

From Leuchars Church you follow signs pointing north for National Route 1 and into the forest where, in medieval times, locals believed devils lurked! But don't worry, none have been spotted recently! Instead you should keep a special look out for a number of species of bats. Throughout this ride you will cycle close to the wildlife reserve at Tentsmuir Point, a gathering place for huge numbers of birds and a fantastic place to visit. Keep following the route signs to the north-west edge of the wood (ignoring the on-road signed route). Turn left, following the path until you emerge again at the lane, before retracing your steps on link routes to Leuchars.

## Tentsmuir Forest Leuchars to Kinshaldy

- Who'd enjoy this ride?** Everyone! This is a great ride for all the family.
- Start/finish points:** The church at Leuchars.
- Nearest railway station:** Leuchars.
- Parking:** Leuchars and Kinshaldy.
- Refreshments:** Leuchars. There are picnic sites in the forest.
- Public toilets:** Leuchars and Kinshaldy.

You can visit [www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling) or [www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling) where you can download more guides and share your experiences with others.

**Attractions:** Tentsmuir Point Reserve at Aberay Sands is a great place to look out onto a vast array of wading birds, whatever the season. Visit [www.wildlife.visitscotland.com](http://www.wildlife.visitscotland.com) for more information.

**Good to know:** For more information on the area you can take a look at the following websites:  
[www.forestry.gov.uk/scotland](http://www.forestry.gov.uk/scotland) for Tentsmuir Forest.  
[www.undiscoveredscotland.co.uk](http://www.undiscoveredscotland.co.uk) for information on Leuchars, and the annual airshow at the nearby RAF base.



- P** PARKING
- pub icon** PUBS
- cup icon** CAFÉS/TEA ROOMS
- WC icon** TOILETS
- star icon** ATTRACTION

When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

**Length of journey:**  
5.5 miles (one way)

**TIME TAKEN:** ..... **DISTANCE COVERED:** .....

**NOTES:** .....

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Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

**Enjoyed your ride on the National Cycle Network?** Sustrans is the charity behind the National Cycle Network. For more information visit [www.sustrans.org.uk](http://www.sustrans.org.uk)



## Tentsmuir Forest Leuchars to Kinshaldy

Tentsmuir is a popular and extensive pine forest planted on the sand dunes at the mouth of the River Tay. Pack a picnic, a teddy and enjoy!

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