Glenrothes Ride, Sunday 26 July 2023 talkround.

**Please note all the paths are used by walkers. Please be courteous and walk as you pass other members of the public.**

Leave FRC field via gate through woodland. On reaching bridlepath turn RIGHT and follow track for 0.75km cross tarmac road passing Coul Den car park on right hand side. Follow bridlepath until it joins track behind houses. Stay on track and follow this, taking left hand track where there is a choice, cross tarmac access road and continue downhill to public road. On reaching public road turn RIGHT. Keep on grass margin on right hand side, after 20m turn RIGHT again and head up hill. At top of hill track RIGHT and skirt round mature woods. Follow this track to entrance to community woodland.

Turn RIGHT via large boulders and cross over small bridge, then turn immediately RIGHT onto grassy track. Follow this track approx. 500m then turn sharp RIGHT (now parallel with track you have just come up). Continue to follow grassy track and as you come to stone wall turn LEFT. Stick on this track skirting hill and woods. At wooden bench turn LEFT and follow muddy track uphill. At top of incline turn RIGHT at “Slit Drums” [look like small totem poles]. Follow grassy track approx. 400m. On reaching wooden bench, turn LEFT onto undulating grassy track. Join surfaced path and turn RIGHT to public car park.

Go through car park passing farmhouse on left. Take first track on LEFT and follow surfaced track. Stick to main path – do not turn off. At Sundial stick to surfaced track back down hill.

At foot of hill turn RIGHT over small bridge with large boulders. Turn LEFT skirting woodland on right hand side. Turn LEFT downhill to public road then immediate LEFT back up track, crossing tarmac road. Follow bridlepath along back of houses. Cross tarmac road at Coul Den car park and rejoin bridlepath.

Continue to follow bridlepath, retracing steps until your return to FRC field.

**In event of emergency contact 07740027427**