

CLARITY GUIDES

*In a world full of disinformation, get **Clarity**.*

WALK · WHEEL · ROLL

Accessible Walks in Fife & Scotland

27 Fife walks and 24 more across Scotland, each with an access fact box: surface, slopes, length, parking, Blue Badge, toilets and Changing Places

◆ Free guide · Large print



Published by Clarity Guides · Phone edition · Facts checked 19 October 2026 · Cover illustration by Clarity Guides.

Free copy from Clarity Guides - goclarity.uk - ID CG-114CC126

WELCOME

About this guide

Scotland's access rights are among the most generous in the world, and they apply to everyone, including people who use a wheelchair or mobility scooter. But knowing you have the right to be outdoors is not the same as knowing whether a path has a step, a stile or a steep slope halfway round.

This guide picks out 27 walks in Fife and 24 across the rest of Scotland where the official managers say the path is accessible, or where at least a useful part of it is. For each one we give an access fact box: surface, slopes, length, gates, parking, Blue Badge spaces, toilets, Changing Places toilets, anything you can borrow or hire, and a link to the official page.

It is for wheelchair and scooter users, people who walk slowly or with a stick or frame, families with buggies, carers, and anyone planning a day out for someone else. It is printed in large, clear type with high contrast, and there is a large-print phone edition.

Want more places to visit in Fife, not just accessible paths? See our **Green Spaces of Fife** guide. For ticks, which live in long grass and woodland, see **Ticks & Lyme Disease in Scotland**. We cross-refer to them instead of repeating them.

How to use this guide

- 1 **Pick a walk.** Chapter 2 compares every Fife walk on one page; chapter 9 does the same for Scotland.

- 2 Read the fact box.** Every walk has the same rows in the same order, with an icon beside each label (key in chapter 1).
- 3 Check before you go.** Phone numbers and official links are in each box. Things change: paths are resurfaced, toilets close for winter.
- 4 Plan the journey.** Chapters 15 and 16 cover equipment hire, trains, buses, ferries and the Blue Badge.
- 5 Know your rights.** Chapter 17 covers access rights, reasonable adjustments and assistance dogs.

In a world full of disinformation, get Clarity

Every access detail in this guide was checked on 19 October 2026 against the official page for the place (Fife Coast & Countryside Trust, Fife Council, Forestry

and Land Scotland, NatureScot, the National Trust for Scotland and others) or a named review on Euan's Guide. Where a source does not say something, the fact box says "not stated" rather than guessing. Facts were gathered with help from everyday AI tools like Grok, then checked against the sources listed at the back.

What our labels do not tell you

Our access labels are a starting point, not a promise. A path that suits a powerchair may be tiring in a manual wheelchair, and a gentle slope for one person is a barrier for another. The fact boxes give the details so you can decide for yourself. Recent reviews written by disabled people, their families and

carers on Euan's Guide (euansguide.com) are a good way to check how a place feels on the day.

This guide in numbers

- **27 walks in Fife:** 9 step-free routes, 14 mostly step-free and 4 short visits.
- **24 more across Scotland:** 8 step-free routes, 11 mostly step-free and 5 short visits.

Please note

Paths, opening times, prices and facilities change, and weather can make a good path hard going. Use this guide to plan, then check the official page or phone ahead. You know your own abilities and equipment best. Clarity Guides is independent and is not linked to any organisation named here.

CONTENTS

In this guide

1	<u>How to use the access fact boxes</u>	8
2	<u>Fife walks at a glance</u>	14
3	<u>Changing Places toilets in Fife</u>	19
4	<u>West Fife</u>	28
5	<u>Forth coast</u>	44
6	<u>Mid Fife</u>	57
7	<u>Levenmouth and East Neuk</u>	78
8	<u>St Andrews and North East Fife</u>	86
9	<u>Scotland walks at a glance</u>	110
10	<u>Highlands, islands and Argyll</u>	115
11	<u>Cairngorms and the North East</u>	127
12	<u>Perthshire, Loch Lomond and the Trossachs</u>	146
13	<u>Edinburgh, the Lothians and the Clyde</u>	162
14	<u>South of Scotland</u>	175
15	<u>Borrowing and hiring equipment</u>	188
16	<u>Getting there by train, bus and ferry</u>	196
17	<u>Your rights outdoors and in cafés</u>	207
18	<u>Walking with company, sight loss or dementia</u>	214
19	<u>Useful organisations</u>	217
20	<u>Before you go: checklist and walk plan</u>	223
●	<u>Sources</u>	227
●	<u>Image credits</u>	248

01 CHAPTER ONE · START HERE

How to use the access fact boxes

Every walk in this guide has the same box, in the same order, so you can compare walks quickly and find the one detail that matters to you.

The three access levels

We give each walk one of three labels, based on what the official page says. They are our own labels, not an official grade.

Label	What it means
Step-free route	Firm, step-free paths for the whole route described.
Mostly step-free	Step-free, but with some slopes, loose or bumpy bits, or a section to avoid.

Label	What it means
Short visit	A short step-free visit, or a beach with special wheelchairs, rather than a full walk.

Where a place uses an official grade, we quote it. Forestry and Land Scotland, for example, grades its most accessible trails “Easy (most accessible)”: smooth, firm paths with no steps, stiles or barriers, gentle or moderate slopes under 10%, and regular resting points.¹

Icon key

 **Start:** Where to begin, with a postcode for satnav where one is given.

 **Length:** Distance and time, and whether it is a loop or there-and-back.

 **Surface:** Tarmac, gravel, blae (fine compacted gravel), boardwalk, grass or sand.

 **Slopes:** Hills, ramps and steep bits.

 **Gates and barriers:** Gates, stiles, steps, bridges, cobbles or livestock.

 **Parking:** Car parks and charges.

 **Blue Badge:** Disabled parking bays and Blue Badge rules.

 **Toilets:** Accessible toilets, opening times and whether you need a RADAR key.

 **Changing Places:** Large accessible toilets with a hoist and adult changing bench.

 **Borrow or hire:** Mobility scooters, all-terrain or beach wheelchairs, adapted bikes.

 **Seats, café, dogs:** Benches, cafés and dog rules.

 **Bus and train:** Nearest stations and stops.

 **Check before you go:** Closures, seasonal opening and anything to watch for.

 **Official page:** Where to check the latest information.

Words you will see

Not stated

The official page does not say. It does not mean there is a problem, only that we could not confirm it.

RADAR key

A standard key that opens many locked accessible toilets. Sold by Disability Rights UK, and in Fife at libraries, museums and theatres (see chapter 3).

Changing Places

A larger accessible toilet with a ceiling hoist, an adult-sized changing bench and room for carers.

Blae

A fine, compacted gravel path surface common in Scottish parks.

Tramper

A make of all-terrain mobility scooter built for rough paths.

All-terrain wheelchair

A wheelchair with big tyres or tracks for rough ground or sand.

ANPR car park

A car park that reads your number plate. You may need to register a Blue Badge.

FCCT

Fife Coast & Countryside Trust, the charity that manages the Fife Coastal Path, beaches and many Fife paths.

FLS

Forestry and Land Scotland, which runs Scotland's national forests.

NTS

The National Trust for Scotland.

How we chose the walks

We started from the official accessible-walk lists of Fife Coast & Countryside Trust, Fife Council, Forestry and Land Scotland, NatureScot and the National Trust for Scotland, then read each place's own page. A walk is in this guide only if an official page, or a named review on Euan's Guide,

describes a route or a useful part of one as suitable for wheelchairs, scooters or buggies.

Several popular places were left out because we could not find enough checked access detail. That does not mean they are unsuitable. If you know a good accessible walk, writing a review on Euan's Guide helps everyone.

Blue Badge and ANPR car parks

Many Fife Coast & Countryside Trust car parks read your number plate (ANPR). If you have a Blue Badge, register it as the signs at the car park explain, or you may get a charge notice.²

Clarity tip

Look at the **Check before you go** row first. It holds the things most likely to spoil a trip: winter closures, building works and diversions.

02 CHAPTER TWO • FIFE**Fife walks at a glance**

All 27 Fife walks on one page, from west to east. Lengths are the official figures; “Varies” means a network of paths where you choose your own route.

Walk	Access	Length	Changing Places	Hire or loan
Culross to Torryburn along the shore	Step-free route	About 3 miles (4.5 km)	Nearby	No

Walk	Access	Length	Changing Places	Hire or loan
<u>Pittencrieff Park ('The Glen'), Dunfermline</u>	Mostly step-free	Varies	On site	Yes
<u>Lochore Meadows: Round the Loch</u>	Mostly step-free	6 km (3½ miles)	On site	Yes
<u>Lochore Meadows: the Castle Triangle</u>	Step-free route	1.5 km (1 mile)	On site	Yes
<u>Lochore Meadows: the Pilgrim Way to Lochore Castle</u>	Step-free route	3.1 km (2 miles)	On site	Yes
<u>Aberdour Silver Sands</u>	Mostly step-free	Varies	On site	No
<u>Burntisland Links and beach promenade</u>	Step-free route	Varies	On site	No

Walk	Access	Length	Changing Places	Hire or loan
<u>Kirkcaldy Esplanade and sea wall promenade</u>	Step-free route	1.8 km	On site	No
<u>Beveridge Park, Kirkcaldy</u>	Step-free route	3.27 km	Nearby	No
<u>Riverside Park, Glenrothes</u>	Step-free route	Varies (about 4 miles of paths)	Nearby	No
<u>Coul Den Trail, Glenrothes</u>	Mostly step-free	2 km (1¼ miles)	Nearby	No
<u>Formonthills Community Woodland, Glenrothes</u>	Mostly step-free	9.6 km (6 miles)	Nearby	No
<u>Falkland Estate: the Red Squirrel Walk</u>	Mostly step-free	1.6 km (1 mile)	Nearby	No

Walk	Access	Length	Changing Places	Hire or loan
<u>Birnie and Gaddon Lochs, near Collessie</u>	Mostly step-free	2.3 km	Nearby	No
<u>Hill of Tarvit Mansion garden, near Cupar</u>	Mostly step-free	Varies	Nearby	No
<u>The Scottish Deer Centre, Bow of Fife</u>	Step-free route	Short (about 45 minutes)	Nearby	No
<u>Leven Promenade</u>	Mostly step-free	Varies	Nearby	Yes
<u>Silverburn Park, Leven</u>	Mostly step-free	Varies	Nearby	Yes
<u>Elie Harbour and beach</u>	Short visit	Short	Nearby	No
<u>Craigtoun Country Park, near St Andrews</u>	Step-free route	Varies	On site	No

Walk	Access	Length	Changing Places	Hire or loan
<u>The Lade Braes into St Andrews</u>	Mostly step-free	2.5 km (1½ miles)	Nearby	No
<u>St Andrews Botanic Garden</u>	Mostly step-free	1.2 km	Nearby	Yes
<u>St Andrews West Sands with a beach wheelchair</u>	Short visit	Varies	On site	Yes
<u>Cambo Gardens and Kingsbarns Beach</u>	Mostly step-free	Varies	Nearby	Yes
<u>Eden Estuary Centre, Guardbridge</u>	Short visit	Varies	Nearby	No
<u>Tentsmuir: Kinshaldy car park and beach edge</u>	Short visit	Short	Nearby	No

Walk	Access	Length	Changing Places	Hire or loan
Tayport to the Tay Road Bridge on the old railway	Mostly step-free	Varies	On site	No

“Nearby” means a Changing Places toilet elsewhere in the same town or within a short drive; the fact box names it.

03 CHAPTER THREE · FIFE

Changing Places toilets in Fife

A Changing Places toilet can decide whether a day out is possible at all.

These are the ones on the official map in and right beside Fife.

Town	Place	Postcode	Hours on the map
Aberdour	Silver Sands Changing Places Toilet	KY3 0XB	10:00 to 18:00
Anstruther	Waid Community Campus	KY10 3GY	09:00 to 22:00
Burntisland	Beacon Leisure Centre	KY3 9BS	Not listed
Cowdenbeath	Brunton House	KY4 9QU	09:00 to 17:00 (varies by day)
Cupar	Cupar Sports Centre	KY15 4HY	07:00 to 22:00 (varies by day)
Cupar	Elmwood College	KY15 4JB	Not listed
Dunfermline	Carnegie Leisure Centre	KY12 0QE	06:00 to 22:00 (varies by day)

Town	Place	Postcode	Hours on the map
Dunfermline	Duloch Leisure Centre	KY11 8LW	09:00 to 21:00 (varies by day)
Dunfermline	Dunfermline Carnegie Library & Galleries	KY12 7NL	10:00 to 18:00 (varies by day)
Dunfermline	Dunfermline Learning Campus	KY11 4WH	08:30 to 21:00 (varies by day)
Dunfermline	Glen Pavilion, Pittencrieff Park	KY12 8QH	09:00 to 16:30
Dunfermline	Lynebank Wheelchair Clinic	KY11 4UW	09:00 to 17:00
Dunfermline	Queen Margaret Hospital	KY12 0SU	08:00 to 20:00
Glenrothes	Fife College Glenrothes Campus	KY2 6KA	08:30 to 17:00 (varies by day)

Town	Place	Postcode	Hours on the map
Glenrothes	Michael Woods Sports & Leisure Centre - Facility 1	KY6 2RD	06:00 to 22:00 (varies by day)
Glenrothes	Michael Woods Sports & Leisure Centre, Facility 2	KY6 2RD	06:00 to 22:00 (varies by day)
Glenrothes	Roths Halls	KY7 5NX	09:00 to 17:00
Kelty	The Kelty Community Centre	KY4 0AQ	09:00 to 21:00 (varies by day)
Kinross (Perth & Kinross)	RSPB Scotland Loch Leven	KY13 9LX	24 hours (as listed)
Kirkcaldy	Kirkcaldy Galleries	KY1 1YG	10:00 to 19:00 (varies by day)

Town	Place	Postcode	Hours on the map
Kirkcaldy	Kirkcaldy Leisure Centre Facility 1	KY1 1HR	06:00 to 22:00 (varies by day)
Kirkcaldy	Kirkcaldy Leisure Centre Facility 2	KY1 1HR	06:00 to 22:00 (varies by day)
Kirkcaldy	Kirkcaldy Town House	KY1 1XW	09:00 to 17:00
Kirkcaldy	St Clair Centre	KY1 3DT	09:30 to 15:30
Kirkcaldy	Templehall Community Hub	KY2 6EJ	09:00 to 21:00
Kirkcaldy	The Adam Smith Theatre	KY1 1ET	10:00 to 22:00 (varies by day)
Kirkcaldy	Victoria Hospital	KY2 5AH	Not listed

Town	Place	Postcode	Hours on the map
Kirkcaldy	Windmill Community Campus	KY1 3AL	09:00 to 17:00 (varies by day)
Leven	Levenmouth Academy	KY8 1EA	08:00 to 16:30
Leven	Levenmouth Swimming Pool and Sports Centre	KY8 4PA	07:00 to 22:00 (varies by day)
Leven	Robert Gough Centre	KY8 4BU	09:00 to 15:30
Lochgelly	Bowhill Swimming Pool	KY5 0BW	08:00 to 21:30 (varies by day)
Lochgelly	Fife Cycle Park	KY5 8AA	Not listed
Lochgelly	Lochore Meadows Outdoor Education Centre	KY5 8BA	08:30 to 18:30 (varies by day)

Town	Place	Postcode	Hours on the map
Lochgelly	Lochore Meadows Visitor Centre	KY5 8BA	08:30 to 16:30
Rosyth	Parkgate Community Centre	KY11 2YW	09:00 to 20:00 (varies by day)
St Andrews	Bruce Embankment Public Toilets	KY16 9AB	09:00 to 17:00
St Andrews	Craigtoun Country Park	KY16 8NX	24 hours (as listed)
St Andrews	Madras College	KY16 9BY	08:39 to 15:50 (varies by day)
Tayport	The Larick Centre & Cafe	DD6 9EA	10:00 to 17:00

Source: Changing Places toilet map data, read 19 October 2026.³ RSPB Loch Leven is just over the border in Perth & Kinross. Two entries need care: Fife Council lists the Bruce Embankment toilets in St Andrews as open 9am to 7pm, and FCCT gives Silver Sands hours only to the end of October, so check both before you go. Hours are as listed on the map; many are inside leisure centres, schools or offices and follow their opening times, so phone ahead.

Changing Places by our walks

- **Lochore Meadows:** Outdoor Education Centre and Visitor Centre (two in the park).
- **Pittencrieff Park:** Glen Pavilion.
- **Aberdour Silver Sands:** new toilet block, opened summer 2026.
- **Craigtoun Country Park:** key from the Ticket Office or Admin Office.

- **St Andrews West Sands:** Bruce Embankment.
- **Kirkcaldy Esplanade:** Kirkcaldy Leisure Centre.
- **Tayport:** The Larick Centre and Café.

RADAR keys in Fife

Many accessible toilets in Fife are locked with a RADAR key. Fife Council sells a bag of 2 keys (one with a larger handle for easier grip) and a priority card for £5 at its libraries, museums and theatres. You need evidence such as a Blue Badge, a PIP or DLA letter, or a GP or hospital letter, or you can sign a declaration. Someone can buy one for you if they bring your evidence. In Fife, keys are also sold at Inverkeithing Customer Service Centre and Cupar Library. RADAR merged into Disability Rights UK in 2012, and you can buy a genuine key from

Disability Rights UK at disabilityrightsuk.org/radar-key (£5, VAT-free for disabled people, plus postage).^{4,5,6}

Fife Council's public toilets close on 25 and 26 December and 1 and 2 January. Many charge 30p; some are free.⁷

Changing Places help

Changing Places in Scotland is run with the charity PAMIS: phone 01382 755389 or email changingplaces@pamis.org.uk. The map is at changing-places.org/find.

04 CHAPTER FOUR · FIFE

West Fife

From the cobbles of Culross to Dunfermline's great park and the country park at Lochore Meadows, voted the UK's most accessible walk in 2025.

Culross to Torryburn along the shore

Step-free route

Culross is Scotland's most complete 17th- and 18th-century burgh, all ochre walls, pantiles and cobbles. The cobbles are hard work, but the Fife Coastal Path leaves the village on a flat, well-made shore path towards Torryburn, with wide views over Torry Bay Local Nature Reserve. Fife Coast & Countryside Trust (FCCT) has filmed this stretch for wheelchair and mobility scooter users so you can decide before you go.

Access facts

Start

West car park beside Culross play park, KY12 8JJ (start of the Fife Pilgrim Way).

Length

About 3 miles (4.5 km) one way to Torryburn, about 2 hours. Turn back whenever you like.

Surface

FCCT says the route from Culross to Torryburn is “flat well made paths”.

Slopes

Flat on the shore path. The Pilgrim Way’s alternative up to Culross Abbey has narrow cobbled streets and long steep slopes; FCCT calls the abbey path “a strenuous uphill climb” and the coastal path an easy alternative.

Gates and barriers

None noted for the shore path. The village streets are cobbled and you share road space with buses, cars and vans (National Trust for Scotland).

Parking

Two free Fife Council car parks, west and east of the village. The west car park has two electric vehicle charging points.

Blue Badge

No designated parking for Culross Palace (NTS). Blue Badge bays in the village car parks: not stated.

Toilets

Fife Council toilets, Lower Causeway (KY12 8JL): 9am to 5pm, 30p, accessible toilet, baby change, level access, RADAR key. When the Palace is open, NTS also has a ground-floor accessible toilet beside Bessie's Café (door 77 cm wide).

Changing Places

None in Culross on the Changing Places map. The nearest are in Dunfermline (see the Changing Places chapter).

Borrow or hire

None.

Seats, café, dogs

Bessie's Café (NTS) has level access through a 104 cm door, then a short slope; dogs on a lead are welcome inside. The Palace itself is not accessible to wheelchair users (11 stone steps, spiral stairs).

Bus and train

No passenger trains to Culross (the railway is freight only). The nearest stations are Dunfermline and Alloa. Plan buses with Traveline Scotland.

⚠ Check before you go

Mobile signal can be poor in Culross (NTS).

🔗 Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-coastal-path/kincardine-to-limekilns

Checked 19 October 2026. Sources 8, 9, 10, 11, 12 and 3 in the list at the back.

Pittencrieff Park ('The Glen'), Dunfermline

Mostly step-free

Pittencrieff Park is Dunfermline's much-loved 76-acre park beside the Abbey, famous for its peacocks, glasshouses and the Art Deco Glen Pavilion. Welcome to Fife describes "a flat network of paths", and Euan's Guide reviewers found the main paths good to wheel along. It also has a Changing Places toilet, and Welcome to Fife lists free trishaw rides. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Main car park at the Pittencrieff Street entrance, closest to the play area and the Glen Pavilion (KY12 8QH).

Length

A network of paths rather than one route: choose your own loop. Distances are not published.

Surface

Main paths described as good to wheel along (Euan's Guide, 2018). Ramps into Pittencrieff House and the glasshouses (same source, so check these are still in use).

Slopes

The main paths are described as flat. The park is built around a wooded glen, and the Tower Burn walk is in the lowest part of the park, so expect slopes if you leave the main paths.

Gates and barriers

Not stated.

Parking

Main car park free. Park open 24 hours.

Blue Badge

Disabled parking in the car park behind the Glen Pavilion.

Toilets

Fife Council toilets by the Lily Pond (KY12 8QH): 9am to 5pm, free, accessible toilet, baby change, level access, RADAR key.

Changing Places

Yes: Glen Pavilion, listed 9am to 4.30pm on the Changing Places map.

Borrow or hire

Welcome to Fife lists free trishaw rides with volunteer pilots from Cycling Without Age Dunfermline, booked at the Peacock Rooms café in the park or through their Facebook page. Check with the operator before you travel.

Seats, café, dogs

Café, play park and formal gardens.
Pittencrieff Park is on the Fife Pilgrim Way.

Bus and train

Dunfermline's railway station is about half a mile away and the bus station about 5 minutes from the Louise Carnegie Gates (Fife Council).

Check before you go

Events (such as the fireworks) can make the park very busy.

Official page

fife.gov.uk/kb/docs/articles/community-life2/parks,-allotments,-core-paths/pittencrieff-park/visiting-the-park

Checked 19 October 2026. Sources 13, 14, 15, 16 and 3 in the list at the back.

Lochore Meadows: Round the Loch

Mostly step-free

Lochore Meadows is a 1,200-acre country park created from old coal workings and opened in 1976. Fife Council says much of the park is suitable for wheelchair users and buggies, and you can hire a mobility scooter.

In a 2025 study by the outdoor shop Millets and the disability charity Sense, the park's circular walk scored 9.13 out of 10 and was named the UK's most accessible walk. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Main car park by the Willie Clarke Centre, Lochore Meadows, Lochore KY5 8BA.

Length

6 km (3½ miles) loop, about 2 hours (FCCT). Welcome to Fife describes the circuit as 5 km, so check the park map for the line you want.

Surface

Wide, smooth surfaced paths throughout (FCCT). Euan's Guide says all the park's routes are surfaced and mostly level.

Slopes

Short, moderate slopes on the Clune.

Gates and barriers

Wide gates at several points and two bridges. One section is shared with traffic. Livestock may graze the field on the south shore; leave gates as you find them.

Parking

Free parking, with disabled parking, in the large car parks next to the visitor centre and the Outdoor Education Centre. Euan's Guide lists accessible bays within 50 metres of the entrance.

Blue Badge

Dedicated accessible bays (Euan's Guide).

Toilets

Toilets in the Willie Clarke Visitor Centre, 8am to 6pm in summer and 8.30am to 4pm in winter, 7 days. Euan's Guide reviewers mention an accessible toilet.

Changing Places

Yes, two on the Changing Places map: the Outdoor Education Centre and the Visitor Centre (listed from 8.30am to 4.30pm; the Outdoor Education Centre to 6.30pm on some days). The Fife Cycle Park nearby has one too.

Borrow or hire

A mobility scooter to hire, £5 for 2 hours: phone ahead to check and book, 01592 583343 (Willie Clarke Centre). Adapted bikes: ask the Outdoor Education Centre. Fife Sailability runs adapted sailing, including a wheelchair-accessible powerboat (Welcome to Fife).

Seats, café, dogs

Café, inclusive play park, bird hide with a ramp (Euan's Guide). Short detours lead to viewpoints in Cadgers Wood and the hide.

Bus and train

Stagecoach buses 20 and 20A come into the park several times a day, Monday to Saturday, stopping outside the visitor centre. Lochgelly station is about 1.6 miles away.

Check before you go

Some facilities have been in temporary buildings while a new visitor centre is built (Euan's Guide review), so phone ahead.

Official page

fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/lochore-meadows-country-park/round-the-loch

Checked 19 October 2026. Sources 17, 18, 19, 20, 21, 14, 3 and 22 in the list at the back.

Lochore Meadows: the Castle Triangle

Step-free route

A shorter, flatter option at Lochore Meadows. This easy circuit runs through sheltered woodland planted when the land was reclaimed in the 1970s and passes the ruins of Lochore Castle, once called Inchgall Castle.

Access facts

Start

As for Round the Loch: Lochore Meadows, KY5 8BA.

Length

1.5 km (1 mile) circuit, about 30 minutes.

Surface

Wide tarmac and surfaced paths.

Slopes

FCCT calls it “a flat, easy walk”.

Gates and barriers

Not stated.

Parking

See Round the Loch.

Blue Badge

See Round the Loch.

Toilets

See Round the Loch.

Changing Places

Two in the park (see Round the Loch).

Borrow or hire

A mobility scooter to hire, £5 for 2 hours, from the Willie Clarke Centre: phone ahead, 01592 583343.

Seats, café, dogs

Woodland shelter makes this a good choice on a windy day.

Bus and train

See Round the Loch.

Check before you go

Some sections may be damp after heavy rain (FCCT).

Official page

[fifecoastandcountrysidetrust.co.uk/walks/
lomond-hills/lochore-meadows-country-park/
the-castle-triangle](https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/lochore-meadows-country-park/the-castle-triangle)

Checked 19 October 2026. Sources 23, 18, 3 and 22 in the list at the back.

Lochore Meadows: the Pilgrim Way to Lochore Castle

Step-free route

The Fife Pilgrim Way, a long-distance route from Culross and North Queensferry to St Andrews, passes right through Lochore Meadows. This stretch is one of the gentlest parts of the whole route, so it is a good way to say you have walked or wheeled part of a pilgrim route.

Access facts

Start

Lochore Meadows Country Park (FCCT gives grid reference NT170961, postcode KY5 8ED).

Length

3.1 km (2 miles) one way, about 1 hour. Come back the same way, or arrange a pick-up.

Surface

Mainly tarmac or smooth gravel.

 Slopes

Flat or gentle.

 Gates and barriers

One wide timber bridge.

 Parking

See Round the Loch.

 Blue Badge

See Round the Loch.

 Toilets

See Round the Loch.

 Changing Places

Two in the park (see Round the Loch).

 Borrow or hire

A mobility scooter to hire, £5 for 2 hours, from the Willie Clarke Centre: phone ahead, 01592 583343.

 Seats, café, dogs

The park café is on the route. FCCT sells a Fife Pilgrim Way passport you can get stamped along the way.

 Bus and train

See Round the Loch.

Check before you go

This is a one-way route; plan your return before you set off.

Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/dunfermline-to-lochore-meadows/lochore-meadows-kelty-to-lochore-castle

Checked 19 October 2026. Sources 24, 8, 3 and 22 in the list at the back.

05 CHAPTER FIVE • FIFE

Forth coast

Sandy beaches and promenades along the Firth of Forth, from Aberdour to Kirkcaldy, most with level paths, accessible toilets and good transport.

Aberdour Silver Sands

Mostly step-free

Silver Sands has just had a £1.3 million upgrade aimed squarely at access: two boardwalks onto the beach, an improved beachfront path network, handrails, new seating, 21 improved Blue Badge spaces and a new Changing Places toilet. It looks out to Inchcolm and its abbey, and the Fife Coastal Path runs past. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Silver Sands car park, Aberdour KY3 0RJ (FCCT).

Length

A short beachfront path network; the Fife Coastal Path continues east towards Burntisland. Lengths not published.

Surface

Improved beachfront paths and two boardwalks for easier beach access (Dunfermline Press report of the upgrade).

Slopes

Not stated. Handrails were added as part of the upgrade.

Gates and barriers

Not stated.

Parking

Number-plate (ANPR) car park: first 2 hours free, then £3. Open 6am to 11pm.

Blue Badge

21 improved Blue Badge spaces. Disabled parking is free in the daytime, but you must register your number plate: at the meter on each visit, or once a year with the QR code on the Blue Badge signs (FCCT).

Toilets

Award-winning toilets (Gold, Loo of the Year), with seasonal opening (FCCT).

Changing Places

Yes, opened summer 2026: 10am to 6pm until the end of September and 10am to 4pm in October (FCCT). Opened with a RADAR key. Ceiling hoist, adult changing bench, peninsular toilet and accessible shower; 13.5 square metres; phone 01592 656080 (Changing Places map). Check winter hours before you go.

Borrow or hire

Not yet. A local news report on the upgrade says a beach wheelchair scheme with large-tired all-terrain chairs is planned; no start date has been published, so ask FCCT (01592 656080).

Seats, café, dogs

Café at the beach; new picnic tables and seating. RNLI lifeguards patrol in summer.

Bus and train

About a 10-minute walk from Aberdour railway station (FCCT). A new active travel route links upper Hawkraig Road to the Coastal Path.

Check before you go

FCCT calls it one of the most popular beaches on the Fife coast, so arrive early on sunny days.

Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/aberdour-silver-sands

Checked 19 October 2026. Sources 25, 26, 2, 27 and 3 in the list at the back.

Burntisland Links and beach promenade

Step-free route

Burntisland's ancient Links and its beach promenade make an easy, sociable walk with sea views, seats, cafés and a long sandy beach. The local community council describes the Links paths and promenade as “accessible to almost everyone”, on fairly

level surfaced routes suitable for wheelchairs. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Burntisland Beach, KY3 9EB (FCCT), or the Links Place car park and toilets (KY3 9DY).

Length

Choose your own distance along the promenade and Links paths.

Surface

Fairly level surfaced routes (Burntisland Community Council).

Slopes

Fairly level. Fife Council lists a disabled ramp.

Gates and barriers

The railway runs between the Links and the beach. There are four pedestrian tunnels: use the one by the **east Links play parks** or the one at the **foot of Lochies Road** (by the Sands Hotel), which are step-free. The middle tunnel by the kiosks has steps only (Burntisland Community Council).

Parking

Free in the daytime, 7am to 8pm (FCCT). Fife Council also lists free parking.

Blue Badge

Disabled parking listed (Fife Council).

Disabled parking is free (FCCT).

Toilets

Fife Council toilets, Links Place: summer 9am to 8pm, winter 9am to 5pm, 30p, accessible toilet, baby change, level access, RADAR key.

Changing Places

Yes: the Beacon Leisure Centre is on the Changing Places map (opening hours not listed, so ask the centre).

Borrow or hire

None.

Seats, café, dogs

Seating on the promenade and Links (community council); cafés on the High Street; picnic tables, crazy golf and a summer fairground (Fife Council).

Bus and train

FCCT notes excellent transport links; Burntisland has a railway station and buses. Check with Traveline Scotland.

Check before you go

The promenade is shared with cyclists and wheelers: “share with care”. The Coastal Path west towards Aberdour becomes narrow, uneven and undulating near the old Seamill tidal pond.

Official page

fife.gov.uk/facilities/beaches-and-harbours/burntisland-promenade-and-beach

Checked 19 October 2026. Sources 28, 29, 30, 2, 31 and 3 in the list at the back.

Kirkcaldy Esplanade and sea wall promenade

Step-free route

Kirkcaldy's waterfront was rebuilt with new sea defences and a resurfaced promenade. The engineers raised the promenade by 25 cm so you can still see the sea over the higher wall, and added ramps down to the beach. It is a long, level, urban walk with toilets and a Changing Places toilet close by.

Access facts

Start

Kirkcaldy Esplanade, near the Leisure Centre and Seafield Beach end (FCCT gives KY1 1SL for Seafield Beach).

Length

The rebuilt sea wall runs for 1.8 km along the coast.

Surface

Newly resurfaced promenade (VolkerStevin, the contractor).

Slopes

Level promenade. Five ramps built to disability access standards lead down to the beach, as well as four new flights of steps.

Gates and barriers

Not stated. The promenade is part of the National Cycle Network, so expect bikes.

Parking

Not stated on the official pages we checked; there are car parks along the Esplanade.

Blue Badge

Not stated.

Toilets

Fife Council toilets, 450 Esplanade (lorry park, KY1 1SL): 9am to 5pm, 30p, accessible toilet, baby change, level access, RADAR key.

Changing Places

Yes: Kirkcaldy Leisure Centre on the Esplanade is on the Changing Places map (two facilities listed; the Esplanade one opens from 6am or 6.30am to 10pm, with shorter weekend hours). Kirkcaldy Galleries in the town centre has one too.

Borrow or hire

None.

Seats, café, dogs

Town-centre cafés and shops are close by.

Bus and train

Kirkcaldy has a railway station and bus station; check routes with Traveline Scotland.

Check before you go

Watch for cyclists: the promenade is part of the National Cycle Network.

Official page

volkerstevin.co.uk/en/projects/kirkcaldy-sea-wall

Checked 19 October 2026. Sources 32, 33, 2 and 3 in the list at the back.

Beveridge Park, Kirkcaldy

Step-free route

Beveridge Park is one of Kirkcaldy's main town parks. Walk Fife, a local walking club, grades the main circuit as its easiest and says it is "suitable for all thanks to the excellent pathways". For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Park toilets on Abbotshall Road, KY2 5PH.

Length

Main circuit 3.27 km, about 49 minutes (Walk Fife, Grade 1). A second route, the Commuters' Stroll, is 2.62 km.

Surface

"Excellent pathways" (Walk Fife).

Slopes

The main circuit is Grade 1. The Commuters' Stroll climbs 40 metres: flat on the east side, higher on the west.

Gates and barriers

Not stated.

Parking

Not stated on the pages we checked.

Blue Badge

Not stated.

Toilets

Fife Council toilets: Monday to Friday 9am to 3pm (closed 1pm to 2pm), Saturday and Sunday 9am to 5pm. 30p, accessible toilet, baby change, level access, RADAR key.

Changing Places

None in the park. The nearest on the map are in Kirkcaldy town centre (Kirkcaldy Galleries and the Town House).

Borrow or hire

None.

Seats, café, dogs

Not stated.

Bus and train

Check buses with Traveline Scotland.

Check before you go

Walk Fife grades are a walking club's own, not an official access grading.

Official page

walkfife.org/maps-routes/beveridge-park-kirkcaldy

Checked 19 October 2026. Sources 34, 35, 36 and 3 in the list at the back.

06 CHAPTER SIX · FIFE

Mid Fife

Parks, woods and lochs in the heart of Fife, from Glenrothes to the Howe of Fife, plus two attractions with step-free paths near Cupar.

Riverside Park, Glenrothes

Step-free route

Riverside Park reopened in June 2025 after a transformation of about £5 million and won a Green Flag Award in 2026. Fife Council says around 4 miles of paths were regenerated, with wide tarmac and blae (fine compacted gravel) paths along the river. Welcome to Fife says the pathways have largely been resurfaced, making them easier for wheelchair users. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Riverside Park, Glenrothes KY7 5PS (play park car park).

Length

About 4 miles of paths; choose your own loop.

Surface

Wide tarmac and blae paths along the length of the river.

Slopes

Not stated. The paths link under two busy roads.

Gates and barriers

Not stated.

Parking

FCCT's car park: free in the daytime (7am to 9pm), and disabled parking is free. Fife Council says charges apply at the play park car park. They may be different car parks, so check the signs before you go.

Blue Badge

Disabled parking free (FCCT).

Toilets

New toilets in the park; check opening times (Fife Council).

Changing Places

None in the park on the Changing Places map. Rothies Halls in Glenrothes town centre has one (listed 9am to 5pm).

Borrow or hire

None.

Seats, café, dogs

Savannah-themed adventure play park and a pump track described as fully accessible. parkrun every Saturday. The Fife Pilgrim Way crosses the park.

Bus and train

Close to Glenrothes town centre and bus station; check with Traveline Scotland.

Check before you go

parkrun and events make Saturday mornings busy.

Official page

fife.gov.uk/facilities/park/riverside-park-town-park-glenrothes

Checked 19 October 2026. Sources 37, 38, 2 and 3 in the list at the back.

Coul Den Trail, Glenrothes

Mostly step-free

A short loop round an old whisky-distillery reservoir on the northern edge of Glenrothes, with views to the Firth of Forth and a glimpse of East Lothian. The burn was restored in summer 2025, and FCCT says that when you “walk or wheel” the trail now you will find improved paths, a new bridge and a boardwalk. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Coul Den Nature Reserve car park, Calder Court, Glenrothes (FCCT gives postcode KY7 6FW).

Length

2 km (1¼ miles) loop, about 40 minutes.

Surface

Improved paths, a new bridge and a boardwalk (FCCT, after the 2025 works).

 Slopes

Some short, moderate slopes.

 Gates and barriers

Not stated.

 Parking

Fife Council car park at Coul Den (Woodland Trust).

 Blue Badge

Not stated.

 Toilets

None at the site. Public toilets at the Pitcairn Centre (Moidart Drive) and in Glenrothes town centre (Woodland Trust).

 Changing Places

None at the site. Glenrothes has several on the map (Rothes Halls, Michael Woods Sports & Leisure Centre).

 Borrow or hire

None.

 Seats, café, dogs

Picnic spots. Roe deer, ducks and mute swans.

 Bus and train

Bus stop at Cromdale Brae, near Formonthills (Woodland Trust).

 Check before you go

You can extend the walk onto the Pitcairn Loop and up into the Lomond Hills, but those paths are steeper.

 Official page

fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/coul-den/coul-den-trail

Checked 19 October 2026. Sources 39, 40 and 3 in the list at the back.

Formonthills Community Woodland, Glenrothes

Mostly step-free

A Woodland Trust wood on the lower slopes of the Lomond Hills, overlooking Glenrothes, with more than 9.6 km (6 miles) of paths and big views. The Trust says the routes are

on mostly level ground or shallow slopes, without steps. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Main car park at the end of Benvane Road, Glenrothes. From the Leslie roundabout take Western Avenue (B969), then Formonthills Road.

Length

Over 9.6 km (6 miles) of paths; several circular routes of different lengths.

Surface

Some routes are surfaced; others are unsurfaced and may be muddy in places.

Slopes

Mostly level ground or shallow slopes, without steps.

Gates and barriers

Not stated. More than 20 entrances from neighbouring streets.

Parking

Main car park at Benvane Road. Also Fife Council car parks at the Pitcairn Centre (Moidart Drive) and Coul Den (Calder Court).

Blue Badge

Not stated.

Toilets

Public toilets in Glenrothes town centre and at the Pitcairn Centre (Moidart Drive).

Changing Places

None at the site; several in Glenrothes (see the Changing Places chapter).

Borrow or hire

None.

Seats, café, dogs

Sculptures at main path junctions and information boards at two car parks. Dogs welcome.

Bus and train

Nearest bus stop: Cromdale Brae. Markinch station is about 5 km (3 miles) away.

⚠ Check before you go

Stick to the surfaced routes after rain.

🔗 Official page

woodlandtrust.org.uk/visiting-woods/woods/formonthills

Checked 19 October 2026. Sources 40 and 3 in the list at the back.

Falkland Estate: the Red Squirrel Walk

Mostly step-free

A gentle half-hour through mixed woodland on the Falkland Estate, with views of the Lomond Hills. You may glimpse a red squirrel or roe deer among the oaks. Falkland village, with its palace and cafés, is close by. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Falkland Estate, Falkland (FCCT gives grid reference NO241082, postcode KY15 7AD).

Length

1.6 km (1 mile), about 30 minutes.

Surface

Mostly firm, wide gravel paths, with a few short bumpy sections.

Slopes

Gentle.

Gates and barriers

Not stated.

Parking

FCCT lists parking on this walk; charges not stated.

Blue Badge

Not stated.

 Toilets

Fife Council toilets, Back Wynd car park, Falkland (KY15 7BG): 9am to 5pm, 30p, accessible toilet, baby change, level access, RADAR key.

 Changing Places

None in Falkland; the nearest on the map are Cupar Sports Centre and the Glenrothes sites (see chapter 3).

 Borrow or hire

None.

 Seats, café, dogs

Picnic spots. Estate events, shop and café enquiries: 01337 858 838.

 Bus and train

Check buses to Falkland with Traveline Scotland.

Check before you go

This is a working estate. Don't confuse it with the estate's Victorian Designed Landscape walk, which has narrow gates, steep stepped sections and narrow bridges.

Official page

fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/falkland/the-red-squirrel-walk

Checked 19 October 2026. Sources 41, 42, 43, 44 and 3 in the list at the back.

Birnie and Gaddon Lochs, near Collessie

Mostly step-free

Two former sand and gravel pits, hidden from the road, now make one of Fife's loveliest wildlife refuges. A Euan's Guide reviewer called the paths "very wheelchair and scooter friendly directly from the car

park”, with lots of benches and views of the lochs and hills. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Public car park off the B937 just south of Collessie.

Length

2.3 km loop (Welcome to Fife); about 45 minutes at a leisurely pace (Euan's Guide).

Surface

“Excellent paths all the way around both lochs” (Euan's Guide review, 2020).

Slopes

Almost completely flat; only about 11 metres of climb in total (Welcome to Fife). The spur to the Gaddon Loch viewpoint has a small incline: fine for a powerchair, a short push in a manual chair (Euan's Guide).

Gates and barriers

Wooden gates and footbridges between the two lochs. The bird hide is locked; ask FCCT for a key.

Parking

Under 2 hours free, all day £2 (honesty box). Open April to September 7am to 10pm, October to March 7am to 8pm (FCCT).

Blue Badge

Disabled parking free (FCCT). In 2020 there was only one marked disabled bay in a car park for about 20 cars, so it can fill at weekends.

Toilets

None on site. Nearest facilities are in Cupar, about 5 miles away.

Changing Places

None at the site. Cupar Sports Centre is on the Changing Places map.

Borrow or hire

None.

Seats, café, dogs

Picnic area at the car park; a row of benches at the Gaddon Loch viewpoint. Popular with dog walkers.

Bus and train

Rural; check buses with TraveLine Scotland.

Check before you go

The Perth railway runs beside part of the path, so trains can be sudden and loud.

Official page

fifecoastandcountrysidetrust.co.uk/walks/local-nature-reserves-others/birnie-gaddon-lochs

Checked 19 October 2026. Sources 45, 46, 47, 2 and 3 in the list at the back.

Hill of Tarvit Mansion garden, near Cupar

Mostly step-free

A mansion house with formal gardens on a hillside south of Cupar, run by the National Trust for Scotland. The Trust's July 2026

accessibility guide is one of the most detailed in Fife, and the garden is step-free from the car park.

Access facts

Start

Hill of Tarvit, KY15 5PB, 2 miles south of Cupar off the A916.

Length

Garden paths; distance not stated.

Surface

Tarmac, fine pea gravel, paving, grass, dust and woodland floor.

Slopes

The garden is on a hillside but step-free from the car park. Some woodland paths to the hilltop are very steep.

Gates and barriers

Wooden steps to the doocot and stiles on the hilltop path. Woodland paths can be muddy and slippery.

Parking

Main car park.

BB Blue Badge

6 Blue Badge bays in the main car park.

WC Toilets

Accessible toilet next to the women's toilets in the car park block: level entry, 90 cm door, opens outwards, not automatic.

CP Changing Places

None on site. Cupar Sports Centre is on the Changing Places map.

🦿 Borrow or hire

Not stated.

🐕 Seats, café, dogs

Benches in the garden. Level access to the lower floor of the mansion, with a ramp to reception. Carers go free. Dogs on a lead in the gardens; assistance dogs everywhere.

🚌 Bus and train

Cupar station is 2.5 miles away. Bus 64 may stop at the end of the west drive (NTS).

⚠ Check before you go

Phone 01334 653127 to check opening times before you go.

🔗 Official page

nts.org.uk/accessibility/hill-of-tarvit-accessibility-guide

Checked 19 October 2026. Sources 48 and 3 in the list at the back.

The Scottish Deer Centre, Bow of Fife

Step-free route

A 55-acre wildlife park near Cupar with 12 species of deer, plus wildcats, bears, otters and birds of prey. Asked whether the park suits wheelchairs and powerchairs, the centre says yes: most paths are fairly flat and all daily events are accessible.

Access facts

Start

The Scottish Deer Centre, Bow of Fife, Cupar KY15 4NQ.

Length

About 45 minutes to walk round, though you can spend the day.

Surface

Not described. "Level pathways" (Welcome to Fife).

Slopes

Most paths fairly flat (Scottish Deer Centre).

Gates and barriers

Not stated.

Parking

Free.

Blue Badge

Not stated. Welcome to Fife mentions ample parking.

WC Toilets

Toilets in the courtyard and in the barn.
Welcome to Fife lists accessible toilets;
check with the centre before you travel.

CP Changing Places

None on site. Cupar Sports Centre is on the
Changing Places map.

Borrow or hire

Not stated; ask the centre.

Seats, café, dogs

Coffee shop and picnic areas. A disabled
visitor paying the full adult or child price can
bring one carer free; bring proof such as a
Blue Badge or PIP letter.

Bus and train

Rural; check buses with TraveLine Scotland.
The centre's phone number is 01337 810391.

Check before you go

Pet dogs are not allowed in the park (only in the courtyard, on a lead). If you use an assistance dog, phone ahead. Open daily except 25 December and 1 January; the park closes at 4.30pm and last entry is 45 minutes before.

Official page

scottishdeercentre.co.uk/contact

Checked 19 October 2026. Sources 49, 14 and 3 in the list at the back.

07 CHAPTER SEVEN • FIFE

Levenmouth and East Neuk

Leven's long promenade, now with a railway station again, Silverburn Park's beach wheelchairs and the sheltered sands at Elie.

Leven Promenade

Mostly step-free

Visitors have come to Leven's long sandy beach since Victorian times, and since the railway station reopened in June 2024 you can arrive by train again. A promenade and green space run behind the sands, close to the bus terminal and town centre.

Access facts

Start

The Promenade, Leven (off the B955 from the A915).

Length

Choose your own distance along the promenade; the Fife Coastal Path continues in both directions.

Surface

Promenade. FCCT has been resurfacing paths here (autumn 2026); surface details not published.

 Slopes

Not stated.

 Gates and barriers

Not stated.

 Parking

Free in the daytime. A parking charge notice scheme started in April 2024, so read the signs.

 Blue Badge

Disabled parking free (FCCT).

 Toilets

Leven Promenade toilets closed from 30 September 2026 for about two weeks during path resurfacing (FCCT); check they have reopened.

 Changing Places

Levenmouth Swimming Pool and Sports Centre is on the Changing Places map.

 Borrow or hire

Beach wheelchairs from nearby Silverburn Park (see the next walk).

Seats, café, dogs

Picnic tables with views across the Firth of Forth, play area, outdoor gym and putting green. RNLI lifeguards in summer.

Bus and train

Leven railway station (reopened June 2024) and Leven bus terminal are close by.

Check before you go

Check the FCCT website for the end of the resurfacing works.

Official page

fifecoastandcountryside.co.uk/walks/fife-beaches/leven-beach

Checked 19 October 2026. Sources 50, 2, 27 and 3 in the list at the back.

Silverburn Park, Leven

Mostly step-free

A 27-acre community park of woodland and grassland around a well-kept walled garden, about five minutes from Leven beach. It is

also one of only two places in Fife that lend beach wheelchairs. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Silverburn Park, Leven (on the A915 at the east side of town).

Length

Short park paths; distances not stated.

Surface

Not described. The park says its main campsite path is still being made wheelchair-friendly.

Slopes

Not stated.

Gates and barriers

Building work on the Flax Mill, Monday to Friday 7am to 5pm.

Parking

Not stated for day visitors.

BB Blue Badge

One disabled space by the main gate (campsite).

WC Toilets

Wheelchair-accessible toilet and shower unit in the campsite block.

CP Changing Places

Levenmouth Swimming Pool and Sports Centre is on the Changing Places map.

🦽 Borrow or hire

Silverburn Park has 4 beach wheelchairs with balloon tyres (2 adult, 2 child or small adult) to pre-book; they can go into shallow water up to 15 cm. There is no hoist. Its page still says “closed until spring 2026”, so email beachwheelchairs@silverburnpark.co.uk before you travel.

🍽️ Seats, café, dogs

Cottage Window Café (outdoor takeaway).
Accessible camping pod.

🚌 Bus and train

Leven bus terminal and railway station are in town.

Check before you go

Phone ahead about the beach wheelchairs and the building works.

Official page

silverburnpark.co.uk/faq

Checked 19 October 2026. Sources 51, 52, 14, 3 and 53 in the list at the back.

Elie Harbour and beach

Short visit

A sheltered, sandy bay that at low tide joins Earlsferry beach to give almost a mile of golden sand. FCCT lists disabled access and parking among the facilities. It is more of a short seaside visit than a walk, but a lovely one. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Elie Harbour, KY9 1EG (FCCT).

 Length

Short; the beach is almost a mile long at low tide.

 Surface

Beach and harbour front; path surfaces not described.

 Slopes

Not stated.

 Gates and barriers

Not stated.

 Parking

Parking listed by FCCT.

 Blue Badge

Disabled access and parking listed (FCCT).

 Toilets

Elie Harbour toilet (seasonal, FCCT). Fife Council toilets, Stenton Row (KY9 1DP): 9am to 5pm all year, free, accessible toilet, level access, RADAR key.

 Changing Places

Waid Community Campus, Anstruther, is on the Changing Places map (listed 9am to 10pm).

Borrow or hire

None.

Seats, café, dogs

Seasonal RNLI lifeguards and first aid.
Watersports in summer.

Bus and train

Check buses along the coast with Traveline Scotland.

Check before you go

Check tide times: the sand between Elie and Earlsferry is only joined at low tide.

Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/elie-harbour

Checked 19 October 2026. Sources 54, 55 and 3 in the list at the back.

08 CHAPTER EIGHT • FIFE

St Andrews and North East Fife

The richest corner of Fife for accessible days out: free beach wheelchairs, two gardens with wheelchair loans, a Changing Places park and the Tentsmuir coast.

Craigtoun Country Park, near St Andrews

Step-free route

Craigtoun is a free country park run by the Friends of Craigtoun, with gardens, a trim trail and an accessible play area. It has had a full Changing Places toilet since April 2023, and the paths from the car park to the café, ticket office and toilets are tarmac,

with “no inclines of any significance”. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Craigtoun Country Park, St Andrews KY16 8NX.

Length

Park paths; choose your own loop.

Surface

Tarmac from the car park to the café, ticket office and toilet block.

Slopes

“No inclines of any significance” on those main paths (Friends of Craigtoun).

Gates and barriers

Not stated.

Parking

Free (donations welcome). The park is open 24 hours, 7 days a week, and entry is free.

BB Blue Badge

Dedicated disabled bays close to the main entrance.

WC Toilets

Disabled toilets in the main block, in a second block by the trim trail and in the Craigtoun Café. Fife Council lists the park toilets as open 9am to 4pm, free.

CP Changing Places

Yes: toilet, adult changing bed, hoist and shower or wet room. Get the key from the Ticket Office or the Admin Office, 01334 472013.

** Borrow or hire**

Not stated.

** Seats, café, dogs**

Accessible play area with communication boards. Dogs welcome; keep them on a short lead in the play area.

** Bus and train**

Bus 64 (Moffat & Williamson) stops by Craigtoun Meadows caravan park, about 15 minutes' walk away, uphill.

Check before you go

The walk up from the bus stop is uphill; consider a taxi or lift if that is a barrier.

Official page

friendsofcraigtoun.org.uk/accessibility

Checked 19 October 2026. Sources 56, 57, 58, 59 and 3 in the list at the back.

The Lade Braes into St Andrews

Mostly step-free

The Lade Braes is a path that leads into the heart of St Andrews. It is the last stretch of the Fife Pilgrim Way, and FCCT has published a video of it filmed from a wheelchair.

Access facts

Start

Top of the Lade Braes (FCCT gives grid reference NO491158, postcode KY16 8QW).

 Length

2.5 km (1½ miles) into town, about 45 minutes.

 Surface

Tarmac on the Lade Braes, then pavements and cobbles through the busy streets of St Andrews.

 Slopes

Gentle.

 Gates and barriers

Cobbles in the town centre.

 Parking

Not stated.

 Blue Badge

Not stated.

 Toilets

Fife Council toilets at Bruce Embankment in town (see West Sands).

 Changing Places

Bruce Embankment, St Andrews (see West Sands).

Borrow or hire

None.

Seats, café, dogs

You finish in the town centre, close to cafés and shops.

Bus and train

St Andrews bus station is in the town centre. The nearest railway station is Leuchars.

Check before you go

The section before it, from Craigtoun, has long moderate slopes and occasional short fairly steep ones on firm gravel, so it is harder.

Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/ceres-to-st-andrews/lade-braes-to-st-andrews

Checked 19 October 2026. Sources 60, 61, 62, 63 and 3 in the list at the back.

St Andrews Botanic Garden

Mostly step-free

A garden on the edge of St Andrews. It has a wheelchair-accessible loop, lots of benches and shelters, and lends a wheelchair for free. Carers and under-16s go free. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

St Andrews Botanic Garden, Canongate, St Andrews KY16 8RT. About 10 minutes' walk from the bus station.

Length

Wheelchair-accessible loop of about 1.2 km.

Surface

Metalled (hard-surfaced) paths and grass.

Slopes

Mostly flat. The areas down to the pond are steep, and there are some steps.

Gates and barriers

Ticketed entry.

Parking

Free.

Blue Badge

One designated accessible parking space.

Toilets

Accessible toilet at the entrance. A ramp leads to the visitor centre.

Changing Places

No permanent Changing Places; a mobile unit (Pamiloo) comes for some events. Nearest permanent one: Bruce Embankment, St Andrews.

Borrow or hire

Free wheelchair to borrow; reserve it first (01334 461200, info@standrewsbotanic.org).

Seats, café, dogs

Many benches and shelters. Adults £7.50, over-60s £6.20, carers and under-16s free. Pets are not allowed; working assistance dogs are welcome.

 Bus and train

About 10 minutes' walk from St Andrews bus station.

 Check before you go

Opening: April to September 10am to 5pm, October to March 10am to 4pm; last entry 30 minutes before closing. Closed from Christmas Eve to New Year.

 Official page

standrewsbotanic.org/visit

Checked 19 October 2026. Sources 64 and 3 in the list at the back.

St Andrews West Sands with a beach wheelchair

Short visit

Almost two miles of sand made famous by *Chariots of Fire*. Sand is usually a barrier to wheelchairs, but the St Andrews Beach

Wheelchairs scheme lends all-terrain beach chairs for free, and there is a hoist (bring your own sling).

Access facts

Start

Beach wheelchair hut at West Sands, by the West Sands Café, West Sands Road (FCCT gives KY16 9JE for the beach).

Length

Up to almost two miles of beach. Wheelchair loans last 3 hours or half a day.

Surface

Sand, with designated access points through the dunes (FCCT).

Slopes

Not stated.

Gates and barriers

Dunes: use the designated access points.

Parking

Plenty of parking (FCCT).

Blue Badge

Not stated.

Toilets

Fife Council toilets, Bruce Embankment (KY16 9AB): 9am to 7pm all year, 30p, accessible toilet, baby change, level access, RADAR key.

Changing Places

Yes: Bruce Embankment. Fife Council lists 9am to 7pm; the Changing Places map lists 9am to 5pm, daily. The hours conflict, so check before you go.

Borrow or hire

Free beach wheelchairs from St Andrews Environmental Network and the Hamish Foundation. The scheme's page still shows the 2025 season (2 April to 29 October 2025): Monday, Wednesday, Saturday and Sunday, 10am to 4pm. 2026 and 2027 dates are not confirmed, so check before you travel. Book at bookwhen.com/standrewsbwc, on 03000 122 014 or at wheelchairs@standrewsenvironmental.org.

Seats, café, dogs

Lifeguards in summer. The town centre is about 15 minutes' walk.

Bus and train

St Andrews bus station is in the town; the nearest railway station is Leuchars.

Check before you go

The beach is zoned for sand yachts; keep to the zones. The scheme is seasonal and its published dates cover 2025 only, so check dates before you travel.

Official page

standrewsenvironmental.org/projects/st-andrews-beach-wheelchairs

Checked 19 October 2026. Sources 65, 66, 67, 63 and 3 in the list at the back.

Cambo Gardens and Kingsbarns Beach

Mostly step-free

Cambo is a historic estate on the east coast, 7 miles south of St Andrews, in the Erskine family for over 300 years. Welcome to Fife says it has designated parking near the entrance, fully accessible toilets and free

wheelchairs and mobility walkers to borrow. A woodland trail leads from the estate to Kingsbarns Beach. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Cambo Gardens and the Stables Visitor Centre, Cambo Estate, Kingsbarns KY16 8QD. Kingsbarns Beach car park: KY16 8TN.

Length

Garden paths, plus the woodland trail to Kingsbarns Beach (length not stated).

Surface

Garden and woodland trail surfaces not described; ask when you book.

Slopes

Not stated.

Gates and barriers

Ticketed: book on the What's On page. RHS members go free on Wednesdays and Thursdays.

Parking

Cambo: designated parking close to the entrance. Kingsbarns Beach: under 2 hours free, all day £2 (cash or card).

Blue Badge

Kingsbarns Beach: disabled parking free (FCCT).

Toilets

Fully accessible toilets at Cambo. Public toilets behind the dunes at Kingsbarns Beach.

Changing Places

None at the site; nearest in St Andrews and Anstruther.

Borrow or hire

Welcome to Fife says Cambo lends free wheelchairs and mobility walkers. Cambo's own pages do not mention them, so check before you travel.

Seats, café, dogs

Dogs on leads welcome everywhere at Cambo. Kingsbarns Beach has a food outlet and a sauna.



Bus and train

Rural; check buses with Traveline Scotland.

⚠ Check before you go

Kingsbarns Beach is soft sand with jagged rocks on the lower shore and can be rough in onshore winds.



Official page

cambogardens.org.uk

Checked 19 October 2026. Sources 14, 68, 69 and 2 in the list at the back.

Eden Estuary Centre, Guardbridge

Short visit

A small birdwatching centre on the Eden Estuary, a Local Nature Reserve of global importance for wading birds. FCCT says the centre has “well serviced disabled access”. It is a short visit, but in winter thousands of birds feed on the mudflats in front of you.

Access facts

Start

Off the A919 at Guardbridge, just after the turn from the A91: the small car park is on the right (FCCT gives postcode KY16 0UL).

Length

Short, from the car park to the centre.

Surface

Not stated.

Slopes

Not stated.

Gates and barriers

The centre is opened with a keypad: phone the area ranger for the code on 07985 707593 (FCCT leaflet).

Parking

Small car park.

Blue Badge

Not stated.

Toilets

FCCT lists toilets for this site; check when you phone for the code.

CP Changing Places

None at the site; nearest at Bruce Embankment, St Andrews.

Borrow or hire

None.

Seats, café, dogs

Room for about 10 people. Bring binoculars.

Bus and train

Check buses to Guardbridge with Traveline Scotland.

⚠ Check before you go

Phone ahead for the door code, and ask about toilets at the same time.

🔗 Official page

fifecoastandcountrysidetrust.co.uk/walks/local-nature-reserves-others/eden-estuary-nature-reserve

Checked 19 October 2026. Sources 70 and 71 in the list at the back.

Tentsmuir: Kinshaldy car park and beach edge

Short visit

Tentsmuir's pine forest, dunes and huge beach are among Fife's wildest places. The main trail is graded Moderate rather than accessible, but the Kinshaldy car park has Blue Badge parking, accessible toilets, a café and picnic tables, some of them accessible for wheelchairs. For what to see and do here, see our Green Spaces of Fife guide.

Access facts

Start

Kinshaldy car park, Tentsmuir Forest, KY16 0DR. Follow signs for Kinshaldy Beach from the B945 between Leuchars and Tayport.

Length

Short visit around the car park and picnic area. The Ice House Trail is 6.2 km.

Surface

Ice House Trail: largely firm but uneven sandy surface, with a short rougher section, tree roots and muddy patches (FLS).

Slopes

Ice House Trail: several short steep ramps (FLS grade Moderate).

Gates and barriers

Barrier-controlled car park.

Parking

£4 at the barrier. Summer (April to October) 8am to 9pm, last entry 8.30pm; winter 8am to dusk.

Blue Badge

Blue Badge parking. Blue Badge holders park free at all FLS car parks: at Tentsmuir, pay at the barrier and claim a refund (0300 067 6380, enquiries@forestryandland.gov.scot) with your badge serial number and date of visit.

Toilets

Accessible toilets. Kinshaldy toilets are open all year during car park hours (NatureScot).

CP Changing Places

None on site; nearest at the Larick Centre, Tayport.

Borrow or hire

None.

Seats, café, dogs

Café (Salt and Pine). Many picnic tables, some accessible for wheelchairs (NatureScot). At Morton Lochs, also part of the reserve, there are benches and four wildlife hides, and the car park is level with a compacted hard surface.

Bus and train

Leuchars station is 5 km away. Stagecoach bus 42 (Dundee to St Andrews) stops at the Tayport entrance every 30 minutes.

Check before you go

No fires anywhere in the forest or on the beach. Ticks are most active from March to October (FLS).

Official page

forestryandland.gov.scot/visit/destinations/tentsmuir/visitor-information

Checked 19 October 2026. Sources 72, 73, 74, 75 and 3 in the list at the back.

Tayport to the Tay Road Bridge on the old railway

Mostly step-free

A quiet walk along the River Tay with views across to Broughty Ferry and Dundee. FCCT says the Fife Coastal Path follows the tarmac disused railway line from Tayport to the Tay Bridge, and the stretch beyond to Wormit Bay is easy walking along pavements.

Access facts

Start

Tayport Harbour (Fife Council toilets at Inn Street, DD6 9AZ) or the Tay Bridge car park at the other end.

Length

Not stated by FCCT; walk as far as you like and return.

Surface

Tarmac on the old railway line (FCCT). Walk Fife calls the coastal path into Tayport “easy walking”.

Slopes

Not stated.

Gates and barriers

Not stated.

Parking

Tay Bridge car park has plenty of space and toilets (Walk Fife). Parking at Tayport harbour.

Blue Badge

Not stated.

 Toilets

Fife Council toilets, Tayport Harbour: 9am to 5pm all year, 30p, accessible toilet, level access, RADAR key. Toilets and a kiosk at the Tay Bridge car park (Walk Fife).

 Changing Places

Yes, in Tayport: The Larick Centre and Café (DD6 9EA), listed 10am to 5pm.

 Borrow or hire

None.

 Seats, café, dogs

Cafés in Tayport and a kiosk at the Tay Bridge car park.

 Bus and train

Stagecoach 42 serves Tayport (NatureScot). Check with TraveLine Scotland.

Check before you go

Crossing the A92 is only needed on longer routes inland; stay on the coast.

Official page

fifecoastandcountrysidetrust.co.uk/walks/fife-coastal-path/leuchars-to-wormit-bay

Checked 19 October 2026. Sources 76, 77, 78, 75 and 3 in the list at the back.

09 CHAPTER NINE • SCOTLAND

Scotland walks at a glance

Twenty-four more walks beyond Fife, from Arran to the Borders. A second Clarity researcher gathered these from the official pages; we spot-checked a sample of the access details, and every walk was fact-checked again.

Walk	Where	Access	Changing Places	Hire or loan
<u>Glencoe Lochan:</u> <u>Lochan Trail</u>	Highlands, Lochaber	Mostly step-free	No	No
<u>Culloden Battlefield</u>	Highlands, near Inverness	Mostly step-free	No	Yes
<u>Brodict Castle Garden & Country Park</u>	Isle of Arran	Short visit	Nearby	No
<u>Moine Mhòr NNR:</u> <u>Tileworks Trail</u>	Argyll, near Kilmartin	Step-free route	No	No
<u>Glenmore: Loch Morlich Beach Trail</u>	Cairngorms	Step-free route	No	Yes
<u>Loch an Eilein</u>	Rothiemurchus, Cairngorms	Short visit	Nearby	No
<u>RSPB Loch Garten, Abernethy</u>	Cairngorms	Mostly step-free	On site	Yes

Walk	Where	Access	Changing Places	Hire of loan
<u>Muir of Dinnet NNR: Burn o' Vat, lower Vat Trail</u>	Cairngorms/ Deeside	Short visit	No	No
<u>Glen Tanar: Chapel of St Lesmo path</u>	Aberdeenshire, Cairngorms	Mostly step-free	No	No
<u>Crathes Castle: path to Caroline's Garden and the walled garden</u>	Aberdeenshire	Short visit	Nearby	No
<u>Crombie Country Park</u>	Angus	Mostly step-free	No	No
<u>The Hermitage: track to Ossian's Hall</u>	Perthshire, near Dunkeld	Mostly step-free	No	No
<u>Faskally: Dunmore Trail</u>	Perthshire, near Pitlochry	Step-free route	No	No

Walk	Where	Access	Changing Places	Hire of loan
<u>The Lodge Forest Visitor Centre: Waterfall Trail</u>	Loch Lomond & the Trossachs, Aberfoyle	Step-free route	Nearby	Yes
<u>Balloch Castle Country Park</u>	Loch Lomond & the Trossachs	Mostly step-free	Nearby	No
<u>Loch Katrine: lochside road from Trossachs Pier</u>	Loch Lomond & the Trossachs	Mostly step-free	No	Yes (b pier wheel)
<u>Holyrood Park: St Margaret's Loch and Queen's Drive</u>	Edinburgh	Short visit	Nearby	No
<u>Yellowcraig</u>	East Lothian, near Dirleton	Step-free route	On site	No

Walk	Where	Access	Changing Places	Hire of loan
<u>Pollok Country Park and the Burrell Collection</u>	Glasgow	Mostly step-free	On site	Yes
<u>Strathclyde Country Park</u>	Lanarkshire, Motherwell	Step-free route	No	No
<u>Culzean Castle & Country Park: Swan and Lion trails</u>	Ayrshire	Mostly step-free	No	Yes
<u>Glentress: Multi-user Trail and Ponds Trail</u>	Scottish Borders, near Peebles	Step-free route	No	No
<u>Floors Castle: Walled Gardens Tramper route</u>	Scottish Borders, Kelso	Mostly step-free	No	Yes

Walk	Where	Access	Changing Places	Hire of loan
Kirkcubright: Wild Watch Trail	Dumfries & Galloway, near Newton Stewart	Step-free route	On site	No

“Nearby” means a Changing Places toilet a short drive away (the fact box gives the distance, as the crow flies). Strathclyde Country Park’s Changing Places toilet is closed for refurbishment. RSPB Loch Garten’s is open 1 April to 31 October only and is not on the official map.

10 CHAPTER TEN • SCOTLAND

Highlands, islands and Argyll

Lochs, battlefields, an island garden and a raised bog in the west.

Glencoe Lochan: Lochan Trail

Mostly step-free

Highlands, Lochaber

A short loop round a lochan just outside Glencoe village. Forestry and Land Scotland (FLS) calls it an easy-access trail; it is temporarily graded Easy rather than Easy All Abilities.

Access facts

Start

Glencoe Lochan car park, near postcode PH49 4HT. Go through Glencoe village, over the hump-back bridge, take the second left and go through the barrier. The tarred drive is not suitable for motorhomes.

Length

1.6 km (1 mile) loop around the lochan, about 30 minutes.

Surface

Wide, firm, smooth path with rest points. This trail is temporarily graded Easy, not Easy All Abilities.

Slopes

Generally flat with short gentle gradients.
After heavy rain, up to 3 m of path at the far end can be under surface water.

Gates and barriers

Not stated.

Parking

£1 for up to 1 hour, £3 all day. Pay by card or RingGo.

Blue Badge

Marked Blue Badge parking. Blue Badge holders park free.

Toilets

None on site. The nearest public toilets, cafés and shops are in Glencoe village.

Changing Places

None found on the CP map near Glencoe.

Borrow or hire

Not stated.

Seats, café, dogs

Rest points on the path. No café on site.
Dogs not stated.

 Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline
Scotland: 0871 200 22 33.

 Check before you go

Nothing extra stated. Check opening times
and path conditions before you travel.

 Official page

[forestryandland.gov.scot/visit/destinations/
glencoe-lochan/trails](https://forestryandland.gov.scot/visit/destinations/glencoe-lochan/trails)

Checked 19 October 2026. Sources 79, 80 and 81 in
the list at the back.

Culloden Battlefield

Mostly step-free**Highlands, near Inverness**

The site of the 1746 battle, with a visitor
centre and hard-surfaced paths across the
moor. The National Trust for Scotland (NTS)
says the battlefield paths and roof walkway
are wheelchair accessible, and wheelchairs
are lent free.

Access facts

Start

Culloden Visitor Centre, Culloden, Inverness IV2 5EU, 5 miles east of Inverness off the A9/B9006.

Length

Network of battlefield paths plus a roof walkway. Distance not stated.

Surface

The roof walkway and battlefield paths are wheelchair accessible and have a hard surface. In wet weather the trails can get muddy and hard to use in a wheelchair.

Slopes

The trail is sloped, and the roof walkway is reached by a ramp.

Gates and barriers

Not stated. Culloden Moor is exposed and the weather can change quickly.

Parking

Pay & Display for non-members, free for NTS members. The car park is open 8am to 6pm and can fill at peak times.

BB Blue Badge

Designated disabled bays in the car park.

WC Toilets

Yes, with level access from the main entrance.

CP Changing Places

None found on the CP map near Culloden.

🦽 Borrow or hire

Wheelchairs are lent free from the Welcome Desk.

🪑 Seats, café, dogs

The trail has benches. There is a café. Dogs are welcome on the battlefield under close control, but are not allowed in the museum.

🚌 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Visitor centre open 2 March to 1 November 9am to 5pm, and 2 November to 28 February 2027 9am to 4pm. The battlefield is open daily all year.

Official page

nts.org.uk/accessibility/culloden-accessibility-guide

Checked 19 October 2026. Sources 82 and 83 in the list at the back.

Brodict Castle Garden & Country Park

Short visit

Isle of Arran

Brodict Castle's gardens and country park are 2 miles from the Arran ferry. Only some of the grounds suit wheelchairs, so ask for the map with marked accessible routes.

Access facts

Start

Brodict Castle, Isle of Arran KA27 8HY, 2 miles north of the Brodict ferry terminal. Car park what3words: ///kilt.delay.zoom.

Length

Not stated. Ask at the admissions or retail desk for the garden map with marked accessible routes.

Surface

“Some areas of the grounds are suitable for wheelchairs”. The top part of the walled garden is accessible. Paths to the walled garden and wider estate “are uneven and may be unsuitable for wheelchair users”.

Slopes

Not stated.

Gates and barriers

Grazing livestock on site.

Parking

Large car park about 200 m from the castle, free for members. Entry to the garden and country park costs £10 for an adult.

BB Blue Badge

Disabled bays at the rear of the castle.

WC Toilets

At the castle and café.

CP Changing Places

The nearest on the CP map is Brodick Ferry Terminal, about 2 km away.

🦾 Borrow or hire

Not stated.

🍷 Seats, café, dogs

Picnic tables. Woodland café (takeaway).
Dogs on leads in the garden and country park, but not in the castle or walled garden.

🚌 Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline
Scotland: 0871 200 22 33.

Check before you go

The castle and café are closed from 26 Oct 2026 to 28 Feb 2027. The country park and garden are open all year, 10am to 5pm.

Official page

[brodickcastle.co.uk/visit/places/brodick-castle/
planning-your-visit](https://brodickcastle.co.uk/visit/places/brodick-castle/planning-your-visit)

Checked 19 October 2026. Sources 84 and 81 in the list at the back.

Moine Mhòr NNR: Tileworks Trail

Step-free route

Argyll, near Kilmartin

A short flat loop on a National Nature Reserve near Kilmartin. NatureScot says “everyone can enjoy” it, and a boardwalk leads out over the bog.

Access facts

Start

Reserve car park on the B8025, 2 km south of Kilmartin. PA31 8QF is the nearest postcode, about 1 km north of the car park.

 Length

600 m circular. “Everyone can enjoy” it, with an optional 90 m boardwalk out over the bog to a viewpoint.

 Surface

Generally smooth, firm, flat gravel, plus the boardwalk.

 Slopes

Flat.

 Gates and barriers

One overhanging tree trunk, maximum height 1.6 m. The path sometimes floods after heavy rain. The hide off the canal towpath has a step onto its ramp.

 Parking

Room for up to 10 cars. Charge not stated.

 Blue Badge

Not stated.

 Toilets

None on site. The nearest public toilets are in Lochgilphead, 10 km away, and the accessible toilet there has a RADAR lock.

CP Changing Places

None found on the CP map nearby.

Borrow or hire

Not stated.

Seats, café, dogs

Two seats on the trail and one at the end of the boardwalk, each with space beside it for a wheelchair. One of the 3 picnic tables is easily accessible. No café. Dogs not stated.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

⚠ Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

🔗 Official page

nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/moine-mhor-nnr/moine-mhor-nnr-visiting-reserve

Checked 19 October 2026. Source 85 in the list at the back.

11 CHAPTER ELEVEN • SCOTLAND

Cairngorms and the North East

Forest trails and lochs around Aviemore, Deeside gardens and an Angus country park.

Glenmore: Loch Morlich Beach Trail

Step-free route

Cairngorms

A smooth, wide trail by Loch Morlich Beach near Aviemore. Off-road wheelchairs can be hired nearby at Badaguish.

Access facts

Start

Loch Morlich Beach car park, near postcode PH22 1QU. Follow 'The Cairngorms' from Aviemore and turn in at the 'Loch Morlich Watersports' sign.

Length

2.4 km (1½ miles), about 1 hour.

Surface

Graded Easy. Mostly wide, smooth gravel path, with a section on smooth roadside pavement.

Slopes

Some short moderate slopes.

Gates and barriers

Not stated.

Parking

Car park run with The Highland Council. Enforced charges apply, set by the council. FLS passes are not valid. No parking from 11 pm to 6 am.

Blue Badge

Blue Badge parking is listed.

Toilets

Yes. Open 24 hours at the beach car park from 1 Apr to 31 Oct. Glenmore village toilets are open all year.

Changing Places

None found on the CP map near Glenmore.

Borrow or hire

Able2Adventure at Badaguish Outdoor Centre, Glenmore, hires off-road wheelchairs. Mountain Trike e-Trike £40 half day or £60 full day. Paratrekker £20 or £30. G-Explorer £15 or £30. Contact 07469 928 308 or info@able2adventure.co.uk.

Seats, café, dogs

Picnic area. There is a café at Glenmore Visitor Centre, now run by Aviemore and Glenmore Community Trust. Dogs not stated.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

After the summer wildfire, Allt Mor car park is still closed for repair. Stay on forest roads and waymarked trails. Harvesting around Badaguish has closed some routes, so check the FLS map.

Official page

forestryandland.gov.scot/visit/destinations/loch-morlich-beach/trails

Checked 19 October 2026. Sources 86, 87, 88 and 89 in the list at the back.

Loch an Eilein

Short visit

Rothiemurchus, Cairngorms

A loch on the Rothiemurchus estate near Aviemore, with views of its castle. The estate does not describe the path as accessible, so we suggest only the short stroll from the car park for the castle view.

Access facts

Start

Loch an Eilein car park, which has an attendant. The estate address is Rothiemurchus Centre, by Aviemore PH22 1QH. Its exact postcode is not stated.

Length

3 miles (5 km) all the way around. "A short stroll from the car park" gives views of the castle.

Surface

Not described by the estate, and it does not call the route accessible. We suggest only the short stroll from the car park.

Slopes

Not stated.

Gates and barriers

The narrow bridge on the access road is unsuitable for coaches, motorhomes and caravans.

P Parking

£5 per car, or £2 per person with the Explorer map. Friends of Rothiemurchus park free.

BB Blue Badge

Not stated.

WC Toilets

Not stated on the official page.

CP Changing Places

None on site. The nearest on the CP map is in Aviemore (TISO and Aviemore Community Centre).

🚲 Borrow or hire

Not stated. Able2Adventure at Badaguish (see Glenmore: Loch Morlich Beach Trail) is nearby.

🐕 Seats, café, dogs

Dogs welcome under control, and there is a dog exercise area. Café not stated.

🚌 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

rothiemurchus.net/visit/loch-an-eilein

Checked 19 October 2026. Source 90 in the list at the back.

RSPB Loch Garten, Abernethy

Mostly step-free

Cairngorms

The RSPB's Loch Garten Nature Centre on the Abernethy reserve. The track to the Nature Centre has a compacted hard surface; the forest trails are rougher. RSPB lists a Changing Places toilet and an off-road mobility scooter.

Access facts

Start

Loch Garten Nature Centre car park. The reserve office is Forest Lodge, Nethy Bridge PH25 3EF.

 Length

The track to the centre is 250 m. Big Pines Trail: 1.6 km there-and-back. Two Lochs Trail: 2.7 km loop, starting from Loch Mallachie car park.

 Surface

Track: compacted hard surface. Big Pines: about 1 m wide with passing places, mainly firm with loose stones and uneven sections. Two Lochs: mainly wide and firm, with loose stones and uneven areas.

 Slopes

Slight inclines on the track up to the centre.

 Gates and barriers

Not stated.

 Parking

Free.

 Blue Badge

Not stated.

 Toilets

At the Nature Centre.

Changing Places

Yes, according to RSPB: next to the car park, opened with a RADAR key, only when the centre is open (1 April to 31 October). It is not on the Changing Places map.

Borrow or hire

An off-road mobility scooter: book at abernethy@rspb.org.uk. A manual assisted wheelchair can be borrowed from the kiosk; booking ahead is advised. Age and weight rules not stated, so ask.

Seats, café, dogs

Benches at viewpoints, and a wheelchair bay at one picnic bench. Café not stated. Dogs must be on a lead from 1 Apr to 31 Aug, and are not allowed at the Nature Centre except assistance dogs.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

The Nature Centre opens 1 Apr to 31 Oct. The toilets, including the Changing Places toilet, are only open when the centre is. The trails are always open.

Official page

rspb.org.uk/days-out/reserves/loch-garten-abernethy/facilities

Checked 19 October 2026. Sources 91 and 92 in the list at the back.

Muir of Dinnet NNR: Burn o' Vat, lower Vat Trail

Short visit

Cairngorms/Deeside

The Burn o' Vat is on the Muir of Dinnet National Nature Reserve on Deeside. The path to it is firm, but getting into the Vat itself means slippery stepping stones, so treat this as a there-and-back to the entrance.

Access facts

Start

Burn o' Vat Visitor Centre car park, near postcode AB34 5NB, on the B9119.

Length

A low-level "there and back" on the lower Vat Trail. Distance not stated. NatureScot grades the full Vat Trail Strenuous; only the lower there-and-back is the easier option.

Surface

Firm path to the Vat, then uneven, slippery stepping stones into it.

Slopes

One moderate slope near the start. The circular return has steep slopes.

Gates and barriers

The stepping stones. The Little Ord Trail has two gates.

Parking

Charges not stated for the visitor centre car park. Clarack car park in Dinnet is Pay & Display.

BB Blue Badge

Not stated on the NatureScot page.

WC Toilets

The toilets are open all year, a short distance from the centre. The page does not say whether they are accessible.

CP Changing Places

None found on the CP map nearby.

Borrow or hire

Not stated.

Seats, café, dogs

Two picnic benches near the centre, both wheelchair accessible and reached by a surfaced track. Dogs on a short lead from April to July. No café stated.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Visitor centre open 10am to 4pm, Easter to October. Winter hours vary.

Official page

nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/muir-dinnet-nnr/muir-dinnet-nnr-visiting-reserve

Checked 19 October 2026. Source 93 in the list at the back.

Glen Tanar: Chapel of St Lesmo path

Mostly step-free

Aberdeenshire, Cairngorms

A gentle riverside and meadow path to the little Chapel of St Lesmo on the Glen Tanar estate. The trust describes it as “mainly level with no steep slopes”.

Access facts

Start

Glen Tanar Visitor Centre, Braeloigne, AB34 5EU.

 Length

1.75 km, about 30 minutes, by the river and through meadows.

 Surface

Crushed stone and grass.

 Slopes

The trust says it is “mainly level with no steep slopes”.

 Gates and barriers

Not stated.

 Parking

Not stated.

 Blue Badge

Not stated.

 Toilets

A toilet for wheelchair users at the visitor centre, reached by a ramp and automatic door. A “relatively smooth path” leads there from Braeloine Bridge.

 Changing Places

None found on the CP map nearby.

 Borrow or hire

Not stated.

 Seats, café, dogs

Not stated.

 Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline
Scotland: 0871 200 22 33.

 Check before you go

The visitor centre is open daily except
Tuesdays, 10am to 5pm, all year.

 Official page

glentanarcharitabletrust.org/paths-in-glentanar

Checked 19 October 2026. Sources 94 and 95 in the
list at the back.

Crathes Castle: path to Caroline's Garden and the walled garden

Short visit**Aberdeenshire**

Crathes Castle, near Banchory, has a large walled garden. NTS says the path to Caroline's Garden is fully accessible, but most waymarked estate trails are not suitable for wheelchairs.

Access facts

Start

Crathes Castle, Banchory AB31 5QH.

Length

"The path to Caroline's Garden is fully accessible". Its length is not stated. "Most of the waymarked trails are not suitable for wheelchairs."

Surface

Walled garden paths are mostly gravel. The perimeter path is 1.15 to 1.70 m wide. Most estate trails are dirt or gravel.

Slopes

The path from the disabled car park to the castle is “very sloped”.

Gates and barriers

The walled garden entrance and main gate are step-free. The gate nearest the castle has 4 steps.

Parking

Car park £5, free for NTS members.

Blue Badge

Disabled parking at the castle by arrangement with the ticket office.

Toilets

At the courtyard café.

Changing Places

The nearest on the CP map is Banchory Sports Village, about 2.6 km away.

Borrow or hire

Not stated.

Seats, café, dogs

Courtyard Café.

 Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline
Scotland: 0871 200 22 33.

 Check before you go

Nothing extra stated. Check opening times
and path conditions before you travel.

 Official page

[nts.org.uk/accessibility/crathes-castle-
accessibility-guide](https://nts.org.uk/accessibility/crathes-castle-accessibility-guide)

Checked 19 October 2026. Sources 96 and 97 in the
list at the back.

Crombie Country Park

Mostly step-free **Angus**

A country park near Monikie in Angus, with a
ranger centre, accessible visitor centre and
bird hide. ANGUSalive names three trails as
accessible.

Access facts

Start

The Ranger Centre, Crombie Country Park, Monikie, Angus DD5 3QL.

Length

The Discovery, Peddieston and Birchwood Trails are accessible. Their lengths are not stated.

Surface

Not stated.

Slopes

Not stated.

Gates and barriers

Not stated.

Parking

Free car parking (ANGUSalive).

Blue Badge

Not stated.

Toilets

At the car park and near the visitor centre. There is also an accessible visitor centre and bird hide.

CP Changing Places

No Changing Places toilet. "Changing" on the ANGUSalive page means baby changing at the car park toilets.

🦿 Borrow or hire

Not stated.

🐕 Seats, café, dogs

Dogs welcome under control all year, except in the play park. Café not stated.

🚌 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

⚠️ Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

🔗 Official page

angusalive.scot/countryside-adventure/visit-us/crombie-country-park

Checked 19 October 2026. Source 98 in the list at the back.

12 CHAPTER TWELVE · SCOTLAND

Perthshire, Loch Lomond and the Trossachs

Forest visitor centres with scooter loans, gorge and loch walks, and the shores of Loch Lomond and Loch Katrine.

The Hermitage: track to Ossian's Hall

Mostly step-free

Perthshire, near Dunkeld

A wooded NTS site near Dunkeld, with Ossian's Hall at the end of the easiest track. A wider, step-free track leads to the Hall; the rest of the circuit is rougher.

Access facts

Start

Lower car park at the Hermitage, off the A9 2 miles west of Dunkeld.

Length

A there-and-back. Leave the lower car park, go under the railway bridge, and at the fork take the wider track marked “Ossian’s Hall”. It is step-free and the accessible trail ends at the Hall, so come back the same way. NTS does not give the length of the step-free track, so ask NTS before you travel. The full circuit is 2.7 km (Moderate).

Surface

Wider track, step-free. Elsewhere “Path surfaces vary... uneven and can be rocky, with slopes and steps”.

Slopes

Not stated for the track.

Gates and barriers

Avoid the riverside “Forest Cathedral” route, which has uneven, slippery steps.

Parking

Pay & Display, £5 a vehicle, free for members. Don’t park on the A9.

BB Blue Badge

Disabled spaces in the lower car park.
Disabled drivers may drive carefully along the track to Ossian's Hall, where parking is restricted.

WC Toilets

Not stated at the site.

CP Changing Places

None found on the CP map nearby.

Borrow or hire

Not stated.

Seats, café, dogs

A bench at the fork and picnic tables in the car park. Dogs welcome under control.

Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

The paths are not gritted in winter. Ossian's Hall and other areas close when the site is booked for a wedding; NTS posts dates on its Facebook and Instagram pages.

Official page

nts.org.uk/visit/places/the-hermitage/highlights/walks

Checked 19 October 2026. Sources 99 and 100 in the list at the back.

Faskally: Dunmore Trail

Step-free route Perthshire, near Pitlochry

A short loop round Loch Dunmore near Pitlochry, graded “Easy (most accessible)” by FLS. Check the dates of the autumn light show, when car parks close in the evening.

Access facts

Start

Faskally car park, off the B8019 about 1 mile north-west of Pitlochry. The nearest postcode is PH16 5JZ, but follow the 'Faskally' signs.

Length

1.2 km ($\frac{3}{4}$ mile) around Loch Dunmore, about 30 minutes.

Surface

Graded "Easy (most accessible)". Firm, mostly smooth gravel with some slightly uneven sections.

Slopes

A number of short moderate slopes.

Gates and barriers

Not stated.

Parking

£1 for up to 1 hour, £3 all day. Coins, card or RingGo.

Blue Badge

Blue Badge parking. Holders park free.

WC Toilets

Toilets on site; whether they are accessible is not stated, so check before you travel.

CP Changing Places

None found on the CP map nearby.

Borrow or hire

Not stated.

Seats, café, dogs

Picnic area. Cafés are in Pitlochry. Dogs not stated.

Bus and train

Not stated on the official pages we checked.
Check before you travel with Traveline
Scotland: 0871 200 22 33.

Check before you go

The Enchanted Forest light show runs from 7 Oct to 8 Nov 2026. During it the car parks are closed from 4pm to 11pm, and paths may be closed or diverted.

Official page

forestryandland.gov.scot/visit/destinations/faskally/trails

Checked 19 October 2026. Sources 101 and 102 in the list at the back.

The Lodge Forest Visitor Centre: Waterfall Trail

Step-free route

Loch Lomond & the Trossachs, Aberfoyle

FLS's visitor centre just north of Aberfoyle. The Waterfall Trail is graded "Easy (most accessible)", and you can borrow one of two electric mobility scooters. A Changing Places toilet is in Aberfoyle village.

Access facts

Start

The Lodge, 1 mile north of Aberfoyle on the A821, near postcode FK8 3SX.

Length

1.8 km (just over 1 mile), about 30 minutes, to the waterfall. It can be extended to the Red Squirrel Hide.

Surface

Graded “Easy (most accessible)”. Wide, firm gravel with some loose stones, and a short section of uneven wooden boardwalk.

Slopes

A long gentle slope for 400 m, with some short moderate sections.

Gates and barriers

Not stated.

Parking

£2 for up to 1 hour, £5 all day. Coins, card or RingGo.

Blue Badge

Blue Badge parking. Holders park free.

 Toilets

Toilets at the visitor centre; whether they are accessible is not stated, so check before you travel.

 Changing Places

The nearest is about 1.5 km (1 mile) away in Aberfoyle village: Trossachs Discovery Centre, Main Street, FK8 3UQ (RADAR key; listed as open 24 hours).

 Borrow or hire

2 electric mobility scooters for the Waterfall Trail. First come, first served Friday to Sunday. From Monday to Thursday, book 72 hours ahead at thelodge@forestryandland.gov.scot.

 Seats, café, dogs

“Plenty of places to sit” on the trail. There is a café, and dogs are welcome in the building and café.

 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

The visitor centre is open 10am to 4.30pm from April to October, with shorter hours in winter: 10am to 3pm from December to February.

Official page

forestryandland.gov.scot/visit/destinations/the-lodge-forest-visitor-centre/trails

Checked 19 October 2026. Sources 103, 104 and 105 in the list at the back.

Balloch Castle Country Park

Mostly step-free

Loch Lomond & the

Trossachs

A lochside park at the south end of Loch Lomond, opposite Balloch bus station and close to the railway station. The national park lists mobility scooter routes here, but official surface details were not found.

Access facts

Start

Balloch Castle Country Park, Drymen Road, Balloch G83 8LX. It is across from Balloch bus station and close to Balloch train station.

Length

The national park lists “Balloch Castle Country Park Scooter Routes”. Route details are not stated on the page.

Surface

Not stated on the official pages we checked.

Slopes

Not stated.

Gates and barriers

Not stated.

Parking

Two car parks. The main one is at Moss O' Balloch in the town centre, and a smaller one is at the Castle. Charges not stated.

Blue Badge

A few disabled parking bays at the Castle car park. Access to it is by narrow roads with tight corners.

Toilets

Toilets at the Castle, open 9am to 2.30pm in winter and longer in summer. More toilets at Balloch bus station. Whether they are accessible is not stated.

Changing Places

The nearest on the CP map is the Vale of Leven Pool, Alexandria, about 1.4 km away.

Borrow or hire

Not stated.

Seats, café, dogs

Many picnic benches and seats, especially along the shore. A small food vendor at the slipway, not open daily. Dogs not stated.

Bus and train

Across from Balloch bus station and close to Balloch train station (West Dunbartonshire Council).

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

west-dunbarton.gov.uk/leisure-parks-events/parks-and-greenspaces/parks/balloch-castle-country-park/balloch-castle-visits

Checked 19 October 2026. Sources 106 and 107 in the list at the back.

Loch Katrine: lochside road from Trossachs Pier

Mostly step-free

Loch Lomond & the

Trossachs

A quiet, mostly traffic-free lochside road from Trossachs Pier. The operator says it is smooth for wheelchair use but has slopes, and disabled visitors do not pay for parking.

Access facts

Start

Trossachs Pier, 10 miles from Callander or 7 miles from Aberfoyle. The operator advises not to use satnav.

Length

Out and back along the lochside road as far as you like. The full road to Stronachlachar is 14 miles/21 km and “mostly traffic-free”.

Surface

The operator says it is “smooth for wheelchair use (although there are gradients)”.

Slopes

Gradients, with steeper ones further along. The operator says one section has a 12-degree gradient at the “graveyard brae”.

Gates and barriers

Speed bumps, with gaps for wheelchairs.

Parking

Charged. Card or cash at Trossachs Pier, cash only at Stronachlachar. The amount is not stated.

BB Blue Badge

Disabled bays at the top of the car park. "No parking charges for disabled visitors."

WC Toilets

At Trossachs Pier. Get the key code from the gift shop, ticket office or staff.

CP Changing Places

None found on the CP map nearby.

** Borrow or hire**

Katrine Wheelz bike hire from £15.

Wheelchairs can be borrowed to get along the pier to the steamship, subject to availability. Wheelchairs and scooters can go on the Sir Walter Scott if you mention it when booking.

** Seats, café, dogs**

Steamship Café, with a lift to the first floor. Dogs are welcome on the veranda but not inside the café.

** Bus and train**

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

lochkatrine.com/accessibility

Checked 19 October 2026. Sources 108, 109, 110 and 107 in the list at the back.

13 CHAPTER THIRTEEN · SCOTLAND

Edinburgh, the Lothians and the Clyde

City parks with Changing Places toilets, a country park with 10 miles of trails, and an East Lothian beach.

Holyrood Park: St Margaret's Loch and Queen's Drive

Short visit**Edinburgh**

Holyrood Park, beside the Palace in central Edinburgh, has no official step-free route. Roads near St Margaret's Loch close to traffic at weekends, but the car parks stay open.

Access facts

Start

St Margaret's Loch (Meadowbank) car park or Broad Pavement car park, Edinburgh EH8 9NX.

Length

HES gives no step-free route or distance.

Surface

Not stated. HES warns of "sheer drops, uneven and slippery surfaces" in the park.

Slopes

Not stated.

Gates and barriers

All roads are closed to vehicles during the day on Saturday and Sunday, but access to Broad Pavement, Meadowbank and Duddingston car parks continues. The High Road is closed to motor traffic. Duddingston Low Road is closed to vehicles because of rock fall. Dunsapie car park is open only Tuesday to Thursday, 9.30am to 3pm. The Radical Road is closed because of falling rock, but the section from the Hawse to the South Quarry is open.

Parking

Broad Pavement costs £1 an hour, 8.30am to 5.30pm, except at weekends and on Good Friday. No overnight parking.

Blue Badge

Not stated on the pages we checked.

Toilets

The toilets are next to the Holyrood Park Education Centre, behind the Palace. Whether they are accessible is not stated.

Changing Places

The nearest is at the Scottish Parliament, about 0.7 km away. The Changing Places map lists it as open Monday to Saturday, closed Sunday, with no pre-booking mentioned; email visit@parliament.scot to check. Another is at Edinburgh Waverley station, about 1.5 km away.

Borrow or hire

Not stated.

Seats, café, dogs

Dogs welcome. Clean up after them, and follow lead signs in nesting season.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

historicenvironment.scot/visit/all/holyrood-park/roads-and-car-parks

Checked 19 October 2026. Sources 111, 112 and 113 in the list at the back.

Yellowcraig

Step-free route

East Lothian, near Dirleton

A beach and country park near Dirleton in East Lothian. East Lothian Council lists a wheelchair-accessible path and ramp with coastal views, and there is a Changing Places toilet at the beach toilet block.

Access facts

Start

Yellowcraig car park, reached through Dirleton (signposted).

 Length

The council lists a “wheelchair accessible path and ramp – with coastal views”. The distance is not stated.

 Surface

Not stated.

 Slopes

Not stated.

 Gates and barriers

Not stated.

 Parking

Coastal car park charges apply. East Lothian coastal parking is £3 a day, the same ticket works at any coastal car park, and there's no parking from 11pm to 4am.

 Blue Badge

Not stated.

 Toilets

Toilets and showers on site, including the Changing Places toilet.

Changing Places

Yes, at the Yellowcraig Beach toilet block (North Berwick EH39 5EX), about 0.4 km from the car park. RADAR key; hoist, adult changing bench and shower. Hours: 1 April to 30 September 9am to 8pm, 1 October to 31 March 9am to 4pm; closed 25 and 26 December and 1 and 2 January.

Borrow or hire

Not stated.

Seats, café, dogs

3 picnic benches by the toilets, one with wheelchair access. A large play area.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

eastlothian.gov.uk/libraries-leisure-and-tourism/countryside-and-wildlife/plan-your-visit-east-lothians-countryside/countryside-sites

Checked 19 October 2026. Sources 114, 115 and 116 in the list at the back.

Pollok Country Park and the Burrell Collection

Mostly step-free

Glasgow

A large Glasgow park, home to the Burrell Collection, which has two Changing Places toilets, nine accessible toilets and a free electric shuttle bus that takes a wheelchair.

Access facts

Start

Park entrance at 2060 Pollokshaws Road.
The Burrell's postcode is G43 1AT.

Length

Main park routes, including Pollok Avenue, now have “improved surfacing” and pedestrian priority. Distances not stated.

Surface

Improved surfacing at the main entrance and on the main routes.

Slopes

Not stated.

Gates and barriers

Cars can no longer drive through the middle of the park.

Parking

Burrell car park costs £1.50 an hour for 1 to 3 hours, £7 for up to 4 hours, £12 for 5 to 8 hours. Coins, card or RingGo.

BB Blue Badge

19 marked bays in front of the museum, free for Blue Badge holders. There is also a drop-off at the Heritage entrance.

WC Toilets

9 accessible toilets in the Burrell.

CP Changing Places

Yes, 2 in the Burrell Collection, “the first museum in Scotland with two”.

🚲 Borrow or hire

Manual wheelchairs can be borrowed in the museum. A free electric shuttle bus runs daily from 10am to 6.15pm and takes one wheelchair.

🐕 Seats, café, dogs

A café in the museum (not detailed). Dogs are allowed in the park and on the shuttle, but only assistance dogs inside the Burrell.

🚌 Bus and train

Inside the park, a free electric shuttle bus runs daily from 10am to 6.15pm and takes one wheelchair. For buses and trains to the park, check before you travel with Traveline Scotland.

Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

Official page

burrellcollection.com/visit/plan-your-visit

Checked 19 October 2026. Sources 117 and 118 in the list at the back.

Strathclyde Country Park

Step-free route

Lanarkshire, Motherwell

A big country park in Lanarkshire with 10 miles of trails, including the flat Lochside route. North Lanarkshire Council describes step-free walking routes and plenty of seating.

Access facts

Start

Strathclyde Country Park, 366 Hamilton Road, Motherwell ML1 3ED (the address on the Changing Places map).

 Length

10 miles of trails, including the flat Lochside route.

 Surface

The council describes “step-free walking routes and plenty of seating”.

 Slopes

Not stated.

 Gates and barriers

Not stated.

 Parking

10 car parks with over 3,000 spaces. The park is free to enter. Charges not stated.

 Blue Badge

Not stated on the council page.

 Toilets

The Watersports Centre, where the main toilets are, is closed for refurbishment. Only the car park 1 toilets are open, 9am to 4.30pm.

Changing Places

No working Changing Places toilet. The map entry at 366 Hamilton Road says it is closed for refurbishment.

Borrow or hire

Not stated. The council mentions accessible boat rides, but these may depend on the closed Watersports Centre, so check before you travel.

Seats, café, dogs

Plenty of seating. The council mentions indoor and outdoor cafés; some may be affected by the Watersports Centre works, so check before you travel. Dogs not stated.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

There are no fireworks in 2026 because of the works.

Official page

northlanarkshire.gov.uk/leisure-parks-and-culture/countryside-and-parks/strathclyde-country-park

Checked 19 October 2026. Sources 119 and 120 in the list at the back.

14 CHAPTER FOURTEEN • SCOTLAND

South of Scotland

A castle estate on the Ayrshire coast, Borders forest trails, the Floors Castle Tramper and a Galloway wildlife hide.

Culzean Castle & Country Park: Swan and Lion trails

Mostly step-free**Ayrshire**

Culzean Castle and Country Park is near Maybole in Ayrshire. NTS's leaflet lists the Swan trail as flat with no steps, and there is a mobility golf buggy most days.

Access facts

Start

Culzean, Maybole KA19 8LE. Main entrance
what3words: ///rests.importing.flexed.

Length

NTS's 2025 leaflet lists two accessible trails: the Swan (0.7 miles, flat with no steps) and the Lion (1.9 miles, with an accessible route available).

Surface

"Some parts of the Country Park are accessible". Gravel paths with some ramps in the garden. Woodland is partly accessible along the main paths, with uneven surfaces in places. No easy access to the beach.

 Slopes

Not stated.

 Gates and barriers

Not stated.

 Parking

Car parks at Home Farm, the Walled Garden and Swan Pond. Country Park entry (for the trails): adult £16, concession £12, child £8. Castle and Country Park: adult £22. Free for NTS members.

 Blue Badge

Disabled parking at Home Farm, Swan Pond and the Walled Garden. Parking in front of the castle is for disabled drivers only.

 Toilets

At Home Farm, Swan Pond and the castle.

 Changing Places

None found on the CP map nearby.

 Borrow or hire

NTS has no powered mobility vehicles for hire. A mobility golf buggy runs most days, so check first. You can ask about manual wheelchairs.

Seats, café, dogs

Home Farm Kitchen and Swan Pond Café.

Dogs are welcome but must be on a lead in the Walled Garden.

Bus and train

Not stated on the official pages we checked.

Check before you travel with Traveline

Scotland: 0871 200 22 33.

Check before you go

The castle is closed from 2 November 2026 to 19 March 2027. The country park stays open, 10am to 4pm, in that period.

Official page

nts.org.uk/accessibility/culzean-castle-accessibility-guide

Checked 19 October 2026. Sources 121, 122 and 123 in the list at the back.

Glentress: Multi-user Trail and Ponds Trail

Step-free route

Scottish Borders, near Peebles

At the Glentress Gateway near Peebles, FLS grades two trails as Easy, with resting points and regular seats.

Access facts

Start

Glentress Gateway, off the A72 between Peebles and Innerleithen, near postcode EH45 8NB.

Length

The Multi-user Trail is 2.2 km. The Ponds Trail is 2.6 km including the Multi-user section, about 1 hour.

Surface

Multi-user: Easy. Wide, firm gravel with gentle slopes and resting points. Ponds: Easy. Firm gravel with regular seats.

Slopes

Multi-user: a moderate slope between the Gateway and the café, and one minor road crossing with a fairly steep side slope. Ponds: short moderate ramps with some loose stones.

Gates and barriers

The car park has ANPR barriers. All trails cross forest roads, so watch for vehicles and bikes.

Parking

Free for 30 minutes, then £3 for 1 hour, £4 for 3 hours, £6 all day.

Blue Badge

Free. Either register your car on the FLS form, or enter the last 7 digits of your Blue Badge at the pay station.

Toilets

Toilets at the Glentress Gateway; whether they are accessible is not stated, so check before you travel.

Changing Places

None found on the CP map nearby.

 Borrow or hire

Not stated.

 Seats, café, dogs

Regular seats on the Ponds Trail. Café open 10am to 5pm. Dogs welcome in the visitor centre and café.

 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

 Check before you go

Nothing extra stated. Check opening times and path conditions before you travel.

 Official page

forestryandland.gov.scot/visit/destinations/glentress/trails

Checked 19 October 2026. Sources 124 and 125 in the list at the back.

Floors Castle: Walled Gardens

Tramper route

Mostly step-free**Scottish Borders, Kelso**

Floors Castle, near Kelso, is the only place in Scotland on the Outdoor Mobility Tramper hire network. A Tramper is an all-terrain mobility scooter, and here you can take one round the walled gardens.

Access facts

Start

The Apple Shed (Pantry and Gift Shop) by the Walled Garden, Floors Castle, Kelso TD5 7RL.

Length

Walled Gardens Route of up to 1 km (about 0.6 miles).

Surface

Gravel paths and grass. Around the grounds generally, surfaces are grass, gravel and tarmac. The gardens are reached by road or a flat, unpaved woodland track.

Slopes

Not stated for the garden route.

Gates and barriers

Deep gravel at the castle entrance. The castle lift is being replaced, so wheelchair users cannot get into the castle until further notice.

Parking

A car park for the Terrace Café and Walled Gardens off the B6397. Charge not stated.

Blue Badge

2 marked accessible spaces, a 100 m flat walk from the Apple Shed.

Toilets

Three toilet blocks, all with accessible facilities, including one at the Terrace Café.

Changing Places

None found on the CP map nearby.

Borrow or hire

1 Tramper through Outdoor Mobility.

Sessions are 2 hours, starting at 11am or 2pm, and include free garden and grounds admission for 2 adults. Users must be 14 or over (14 to 18s always accompanied), bring ID, stay on the route and have someone with them. Partners may charge up to £2.50 an hour. You need an Outdoor Mobility membership to book (cost not confirmed); Countryside Mobility members can ask for a free temporary membership:

info@outdoormobility.org, 07843 754239.

Seats, café, dogs

Terrace Café, though larger chairs and scooters may find it hard to get in.

Assistance dogs welcome. Pet dogs not stated.

Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

The castle and grounds are closed for winter until Easter 2027. The Walled Garden, Apple Shed and Terrace Café stay open. Whether the Trumper runs in winter is not confirmed, so check before you travel.

Official page

outdoormobility.org/floors-castle

Checked 19 October 2026. Sources 126, 127, 128 and 129 in the list at the back.

Kirroughtree: Wild Watch Trail

Step-free route

Dumfries & Galloway, near

Newton Stewart

A short, firm trail to a wildlife hide near Newton Stewart, graded “Easy (most accessible)” with “No obstacles”. The visitor centre has a Changing Places toilet.

Access facts

Start

Kirroughtree Visitor Centre, near postcode DG8 7BE. Turn off the A75 at Palnure, and ignore satnav routes.

Length

0.5 km to the Wild Watch Hide, about 30 minutes.

Surface

Graded “Easy (most accessible)”. Firm and generally flat, and “Good in all weathers”.

Slopes

Some short gentle gradients.

Gates and barriers

None: FLS says “No obstacles”.

Parking

£2 for up to 1 hour, £3 for up to 3 hours, £4 all day. Coins, card or RingGo.

Blue Badge

Blue Badge parking. Holders park free.

WC Toilets

Toilets at the visitor centre, including the Changing Places toilet.

CP Changing Places

Yes, at the visitor centre (hoist and adult changing bench). Opening times differ between sources, so check with the visitor centre before you travel.

🦿 Borrow or hire

Not stated.

🐾 Seats, café, dogs

Wheelchair-accessible wildlife hide. Café open 10am to 5pm. Dogs welcome in the café.

🚌 Bus and train

Not stated on the official pages we checked. Check before you travel with Traveline Scotland: 0871 200 22 33.

Check before you go

The Anniversary Cairn and Larg Hill trails are diverted.

Official page

forestryandland.gov.scot/visit/destinations/kirroughtree/trails

Checked 19 October 2026. Sources 130, 131, 132 and 133 in the list at the back.

15 CHAPTER FIFTEEN · PLANNING

Borrowing and hiring equipment

Some places lend or hire mobility scooters, all-terrain wheelchairs, beach wheelchairs or adapted bikes. Almost all need booking. Here is everything in this guide in one place.

Name check

There is no “Countryside Mobility Scotland”. The Countryside Mobility scheme works in South West England, Wales, the West Midlands and the South East. Its partner, Outdoor Mobility, covers the North of England, and its only Scottish hire site is **Floors Castle** in Kelso (see chapter 14). You need an Outdoor Mobility membership to book there, though Countryside Mobility members can get a free temporary Outdoor Mobility membership by contacting Outdoor Mobility first (info@outdoormobility.org, 07843 754239). Users must be 14 or over, and 14 to 18 year olds must always be accompanied. Partner sites may charge up to £2.50 an hour. ^{134,135,136}

In Fife

Pittencrieff Park ('The Glen'),

Dunfermline

Welcome to Fife lists free trishaw rides with volunteer pilots from Cycling Without Age Dunfermline, booked at the Peacock Rooms café in the park or through their Facebook page. Check with the operator before you travel.

Lochore Meadows: Round the Loch

A mobility scooter to hire, £5 for 2 hours: phone ahead to check and book, 01592 583343 (Willie Clarke Centre). Adapted bikes: ask the Outdoor Education Centre. Fife Sailability runs adapted sailing, including a wheelchair-accessible powerboat (Welcome to Fife).

Lochore Meadows: the Castle Triangle

A mobility scooter to hire, £5 for 2 hours, from the Willie Clarke Centre: phone ahead, 01592 583343.

Lochore Meadows: the Pilgrim Way to Lochore Castle

A mobility scooter to hire, £5 for 2 hours, from the Willie Clarke Centre: phone ahead, 01592 583343.

Leven Promenade

Beach wheelchairs from nearby Silverburn Park (see the next walk).

Silverburn Park, Leven

Silverburn Park has 4 beach wheelchairs with balloon tyres (2 adult, 2 child or small adult) to pre-book; they can go into shallow water up to 15 cm. There is no hoist. Its page still says “closed until spring 2026”, so email beachwheelchairs@silverburnpark.co.uk before you travel.

St Andrews Botanic Garden

Free wheelchair to borrow; reserve it first (01334 461200, info@standrewsbotanic.org).

St Andrews West Sands with a beach wheelchair

Free beach wheelchairs from St Andrews Environmental Network and the Hamish Foundation. The scheme's page still shows the 2025 season (2 April to 29 October 2025): Monday, Wednesday, Saturday and Sunday, 10am to 4pm. 2026 and 2027 dates are not confirmed, so check before you travel. Book at bookwhen.com/standrewsbwc, on 03000 122 014 or at wheelchairs@standrewsenvironmental.org.

Cambo Gardens and Kingsbarns Beach

Welcome to Fife says Cambo lends free wheelchairs and mobility walkers. Cambo's own pages do not mention them, so check before you travel.

Elsewhere in Scotland

Culloden Battlefield

Wheelchairs are lent free from the Welcome Desk.

Glenmore: Loch Morlich Beach Trail

Able2Adventure at Badaguish Outdoor Centre, Glenmore, hires off-road wheelchairs. Mountain Trike e-Trike £40 half day or £60 full day. Paratrekker £20 or £30. G-Explorer £15 or £30. Contact 07469 928 308 or info@able2adventure.co.uk.

RSPB Loch Garten, Abernethy

An off-road mobility scooter: book at abernethy@rspb.org.uk. A manual assisted wheelchair can be borrowed from the kiosk; booking ahead is advised. Age and weight rules not stated, so ask.

The Lodge Forest Visitor Centre: Waterfall Trail

2 electric mobility scooters for the Waterfall Trail. First come, first served Friday to Sunday. From Monday to Thursday, book 72 hours ahead at thelodge@forestryandland.gov.scot.

Loch Katrine: lochside road from Trossachs Pier

Katrine Wheelz bike hire from £15. Wheelchairs can be borrowed to get along the pier to the steamship, subject to availability. Wheelchairs and scooters can go on the Sir Walter Scott if you mention it when booking.

Pollok Country Park and the Burrell Collection

Manual wheelchairs can be borrowed in the museum. A free electric shuttle bus runs daily from 10am to 6.15pm and takes one wheelchair.

Culzean Castle & Country Park: Swan and Lion trails

NTS has no powered mobility vehicles for hire. A mobility golf buggy runs most days, so check first. You can ask about manual wheelchairs.

Floors Castle: Walled Gardens Tramper route

1 Tramper through Outdoor Mobility. Sessions are 2 hours, starting at 11am or 2pm, and include free garden and grounds admission for 2 adults. Users must be 14 or over (14 to 18s always accompanied), bring ID, stay on the route and have someone with them. Partners may charge

up to £2.50 an hour. You need an Outdoor Mobility membership to book (cost not confirmed); Countryside Mobility members can ask for a free temporary membership: info@outdoormobility.org, 07843 754239.

Questions to ask when booking

When you book, ask about weight limits, whether you need to bring a helper, how long the battery lasts, and what happens if the weather turns. Ask for a short practice on the flat before you set off.

16 CHAPTER SIXTEEN • PLANNING

Getting there by train, bus and ferry

Help on trains, free bus travel, ferry concessions and how to plan a journey across Scotland.

Trains: ScotRail Passenger Assist

ScotRail staff can help you on and off the train, and help you change trains. This help is free.¹³⁷

Book ahead: at least **1 to 2 hours**

At least **1 hour** ahead for ScotRail. If another company's trains are involved, allow at least **2 hours**. Booking earlier is always better.

Phone (free)	0800 046 1634, open any time, 7 days a week
---------------------	---

Text relay	18001 0800 046 1634
-------------------	---------------------

App	"Passenger Assistance" by Transreport (App Store and Google Play)
------------	---

Online	ScotRail Assisted Travel form. Forms sent between 10pm and 7am are dealt with from 7am.
---------------	---

In person At any staffed ScotRail station

BSL users contact SCOTLAND-BSL

When you arrive, go to the ticket office or press the Help Point button so staff know you are there. You do not have to book: you can ask for help on the day (“turn up and go”), and at an unstaffed station you can use the Help Point on the platform.¹³⁸

Size and weight limits on ScotRail

Item	Limit
Wheelchair	No bigger than 70cm wide and 120cm long
Mobility scooter	No bigger than 104cm long and 56cm wide, top speed 4mph, anti-tip wheels at the back
You and your chair or scooter	No more than 300kg together

- Every ScotRail train and every accessible staffed station has a portable ramp.

- Wheelchair spaces are in Standard Class only.
- If a station has steps or no staff, ScotRail may book you a taxi to the nearest accessible station at no extra charge.
- Wheelchair users without a Railcard can get 34% off Anytime Single and Anytime Day Single tickets and 50% off Anytime Day Return tickets at the ticket office or on the train. One adult with you gets the same discount.

Disabled Persons Railcard

The Railcard saves one third on most train tickets, for you and one adult travelling with you (not always the same adult). It costs £20 for 1 year or £54 for 3 years. You can get one if, for example, you get PIP or Adult Disability Payment at any rate, have a Blue Badge or have a disabled person's bus pass. From 30 September 2026 more people

became eligible, including some long-term conditions and neurodivergence that make train travel very hard. You need proof of your disability and a passport-style photo.¹³⁹

Buses

By law, full-size buses on local and scheduled services must be fully accessible, with a wheelchair space: all full-size single-deck buses since 1 January 2016 and all double-deck buses since 1 January 2017. Most companies use low-floor buses.¹⁴⁰

Thistle Assistance card and app

A free card and app that tells drivers and staff, quietly, what help you need, such as more time to get to your seat or speaking slowly and clearly. Anyone can use it, with no proof needed, on buses, trains, trams, planes and ferries in Scotland. Get it at thistleassistance.com, phone 0131 524 5153 or email thistlecard@sestran.gov.uk.

The Thistle website says the iPhone app is “available soon” while Transport Scotland says it is on Apple and Android, so check your app store.¹⁴¹

If something goes wrong on a bus, complain to the bus company first. If you are not happy with the answer, contact **Bus Users Scotland** on 0300 111 0001.¹⁴²

Free bus travel: the National Entitlement Card

The National Entitlement Card (NEC) is your free bus pass in Scotland: free travel on almost all local and long-distance buses, any time of day. A few buses are not included, such as premium-fare, sightseeing, cross-border and some airport buses.¹⁴³

You must live in Scotland and meet one of the rules. For example, you:

- get Adult Disability Payment, PIP or Attendance Allowance
- get the higher rate mobility, or middle or higher rate care, part of DLA
- have a Blue Badge
- are profoundly or severely deaf, or have a sight impairment
- have been told not to drive on medical grounds
- have a learning disability, a terminal illness, or a progressive condition (such as Parkinson's) that badly affects your mobility
- have lost one or more limbs

The full list is on the Transport Scotland website, and mygov.scot has “check if you’re eligible” questions.¹⁴⁴

A free companion (C+1)

If your card has the **C+1** logo, one companion aged 5 or over travels free with you on the bus (not always the same person). You can usually get C+1 if you get, for example, Attendance Allowance, the daily living part of Adult Disability Payment or PIP, or the middle or higher rate care part of DLA, or if you are severely sight impaired.¹⁴⁵

How to apply

- Online at getyournec.scot (you need a myaccount and a device with a camera), or through your local council.
- In the Glasgow and Strathclyde area, apply through SPT: 0141 333 3211.
- You need a recent photo, proof of address and proof of disability (benefit letters dated in the last 18 months). For C+1, you also need proof that you qualify for a companion.

- A disabled person's pass usually lasts up to 3 years.

Extra for blind and sight-impaired people

If your card has the eye symbol, you also get free standard class train travel across Scotland and to Berwick-upon-Tweed and Carlisle, and free Edinburgh tram travel. With “eye +1”, a companion also travels free on ScotRail in Scotland. Edinburgh trams are otherwise free only on passes issued by the City of Edinburgh Council.¹⁴⁶

Ferries

CalMac: free travel is only for people whose NEC has the **sight impairment symbol**.

They travel free as passengers on all CalMac routes, and if the card also shows “+1”, one companion travels free too. CalMac lists no other free travel for disabled NEC holders who live on the mainland. Blue Badge holders get 25% off the **vehicle** ticket (car,

motorhome or motorbike) only, not the passenger or driver ticket; the badge holder must be travelling and must carry the badge, and you can add it when booking online by typing the vehicle in manually.¹⁴⁷ If you need a carer to travel safely, your carer may travel free: contact CalMac before you book. SPT ferry concessions, which moved onto the NEC from 28 January 2026, apply only to permanent residents of the islands covered and the Cowal and Rosneath peninsulas.¹⁴⁸

Island residents: if you live in Na h-Eileanan an Iar (Western Isles), Orkney or Shetland and have a disabled person's NEC, you get 4 free ferry vouchers a year (2 return trips to the mainland as a foot passenger), stored on your card. With C+1, your companion also travels free.¹⁴⁹

The Blue Badge

Blue Badge

Usually £20 for 3 years

Apply on GOV.UK at gov.uk/apply-blue-badge (mygov.scot sends you there), or ask your council for a paper form. It does not renew by itself: reapply at least 12 weeks before it runs out.

You qualify automatically if, for example, you get the higher rate mobility part of DLA, Scottish Adult DLA or Child Disability Payment; scored 8 points or more for “moving around” or 12 points for “planning and following a journey” in PIP or Adult Disability Payment; or are 16 or over and registered severely sight impaired. If not, you can still apply, for example if you cannot walk or find walking very difficult. Councils usually take around 12 weeks to decide. For a child or adult who is “at risk in traffic”, contact your council, as you cannot apply online.¹⁵⁰

Blue Badge in car parks

Many car parks in this guide use number-plate cameras or pay apps. Check the fact box: some ask you to register your badge or display it, and a few charge Blue Badge holders.

Plan your journey: Traveline Scotland

Traveline Scotland gives bus, coach, train and ferry times for all of Scotland at [travelinescotland.com](https://www.travelinescotland.com) or on 0871 200 22 33, open 24 hours a day in Scotland. Calls cost 12p a minute plus your phone company's access charge. The free Traveline Scotland app has a journey planner and live departure boards.^{151,152}

17 CHAPTER SEVENTEEN • YOUR RIGHTS

Your rights outdoors and in cafés

Scotland's access rights include disabled people and the vehicles they use. Shops, cafés and visitor centres must make reasonable adjustments.

You have a right to be outdoors

In Scotland, everyone has a right to be on most land and inland water, if they use it responsibly. The right comes from the Land Reform (Scotland) Act 2003, and the Scottish Outdoor Access Code explains how to use it.¹⁵³ Motor vehicles are normally not allowed, but the law makes an exception for vehicles built or adapted for a disabled person, such as a powerchair or mobility scooter.¹⁵⁴

“Access rights apply to everyone, including people with a disability. Access rights extend to being on or crossing land in a motorised vehicle or vessel which has been constructed or adapted for use by a person with a disability and which is being used by that person.”

**Scottish Outdoor Access Code (2005),
“Disabled access”, page 83¹⁵⁵**

The Code adds: “Follow the Highway Code at all times. If you are using such a vehicle or vessel, take care to avoid disturbing animals or wildlife, and respect the needs of other people exercising access rights and the needs of land managers.”

It also asks land managers: “Wherever reasonably practicable, provide gates, rather than stiles, on paths and tracks. This will help some disabled people, such as wheelchair users.”

Access rights do not cover everything. For example, they do not cover houses and gardens, fields with crops growing, or visitor attractions that charge for entry. Many places in this guide charge, so their own rules apply.

Reasonable adjustments

The Equality Act 2010 applies in Scotland. Businesses and services must not treat you unfairly because you are disabled, and must make “reasonable adjustments” so you are not at a big disadvantage. That can mean changing a rule, dealing with a physical barrier like a step, giving extra help or

equipment, or giving information in a format you can use. They cannot charge you for these adjustments.¹⁵⁶

Free help

Equality Advisory and Support

Service (EASS): 0808 800 0082,

Monday to Friday 9am to 7pm, Saturday
10am to 2pm,

equalityadvisoryservice.com. It covers

England, Scotland and Wales. It does not give legal advice, but can help sort out problems and sometimes writes to the business for you.¹⁵⁷

Assistance dogs

Assistance dogs are not pets. A café, shop, hotel or visitor centre must not refuse you because of your assistance dog except in the most exceptional cases, and a “no dogs” rule should not be used against you. Your dog does not have to wear a jacket or

harness, you do not have to carry an ID book, and other people's allergies are not normally a reason to refuse you. If you are refused, call EASS.¹⁵⁸

Some places in this guide allow assistance dogs only, such as inside the Burrell Collection, and some beaches have seasonal dog rules. In the countryside the Access Code has no special rules for assistance dogs, so the normal dog rules apply:

- Keep your dog under proper control.
- Do not take a dog into a field with lambs, calves or other young animals.
- Keep it on a short lead or close control in fields with farm animals, and in the bird breeding season (usually April to July) on moorland, forest, grassland, loch shores and the seashore.

- If cattle come towards you aggressively, keep calm, let the dog go, and take the shortest safe way out of the field.
- Pick up after your dog in public places.

Reporting a blocked path

Councils must keep paths used for access rights open and free from obstruction. If a path is blocked or a gate is locked, tell the access officer. Say exactly where: a photo, map, grid reference or what3words code helps, and give the core path number if there is one.¹⁵⁹

In Fife

Email

ask.us@fifecountryside.co.uk

or the Statutory Access Team at

access@fifecountryside.co.uk,

or use Fife Council's Outdoor Access Enquiry Form. Senior Access Officer: 01592 656080.

Elsewhere

Find the council access officer on the Scottish Access Officer Contact List at [outdooraccess-scotland.scot](https://www.outdooraccess-scotland.scot), or phone the council or national park and ask for the access officer or ranger service.¹⁶⁰

18 CHAPTER EIGHTEEN · WALKING WITH OTHERS

Walking with company, sight loss or dementia

Free led walks, dementia-friendly walking and how to guide someone with sight loss.

Free health walks

Walking Scotland (the new name for Paths for All) supports free Health Walks across Scotland. They are short, accessible, led by trained volunteer leaders and risk-assessed.

Contact the organiser first to ask about accessibility, toilets and the meeting point.¹⁶¹

In Fife: Bums Off Seats

Fife's free health walks, funded by Fife Council and run with Active Fife and Walking Scotland, are led by trained volunteers and suit most people, including people with long-term conditions. Walks resume on **26 October 2026** after the autumn break, in places including Cupar, Dalgety Bay, Dunfermline, Burntisland, Limekilns and Kelty. Contact bumsoffseats.project@fife.gov.uk or 01383 602393.¹⁶²

Dementia-friendly walking

Walking Scotland has run a Dementia Friendly Walking programme since 2015, with an accreditation scheme developed

with people living with dementia. Ask a local health walk group whether it is accredited.¹⁶³

Guiding someone with sight loss

RNIB's guiding advice, in brief:¹⁶⁴

- 1 Say hello.** Introduce yourself and ask how they would like to be guided.
- 2 Offer your elbow.** They hold your arm just above the elbow and walk about half a step behind.
- 3 Say what is coming.** "Kerb up" or "kerb down", and pause before it. Cross roads straight.
- 4 Steps.** Put them on the handrail side and say whether the steps go up or down.
- 5 Narrow gaps.** Move your guiding arm behind your back so they can walk in single file behind you.

- 6 Seats.** Place their hand on the back of the seat.
- 7 Leaving.** Never walk away without saying so.

Clarity tip

The Access Code's dog rules apply to assistance dogs in the countryside too (chapter 17).

19 CHAPTER NINETEEN • HELP

Useful organisations

Charities and services that help disabled people get outdoors in Scotland, with what they can and cannot do.

Euan's Guide

Disabled access reviews written by disabled people, families and carers; add your own. Edinburgh-based, Scottish charity SC045492.

0131 510 5106 • hello@euansguide.com • euansguide.com

Walking Scotland (formerly Paths for All)

Scotland's national walking and wheeling charity. Supports Health Walks and runs the Step Count Challenge. Scottish charity SC025535. pathsforall.org.uk now opens walkingscotland.org.uk.

Online form only: walkingscotland.org.uk/about-us/contact

Changing Places (PAMIS)

The map of Changing Places toilets.

Contact details on the Changing Places website are for PAMIS.

01382 755389 .

changingplaces@pamis.org.uk • **changingplaces.org/find**

Disability Equality Scotland

Member-led national charity, free to join.

Runs the Access Panel Network and an Accessible Travel Hub. No legal or financial advice.

0141 370 0968 .

admin@disabilityequality.scot • **BSL via
contactSCOTLAND-BSL**

Disability Information Scotland

Free information helpline, Monday to Friday 10am to 12 noon and 1pm to 3pm. Scottish charity SC030004.

0300 323 9961 • text 0798 436 7599 •
info@disabilityscot.org.uk

AccessAble

Free Detailed Access Guides to venues, surveyed in person (formerly DisabledGo). Scottish coverage not confirmed.

accessible.co.uk

Scottish Disability Sport

Charity for disability sport and being active.

0131 317 1130 •
admin@scottishdisabilitysport.com

Ramblers Scotland

Walking charity that protects access rights. Its “10 great routes for wheelchair users” includes the Loch Leven Heritage Trail and Helix Park and the Kelpies.

ramblers.org.uk/scotland

Outdoor Mobility

Tramper hire; its only Scottish site is Floors Castle, Kelso. Membership needed to book; Countryside Mobility members can ask for a free temporary membership. Users must be 14 or over.

info@outdoormobility.org • **07843 754239** •
outdoormobility.org/scotland

Bus Users Scotland

For complaints about bus accessibility after you have complained to the bus company.

0300 111 0001

Equality Advisory and Support Service

Free discrimination helpline for England, Scotland and Wales (chapter 17).

0808 800 0082

Fife Coast & Countryside Trust

Manages the Fife Coastal Path, beaches and many Fife paths; report blocked paths.

ask.us@fifecountryside.co.uk • 01592

656080

Sensory Trust

Guidance on making nature accessible and sensory trails, and dementia nature activities. Based in St Austell, Cornwall, England; Scottish activity not confirmed.

Enquiry form at sensorytrust.org.uk

Disabled Ramblers

Rambles for people with limited mobility.

Works in England and Wales only, not Scotland.

enquiries@disabledramblers.co.uk

Organisation details were checked on each organisation's own home, about and contact pages on 19 October 2026.^{165,166,167,168,169}

20 CHAPTER TWENTY · YOUR PLAN

Before you go: checklist and walk plan

Tick these off the day before, then fill in a walk plan to leave with someone at home.

- ☐ Check the walk's surface, slopes, length and gates in the fact box.

- ☐ Check parking and Blue Badge spaces. Take your Blue Badge.
- ☐ Find accessible and Changing Places toilets (changing-places.org/find). Take your RADAR key.
- ☐ Read recent reviews on Euan's Guide or AccessAble.
- ☐ Plan your bus, train or ferry with Traveline Scotland: 0871 200 22 33.
- ☐ Book train help ahead, at least 1 to 2 hours before (2 if another company's trains are involved): 0800 046 1634.
- ☐ Take your bus pass (NEC) and Railcard.
- ☐ Take your Thistle card, or have the app ready.
- ☐ Book any scooter, wheelchair or bike hire, and confirm the day before.
- ☐ Charge your powerchair or scooter, and your phone.

- ☐ Check the weather, tide times for beaches, and any path closures.
- ☐ Tell someone where you are going and when you will be back.
- ☐ Assistance dog? Take a lead, water and poo bags. Check for farm animals.
- ☐ Long grass or woodland? See our Ticks & Lyme Disease in Scotland guide.

My walk plan

Walk and date

Start point and postcode

Getting there (and back)

Assistance booked (reference)

Equipment booked

**Nearest
accessible /
Changing Places
toilet**

Who is coming

**Who knows our
plan**

Back by (time)

**Emergency
number**

Notes for next time

REFERENCE

Sources

Every access fact was checked on 19 October 2026 against these sources. Web addresses are given in full so you can check them yourself. **Weaker points flagged:** some official sources disagree, and the fact boxes say so (for example the Lochore Meadows loop is 6km on the Fife Coast & Countryside Trust page and 5km on Welcome to Fife; Bruce Embankment toilet hours differ between Fife Council and the Changing Places map). Loch Garten's Changing Places toilet is described by the RSPB (open 1 April to 31 October) but is not on the Changing Places map. Strathclyde Country Park's Changing Places toilet is closed for refurbishment. Kirroughtree's Changing Places hours differ between sources. St Andrews beach wheelchair dates

are published for 2025 only. Several Fife hire and loan details (Cambo, Pittencrieff trishaws, Silverburn) come from Welcome to Fife, the tourism site, and are marked “check before you travel”. Where a source was silent we wrote “not stated”.

How to use the access fact boxes

1. FLS. Trails and trail grading. · <https://forestryandland.gov.scot/visit/things-to-do/trails>
2. FCCT. FCCT managed parking (car park charges and disabled parking). · <https://fifecoastandcountrysidetrust.co.uk/plan-your-trip/fcct-managed-parking/>

Changing Places toilets in Fife

3. Changing Places Consortium. Changing Places toilet map (data read 19 October 2026). · <https://www.changing-places.org/find>
4. Fife Council. Where to access a RADAR key. · <https://www.fife.gov.uk/kb/docs/articles/council-and-democracy/equality,-diversity-and-human-rights/where-to-access-a-radar-key>
5. Disability Rights UK, Radar key. · <https://www.disabilityrightsuk.org/radar-key>

6. Disability Information Scotland, Accessible toilets. · <https://www.disabilityscot.org.uk/accessible-toilets/>
7. Fife Council (updated 21 November 2025). Public toilets in Fife. · <https://www.fife.gov.uk/facilities/public-toilet/public-toilets>

West Fife

8. FCCT. Fife Pilgrim Way: Culross to Dunfermline (and Culross to Torryburn stage). · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/culross-to-dunfermline/>
9. FCCT. Fife Pilgrim Way: Culross to Torryburn. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/culross-to-dunfermline/culross-to-torryburn/>
10. FCCT. Fife Coastal Path: Kincardine to Limekilns (includes wheelchair and scooter video, Culross to Torryburn). · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-coastal-path/kincardine-to-limekilns/>
11. National Trust for Scotland (updated March 2026). Royal Burgh of Culross accessibility guide. · <https://www.nts.org.uk/accessibility/culross-accessibility-guide>
12. Fife Council. Culross public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/culross-public-toilets>

13. Fife Council (updated 7 September 2026). Pittencrieff Park: visiting the park. · <https://www.fife.gov.uk/kb/docs/articles/community-life2/parks,-allotments,-core-paths/pittencrieff-park/visiting-the-park>
14. Welcome to Fife. Discover Fife's best accessible experiences. · <https://www.welcometofife.com/highlight/discover-fifes-best-accessible-experiences>
15. Euan's Guide (2018). Fife Accessible Highlights (PDF). · https://euans-guide-cms-prod.s3.eu-west-1.amazonaws.com/fife_accessible_highlights_interactive_2_5d7cbf0823.pdf
16. Fife Council. Dunfermline Pittencrieff Park public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/dunfermline-pittencrieff-park-public-toilets>
17. FCCT. Round the Loch (Lochore Meadows). · <https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/lochore-meadows-country-park/round-the-loch/>
18. Fife Council. Lochore Meadows Country Park. · <https://www.fife.gov.uk/facilities/park/lochore-meadows-country-park>
19. Lochore Meadows Country Park. Home page. · <https://www.lochoremeadows.org/>

20. Euan's Guide. Lochore Meadows Country Park (listing and reviews). · <https://www.euansguide.com/venues/lochore-meadows-country-park-lochore-21>
21. Daily Record (17 March 2025). Scotland's most accessible walks named (Millets and Sense study). · <https://www.dailyrecord.co.uk/scotland-now/scotlands-most-accessible-walks-perfect-34863980>
22. Lochore Meadows Country Park. Visiting the park. · <https://www.lochoremeadows.org/visiting>
23. FCCT. The Castle Triangle (Lochore Meadows). · <https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/lochore-meadows-country-park/the-castle-triangle/>
24. FCCT. Fife Pilgrim Way: Lochore Meadows (Kelty) to Lochore Castle. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/dunfermline-to-lochore-meadows/lochore-meadows-kelty-to-lochore-castle/>

Forth coast

25. FCCT. Aberdour Silver Sands. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/aberdour-silver-sands/>

26. Dunfermline Press. Aberdour's Silver Sands gets £1.3m accessibility upgrade. · <https://www.dunfermlinepress.com/news/26543003.aberdours-silver-sands-gets-1-3m-accessibility-upgrade/>
27. FCCT. Travel and information (public toilets and Changing Places notices). · <https://fifecoastandcountrysidetrust.co.uk/plan-your-trip/travel-and-information/>
28. FCCT. Burntisland Beach. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/burntisland-beach/>
29. Burntisland Community Council. Local paths (accessible paths section). · <https://www.burntislandcc.org.uk/Index.asp?MainID=28822>
30. Fife Council. Burntisland Promenade and Beach. · <https://www.fife.gov.uk/facilities/beaches-and-harbours/burntisland-promenade-and-beach>
31. Fife Council. Burntisland, Links Place public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/burntisland-links-place-public-toilets>
32. VolkerStevin. Kirkcaldy sea wall (project description). · <https://www.volkerstevin.co.uk/en/projects/kirkcaldy-sea-wall>
33. Fife Council. Kirkcaldy Esplanade public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/kirkcaldy-esplanade-public-toilets>

34. Walk Fife. Beveridge Park, Kirkcaldy (route, Grade 1). · <https://www.walkfife.org/maps-routes/beveridge-park-kirkcaldy/>
35. Walk Fife. Beveridge Park – Commuters Stroll. · <https://www.walkfife.org/maps-routes/beveridge-park-commuters-stroll/>
36. Fife Council. Kirkcaldy Beveridge Park public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/kirkcaldy-beveridge-park-public-toilets>

Mid Fife

37. Fife Council. Riverside Park, Glenrothes. · <https://www.fife.gov.uk/facilities/park/riverside-park-town-park-glenrothes>
38. Welcome to Fife. Riverside Park. · <https://www.welcometofife.com/view-business/riverside-park>
39. FCCT. Coul Den Trail. · <https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/coul-den/coul-den-trail/>
40. Woodland Trust. Formonthills. · <https://www.woodlandtrust.org.uk/visiting-woods/woods/formonthills/>
41. FCCT. The Red Squirrel Walk (Falkland Estate). · <https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/falkland/the-red-squirrel-walk/>

42. FCCT. Falkland House Victorian Designed Landscape. · <https://fifecoastandcountrysidetrust.co.uk/walks/lomond-hills/falkland/falkland-house-victorian-designed-landscape/>
43. Falkland Estate. Contact details. · <https://www.falklandestate.co.uk/>
44. Fife Council. Falkland public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/falkland-public-toilets>
45. Welcome to Fife. Easy walk: Birnie & Gaddon Lochs. · <https://www.welcometofife.com/highlight/easy-walk-birnie-gaddon-lochs>
46. Euan's Guide. Birnie Loch (listing and review). · <https://www.euansguide.com/venues/birnie-loch-cupar-11076>
47. Euan's Guide (review, 8 August 2020). Beautiful accessible woodland trails around two small lochs. · <https://www.euansguide.com/venues/birnie-loch-cupar-11076/reviews/beautiful-accessible-woodland-trails-around-two-small-lochs-11228>
48. National Trust for Scotland (updated July 2026). Hill of Tarvit Mansion & Garden accessibility guide. · <https://www.nts.org.uk/accessibility/hill-of-tarvit-accessibility-guide>
49. The Scottish Deer Centre. Contact us and frequently asked questions. · <https://scottishdeercentre.co.uk/contact/>

Levenmouth and East Neuk

50. FCCT. Leven Beach. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/leven-beach/>
51. Welcome to Fife. Silverburn Park. · <https://www.welcometofife.com/view-business/Silverburn>
52. Silverburn Park. Frequently asked questions. · <https://www.silverburnpark.co.uk/faq>
53. Silverburn Park. Beach wheelchairs. · <https://www.silverburnpark.co.uk/Beachwheelchairs>
54. FCCT. Elie Harbour. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/elie-harbour/>
55. Fife Council. Elie public toilets (Stenton Row). · <https://www.fife.gov.uk/facilities/public-toilet/elie-public-toilets>

St Andrews and North East Fife

56. Friends of Craigtoun. Access for all. · <https://www.friendsofcraigtoun.org.uk/accessibility>
57. Friends of Craigtoun. FAQs. · <https://www.friendsofcraigtoun.org.uk/faqs>
58. Friends of Craigtoun. Plan your visit. · <https://www.friendsofcraigtoun.org.uk/plan-your-visit>
59. Fife Council. St Andrews Craigtoun Park public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/st-andrews-craigtoun-park-public-toilets>

60. FCCT. Fife Pilgrim Way: Lade Braes to St Andrews. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/ceres-to-st-andrews/lade-braes-to-st-andrews/>
61. FCCT. Fife Pilgrim Way: Ceres to St Andrews (includes Lade Braes wheelchair video). · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/ceres-to-st-andrews/>
62. FCCT. Fife Pilgrim Way: Craigtoun to Lade Braes. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-pilgrim-way/ceres-to-st-andrews/craigtoun-to-lade-braes/>
63. Fife Council. St Andrews Bruce Embankment public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/st-andrews-bruce-embankment-public-toilets>
64. St Andrews Botanic Garden. Visit (opening, prices and accessibility). · <https://www.standrewsbotanic.org/visit/>
65. FCCT. St Andrews West Sands. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/st-andrews-west-sands/>
66. St Andrews Environmental Network. St Andrews Beach Wheelchairs. · <https://www.standrewsenvironmental.org/projects/st-andrews-beach-wheelchairs>

67. Welcome to Fife. St Andrews Beach Wheelchairs. · <https://www.welcometofife.com/view-business/st-andrews-beach-wheelchairs>
68. Cambo Gardens. Home page (tickets, dogs). · <https://www.cambogardens.org.uk/>
69. FCCT. Kingsbarns Beach. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-beaches/kingsbarns-cambo-sands/>
70. FCCT. Eden Estuary Nature Reserve. · <https://fifecoastandcountrysidetrust.co.uk/walks/local-nature-reserves-others/eden-estuary-nature-reserve/>
71. FCCT (2019). West Sands and the Eden Estuary leaflet (PDF). · <https://d1ssu070pg2v9i.cloudfront.net/pex/fcct/2020/06/09134207/West-Sands-2019-min.pdf>
72. Forestry and Land Scotland (FLS). Tentsmuir: visitor information. · <https://forestryandland.gov.scot/visit/destinations/tentsmuir/visitor-information>
73. FLS. Tentsmuir: trails. · <https://forestryandland.gov.scot/visit/destinations/tentsmuir/trails>
74. FLS. Accessible forests. · <https://forestryandland.gov.scot/visit/accessible-forests>

75. NatureScot. Tentsmuir NNR: visiting the reserve. · <https://www.nature.scot/enjoying-outdoors/visit-our-nature-reserves/tentsmuir-nnr/tentsmuir-nnr-visiting-reserve>
76. FCCT. Fife Coastal Path: Leuchars to Wormit Bay. · <https://fifecoastandcountrysidetrust.co.uk/walks/fife-coastal-path/leuchars-to-wormit-bay/>
77. Walk Fife. Rambler Bert's Tay Wander (route description). · <https://www.walkfife.org/maps-routes/berts-tay-wander/>
78. Fife Council. Tayport public toilets. · <https://www.fife.gov.uk/facilities/public-toilet/tayport-public-toilets>

Highlands, islands and Argyll

79. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/glencoe-lochan/visitor-information>
80. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/glencoe-lochan/trails>
81. Changing Places Consortium toilet map. · <https://www.changing-places.org/find>
82. National Trust for Scotland. · <https://www.nts.org.uk/visit/places/culloden/planning-your-visit>
83. National Trust for Scotland. · <https://www.nts.org.uk/accessibility/culloden-accessibility-guide>

84. National Trust for Scotland. · <https://www.nts.org.uk/visit/places/brodick-castle/planning-your-visit>
85. NatureScot. · <https://www.nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/moine-mhor-nnr/moine-mhor-nnr-visiting-reserve>

Cairngorms and the North East

86. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/loch-morlich-beach/visitor-information>
87. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/loch-morlich-beach/trails>
88. Able2Adventure. · <https://www.able2adventure.co.uk/offroadwheelchairhire>
89. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/glenmore/visitor-information>
90. Rothiemurchus estate. · <https://rothiemurchus.net/visit/loch-an-eilein/>
91. RSPB. · <https://www.rspb.org.uk/days-out/reserves/loch-garten-abernethy>
92. RSPB. · <https://www.rspb.org.uk/days-out/reserves/loch-garten-abernethy/facilities>
93. NatureScot. · <https://www.nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/muir-dinnet-nnr/muir-dinnet-nnr-visiting-reserve>

94. Glen Tanar Charitable Trust. · [https://
www.glentanarcharitabletrust.org/visitor-centre](https://www.glentanarcharitabletrust.org/visitor-centre)
95. Glen Tanar Charitable Trust. · [https://
www.glentanarcharitabletrust.org/paths-in-
glentantar](https://www.glentanarcharitabletrust.org/paths-in-glentantar)
96. National Trust for Scotland. · [https://www.nts.org.uk/
accessibility/crathes-castle-accessibility-guide](https://www.nts.org.uk/accessibility/crathes-castle-accessibility-guide)
97. National Trust for Scotland. · [https://www.nts.org.uk/
visit/places/crathes-castle/planning-your-visit](https://www.nts.org.uk/visit/places/crathes-castle/planning-your-visit)
98. ANGUSalive. · [https://angusalive.scot/countryside-
adventure/visit-us/crombie-country-park/](https://angusalive.scot/countryside-adventure/visit-us/crombie-country-park/)

Perthshire, Loch Lomond and the Trossachs

99. National Trust for Scotland. · [https://www.nts.org.uk/
visit/places/the-hermitage/planning-your-visit](https://www.nts.org.uk/visit/places/the-hermitage/planning-your-visit)
100. National Trust for Scotland. · [https://
www.nts.org.uk/visit/places/the-hermitage/
highlights/walks](https://www.nts.org.uk/visit/places/the-hermitage/highlights/walks)
101. Forestry and Land Scotland. · [https://
forestryandland.gov.scot/visit/destinations/
faskally/visitor-information](https://forestryandland.gov.scot/visit/destinations/faskally/visitor-information)
102. Forestry and Land Scotland. · [https://
forestryandland.gov.scot/visit/destinations/
faskally/trails](https://forestryandland.gov.scot/visit/destinations/faskally/trails)
103. Forestry and Land Scotland. · [https://
forestryandland.gov.scot/visit/destinations/the-
lodge-forest-visitor-centre/visitor-information](https://forestryandland.gov.scot/visit/destinations/the-lodge-forest-visitor-centre/visitor-information)

104. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/the-lodge-forest-visitor-centre/trails>
105. Changing Places Consortium toilet map. · <https://www.changing-places.org/toilet/view/2117>
106. West Dunbartonshire Council. · <https://www.west-dunbarton.gov.uk/leisure-parks-events/parks-and-greenspaces/parks/balloch-castle-country-park/balloch-castle-visits>
107. Loch Lomond & The Trossachs National Park. · <https://www.lochlomond-trossachs.org/things-to-do/all-abilities/>
108. Loch Katrine (operator). · <https://www.lochkatrine.com/frequently-asked-questions>
109. Loch Katrine (operator). · <https://www.lochkatrine.com/cycling>
110. Loch Katrine (operator). · <https://www.lochkatrine.com/accessibility>

Edinburgh, the Lothians and the Clyde

111. Historic Environment Scotland. · <https://www.historicenvironment.scot/visit/all/holyrood-park/roads-and-car-parks/>
112. Historic Environment Scotland. · <https://www.historicenvironment.scot/visit/all/holyrood-park/plan-your-visit/>

113. Changing Places Consortium toilet map. · [https://
www.changing-places.org/toilet/view/549](https://www.changing-places.org/toilet/view/549)
114. East Lothian Council. · [https://
www.eastlothian.gov.uk/libraries-leisure-and-
tourism/countryside-and-wildlife/plan-your-visit-
east-lothians-countryside/countryside-sites](https://www.eastlothian.gov.uk/libraries-leisure-and-tourism/countryside-and-wildlife/plan-your-visit-east-lothians-countryside/countryside-sites)
115. Visit East Lothian. · [https://visiteastlothian.org/
things-to-see-do/beaches/john-muir-country-park-
linkfield/](https://visiteastlothian.org/things-to-see-do/beaches/john-muir-country-park-linkfield/)
116. Changing Places Consortium toilet map. · [https://
www.changing-places.org/toilet/view/3750](https://www.changing-places.org/toilet/view/3750)
117. The Burrell Collection. · [https://
burrellcollection.com/visit/plan-your-visit/](https://burrellcollection.com/visit/plan-your-visit/)
118. Changing Places Consortium toilet map. · [https://
www.changing-places.org/toilet/view/1952](https://www.changing-places.org/toilet/view/1952)
119. Changing Places Consortium toilet map. · [https://
www.changing-places.org/toilet/view/740](https://www.changing-places.org/toilet/view/740)
120. North Lanarkshire Council. · [https://
www.northlanarkshire.gov.uk/leisure-parks-and-
culture/countryside-and-parks/strathclyde-country-
park](https://www.northlanarkshire.gov.uk/leisure-parks-and-culture/countryside-and-parks/strathclyde-country-park)

South of Scotland

121. National Trust for Scotland. · [https://
www.nts.org.uk/visit/places/culzean/planning-your-
visit](https://www.nts.org.uk/visit/places/culzean/planning-your-visit)

122. National Trust for Scotland (leaflet PDF). · https://ntswebstorage01.blob.core.windows.net/nts-web-assets-production/downloads/Culzean_Leaflet-Web_0625.pdf
123. National Trust for Scotland. · <https://www.nts.org.uk/accessibility/culzean-castle-accessibility-guide>
124. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/glentress/visitor-information>
125. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/glentress/trails>
126. Outdoor Mobility. · <https://www.outdoormobility.org/floors-castle>
127. Floors Castle. · <https://www.floorscastle.com/>
128. Floors Castle. · <https://www.floorscastle.com/plan-your-trip/accessibility/>
129. Outdoor Mobility. · <https://www.outdoormobility.org/booking-terms>
130. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/kirroughtree/visitor-information>
131. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/destinations/kirroughtree/trails>

132. Changing Places Consortium toilet map. · <https://www.changing-places.org/toilet/view/746>
133. Forestry and Land Scotland. · <https://forestryandland.gov.scot/visit/accessible-forests>

Borrowing and hiring equipment

134. Outdoor Mobility, Scotland locations. · <https://www.outdoormobility.org/scotland>
135. Outdoor Mobility, Booking terms. · <https://www.outdoormobility.org/booking-terms>
136. Countryside Mobility, North of England. · <https://countryside-mobility.org/north-of-england/>

Getting there by train, bus and ferry

137. ScotRail, Accessible travel. · <https://www.scotrail.co.uk/plan-your-journey/accessible-travel>
138. National Rail, Passenger Assist. · <https://www.nationalrail.co.uk/help-and-assistance/passenger-assist/>
139. Disabled Persons Railcard. · <https://www.railcard.co.uk/disabled-persons-railcard/>
140. GOV.UK, Bus and coach accessibility and PSVAR 2000. · <https://www.gov.uk/government/publications/accessible-buses-and-coaches/bus-and-coach-accessibility-and-the-public-service-vehicle-accessibility-regulations-2000>

141. Thistle Assistance. · [https://
www.thistleassistance.com/](https://www.thistleassistance.com/)
142. Transport Scotland, Bus complaints. · [https://
www.transport.gov.scot/public-transport/buses/
bus-complaints/](https://www.transport.gov.scot/public-transport/buses/bus-complaints/)
143. [mygov.scot](https://www.mygov.scot/), Disabled bus pass. · [https://
www.mygov.scot/disabled-bus-pass](https://www.mygov.scot/disabled-bus-pass)
144. Transport Scotland, Free bus travel. · [https://
www.transport.gov.scot/concessionary-travel/
60plus-or-disabled-free-bus-travel](https://www.transport.gov.scot/concessionary-travel/60plus-or-disabled-free-bus-travel)
145. [mygov.scot](https://www.mygov.scot/), Travel with a companion. · [https://
www.mygov.scot/disabled-bus-pass/travel-with-
companion](https://www.mygov.scot/disabled-bus-pass/travel-with-companion)
146. [mygov.scot](https://www.mygov.scot/), Using your bus pass. · [https://
www.mygov.scot/disabled-bus-pass/using-your-
bus-pass](https://www.mygov.scot/disabled-bus-pass/using-your-bus-pass)
147. CalMac, Blue Badge vehicle discount FAQ. · [https://www.calmac.co.uk/en-gb/faqs/tickets-and-
reservations/do-you-offer-discounts-for-vehicles-
of-blue-badge-holders/](https://www.calmac.co.uk/en-gb/faqs/tickets-and-reservations/do-you-offer-discounts-for-vehicles-of-blue-badge-holders/)
148. CalMac, Concession tickets FAQ. · [https://
www.calmac.co.uk/en-gb/faqs/tickets-and-
reservations/do-you-offer-concession-tickets/](https://www.calmac.co.uk/en-gb/faqs/tickets-and-reservations/do-you-offer-concession-tickets/)
149. [mygov.scot](https://www.mygov.scot/), Ferry concessions. · [https://
www.mygov.scot/ferry-concessions](https://www.mygov.scot/ferry-concessions)
150. [mygov.scot](https://www.mygov.scot/), Apply for a Blue Badge. · [https://
www.mygov.scot/apply-for-blue-badge](https://www.mygov.scot/apply-for-blue-badge)

151. Traveline, Traveline services. · [https://
www.traveline.info/about-traveline/traveline-
services/](https://www.traveline.info/about-traveline/traveline-services/)
152. Transport Scotland, Plan your journey. · [https://
www.transport.gov.scot/our-approach/keep-
scotland-moving/plan-your-journey/](https://www.transport.gov.scot/our-approach/keep-scotland-moving/plan-your-journey/)

Your rights outdoors and in cafés

153. Land Reform (Scotland) Act 2003, section 1. · [https://www.legislation.gov.uk/asp/2003/2/section/
1](https://www.legislation.gov.uk/asp/2003/2/section/1)
154. Land Reform (Scotland) Act 2003, section 9. · [https://www.legislation.gov.uk/asp/2003/2/section/
9](https://www.legislation.gov.uk/asp/2003/2/section/9)
155. NatureScot (2005). Scottish Outdoor Access Code, full text (PDF), Part 5 'Disabled access', page 83. · [https://www.outdooraccess-
scotland.scot/sites/default/files/2018-05/
Publication%202005%20-
%20Scottish%20Outdoor%20Access%20Code.pdf](https://www.outdooraccess-scotland.scot/sites/default/files/2018-05/Publication%202005%20-%20Scottish%20Outdoor%20Access%20Code.pdf)
156. Equality Act 2010, section 20. · [https://
www.legislation.gov.uk/ukpga/2010/15/section/20](https://www.legislation.gov.uk/ukpga/2010/15/section/20)
157. Equality Advisory and Support Service. · [https://
www.equalityadvisoryservice.com/](https://www.equalityadvisoryservice.com/)
158. Equality and Human Rights Commission, Assistance dogs: a guide for all businesses. · [https://www.equalityhumanrights.com/guidance/
assistance-dogs-guide-all-businesses](https://www.equalityhumanrights.com/guidance/assistance-dogs-guide-all-businesses)

159. Fife Coast & Countryside Trust, Outdoor access. · <https://fifecoastandcountryside.co.uk/engage/outdoor-access/>
160. Scottish Access Officer Contact List. · <https://www.outdooraccess-scotland.scot/scottish-access-officer-contact-list>

Walking with company, sight loss or dementia

161. Walking Scotland. Join a Health Walk. · <https://walkingscotland.org.uk/get-involved/join-a-health-walk/>
162. Active Fife. Walking: Bums Off Seats health walks. · <https://active.fife.scot/activities/activity-pages/fitness-and-wellbeing/walking>
163. Scottish Government Participation blog (9 June 2022). Paths for All (now Walking Scotland): dementia friendly health walks. · <https://blogs.gov.scot/participation/2022/06/09/paths-for-all-dementia-friendly-health-walks/>
164. RNIB. Guiding a blind or partially sighted person. · <https://www.rnib.org.uk/living-with-sight-loss/supporting-others/guiding-a-blind-or-partially-sighted-person/>

Useful organisations

165. Euan's Guide. · <https://www.euansguide.com>
166. Walking Scotland. · <https://walkingscotland.org.uk>

167. Disability Equality Scotland. · <https://disabilityequality.scot>
168. Disability Information Scotland. · <https://www.disabilityscot.org.uk>
169. Ramblers, 10 great routes for wheelchair users. · <https://www.ramblers.org.uk/go-walking-hub/10-great-routes-wheelchair-users>

REFERENCE

Image credits

Cover

Cover illustration by Clarity Guides. Map outlines: OS data © Crown copyright and database right 2024; ONS, OGL v3. Ireland: Natural Earth (public domain).

Icons

The fact-box icons were drawn in code by Clarity Guides for this guide.

Tables and worksheets

Designed by Clarity Guides.

No photographs are used in this guide.

A CLARITY GUIDE

Accessible Walks

Making the confusing clear.

PUBLISHED BY CLARITY GUIDES

*In a world full of disinformation, get **Clarity**.*

This guide is general information only. Paths, facilities, prices and opening times change, and weather can make any path harder. Check the official page or phone ahead, and judge for yourself whether a route suits you and your equipment. In an emergency call 999; if you are deaf or have a speech impairment you can register for emergencySMS. Facts were correct when checked on 19 October 2026. Clarity Guides is independent and is not linked to any organisation named here. Free to share — Clarity Guides.