

West Sands



A World Class Experience

The philosophy of 'Shared Space' is to provide the best experience for all users, whilst ensuring that no one activity dominates the site to the detriment of any other.

The Code of Conduct is meant to reflect the regulations and laws covering the site and assist with the protection of both the natural environment and visitor experience.



The Eden Estuary

The Eden Estuary is a Local Nature Reserve of global importance, it has a rich and surprisingly diverse landscape. The mix of coastal and river habitats is vital for wildlife including otters, bats and badgers.

However it is the birds that form the main attraction.

In winter the reserve supports thousands of migratory species including grey plover, dunlin, ruff and greenshank.

The best place to view the nature reserve is the Eden Estuary Centre in Guardbridge. Access to the hide is by keypad, for the code call **07985 707593**.

Wild About Nature

A fascinating part of the management of West Sands are the Hebridean sheep at Outhead. They keep the grass short over winter and are taken off in March to allow Skylarks and Meadow Pipits to use the area for rearing young in the summer.



Are You Bird Aware...

During the winter shoreline birds have limited time to feed. Don't let your dog disturb them.

Did you know?...

...that the Eden Estuary SSSI covers West Sands beach and dunes down to Bruce Embankment.



About Fife Coast and Countryside Trust

We are a local charity committed to ensuring that everyone has the opportunity to experience Fife's great outdoors. We do this through careful management in a manner which respects the balance between people and nature.

We manage sites and paths throughout the Kingdom of Fife including the Fife Coastal Path, the Fife Pilgrim Way and the Lomond Hills Regional Park. We also manage 4 Local Nature Reserves, beaches and many other sites used by our communities.

For more information visit our websites
Fifecoastandcountryside.co.uk

Useful Contacts

St Andrews Links Trust **01334 466 666**

Area Ranger **07985 707593**

West Sands Ranger Team **07984 152558**

Beach Wheelchair St Andrews **03000 122014**

Harbourmaster's House **01592 656080**



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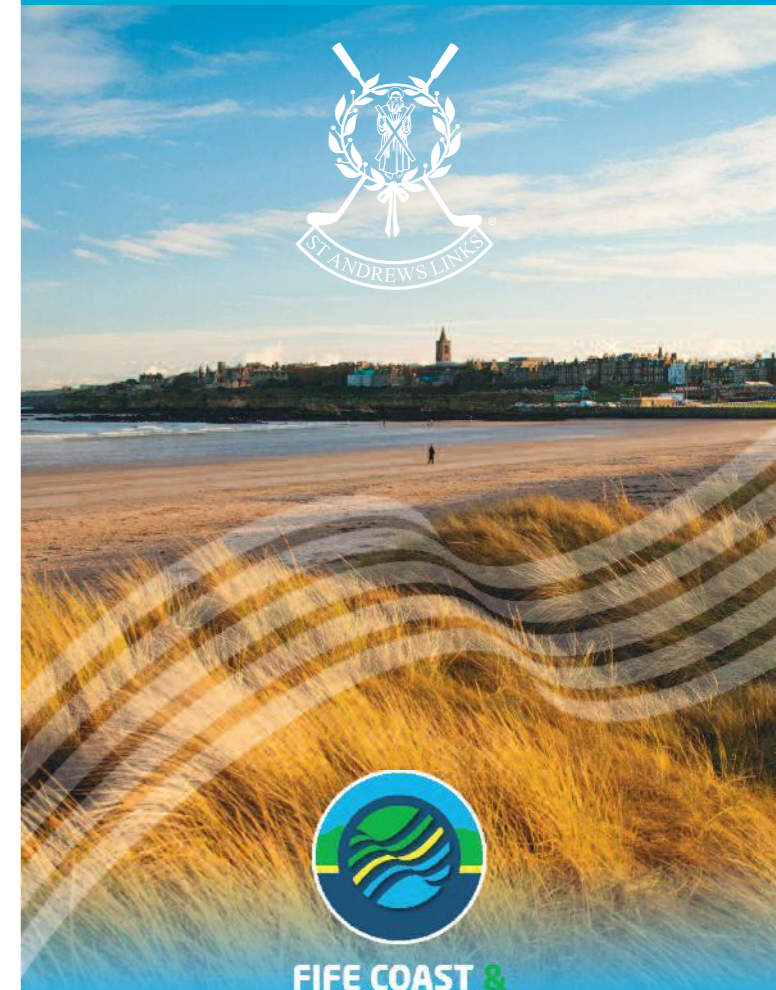
The Harbourmaster's House, Hot Pot Wynd, Dysart, Fife, KY1 2TQ

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Website: www.fifecounsidetrust.co.uk

Fife Coast and Countryside Trust is a company registered in Scotland, Company No. SC216254 and a registered Scottish Charity, Charity No. SC031247.

WEST SANDS ST ANDREWS



FIFE COAST & COUNTRYSIDE TRUST

experience • engage • enjoy

Welcome to West Sands

The largest of the 'Sands of St Andrews', the West Sands is only a 10 minute walk from the town centre and at 3km long provides a vast and beautiful open space for the local community and visitors alike.

The award winning beach with an expanse of yellow sand and neat green dunes stretches on forever and invites you to travel to the distant horizon. Maybe a run is more your style and you would be in good company as iconic opening scenes of the film 'Chariots of Fire', were filmed here.

The beach is a friendly welcoming place, great for a quiet, peaceful walk or a fun filled family day out.

There is nearly always something going on and when there isn't, the beach is a fantastic landscape to explore, linking as it does with the historic and beautifully placed golf courses of the St Andrews Links and the wildlife packed Eden Estuary.

What we are doing at West Sands

Fife Coast and Countryside Trust supports St Andrews Links Trust to manage the West Sands. We believe our collaborative approach to managing this very special shared space will create an enhanced visitor experience for the many different user groups.

Fife Coast and Countryside Trust provide an on-site Countryside Ranger team who are there to answer any queries and support your visit.



West Sands Ranger Team 07984 152558

Our Rangers have a programme of events, including regular beach cleans, monthly volunteer group sessions to work on and improve the local area. They also survey, manage and advise on the site's wildlife, natural heritage and coastal environment as well as providing outdoor learning opportunities.

We also provide important amenities such as clean toilets and beach waste removal, all vital for a pleasing and comfortable visit.

Sand Dune Restoration

Thank you
for keeping clear of
the dunes and allowing
them to repair. Your support
plays a huge part in making
this restoration a
continued success.

To date we have managed to restore most of the dunes to a standard that allows them to recover naturally.

Thousands of tonnes of sand have been added and huge number of plants have been transplanted by hundreds of volunteers, with plants harvested from our on-site donation area.

A measure of the success can be seen in the amount of fencing slowly being buried by the building sands and the new natural growth onto the beach. Along with the rebuilding we have also moved to hand-cleaning the beach to allow sand levels to rise, improving the beach's capacity to cope with high tide surges, whilst providing windblown sand for the dunes' nourishment.

We also provided 12 acres of car-free grassland at the Outhead area which is managed sustainably by grazing rare-breed sheep. This area is a great natural space and is a haven for breeding birds, wildflowers and butterflies.



After a storm surge in 2010 caused significant damage, work began on the restoration of the dunes at West Sands. Fife Coast and Countryside Trust and St Andrews Links Trust, along with supporting partners, started an innovative, large-scale project to return good natural health to the sand dunes. The dunes are vital as a coastal defence, a natural habitat, and a future recreational resource.

The programme began with the rebuilding of the Swilcan Dune. The images above chart the restoration of this dune through the first few years. This is a long-term programme and the entire eastern dune system is under restoration. The fences are vital and there to allow sand accumulation and to limit access to the restored areas. Please help support this vital work by staying off this area to allow recovery.

A Four Seasons Experience

Simply Strolling or Rolling

Admire the horizon, the sea and the acres of sand. Whether you choose a leisurely stroll on a warm summer evening or a brisk invigorating winter outing with the waves pounding the shore, there is surely no finer pleasure. Thanks to the on-site **Beach Wheelchair** provision, if beach walking is difficult, contact the project in advance through the Hamish Foundation to access one of the beach friendly wheelchairs. Brilliant!

Wet and a Bit Wild

With so much sea on offer the temptation to make a splash is obvious. **RNLI** beach safety teams cover the beach in Summer and the southern end of the beach is great for a paddle. Maybe it is something a bit more adventurous you are after? Hook up with **'Blown Away'** and try out their water activities.

www.blownaway.co.uk

If getting wet doesn't float your boat...try sand yachting. It's all possible right here.

Running on Empty

West Sands is a great place for a fun run, a jog or a more serious workout. This is flat sand running at its best. Plus, it is free and open all year round! Lace up your trainers and get inspired by the opening scenes of 'Chariots of Fire.' The beach provides 6km of packed sand and 3km of level grass.



Be inspired, go 'coastal' and have some fun!

Beach Fun

The beach is a wide open space, there is plenty of room by the sea, just bring your imagination and on some days a wind break! Maybe a picnic or lunch at the **West Sands Café**. How about flying a kite? Or building a sand castle? Simple.

Natural Curiosity

West Sands and the surrounding areas are rich in wildlife and a **Site of Special Scientific Interest**. You may be lucky and see bottlenose dolphins offshore, definitely diving gannets and swift wing terns in summer. In winter sea duck can fill the bay and wading birds scurry along the tide line. On land you can walk beneath a canopy of larks and be charmed by the colourful dance of a butterfly. Head up the beach road to Outhead, visit our sheep and stand atop the viewing platform for a vista of sandbars, seals and spectacular seascapes.

Get Involved

If like so many others, you will fall in love with the West Sands then why not get involved? Seek out a local club or use the contact details in this leaflet to get in touch with **our Rangers** for more information.

General Code of Conduct for All Visitors and Beach Users



- Litter must be collected and removed off site or disposed of in provided bins or recycling area.
- No Access to fenced dune areas please. Thank you.
- Please use identified access points to enter the beach.
- Please do not access the sand bars off Outhead to the northern end of the beach. There is no access to Tentsmuir Forest due to the fast flowing River Eden. The area is a place of shifting and highly dangerous sandbars with sinking sand and fast flowing tides.

Vehicle Access and Parking



- No overnight parking.
- All cars must be parked on grass car park area only.
- No parking on the road, turning circles or coach parking.
- No vehicle access to the beach.
- Adhere to all speed limits.
- Motorists please be aware they have no right of way over the grass areas and must give way to pedestrians and cyclists.
- *Parking at the Links Trust Clubhouse is for this facility and golf-related traffic only.*

Swimming



- Due to the natural structure of the beach and the prevailing offshore wind West Sands is not recommended for swimming.
- All visitors entering the water should be aware of the risks.
- During July and August the beach is covered by RNLI Lifeguards providing water and beach safety.

West Sands : Code of Conduct

Dogs and Dog Walking



- *All dog waste must be collected and removed to disposal in any general waste bin.*
- Dogs must be under your control at all times and be under close control or a lead around the sheep pens at Outhead when the sheep are present (September-March)
- Please keep your dog away from the recognised award area at southern end of beach during July and August each year.
- Please be considerate to other beach users at all times.
- Keep your dog under control when around nesting birds.
- Bird aware: Ground nesting birds on the site April to July.

Kite Sports

(including kite buggies and sand yachts)



- Kites and kite drawn vehicles should only be used within the designated Kite Zone-marked by flags.
- Even within the Kite Zone kitesports users must give way to all other beach users.
- All riders of kite or sail drawn vehicles should be proficient and have the necessary skills to control the vehicle in high winds. Training providers should be sought out prior to solo riding.
- Kitesports users are recommended to use the beach 3hrs either side of Low Tide.
- Please no kite buggies or sand yachts at High Tide.
- All kite and kitesport users must be aware of all other beach users at all times avoiding near passes, fast and silent approaches and collisions.
- All kitesports users are strongly recommended to carry 3rd party insurance and ideally be a member of a legitimate sports body.

Fires and BBQ's



- No fires in the sand dunes.
- No fires on Outhead grassland or grass car parking areas.
- Small attended fires are allowed on the beach. However these must be at least 5m from sand dunes and not at High Tide. The fire must be extinguished prior to leaving the site and the embers removed.
- Disposable BBQ's can be used on beach. However *please ensure they are cold before disposal.*
- Disposable BBQ's can only be used on the grass parking area or grassland areas where they are elevated off the grass to prevent burning. Do not place BBQ on table tops with no heat protection.

Horses and Horse Riding



- Please load and unload horses on grass areas only.
- All horse mess must be collected and removed off site.
- Riding the beach is best at Low Tide. It is recommended to ride the beach 3hrs either side of Low Tide.
- Please no riding the beach at High Tide.
- Please no cantering or galloping on grass car park areas.
- Please access the beach using recognised wide vehicle access points. Please do not access the beach over the boardwalks.
- All horse riders are strongly recommended to carry 3rd party insurance.

Watersports



- No vehicular access to the beach.
- Launching by trolley or hand is recommended.
- All wind and paddle powered craft should show consideration to other beach users and the environment.
- West Sands is not appropriate for power craft such as power boats and jet skis.
- No watersports users may enter the Eden Estuary Local Nature Reserve instead staying sea side of the Outhead sandbars under all conditions.
- Inflatable watercraft and products are not recommended for use on West Sands due to the prevailing wind and the nature of the exposed aspect of the beach.

Camping



- No overnight vehicular stays, including motorhomes, cars and campervans.
- No overnight camping on West Sands and all associated areas including amenity grass areas, grass parking area, dunes, beach and golf courses.

Other Additions

Events:

Should you wish to hold an event on West Sands please **contact 01592 656080** to apply.

West Sands Rangers:

FCCT provide a ranger service for West Sands. For advice and information on the beach, the local environment, events, clean-ups and ranger led bookings contact **07984 152558 or 07985 707593** ask.us@fifecountryside.co.uk

Coastal Volunteer Group:

Want to make a difference? Why not come along to our monthly volunteer days. **Contact 07984 152558 or 01592 656088.**

Eden Estuary Nature Reserve:

This stunning site is managed by our Rangers and for information on the wildlife and bird hides. **Contact 07985 707593.**

Fife Coastal Path:

Would you like to see a bit more of Fife's stunning coastline? **Contact 01592 656080 for details.**