

Kirkcaldy Walking Guide



Greener Kirkcaldy is a community-led charity and development trust working locally to benefit people and our environment. We would like to see a future where everyone is able to heat their home affordably, eat well, and tread more lightly on the planet. We deliver projects to meet the needs and aspirations of local people, tackling fuel and food poverty, protecting and enjoying the environment and bringing the community together.

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Monday – Tuesday 9:30am-4:30pm
Wednesday 12-4:30pm
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@greenerkirdy

Scottish Charity No. SC041412

We have made every effort to verify the information contained in this guide. If you come across any incorrect information, please let us know so that we can update this in any future versions of this guide.

- 1 Kirkcaldy Galleries (Museum & Library)
- 2 Fife College
- 3 Adam Smith Theatre
- 4 Greener Kirkcaldy
- 5 Kirkcaldy Leisure Centre
- 6 Stark's Park (Football Stadium)
- 7 Fife Central Retail Park
- 8 Templehall Library
- 9 Victoria Hospital
- 10 Rejects Department Store
- 11 Kirkcaldy Ice Arena
- 12 Windmill Library

-  Fife Council Schools
-  Train Station
-  Bus Station

10 minutes' walk at 3 mph
1/2 Mile



Kirkcaldy Galleries house an art gallery, library, museum, café and gift shop.

The library includes a large children's section and a comprehensive reference section, including a family and local history room. It also offers free computer use and free Wifi.

The library runs regular Bookbug sessions for children.

The museum details the history of Kirkcaldy, as well as hosting a range of temporary exhibitions.

Upstairs, the galleries display a range of artwork. This includes nationally important work by various artists, including Kirkcaldy resident Jack Vettriano.

Tel: 01592 583206
Email: kirkcaldy.galleries@onfife.com
Web: www.onfife.com/venues/kirkcaldy-galleries



Rejects Department Store is Fife's largest department store, and is well-known across Fife.

The shop currently has 12 departments, including: furnishing fabrics; dress fabrics and crafts; kitchenware; home accessories; curtains; and pictures. The shop also has a café.

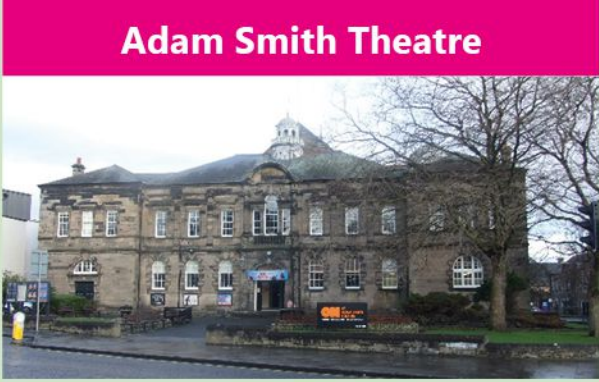
Tel: 01592 655 955
Email: enquiries@rejectsonline.com
Web: www.rejectsonline.com



Beveridge Park includes a variety of facilities, including a bowling club, a rugby club, a skate park, a green gym and two play parks. In the summer, there are boats on the pond, a bouncy castle and crazy golf. The park also hosts a number of events throughout the summer.

At the top of the park is the Wizards' Walk, where you can wander through woodland to see a wooden carving of Sir Michael Scott, the "Wizard of Kirkcaldy", who is credited with being Scotland's first scientist, alchemist, astronomer and sorcerer.

Beveridge Park is 8 minutes' walk from the train station.

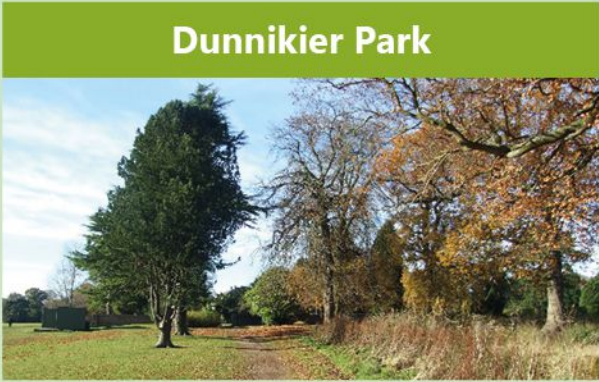


The Adam Smith Theatre runs a diverse programme of events, such as comedy, drama, music, and children's theatre. This includes the popular pantomime every Christmas.

The theatre is sometimes used as a cinema, showing recently released blockbusters as well as classic films.

There is also a café in the building.

Tel: 01592 583302
Email: boxoffice.adamsmith@onfife.com
Web: www.onfife.com/venues/adam-smith-theatre



Dunnikier Park is one of the largest public parks in Fife. It is home to a range of native wildlife, including deer, bats and owls.

There are a number of paths you can take to explore the woodlands.

Dunnikier Park is 10 minutes' walk from Victoria Hospital, and can be reached via the scenic path up through Middleden.



Fife Ice Arena is the home venue of the oldest ice hockey team in the UK - the Fife Flyers. It is also a venue for public skating, figure skating, speed skating, curling and ice shows.

The arena has also hosted concerts, boxing, wrestling, motorcycle ice speedway and other events such as dog shows.

Tel: 01592 595100
Email: info@fifeicearena.co.uk
Web: www.facebook.com/FifeIceArena/



Ravensraig Park has outstanding views over the Forth. It has a children's play area and the woodland area includes some chainsaw carvings.

If you continue further along the coast, this will take you to the historic Dysart Harbour, which featured in the television programme Outlander.

Ravensraig Park is 17 minutes' walk from the Prom.



The leisure centre has a range of facilities, including a swimming pool, a gym, a fitness studio, a sports hall, a sauna and steam room, and a children's softplay.

The centre runs a range of fitness classes, swimming lessons, and children's sports classes. The centre is 5 minutes' walk from the bus station and 10 minutes' walk from the train station.

Tel: 01592 583306
Email: KirkcaldySP@fifeleisure.org.uk
Web: www.fifeleisure.org.uk/locations/kirkcaldy



The Prom offers views out over the Forth. It is just over a mile long, and forms part of the Fife Coastal Path.

The Prom is 1 minutes' walk from the High Street, 4 minutes' walk from the bus station and 9 minutes' walk from the train station.



Greener Kirkcaldy is a community-led charity that works locally to benefit people and the environment.

It runs a range of projects, including: Cosy Kingdom, which provides home energy advice; a community fridge that redistributes surplus food from local shops; free community meals; and a range of cookery courses and workshops. It also runs activities to engage with local people on climate change.

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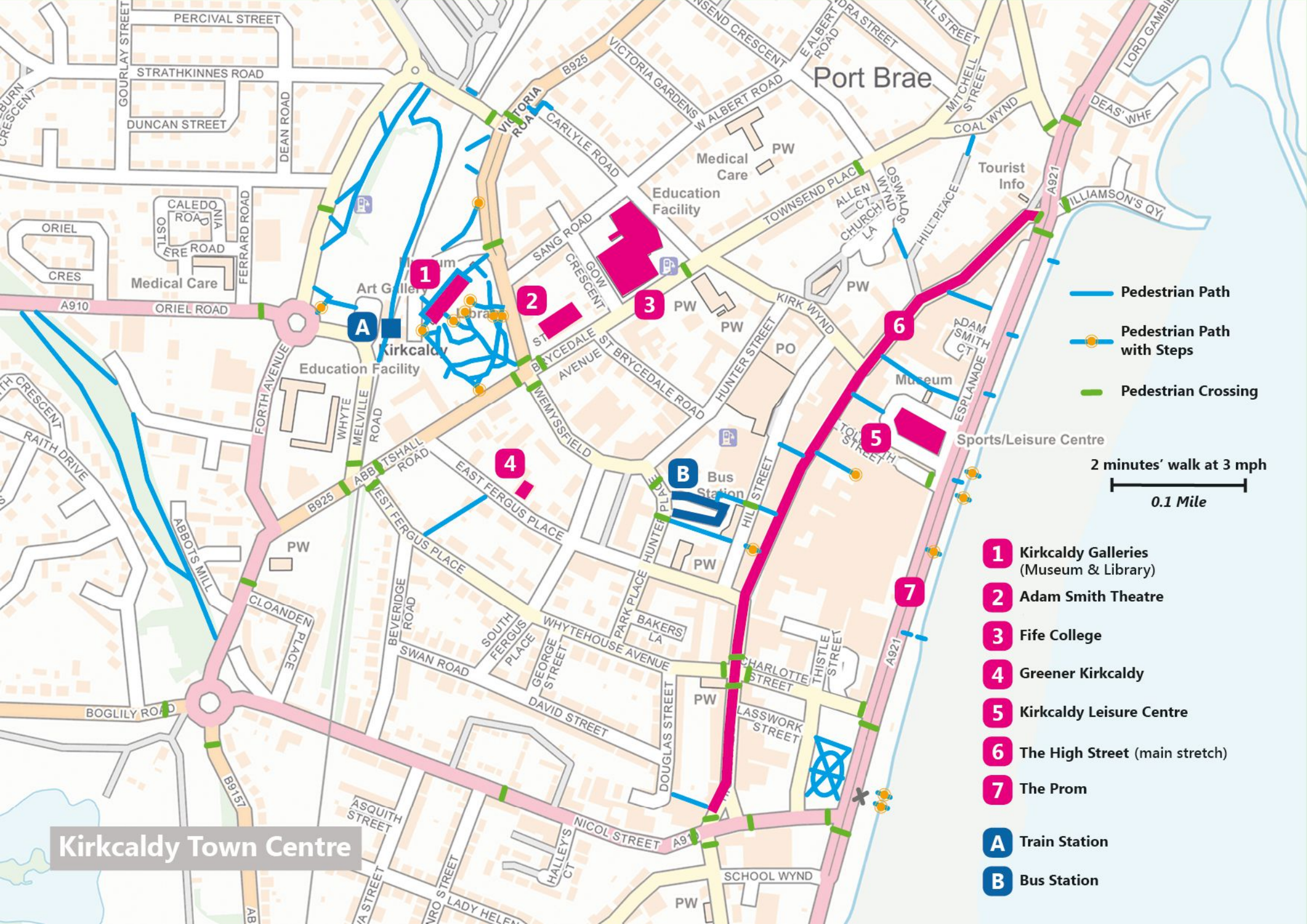


Kirkcaldy High Street has a variety of shops and cafés. The central stretch is currently pedestrianised at certain times of the week.

The Merchants' Quarter, towards the harbour, has a number of independent shops.

The High Street is 3 minutes' walk from the bus station and 8 minutes' walk from the train station.

Walking a mile burns up to 100 calories. ⁵



Local Journeys and their Carbon Savings

There are lots of journeys in Kirkcaldy that can easily be made on foot, be it to work, to school or to the shops.

This table shows some examples of local journeys to give you an idea of how long it would take to walk these distances, and how much carbon you could save by walking instead of driving.

Whilst these journeys might not be relevant to you, you can use this information to think about any places you could walk to that are a similar distance away.

Journey	Minutes' walk each way ¹	Miles each way	Carbon saving from walking instead of driving (one-way) ²	What you could use that carbon for instead ³
Bus station to Starks' Park	20mins	1.0	285g	Eating 3 oranges ⁴
Templehall shops to the retail park	22mins	1.1	314g	Drinking 1 pint of locally brewed cask ale at the pub ⁴
Kirkcaldy North Primary School to the leisure centre	18mins	0.9	257g	Drinking half a pint of foreign beer at the pub ⁴
Dunnikier Primary School to the Adam Smith Theatre	8mins	0.4	114g	Making 2 cups of tea with milk ⁴
Train station to Victoria Hospital	22mins	1.1	314g	Eating 2 punnets of local strawberries, grown in season ⁴
Kirkcaldy West Primary School to the train station	14mins	0.7	200g	Watching 2 hours of TV

Doing a little exercise (like walking) is scientifically proven to make us feel happier. ⁵

Walking is the most convenient form of exercise, as you can fit it into your daily routine. If you walk to work, there's no need to head to the gym in the evening!

71% of people experience a decrease in levels of depression after going out for a walk. ⁵

¹ Based on walking at 3 miles per hour.
² Greenhouse gas reporting: conversion factors 2019, UK Government. These emissions are based on the driving alone – the figures increase significantly if you include the manufacture of the car too.
³ How bad are bananas? Mike Berners-Lee, 2010. These figures are rounded.
⁴ These figures include the carbon from growth/production, packaging and transportation.
⁵ www.livingstreets.org.uk/big-walking-facts