruther Golf Course. It overlooks the Firth of Forth and is part of the Fife Coastal Path. It is predominately sandy with some rock pools, so is an ideal place for relaxing at the coast.



11



**Crail Roome Bay** is south facing and combines a cove of sand and rock pools. There is a disused swimming pool which is now a haven for wildlife. The sloping grass area and children's playground provide a lovely backdrop and a home for a host of animals.

12



**Kingsbarns Beach** stretched for 2 miles and is backed by extensive sand dunes systems. It is an ideal area to relax and take in the beautiful coastal vistas. The beach is also a haven for a wide variety of wildlife.



13



**St Andrews East Sands** is ideal for a fun filled family day out. This sandy beach is close to the East Sands Leisure Centre which has many opportunities for watersports.

14



**St Andrews West Sands** is famous for the opening scenes of the film Chariots of Fire, it extends for almost two miles of uninterrupted sand backed with dunes and the world renowned golf course. Shops and restaurants are close by and there are plenty of wet weather alternatives!



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# The Fringe of Gold