

Whether on bicycle or foot, there are many different routes for you to enjoy exploring at Tentsmuir.

Follow the **Seashell Trail** along the dunes for **sea, sand and seals**, or explore deeper into the **forest** where **roe deer** and **red squirrels** live. Take the path to the west to reach tranquil **Morton Lochs**, home to an array of wildfowl, or, for a longer route, follow the path south to the **Eden Estuary**, one of Europe's richest feeding grounds for migrating birds.

Use this map to make the most of your time at Tentsmuir. We have picked out some routes in **different colours** to help you get started. We hope you enjoy your visit.

## Pinecone Trails

The Pinecone Trails are a network of flat forest tracks of almost 15 miles (24km). Perfect for walking or cycling through the forest.

### Tentsmuir car park to Tentsmuir Point

Distance: 2 miles / 4km Time: 1 hour 15 mins

A linear route through the forest which leads to Tentsmuir Point with its spectacular views of sea and seals.

From Tentsmuir car park, follow the pinecone waymarkers along the forest track leading north, signposted to the Ice House. When you reach the Ice House, keep following the route north until you reach Junction 4. From here follow the path to your right out of the forest towards Tentsmuir Point.

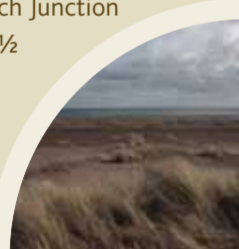


### Tentsmuir car park to Tayport Heath

Distance: 4 miles / 7km Time: 2 hours 15 mins

A linear route through the forest which leads to Tayport Heath at the mouth of the River Tay.

From Tentsmuir car park, follow the pinecone waymarkers along the forest track leading north, signposted to Tentsmuir Point. Continue along the route until you reach Junction 5 signposted for Morton Lochs. After about 1½ miles (2.5km) you will reach the edge of the forest (Junction 6). From here follow the signposted path north to Tayport Heath along the western edge of the forest.



## Morton Lochs

### Tentsmuir car park to Morton Lochs

Distance: 3 miles / 5km Time: 1 hour 30 mins

A linear route through the forest which leads to the beautiful National Nature Reserve at Morton Lochs.

From Tentsmuir car park, follow the pinecone waymarkers along the forest track leading west, signposted to Morton Lochs. You will reach the edge of the forest, at Junction 7. Continue to follow the pinecone waymarkers until you reach Morton Lochs, where you can follow the lochside Feather Walks or watch for wildlife from one of the four hides located around the water.

The **North Feather Walk** is an all ability trail which leads to an accessible hide. This circular walk is 1 mile (1.4km) long and will take approximately 25 minutes. The shorter **South Feather Walk** (½ mile; 0.7km) follows the old railway line before turning right into the forest where there is a hide.



- Key**
- Pinecone Trails
  - Seashell Walk
  - Feather Walk (all ability path)
  - Feather Walk
  - Habitat Trail
  - Fife Coastal Path
  - NNR Boundary
  - Roads
  - Junction Marker
  - Pay barrier
  - Car Park
  - Toilet (accessible toilet)
  - Caravan Site
  - Viewpoint
  - Bird Hide
  - Fullerton Bird Hide (key required\*)
  - Birds and Wildlife
  - Seals
  - Red Squirrels
  - Icehouse
  - WWII Pillbox
  - Children's Play Area
  - Picnic Area

\* The raised Fullerton bird hide is locked. To obtain a key please contact Scottish Natural Heritage's Cupar office on 01334 654038.

## Trail Grades

Forestry Commission Scotland trails and walks are graded according to the degree of difficulty, gradients and type of conditions visitors can expect.

- |                        |                              |                            |
|------------------------|------------------------------|----------------------------|
| Easy Sensible footwear | Moderate Waterproof footwear | Srenuous Hillwalking boots |
| Easy Muscle Loosener   | Moderate Muscle Stretcher    | Srenuous Muscle Builder    |

## Seashell Trail

Distance: 3 miles / 5.5km Time: 1 hour 45 mins

A superb circular walk through sand dunes and forest to the Ice House and back along the beach. For a shorter walk, follow the path which leads you to the World War II pillbox on the beach.

From Tentsmuir car park, follow the waymarkers leading north along the edge of the forest. You can shorten the walk at the halfway point junction marker. If you continue straight ahead you will arrive at the nineteenth century Ice House. From here you can follow the seashell waymarkers back along the beach, with its fantastic views of the seals hauled out on the sand bars.



## Eden Estuary Nature Reserve

From Tentsmuir it is a short journey to the Eden Estuary Centre at Guardbridge, which provides outstanding views across the estuary, home to thousands of birds.

By car, follow the main road through Leuchars and onto Guardbridge. There is a small car park at the Eden Estuary. By foot, follow the Fife Coastal Path which leads from Tentsmuir Forest (turn left at Junction 9) to Guardbridge.



## Enjoy Scotland's outdoors responsibly

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

**KNOW THE CODE BEFORE YOU GO**  
SCOTTISH OUTDOOR ACCESS CODE [outdooraccess-scotland.com](http://outdooraccess-scotland.com)

## Always follow the Forest Cycle Code

- Always wear a cycle helmet
- Only cycle within your abilities
- Expect the unexpected – watch out for other visitors
- If a vehicle is loading timber stop and wait for the driver to let you pass safely

## Cycling and Long Distance Routes



The wide flat tracks throughout Tentsmuir Forest make it an ideal place for cycling for all the family. Use the map to work out where you want to go and then follow the waymarked routes. The following routes are suitable for cycling.

- Pinecone Trail to Tentsmuir Point
- Pinecone Trail to Tayport Heath
- Pinecone Trail to Morton Lochs

Part of the National Cycle Network and the Fife Coastal Path follows the eastern edge of Tentsmuir Forest from here to Tayport, the northernmost town in Fife.

