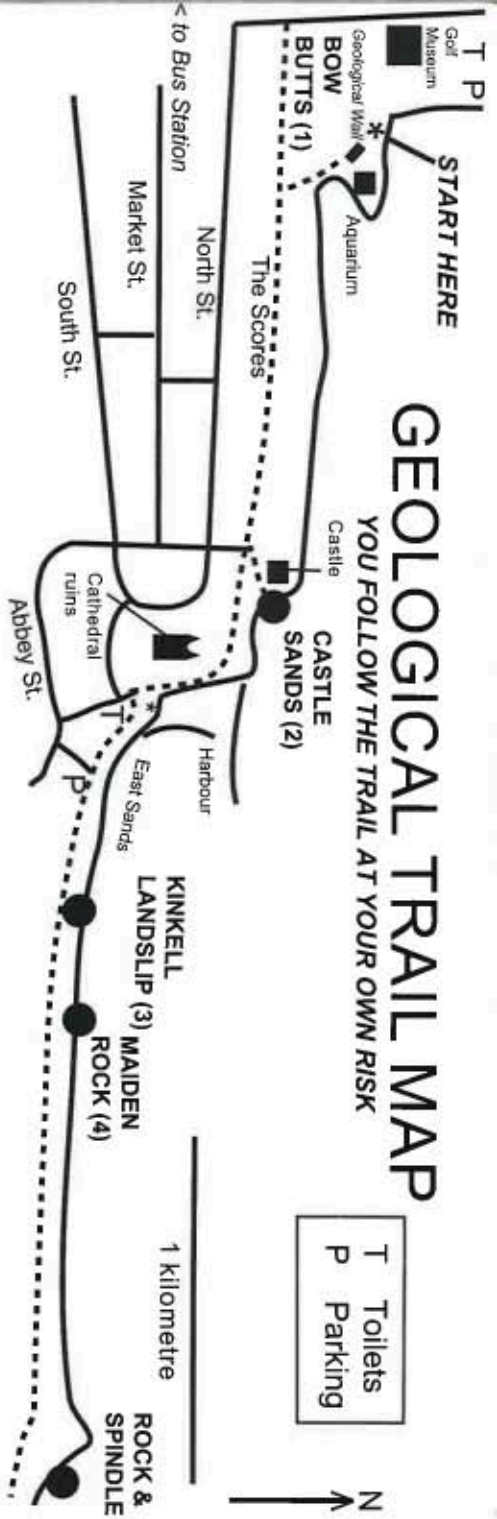

Total walking distance: Bow Butts to Rock & Spindle and back = 8km (5 miles). Allow three hours for the whole excursion. Follow the coastal footpath to the Rock & Spindle. * At the inner harbour, cross the iron footbridge for access to the East Sands. The path becomes rough in places so sturdy footwear with a good tread and waterproof clothing are essential.

These localities are important sites and many are protected as Sites of Special Scientific Interest (SSSI).

Hammering of outcrops is NOT permitted and collecting must be restricted to loose material on the foreshore.

The Malden Rock and Rock & Spindle localities are best explored at low- or mid-tides. Tide times are available from the Tourist Information Centre (70 Market Street), the "St. Andrews Citizen" newspaper and at the Harbour noticeboard.

geoHeritage Fife

was set up in 2000 to:

* publicise Fife's geological heritage
* provide educational resources in geology
* promote geotourism

If you would like to assist with these aims, consider joining the group by contacting:
geoHeritage Fife
01334 828623

Scottish Charity No. SC 032509

Other geological trails:
St. Monans, Dura Den, Ladybank cairn, Holy Trinity Church (St. Andrews), Historical Geoscientists (St. Andrews).

Fife RIGS

RIGS are Regionally Important Geological (and Geomorphological) Sites.

The scheme was devised to encourage local involvement in the identification, designation and monitoring of sites of local and national educational and scientific importance. Fife RIGS is concerned with identifying and assessing the localgeodiversity, and notifying the statutory planning authority about these sites.

Fife RIGS was incorporated into geoHeritage Fife in December 2005.

Mike Browne, (Chair, UKRIGS)
0131 667 1000

Transport Information

St. Andrews is served by Stagecoach buses: Services 99 - Dundee and Leuchars; 95 - Leven, Anstruther and Crail; 64 - Falkland and Auchtermuchty; 23 - Stirling; X24 - Glasgow; X59 - Edinburgh, Glenrothes and Cupar; F1,F2 - Newburgh.

First Scotrail train services call at Leuchars from most stations between Aberdeen and Edinburgh.

St Andrews Geological Trail

R E Garton & J Allan

Explore the fascinating world of the local geological heritage.

See fossil trees and worm burrows, and evidence of ancient volcanoes and earthquakes.

See the results of earth forces which twisted and contorted rocks over 300 millions years ago, at a time when Fife lay close to the equator and was covered by tropical swamps, seas, rivers and lakes.

geoHeritage Fife (incorporating Fife RIGS)

Fife Council

Scottish Natural Heritage

UKRIGS Scotland
GeoConservation Association