

CYCLING AROUND DUNFERMLINE



Fife

DUNFERMLINE. OUR STORY, YOURS TO EXPLORE



Dunfermline Abbey and Palace. Image: Kenny Lam

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Dunfermline, located in Fife, Scotland, offers an excellent base for both road and gravel cycling, with a range of scenic routes and historic sites that make the area a popular destination for cyclists. Situated just 13 miles north of Edinburgh, with easy access by rail (35 minutes from Edinburgh) and great road connections (20 minutes from Edinburgh Airport), Dunfermline is surrounded by stunning landscapes. From rolling hills and farmland to rugged coastlines, it is the ideal base for cycling enthusiasts of all levels. Whether you prefer smooth tarmac for speed or the challenge of rougher gravel trails, there's something for everyone in this picturesque area of Scotland.

ROAD CYCLING

Dunfermline is well-connected to an extensive network of quiet, rural roads that offer cyclists a smooth and rewarding experience. The area is ideally placed for those looking to explore the varied landscapes of Fife and its neighbouring counties, with routes that range from coastal roads offering sweeping views of the Firth of Forth to more challenging climbs through the surrounding hills. One popular route for road cyclists is the Aberdour Loop, which offers a combination of climbs, rolling terrain and stunning vistas over the Firth of Forth. This area, with its country lanes, provides a peaceful and traffic-free environment for cyclists looking to enjoy a more relaxed ride.



Culross. Image: Ian McCracken

For those seeking longer rides, the Kingdom of Fife offers a network of routes that can easily connect to nearby towns like Culross, and even further afield to Kinross. The flatter coastal roads offer an opportunity for cyclists to pick up speed, while the inland routes offer more varied terrain, including rolling hills and quiet villages. With a variety of distances, cyclists can tailor their route to suit their fitness level and preferences.

GRAVEL CYCLING

Gravel cycling in and around Dunfermline is equally rewarding, thanks to the diverse terrain and access to some truly beautiful, off-the-beaten-path trails. The rolling hills, farm tracks, and forest paths around the area are perfect for those looking to venture off-road and enjoy a

more adventurous cycling experience. For gravel cyclists, the nearby hill range of the Ochils offers a perfect playground, with rougher terrain and more rugged paths that will challenge cyclists while providing scenic views.

The local forests, such as those in the nearby Lochore Meadows Country Park, offer a variety of gravel trails that snake through woodlands and alongside reservoirs, creating a serene setting for cyclists to explore. The Fife Coastal Path, which stretches along the coast, also provides gravel sections where cyclists can take in expansive views of the Firth of Forth, passing quaint fishing villages and historical landmarks. The mix of sea air and natural beauty makes gravel cycling here a truly immersive experience.

HISTORIC SITES AND ATTRACTIONS

Dunfermline itself is rich in history, and cyclists can enjoy a ride through the city while exploring some of its key landmarks. The most famous historical site is Dunfermline Abbey, a medieval church and the burial site of many Scottish kings, including Robert the Bruce. This impressive structure stands at the heart of the city and is an essential stop for anyone visiting the area.

Just a short distance from the Abbey, cyclists can visit Dunfermline Palace, the former royal residence of Scottish kings, set within the picturesque Pittencrieff Park. The surrounding area also offers

routes to Culross, a charming, preserved 16th-century village by the Firth of Forth, which is a favourite for history buffs and those looking to take in the view of the estuary.

Whether exploring on smooth road surfaces or rugged gravel trails, Dunfermline provides an exciting mix of cycling routes, historical sites, and stunning landscapes that are perfect for both short and longer rides. From the rich heritage of the city to the tranquil beauty of the surrounding countryside, cycling in this part of Scotland offers a memorable experience for visitors.

Round the Forth

This scenic ride takes you through a captivating blend of natural beauty and historic landmarks.

Starting at Pittencrieff Park, the route meanders through Rosyth, Limekilns and Torryburn, offering views of the Firth of Forth. Explore the charming village of Culross before heading towards Kincardine Bridge where you cross the Firth of Forth. Pedal through the Kinneil Estate and Bo'ness, passing Blackness Castle and Hopetoun House, two impressive historic buildings.

The ride continues through Queensferry,

with stunning views of The Forth Bridges, including the iconic Forth Bridge, making this journey a perfect combination of heritage, culture, and picturesque landscapes.

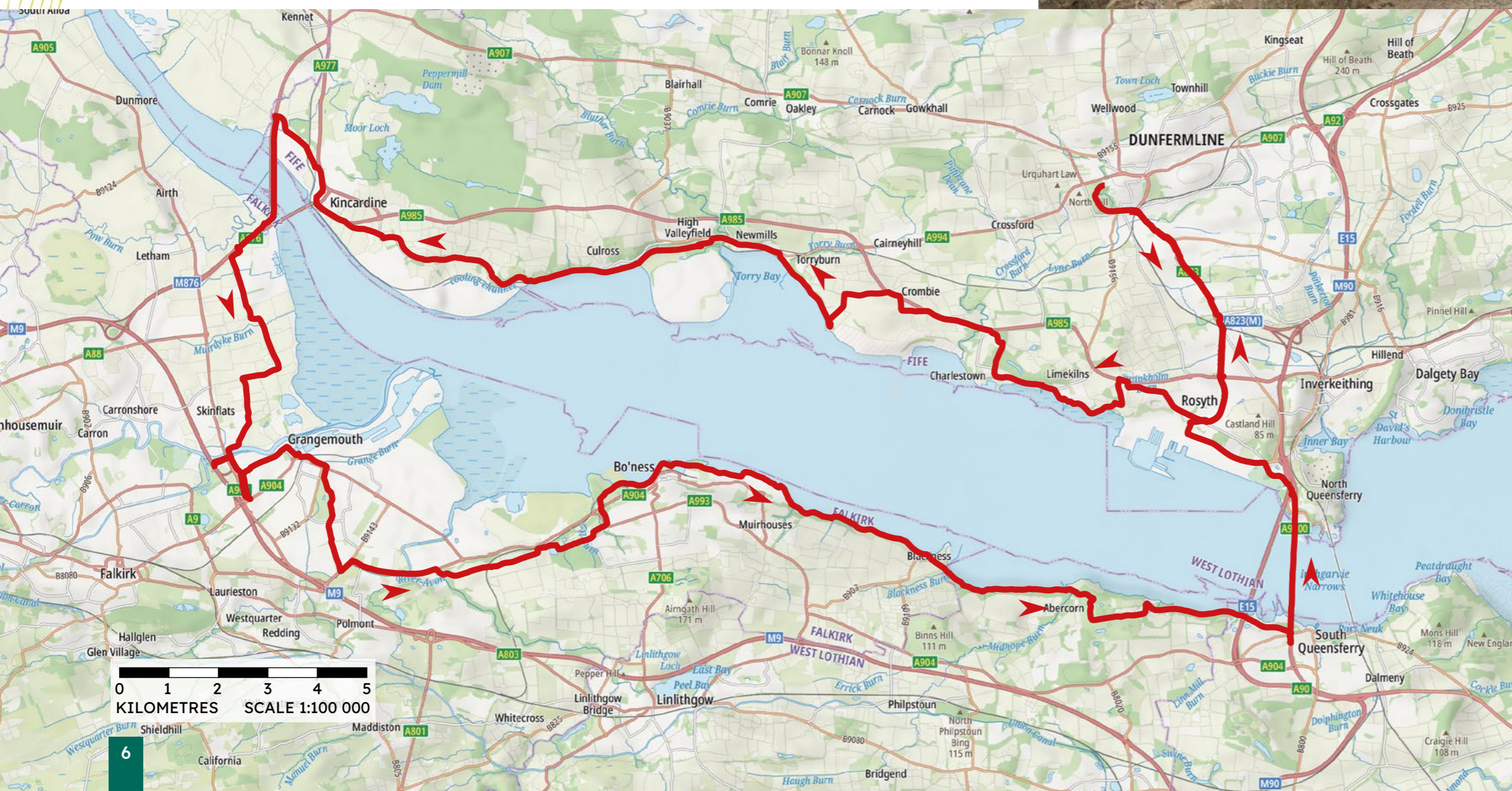
 **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline

 **TERRAIN** Gravel/Tarmac  **BIKE TYPE** Hybrid

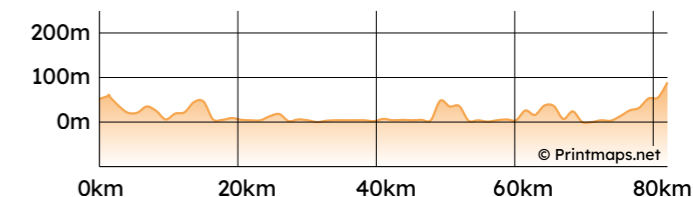
 **DISTANCE** 82km/51 miles  **DURATION** 4 Hours 30 Mins



Blackness Castle. Image: Visit Falkirk



 **ELEVATION PROFILE**
Elevation Gain 550m



  **GPX**
Download the Route

 **ITINERARY**

Pittencrieff Park
Rosyth
Limekilns
Torryburn
Culross
Kincardine
Kinneil Estate
Bo'ness
Blackness Castle
Hopetoun House
Queensferry
Forth Bridges
Pittencrieff Park

Aberdour Loop

This bike ride offers a perfect blend of coastal beauty and historical landmarks.

Starting at Pittencrieff Park, cycle through Dalgety Bay, to enjoy stunning views of the Firth of Forth and Edinburgh. Follow the coastal route to Aberdour, passing the serene Aberdour Black Sands beach and the impressive Aberdour Castle and Gardens. Continue to the Silver Sands, before enjoying panoramic views over the Forth and its iconic bridges. Pedal on through the picturesque Fordell village

and Crossgates, before returning to Pittencrieff Park.

This ride combines coastal charm, rich history, and beautiful vistas, making it an unforgettable journey.

 **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline

 **TERRAIN**
Tarmac

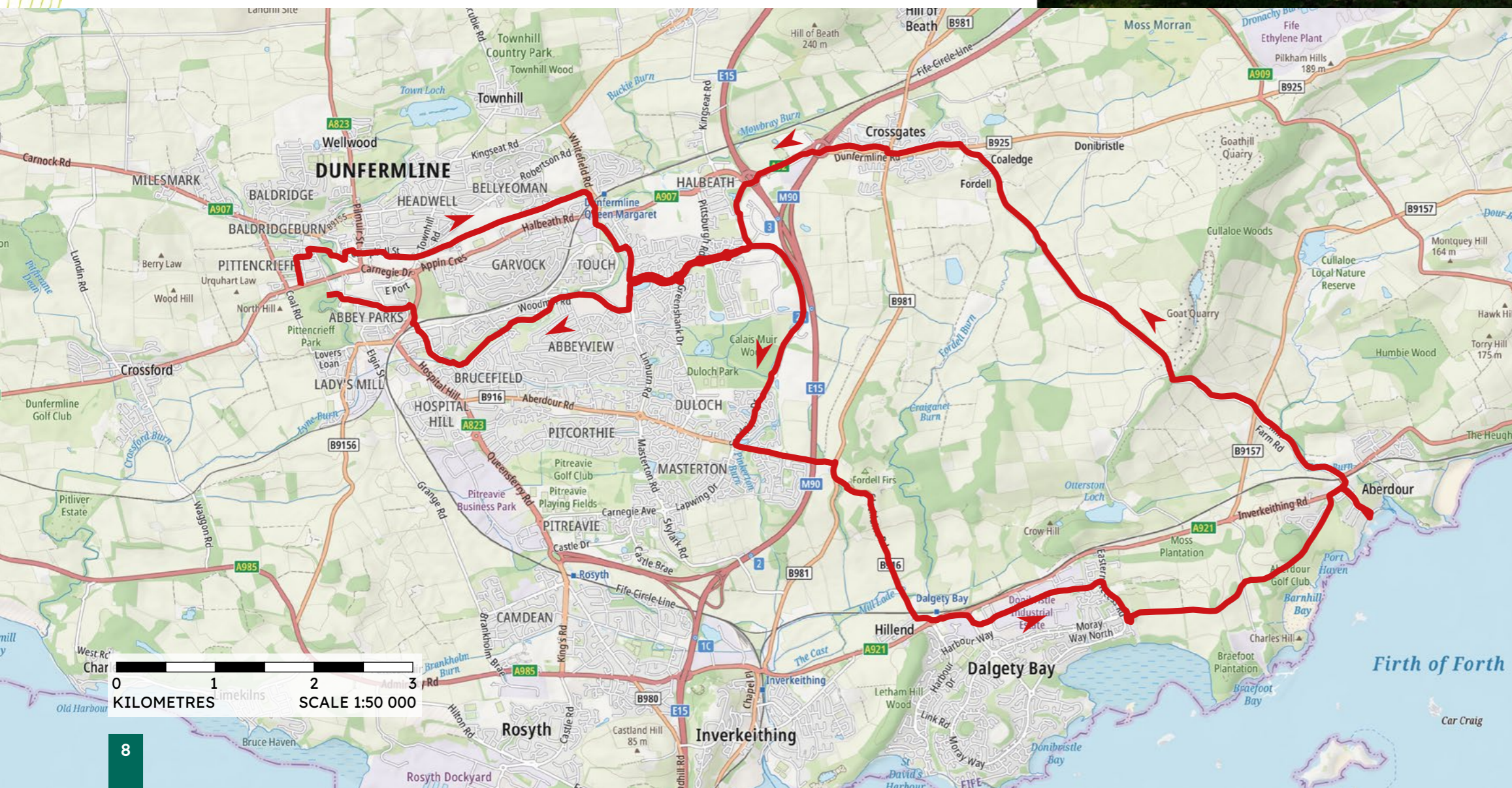
 **BIKE TYPE**
Road/Hybrid

 **DISTANCE**
32km/20 miles

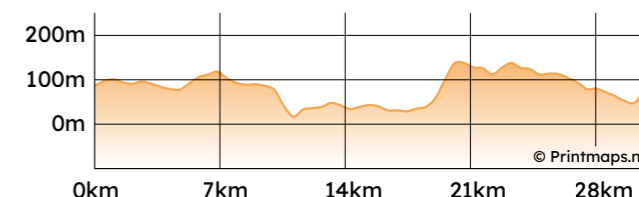
 **DURATION**
1 Hour 40 Mins



Aberdour. Image: Welcome to Fife



 **ELEVATION PROFILE**
Elevation Gain 326m



 **GPX**
Download the Route

 **ITINERARY**

Pittencrieff Park
Dalgety Bay
Coastal route to Aberdour
Views across Firth to Edinburgh
Aberdour Black Sands
Aberdour Castle and Gardens
Aberdour Silver Sands
Panoramic views over Forth and Bridges
en route to Fordell village
Crossgates
Pittencrieff Park






Dunfermline City Nature Orbital

This short circular bike ride explores the natural beauty of Dunfermline and its surrounding areas.

Starting and ending at Pittencrieff Park, the route takes you through Woodmill Park and Rex Park, offering lush green spaces along the way. Cycle along Lyne Burn and reach Townhill, where you can enjoy the peaceful surroundings of Town Loch. Continue through Wellwood and Baldridgeburn, passing tranquil landscapes and local landmarks.

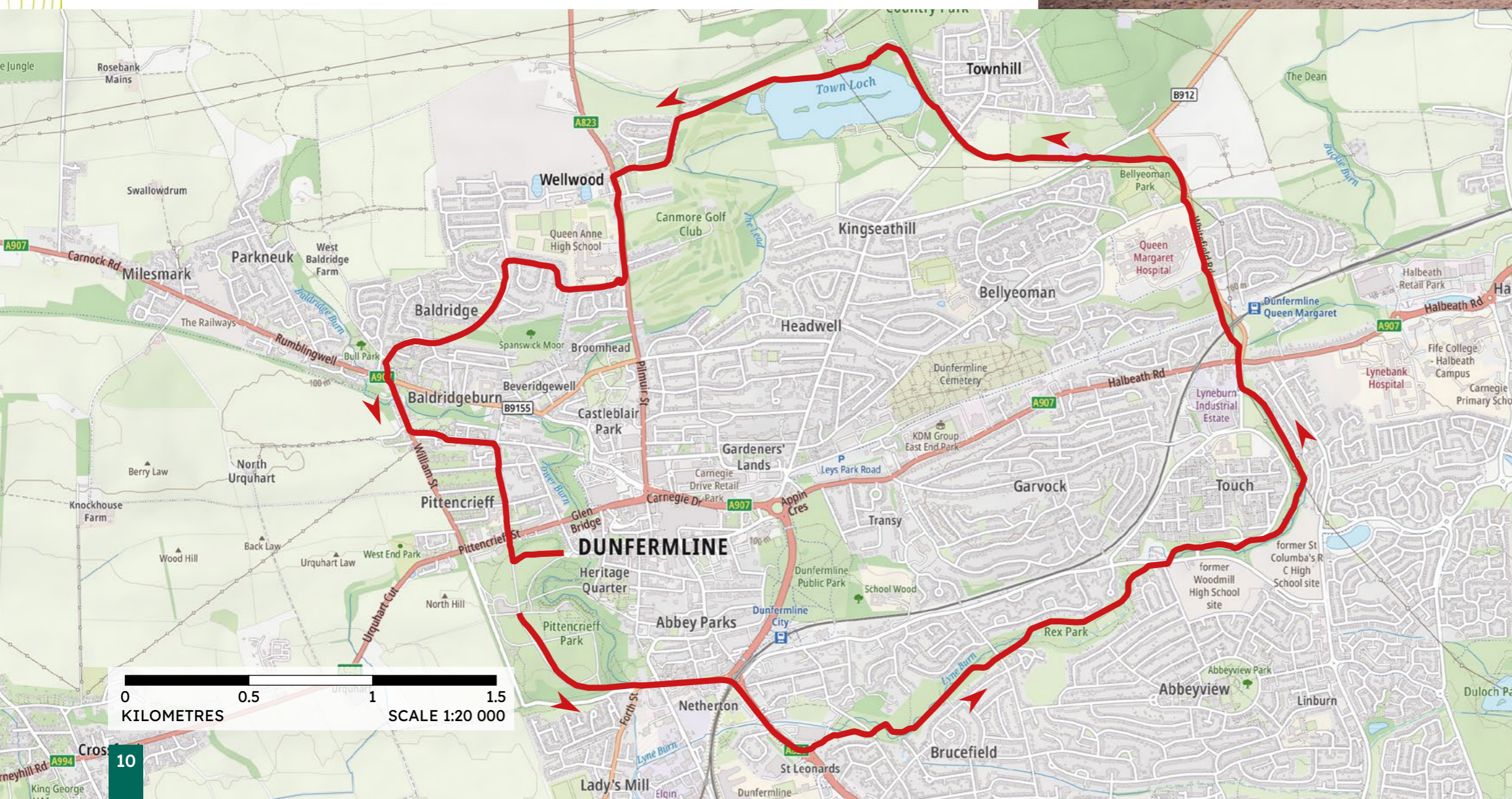
The ride is a perfect blend of parkland, woodlands, and lochside views,

providing a refreshing escape into nature while remaining close to the heart of the city. It's an ideal route for a leisurely ride.

-  **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline
-  **TERRAIN**
Tarmac
-  **BIKE TYPE**
Road/Hybrid
-  **DISTANCE**
11km/7 miles
-  **DURATION**
40 Mins

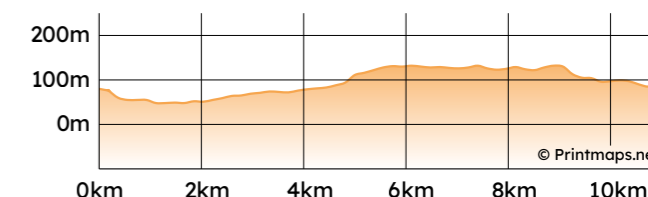


Pittencrieff Park. Image: Damian Shields



ELEVATION PROFILE

Elevation Gain 123m



 **GPX**
Download the Route

ITINERARY

- Pittencrieff Park
- Woodmill Park
- Rex Park
- Lyne Burn
- Townhill
- Town Loch
- Wellwood
- Baldridgeburn
- Pittencrieff Park

Forth Bridge Heritage Trail



North Queensferry and the Forth Bridge. Image: Ian McCracken

This scenic bike ride offers a mix of coastal views, historic sites, and iconic landmarks.

Starting at Pittencrieff Park, cycle through St David's Harbour in Dalgety Bay and follow the Fife Coastal Path to Inverkeithing. Continue on to North Queensferry, where you can visit Deep Sea World and the picturesque Battery

Road Car Park and Picnic Area, all with impressive views of The Forth Bridges. Ride through Port Edgar, explore the Harbour, and climb the High Street Steps for panoramic views.

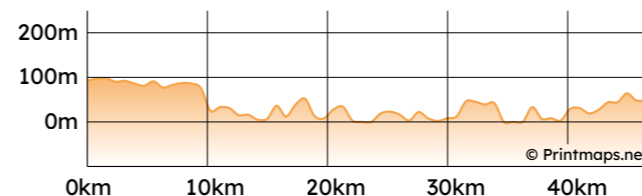
The route takes you past Dalmeny Station and Rosyth before returning to Pittencrieff Park, completing a memorable loop.

 **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline

 **TERRAIN** Tarmac  **BIKE TYPE** Road/Hybrid

 **DISTANCE** 48km/30 miles  **DURATION** 2 Hours 30 Mins

 **ELEVATION PROFILE**
Elevation Gain 552m



 **GPX** Download the Route

ITINERARY

Pittencrieff Park
St David's Harbour, Dalgety Bay
Fife Coastal Path to Inverkeithing
North Queensferry Station
Deep Sea World
Battery Road Car Park
Battery Point Picnic Area
Forth Road Bridge
Port Edgar
The Harbour
High Street Steps
High Street
Hawes
Dalmeny Station
Rosyth
Pittencrieff Park



ROUTE
5

Les Trois Col



ROUTE
5



Castle Campbell. Image: Paul Tomkins

This scenic bike ride offers a mix of historical landmarks and stunning vistas.

Starting at Pittencrieff Park, the route takes you to the Lathalmond Bus Museum, a nostalgic stop for transport enthusiasts. Cycle over to Cleish, where you'll enjoy views of Loch Leven and Loch Leven Castle, the historic site where Mary, Queen of Scots was

imprisoned. Continue to Aldie, offering striking views of the Ochils and Castle Campbell. Reach Knockhill, where panoramic vistas of the National Wallace Monument and Stirling Castle await, before passing the Knockhill Racing Circuit.

Finally, return to Pittencrieff Park, completing a ride filled with history, beautiful landscapes, and thrilling views.



DEPARTURE AND FINISH
Pittencrieff Park, Dunfermline



TERRAIN
Tarmac



BIKE TYPE
Road/Hybrid



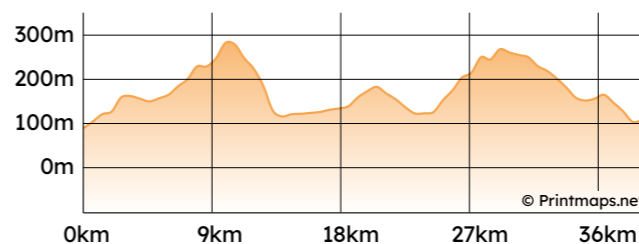
DISTANCE
40km/25 miles



DURATION
2 Hours 15 Mins



ELEVATION PROFILE
Elevation Gain 485m



GPX
Download the Route



ITINERARY

- Pittencrieff Park
- Lathalmond bus museum
- Cleish - Views over Loch Leven and Loch Leven Castle
- Aldie - with views over to the Ochils and Castle Campbell
- Knockhill with panoramic views to the National Wallace Monument and Stirling Castle
- Knockhill Racing Circuit
- Pittencrieff Park

Dunfermline Cycle Club Bun Run

This diverse bike ride takes you through scenic villages and stunning landscapes.

Starting at Pittencrieff Park, the route heads west through Crossford and Cairneyhill before heading down to Torryburn, and the historic village of Culross, with its cobbled streets and picturesque buildings. Continue towards Clackmannan, Forestmill, and Coalsnaughton, passing tranquil countryside and small communities. The route then takes you to Knockhill, known for its motorsport history, with expansive views across to the National

Wallace Monument and the Forth Valley, before returning to Pittencrieff Park.

This ride combines historic landmarks, rural beauty, and varied terrain, making it a perfect exploration of the local area's charm and character.

DEPARTURE AND FINISH

Pittencrieff Park, Dunfermline

TERRAIN

Tarmac

BIKE TYPE

Road/Hybrid

DISTANCE

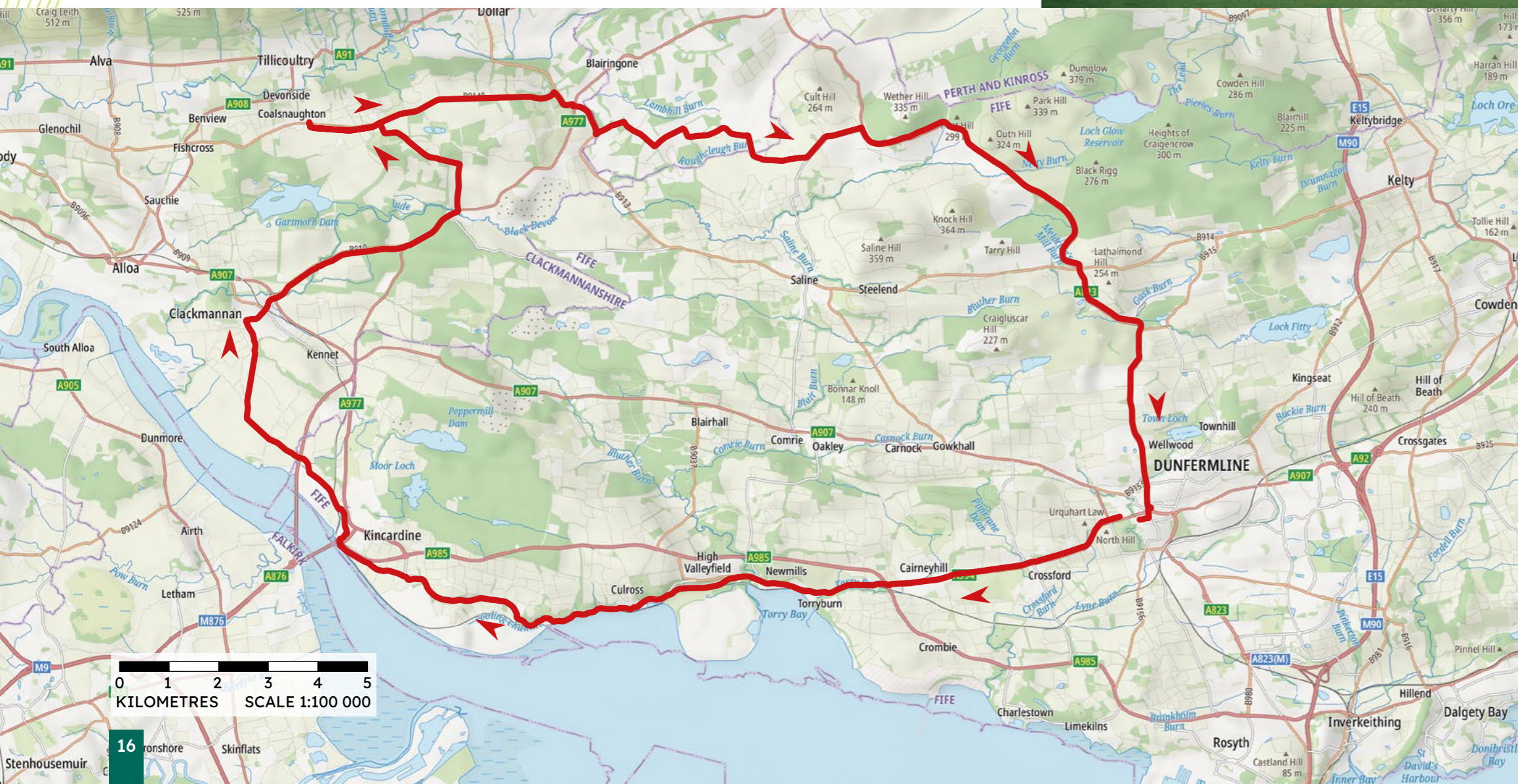
59km/36.4 miles

DURATION

3 Hours

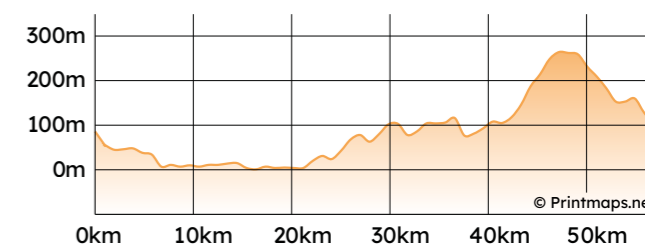


Clackmannan. Image: Paul Tomkins



ELEVATION PROFILE

Elevation Gain 525m



GPX

Download the Route



ITINERARY

Pittencrieff Park
Crossford
Cairneyhill
Torryburn
Culross
Clackmannan
Forestmill
Coalsnaughton
Knockhill
Pittencrieff Park






Culross Loop

This enjoyable bike ride takes you through a mix of scenic paths and historic villages.

Starting at Pittencrieff Park, you'll follow the Alloa Cycle Path, a peaceful route that leads you to the former mining village of Blairhall. From there, head to Culross, a charming village with cobbled streets and rich history.

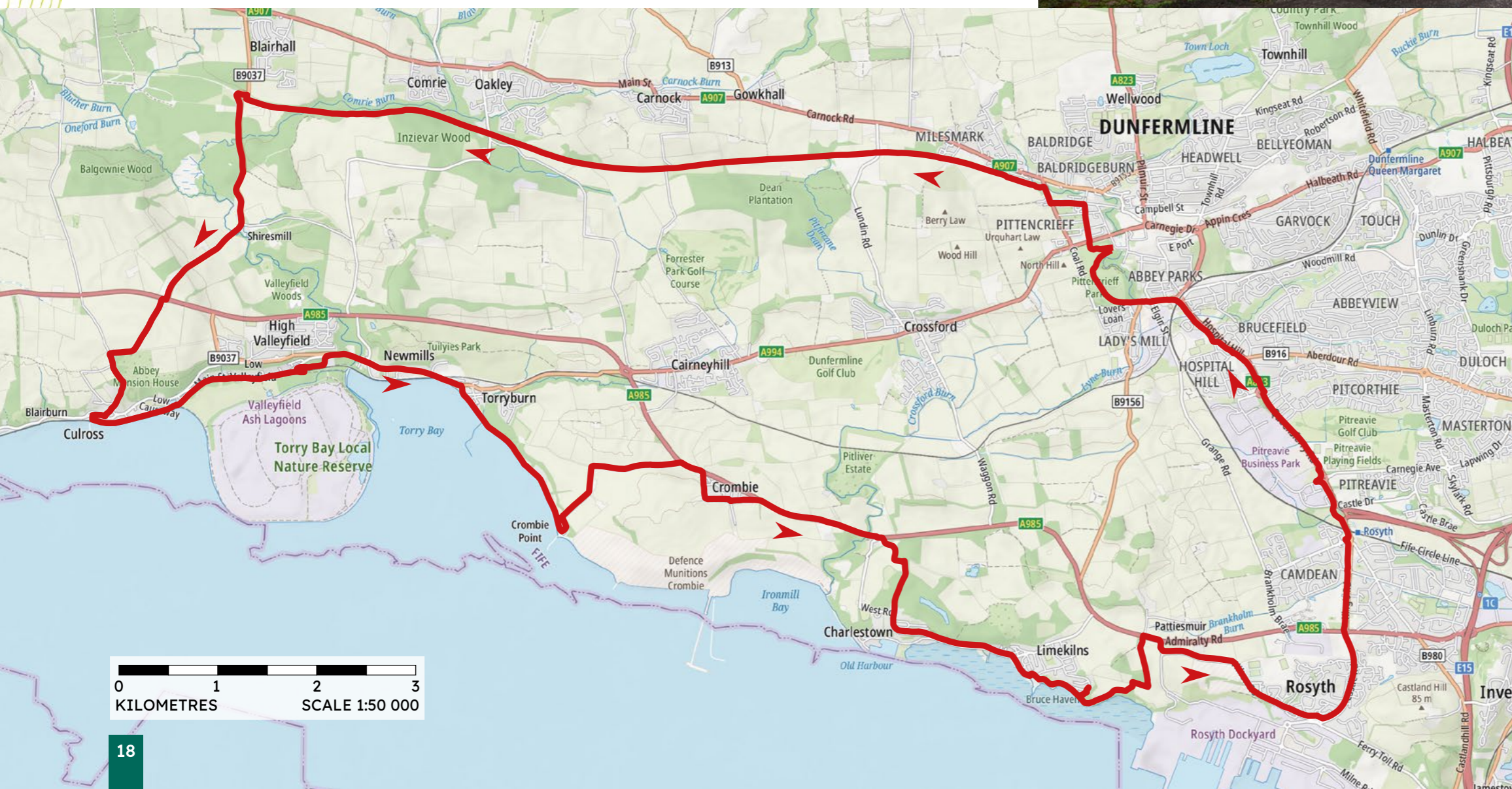
Continue through Torryburn and Limekilns, offering beautiful coastal views, before passing through Rosyth and returning to Dunfermline. Along the way, enjoy a blend of countryside,

coastal scenery, and urban landmarks. The ride concludes back at Pittencrieff Park, providing a full loop of the area's natural beauty and local history.

-  **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline
-  **TERRAIN**  **BIKE TYPE**
Gravel/Tarmac Hybrid
-  **DISTANCE**  **DURATION**
38km/23.4 miles 2 Hours

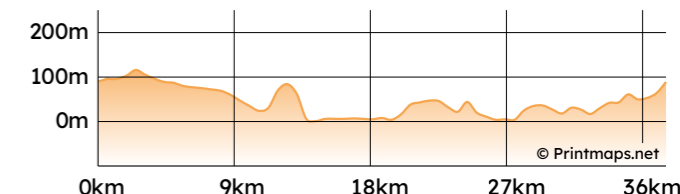


Culross. Image: Kenny Lam



ELEVATION PROFILE

Elevation Gain 353m



GPX

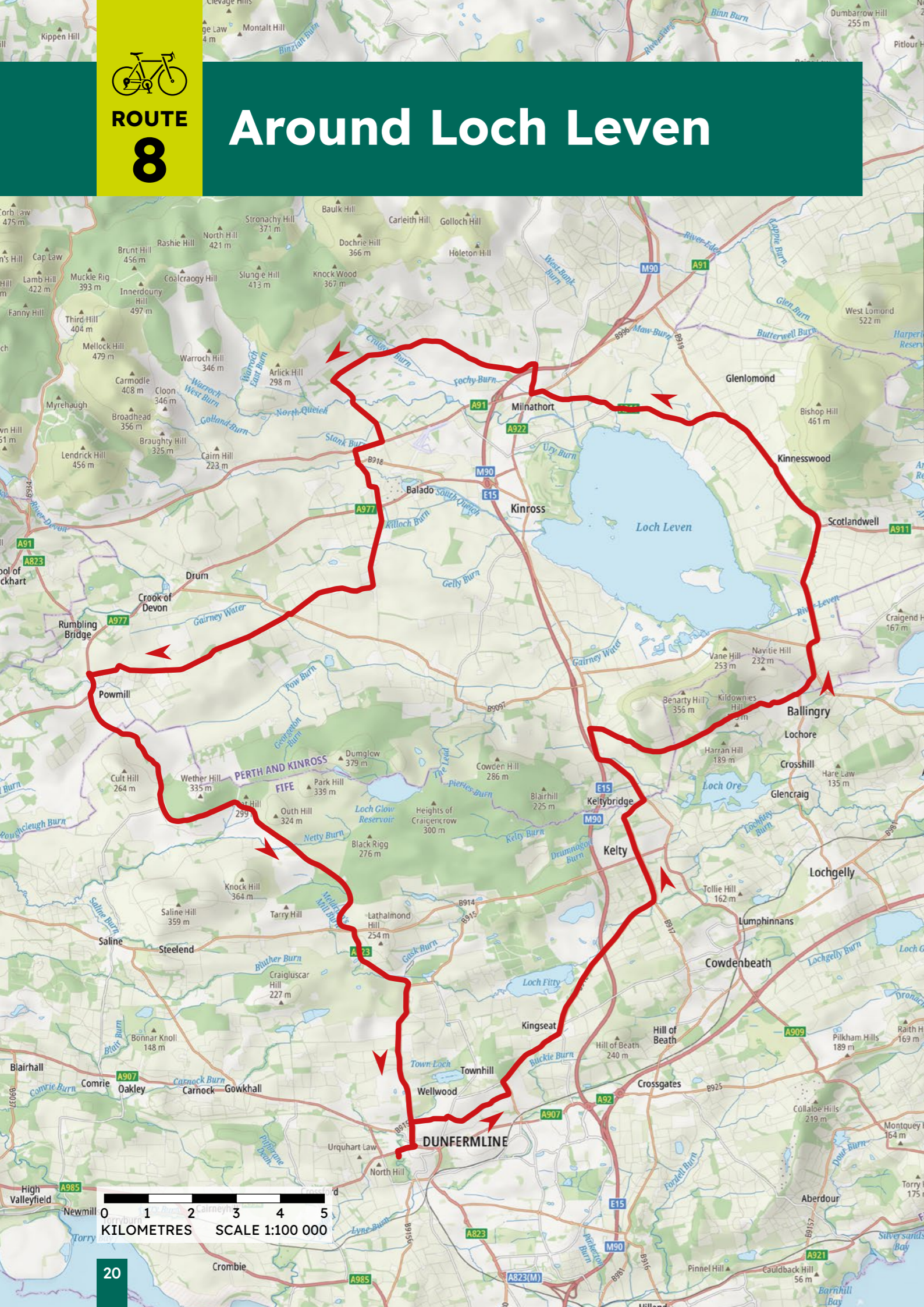
Download the Route



ITINERARY

- Pittencrieff Park
- Alloa Cycle Path
- Blairhall
- Culross
- Torryburn
- Limekilns
- Rosyth
- Dunfermline
- Pittencrieff Park

Around Loch Leven



Loch Leven. Image: Kenny Lam

Explore the stunning landscapes of Fife with this exhilarating cycling route, featuring a mix of steady climbs, fast descents, and scenic stretches.

Begin with a gentle ascent on Pilmuir Street before tackling the B996 Climb (11.9%) for a real challenge. After you climb up beyond Scotlandwell, enjoy the expansive panoramic views looking west across Loch Leven to the

Ochil Hills. Cruise past heritage sites including Burleigh Castle and navigate rolling countryside trails. Experience high-speed descents from Knockhill to Wellwood and power through sprints such as the Airfield Sprint.

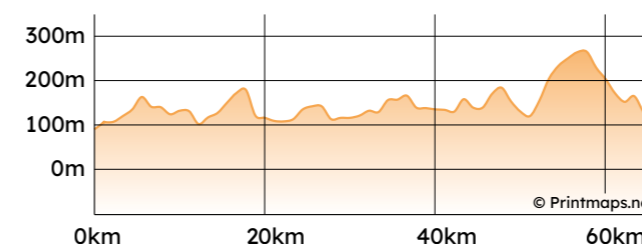
Whether you're chasing adrenaline or enjoying the scenic Causeway to Scotlandwell, this route offers something for every cyclist. Ride safe, push hard, and enjoy the journey through Fife's breathtaking terrain!

 **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline


 **TERRAIN** Tarmac  **BIKE TYPE** Road/Hybrid

 **DISTANCE** 66km/41 miles  **DURATION** 3 Hours 30 Mins

 **ELEVATION PROFILE**
Elevation Gain 662m



 **GPX**
Download the Route

 **ITINERARY**
Pittencrieff Park – Pilmuir Street to Kelty
B996 Climb (11.9%)
Benarty Hill to Ballingry
Scotlandwell to Balgeddie
Burleigh Castle to North St Climb
Knockhill Climb & Summit
Knockhill Descent to Wellwood
Wellwood Sprint to Carnegie Baths
Final push to the finish at Pittencrieff Park






City Centre Family Friendly Loop

This short cycling route offers a mix of urban and parkland terrain, starting and ending at Pittencrieff Park.

Riders head along Nethertown Broad Street before entering Rex Park at the side of Asda. Crossing over Blacklaw Road, and continuing along the Lyne Burn Corridor to join the Lyne Burn Path in Touch. The route follows Halbeath Road Cycle Path to Leys Park Road car park, then moves through Campbell Street and Foundry Street. Cyclists will descend to the bottom of Buffies Brae, passing by the side of Tesco.

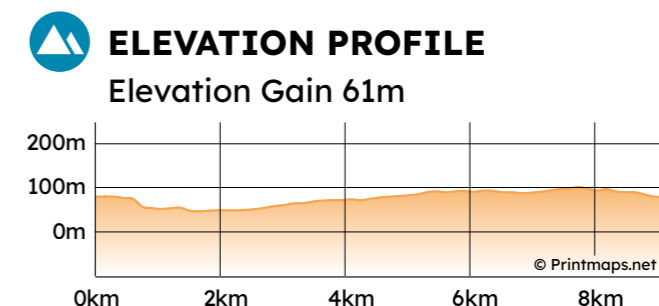
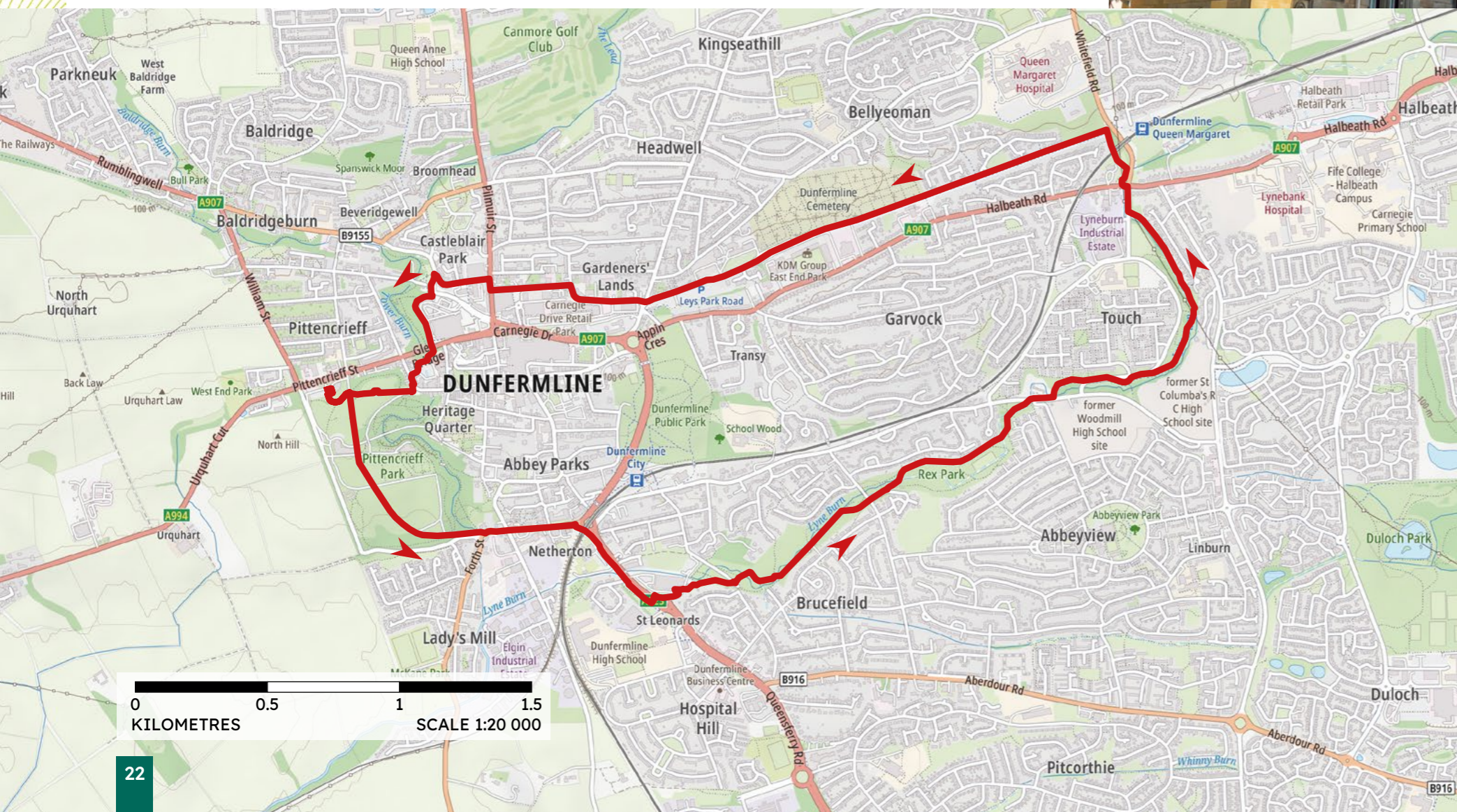
A quick detour through the Wee Glen leads to Chalmers Street car park before returning to Pittencrieff Park.

This loop combines quiet roads with scenic park trails, making it perfect for an urban gravel adventure.

-  **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline
-  **TERRAIN**
Gravel
-  **BIKE TYPE**
Gravel
-  **DISTANCE**
9km/5.65 miles
-  **DURATION**
45 Mins



Dunfermline City Chambers. Image: Luigi Di Pasquale

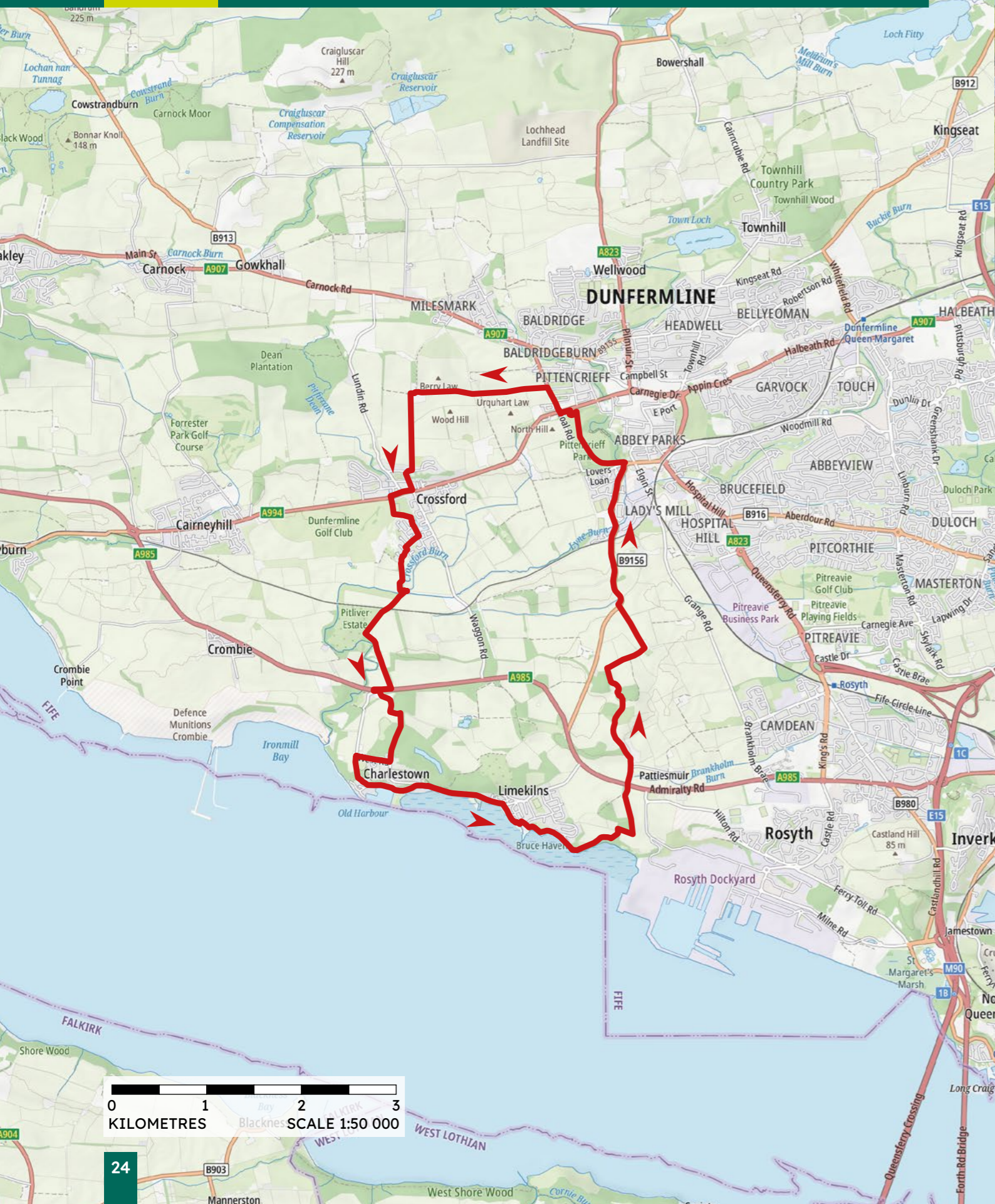


GPX
Download
the Route

ITINERARY

- | | |
|--------------------------|--------------------------|
| Pittencrieff Park | Campbell Street |
| Nethertown Broad Street | Foundry Street |
| Rex Park | Bottom of Buffies Brae |
| Cross over Blacklaw Road | Side of Tesco |
| Lyne Burn Path | Wee Glen |
| Halbeath Road Cycle Path | Chalmers Street Car Park |
| Leys Park Road | Pittencrieff Park |

Trip Down to the Lime Kilns



Charlestown. Image: Kenny Lam

This gravel cycling route takes riders on a scenic loop from Dunfermline to Limekilns, starting and ending at Pittencrieff Park.

From there, cyclists head to Berrylaw Path and continue through Crossford, before reaching King George V Memorial Park. The route follows Rocks Road, passing through Charlestown and

Limekilns, offering stunning views along the way. Riders then pass Douglas Bank Cemetery and follow Limekilns Road, reaching Forth Street.

The route culminates back at Pittencrieff Park, offering a mix of peaceful parkland, coastal views, and quiet country roads, ideal for those seeking both adventure and relaxation on their ride.

DEPARTURE AND FINISH
Pittencrieff Park, Dunfermline

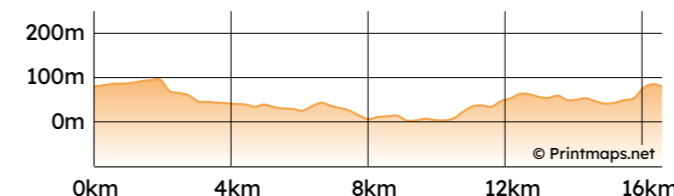
TERRAIN
Gravel

BIKE TYPE
Gravel

DISTANCE
17km/10.3 miles

DURATION
1 Hour 15 Mins

ELEVATION PROFILE
Elevation Gain 137m



GPX
Download the Route

ITINERARY

- Pittencrieff Park
- Berrylaw Path
- Crossford
- King George V Memorial Park
- Rocks Road
- Charlestown
- Limekilns
- Douglas Bank Cemetery
- Limekilns Road
- Forth Street
- Pittencrieff Park

Spin Around the City

This gravel cycling route offers a scenic journey through Green networks in the Dunfermline area.

Starting at Pittencrieff Park, the route takes cyclists along Nethertown Broad Street and past St Leonards Roundabout, leading to Rex Park and crossing over Blacklaw Road.

Riders will enjoy the Garvock Bank trail, passing Touch, and following the Lyne Burn Path to Halbeath Drive. The route crosses over to Whitefield Road Cycle Path, continuing along the Townhill Cycle Path, before entering the path to Muir Road. Passing through Townhill Woods, Wellwood, Parkneuk, and along the Alloa Cycle Path, it loops through Lundin Road and Berrylaw Path, finishing back at Pittencrieff Park.



DEPARTURE AND FINISH

Pittencrieff Park, Dunfermline



TERRAIN

Gravel



BIKE TYPE

Gravel



DISTANCE

19km/11.7 miles



DURATION

1 Hour 30 Mins

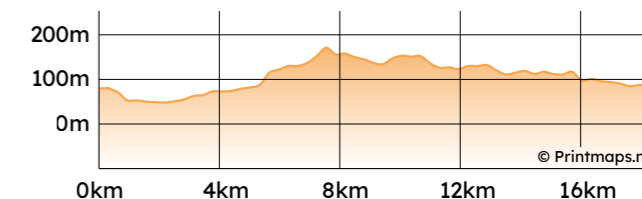


Dunfermline. Image: Kenny Lam



ELEVATION PROFILE

Elevation Gain 168m



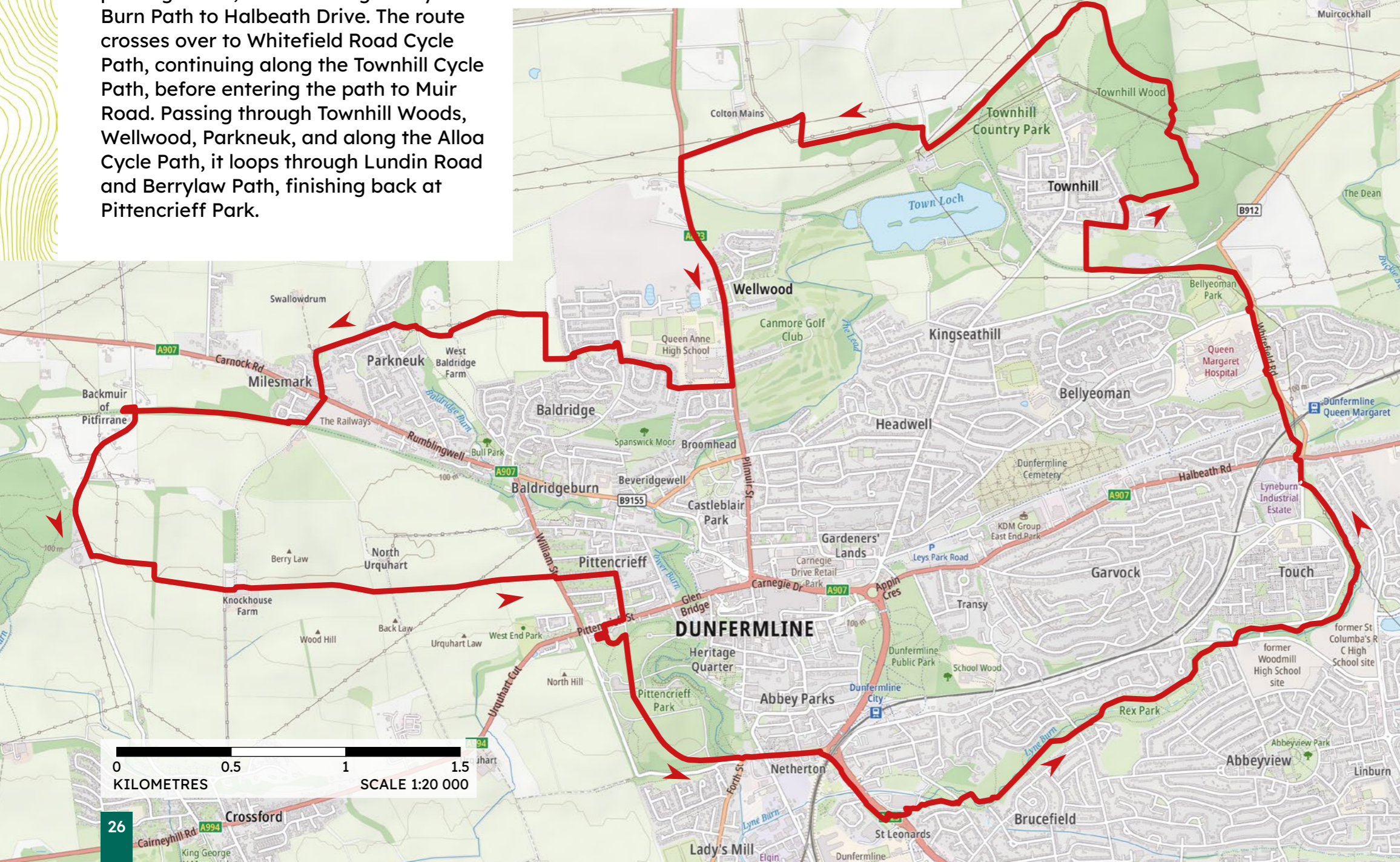
GPX

Download the Route



ITINERARY

- Pittencrieff Park
- Nethertown Broad Street
- St Leonards Roundabout
- Rex Park
- Over Blacklaw Road
- Garvock Bank trail past Touch
- Lyne Burn Path to Halbeath Drive
- Cross over to Whitefield Road Cycle Path
- Townhill Cycle Path
- Path to Muir Road
- Townhill Woods
- Wellwood
- Parkneuk
- Alloa Cycle Path
- Lundin Road
- Berrylaw Path
- Pittencrieff Park








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KILOMETRES SCALE 1:20 000

Exploring Valleyfield Woods

This 15-mile gravel cycling route offers a mix of quiet roads, woodland paths, and scenic countryside views.

Starting at Pittencrieff Park, cyclists pass through Maitland Street, Grieve Street, and William Street before joining the Alloa Cycle Path. After veering left before the Comrie Dean Viaduct, riders head toward Shiresmill Therapy Riding Centre and the tranquil Valleyfield Woods. Following the Bluther Burn, the route crosses the A985 into Newmills and continues through Torryburn and along the Shore Road.

Take a moment to explore Crombie Churchyard before heading back along the A985 to Crossford and climbing up to the Berrylaw Path, where you can return to Pittencrieff Park.

-  **DEPARTURE AND FINISH**
Pittencrieff Park, Dunfermline
-  **TERRAIN**
Gravel
-  **BIKE TYPE**
Gravel
-  **DISTANCE**
24km/15 miles
-  **DURATION**
1 Hour 45 Mins

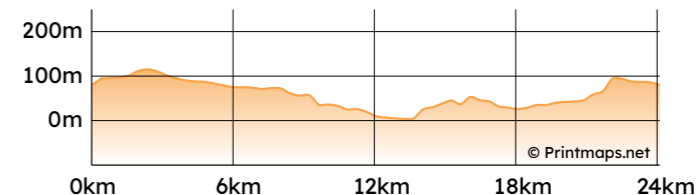


Pittencrieff Park. Image: Damian Shields



ELEVATION PROFILE

Elevation Gain 168m



GPX
Download the Route

ITINERARY

Pittencrieff Park
Maitland Street
Grieve Street
William Street
Alloa Cycle Path
Left before Comrie
Dean Viaduct
Shiresmill Therapy
Riding Centre
Valleyfield Woods
Bluther Burn


Cross over A985
Newmills
Torryburn
Shore Road
Crombie Churchyard
A985
Crossford
Berrylaw Path
Pittencrieff Park

Experience Historic Culross


This 25.3-mile gravel cycling route offers a scenic blend of coastal views, woodlands, and rural roads.


Starting at Pittencrieff Park, cyclists join the Alloa Cycle Path turning off just before the Comrie Dean Viaduct. The route passes through Balgownie Wood and Gallows Loan, reaching the edge of Devilla Forest and Kirkton Wood. After crossing the A985, it winds through Waas Plantation and Kirk Street before heading to the historic village of Culross. The route continues via Preston Island path, Newmills, and Torryburn, with coastal views along Shore Road. Riders pass Crombie, West Harbour Road, and


through Limekilns, where there are a few options to stop for a coffee or snack. Afterwards head along Windylaw Path, across the A985, past Douglas Bank Cemetery, and return via Limekilns Road to Pittencrieff Park.

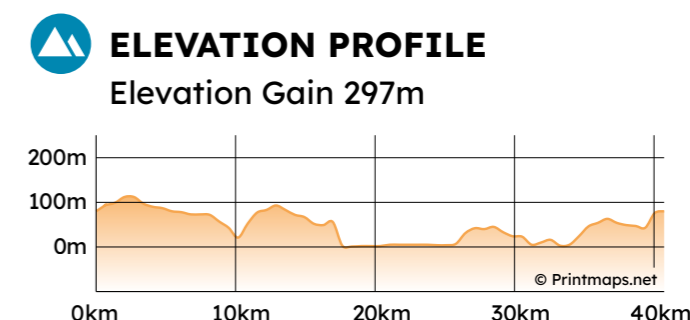
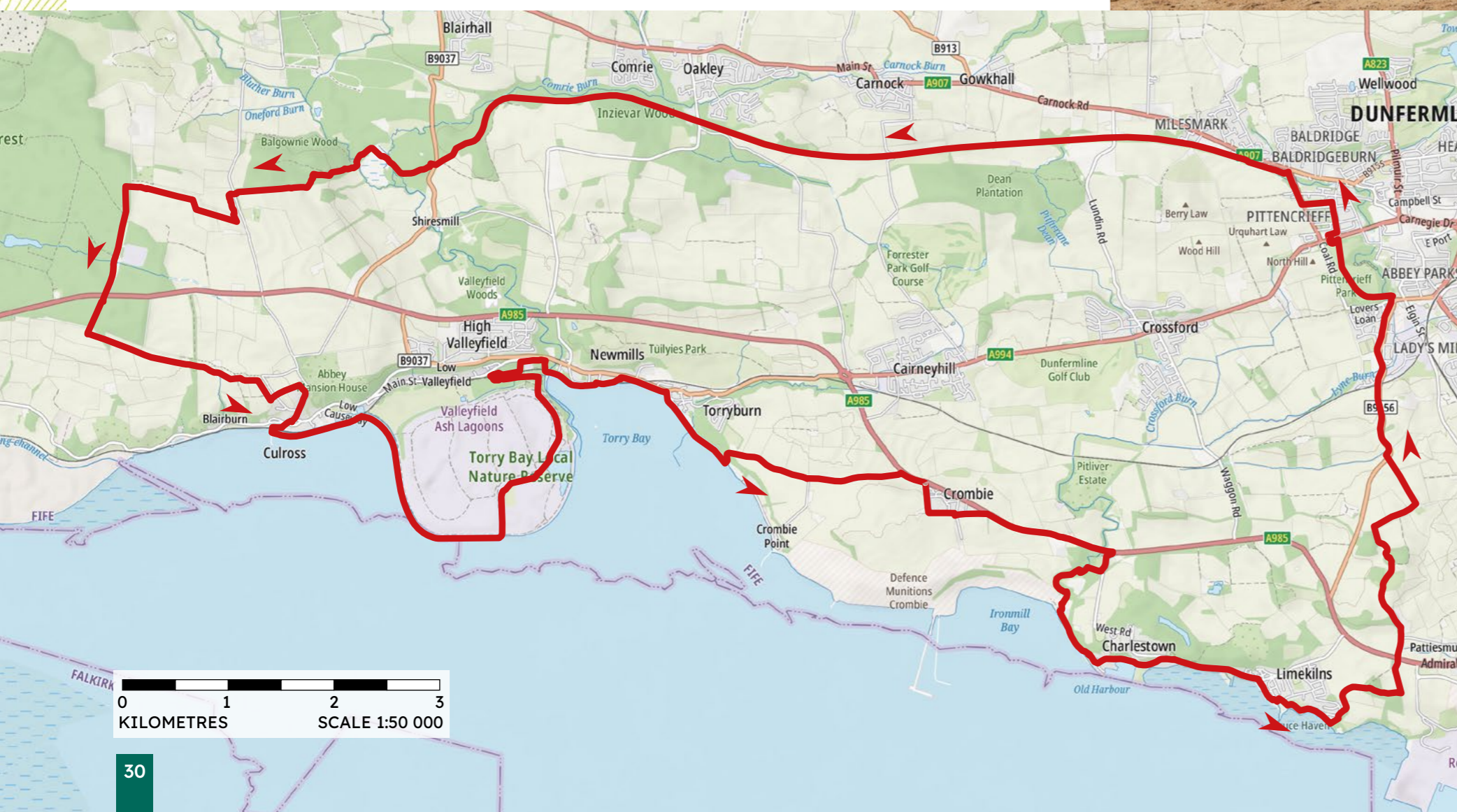
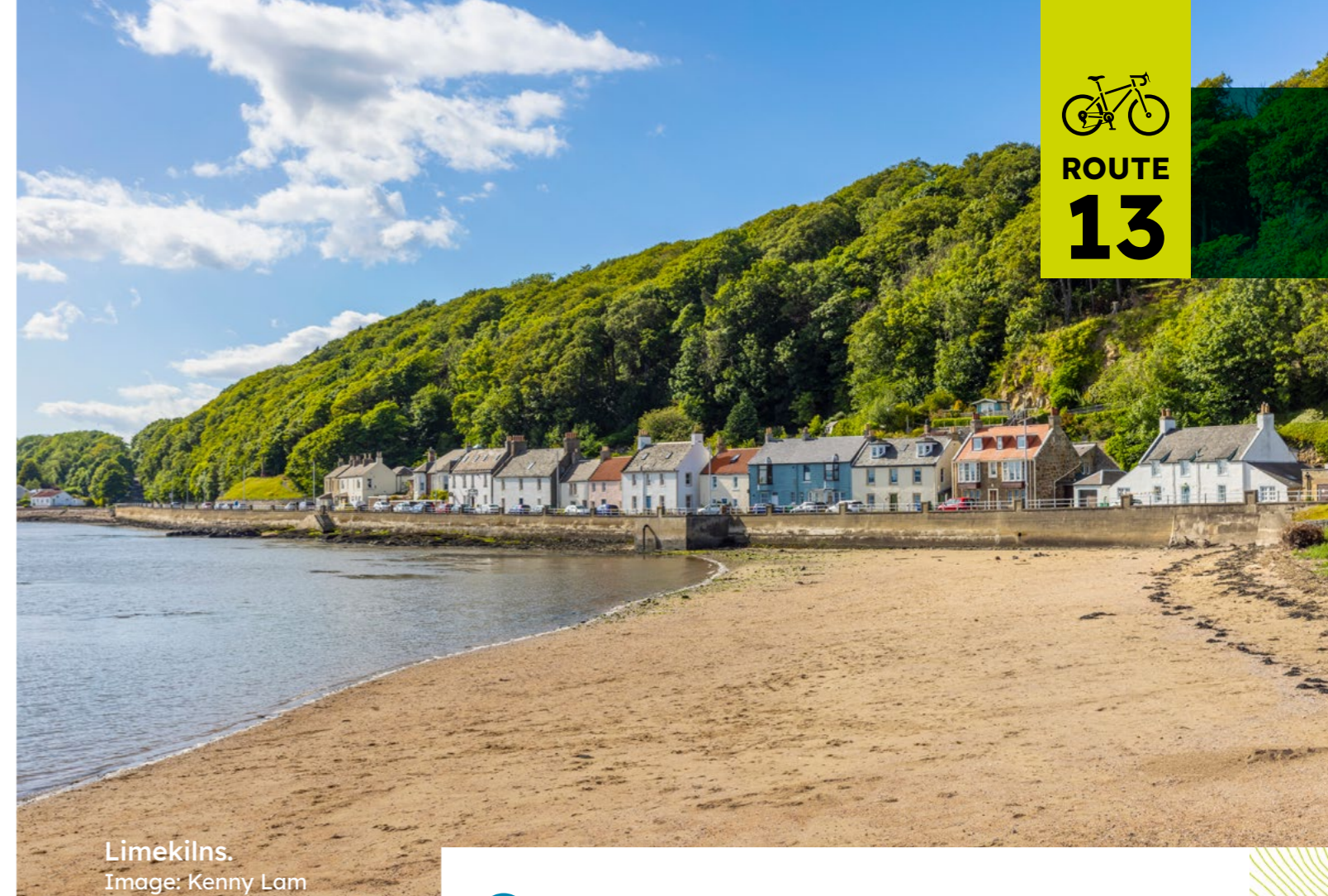

DEPARTURE AND FINISH
 Pittencrieff Park, Dunfermline


TERRAIN
 Gravel


BIKE TYPE
 Gravel


DISTANCE
 41km/25.3 miles


DURATION
 3 Hours



 **GPX**
Download the Route

ITINERARY


- | | |
|--------------------------------------|-----------------------|
| Pittencrieff Park | Newmills |
| Alloa Cycle Path | Torryburn |
| Left before Comrie Dean Viaduct | Shore Road |
| Balgownie Wood | Crombie |
| Gallows Loan | Onto A985 |
| Edge of Devilla Forest/ Kirkton Wood | West Harbour Road |
| Cross over A985 | Saltpans |
| Waas Plantation | Limekilns |
| Kirk Street | Windylaw Path |
| Culross | Douglas Bank Cemetery |
| Preston Island path | B9156 |
| | Limekilns Road |
| | Pittencrieff Park |


Climb The Walnut en route to Cardenden


This challenging gravel cycling route, featuring 1,425ft of climbing, offers a mix of on and off-road terrain in Fife.


Starting at Pittencrieff Park, cyclists head towards Parkneuk and Wellwood, following the Town Loch Path to Kingseat. The route then loops around Loch Fitty, passing the St Ninians landform, part of which is often referred to as the “Walnut Whip”, created by artist Charles Jencks and Blairadam Forest, before reaching Keltybridge Main Street. From there, riders continue through Lochore Meadows, Park Street, and Torres Loan, cycling past Auchterderran Golf Course.


The route takes in Bowhill, Cardenden, and the outskirts of Lochgelly, before passing Cowdenbeath Golf Club and Netherbeath Road. It finishes with a scenic ride along Halbeath Road Cycle Path back to Pittencrieff Park.


DEPARTURE AND FINISH
 Pittencrieff Park, Dunfermline


TERRAIN
 Gravel

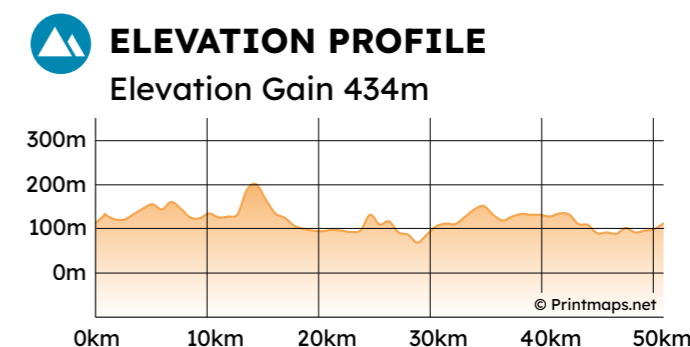

BIKE TYPE
 Gravel


DISTANCE
 51km/31.6 miles


DURATION
 4 Hours



Lochore Meadows Country Park. Image: Damian Shields



GPX
Download
the Route

ITINERARY

Pittencrieff Park
Parkneuk
Wellwood
Town Loch Path
Kingseat
Loch Fitty
St Ninians
Blairadam
Keltybridge Main Street
Lochore Meadows
Park Street
Torres Loan

Auchterderran Golf Course
Bowhill
Cardenden
Outskirts of Lochgelly
Cowdenbeath Golf Club
Netherbeath Road
Pleasance Road
Queen Margaret Fauld
Halbeath Road Cycle Path
Pittencrieff Park

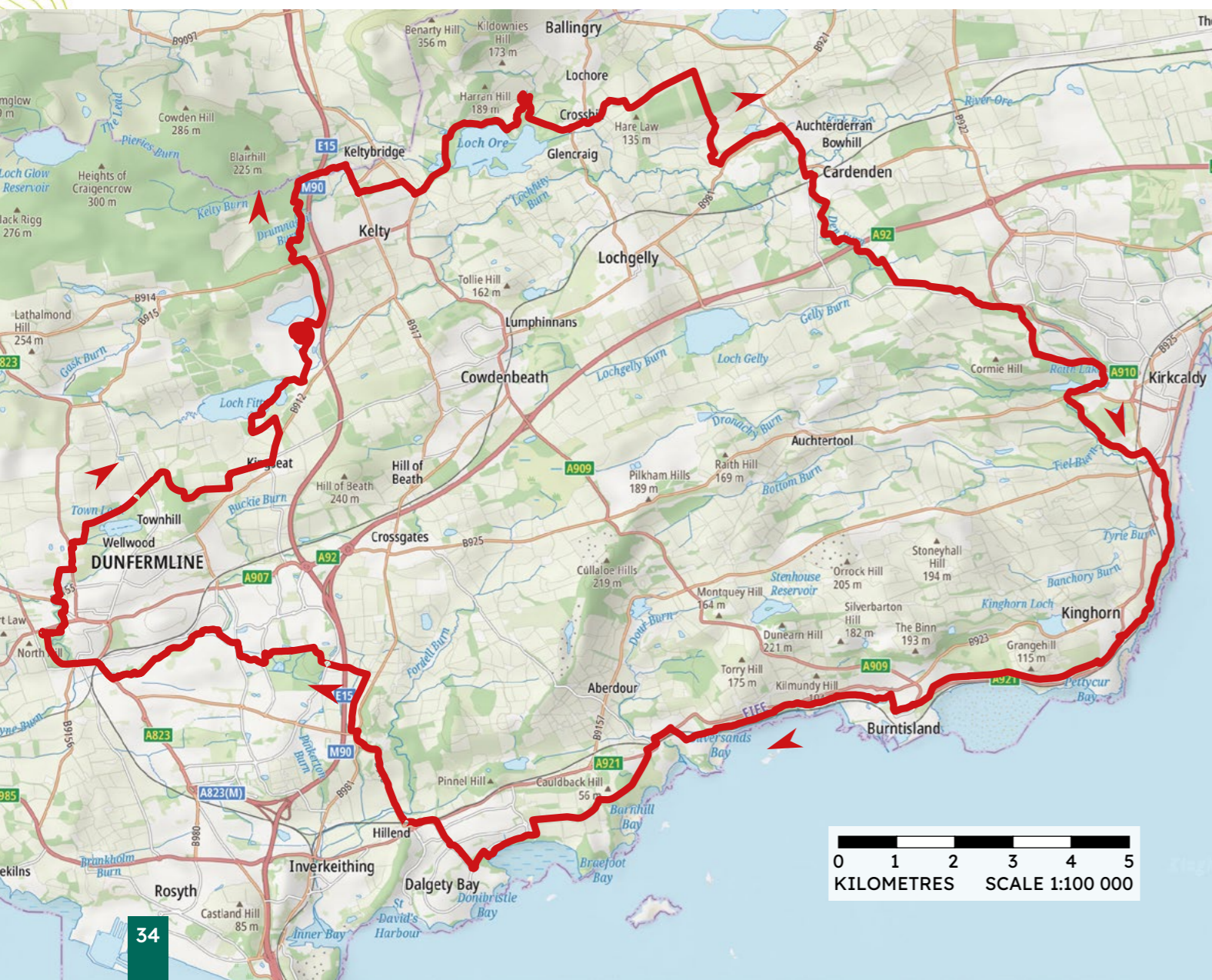
In the Footsteps of Kings

This challenging 44.3-mile gravel cycling route offers a dynamic journey through Fife's diverse landscapes, from peaceful woodlands to coastal views.

Starting at Pittencrieff Park, cyclists head through Wellwood, then onto the Town Loch Path and Townhill Woods, continuing to Kingseat and Loch Fitty. The route takes in St Ninians, Blairadam, and Kelty, following the Great North Road to Lochore Meadows. Riders pass through Park Street, Torres Loan, and

Jamphlars Road, reaching Bowhill and Cardenden, then riding under the A92 to Torbain Road. The route continues through Mill Dam Path, Kirkcaldy's Bridge Street, and the Fife Coastal Path to Kinghorn and Aberdour.

After exploring Dalgety Bay, cyclists follow Regents Way, Hillend, and the M90 crossing, finishing with scenic routes through Calais Woods, Duloch Park, and Lyne Burn Corridor before returning to Pittencrieff Park.



Kinghorn. Image: Kenny Lam

DEPARTURE AND FINISH
Pittencrieff Park, Dunfermline

TERRAIN Gravel **BIKE TYPE** Gravel

DISTANCE 71km/44.3 miles **DURATION** 4 Hours 30 Mins

GPX Download the Route

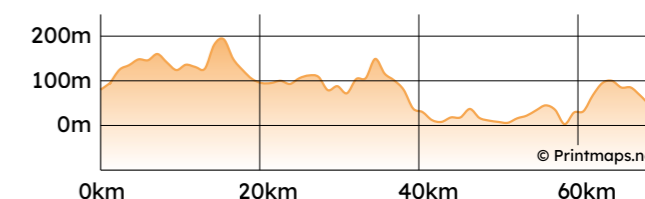
ITINERARY

Pittencrieff Park
Wellwood
Town Loch Path and Woods
Kingseat
Loch Fitty
St Ninians
Blairadam
Kelty
Great North Road
Lochore Meadows
Park Street
Torres Loan
Jamphlars Road
Bowhill

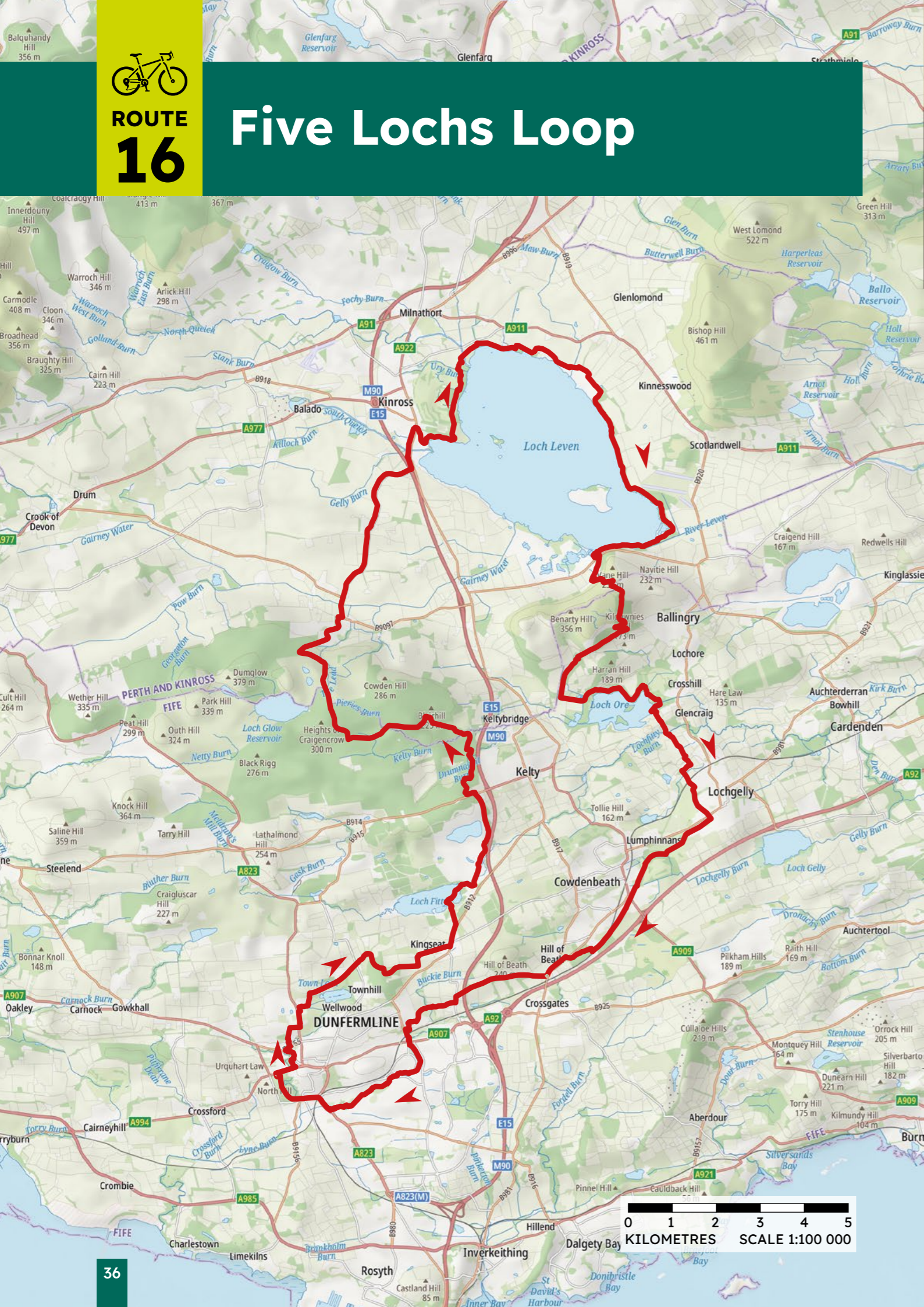
Cardenden
Under A92
Torbain Road
Mill Dam Path
Mill Street Kirkcaldy
Bridge Street
Kirkcaldy Promenade
Fife Coastal Path to Kinghorn
Burntisland Road
Kinghorn Road
The Links Burntisland
Fife Coastal Path to Aberdour

Fife Coastal Path to Dalgety Bay
Regents Way
Dalgety Bay Station
Hillend
Clockluine Road
Over M90
Cross Sandpiper Drive
Calais Woods
Duloch Park
Trondheim Parkway
Lyne Burn Corridor
Rex Park
Nethertown Broad Street
Pittencrieff Park

ELEVATION PROFILE
Elevation Gain 678m



Five Lochs Loop



Pink-footed Geese at Loch Leven. Image: Kenny Lam

This 41.4-mile gravel cycling route offers a diverse, challenging mix of terrain, with scenic views and varied landscapes.

Starting at Pittencrieff Park, the route heads over Glen Bridge, turns left before Tesco, then continues along Mill Street and Broomhead Drive to Wellwood. Riders then follow the Town Loch Path and then pass through Townhill Woods, reaching Kingseat and dropping down to Loch Fitty. The route passes St Ninians

before heading into Blairadam Forest, and on to Kinross, where you can stop for a well-earned coffee. Joining the path round Loch Leven to take you to RSPB Scotland Loch Leven Nature Reserve.

After a challenging climb up to Hill Road and Pit Road, cyclists can explore Lochore Meadows Country Park, before cycling on past Cowdenbeath Golf Course, returning through Rex Park and Nethertown Broad Street to Pittencrieff Park.



DEPARTURE AND FINISH
Pittencrieff Park, Dunfermline



TERRAIN
Gravel



BIKE TYPE
Gravel



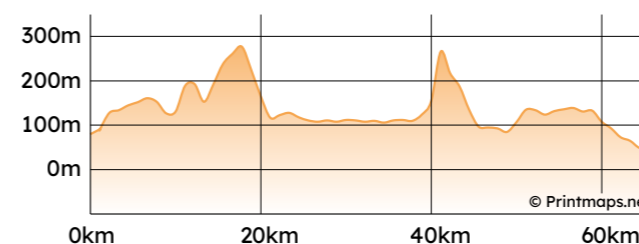
DISTANCE
67km/41.4 miles



DURATION
5 Hours



ELEVATION PROFILE
Elevation Gain 663m



GPX
Download the Route



ITINERARY

- | | |
|-------------------------------------------------------------|------------------------------|
| Pittencrieff Park | Lochore Meadows Country Park |
| Glen Bridge | Lochgelly |
| Side of Tesco | Cowdenbeath Golf Course |
| Mill Street | Netherbeath Road |
| Broomhead Drive | Kingseat Road |
| Wellwood | Pleasance Road |
| Town Loch Path | Queen Margaret Fauld |
| Townhill Woods | Lyne Burn Path |
| Kingseat | Lyne Burn Corridor |
| Loch Fitty | Rex Park |
| St Ninians | Side of Asda |
| Blairadam | Nethertown Broad Street |
| Kinross | Pittencrieff Park |
| Round Loch Leven to RSPB Scotland Loch Leven Nature Reserve | |
| Big climb to Hill Road and onto Pit Road | |

HELPFUL INFORMATION

Check out these links that may be helpful when planning a visit and cycle around Dunfermline and the surrounding area.

INNER FORTH BIKE BUS

A free service offering a sustainable way to explore the Inner Forth area. Hop off at heritage sites and return home or to a bus stop or train station for onward travel.

innerforthlandscape.co.uk

THE BIKE SHOP SCOTLAND

Dunfermline's longest running independent bike shop offering a range of top brand bikes and accessories, plus a workshop providing servicing and repairs.

facebook.com/thebikeshopscotland

CRUSH CYCLES

A Dunfermline bike shop providing sales, servicing and coffee. Professional bike fitting with body and bike therapy.

crushcycles.com

PEDALS BIKE CARE

Coming to Dunfermline in summer 2025, a good value, high quality repair centre with bike sales from complete bikes to custom builds.

pedalsbikerepair.co.uk

WELCOME TO FIFE

Visitors to Fife often get taken by surprise at the variety of impressive experiences. The below is a great digital resource full of inspiration on things to see and do in Fife.

welcometofife.com

WELCOME TO DUNFERMLINE CITY & WEST FIFE

As the ancient capital of Scotland, Dunfermline has a rich past that is woven into the fabric of the city. There is so much to see and do in this area when you are on, and off, your bike.

dunfermline.com

VISITSCOTLAND

Scotland's National Tourism and Events Organisation provides guidance to cycling in Scotland with a variety of routes and practical information.

visitscotland.com/cycling

Map Acknowledgements:

All maps © OpenStreetMap contributors. NASA JPL (2013). NASA Shuttle Radar Topography Mission Global 1 and 3 arc second [Data set]. NASA EOSDIS Land Processes DAAC. Accessed 2023-05-09 from <https://doi.org/10.5067/MEaSUREs/SRTM/SRTMGL1.003> and [SRTMGL3.003](https://doi.org/10.5067/MEaSUREs/SRTM/SRTMGL3.003). Microsoft ML Buildings, licensed by Microsoft under the Open Data Commons Open Database License (ODbL). Map designed by boundlessmaps.com. Elevation Profiles: <https://www.printmaps.net>

The Forth Road Bridge.
Image: Kenny Lam



For more information about what to
see and do in Dunfermline and West
Fife go to dunfermline.com

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