



Wild Camping

This type of camping is lightweight, done in small numbers and only for two or three nights in any one place. You can camp in this way wherever access rights apply but help to avoid causing problems for local people and land managers by not camping in enclosed fields of crops or farm animals and by keeping well away from buildings, roads, or historic structures. If you wish to camp close to a house or building, seek the owner's permission.

For further information visit

<https://fifecoastandcountryside.co.uk/plan-your-trip/resources/Inland-leaflets/>

Themed Walks

We have several themed walks in the Lomond Hills. Full details of these walks are available from our website

<https://fifecoastandcountryside.co.uk/plan-your-trip/resources>



About Fife Coast and Countryside Trust

We are a local charity committed to ensuring that everyone can experience Fife's great outdoors. We do this through careful management in a manner which respects the balance between people and nature. We manage many sites and paths throughout the Kingdom including the Fife Coastal Path, Fife Pilgrim Way, and the Lomond Hills Regional Park. We also manage several Local Nature Reserves and many other sites across Fife. For more information visit our website

fifecoastandcountryside.co.uk

Useful Contacts

Fife Coast and Countryside Trust **01592 656080**

Fife Council **03451 550000**

Police Scotland **101**

Emergency Services **999**

Traveline **0871 2002233**

Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.



**KNOW THE CODE
BEFORE YOU GO**
outdooraccess-scotland.scot

The Lomond Hills Regional Park is part of a living and working landscape with many parts owned and managed by private landowners. In the spirit of responsible access, please follow the Scottish Outdoor Access Code.



**FIFE COAST &
COUNTRYSIDE TRUST**



Fife Coast and Countryside Trust

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

Tel: 01592 656080 Email: ask.us@fifecountryside.co.uk

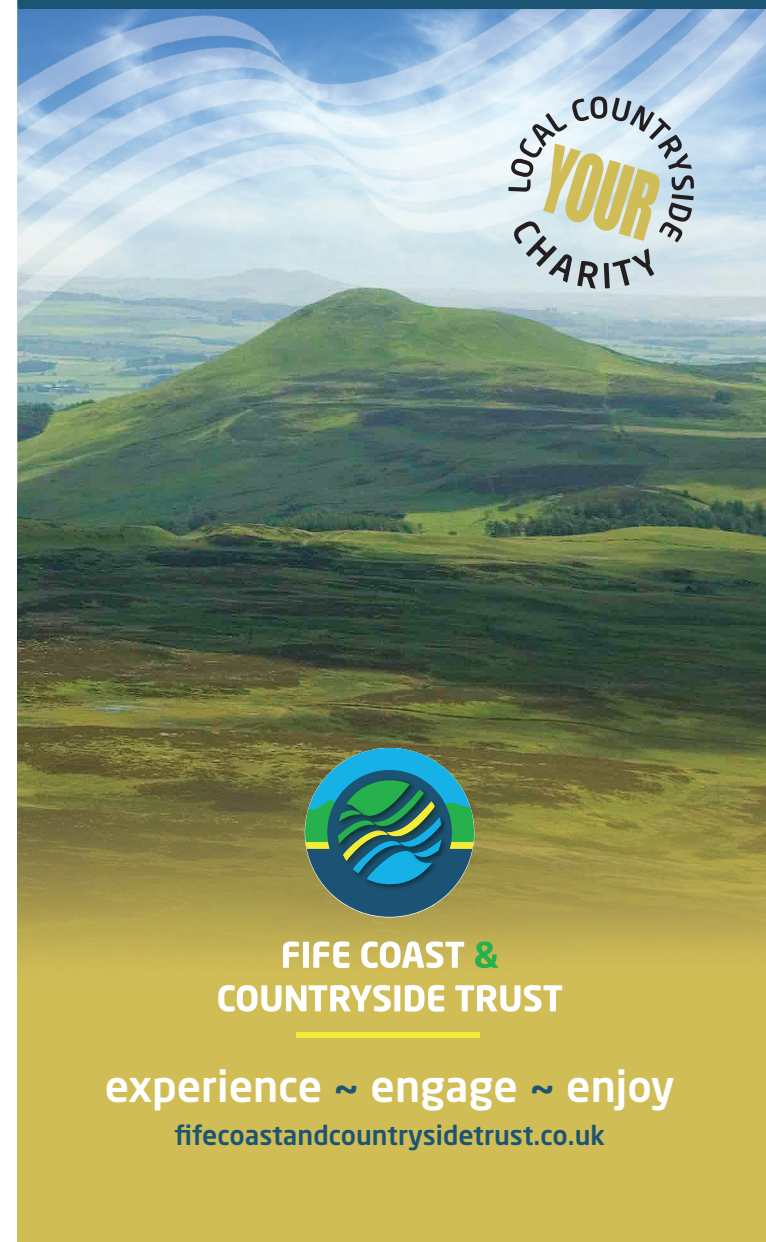
Website: www.fifecountryside.co.uk



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Lomond Hills Regional Park



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Enjoy the Hills Responsibly

Please act responsibly

Landowners in the hills welcome careful and responsible visitors. Before accessing the Lomond Hills, please familiarise yourself with the Scottish Outdoor Access Code, this will help protect wildlife and safeguard crops and livestock.

The Scottish Outdoor Access Code allows the public onto most land and water for recreation, education and going from place to place, but you must act responsibly.

Please note the following guidelines:

- **Avoid making unnecessary noise**
- **Please keep your dog under control and be aware of livestock**
- **Please take care if the path crosses or is close to a golf course.**
- **Care for your environment and take your litter home.**
- **Please dispose of your dog waste by picking it up and taking it home with you.**

For more information on the Scottish Outdoor Access Code go to **[outdooraccess-scotland.com](https://www.outdooraccess-scotland.com)** or call Fife Council's Access Officer on **01592 583239**.

Archaeology East Lomond Hillfort

The summit of East Lomond was once the site of the chief fortress of the Venicones tribe (a Celtic name meaning 'the hunting hounds'). After the collapse of the Roman Empire in c.410AD the fort was re-organised by Pictish kings as part of the Kingdom of Fife, from which Fife takes its name. In 2014 a community archaeology dig revealed an outer enclosure, stone buildings, a metal-working site, and evidence of 3 large walls which surround the summit.



WR 1818 Boundary Stones

The enclosure and division of the 'Commonty of the Lomond Hills of Falkland' by an Act of Parliament in 1815 was a key event in changing the landscape of the hills. In 1818 boundaries were marked out using up to 200 specially carved stones. Made of sandstone with 'WR 1818' carved on the top, WR stands for Sir William Rae (1769 - 1842) the commissioner who supervised the process. Look out for some on the footpath to West Lomond at Balharvie Moss.



Welcome to the Lomond Hills

Welcome to the Lomond Hills Regional Park, designated Scotland's first Regional Park in 1986. A place where you can experience wide open spaces just a stone's throw away from some of our busiest towns and cities.

The network of paths offers the opportunity to explore more than 65km² of moorland, lochs, and farmland, with views that stretch as far as the Cairngorms in the north and the Borders in the south.

East Lomond, also known as Falkland Hill, is 434m high. However, it is dwarfed by the neighbouring West Lomond which is 522m high and the highest point in Fife. The hills lie near the edge of a high plateau that slopes down to Glenrothes and to the Firth of Forth. They are Fife's most distinctive landmark.

The hills may look wild, but they have many uses from farming to forestry, public water supply to recreation.

There is so much to see and enjoy in the Lomond Hills, whether you are interested in fauna and flora, archaeology, geology, walking, running or just want to find some space to blow the cobwebs away, all we ask is that you enjoy this amazing place responsibly.

The Regional Park experiences high numbers of visitors for much of the year and sometimes parking is at a premium. Passage along tracks and narrow roads is vital for those who live and work in the area and obstructing these can have profound implications. Please only park in designated areas and if a car park is full, try one of the others provided.



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What you can see whilst walking in the Regional Park?

Built Heritage

Originally built in the 19th century to supply water to Kirkcaldy and Dysart and then the rapidly growing mining towns of West Fife, a string of reservoirs run across the West Lomond plateau. They provide a valuable habitat for plants, wildfowl, amphibians, and aquatic insects.

Holl Reservoir contains enough water for about 8 Billion (8,000,000,000) cups of tea. With the other reservoirs on the Lomond Hills there is enough water to make 4 cups of tea for everyone on the planet!

Geology

The Lomond Hills, the Bishop Hill and Benarty Hill were formed 307 Ma ago by molten magma between layers of sedimentary rock, to form a sill of the dark-coloured igneous rock quartz dolerite. The Lomond Hills peaks are two extinct volcanic pipes, which cut through the sill and are now filled with 297 Ma old dolerite. Between 19,000 and 13,000 years ago the area was covered by ice, eroding rock previously overlying the hard dolerite sill which has protected the underlying sedimentary rock, creating the landscape we see today.

Photo - Lomond Hills, WR Stone, Butterfly

Wildlife of the Lomond's

The Regional Park is made up of a wide variety of habitat types which ensures that there is always some interesting wildlife around to look out for.

Resident species include Ravens, which can be seen "tumbling" through the skies in a ritual, aerobatic display particularly common before start of the breeding season in February.

The summer is great for butterflies, and one of the most spectacular is the small pearl-bordered fritillary, which can be seen flying low over the grasslands in search of foodplants like violet.

Smaller insects are on the menu of one of our more interesting plants, the Butterwort. This carnivorous plant is only 15cm tall when in flower and has a rosette of sticky leaves used to trap unsuspecting prey.

In winter, many wetland birds arrive at the reservoirs from elsewhere including Pink-footed goose, Pochard and Whooper swan. The Whooper swans are found grazing and roosting with our resident mute swans but are much more vocal, sounding like geese, and have a, distinctive, yellow, and black bill.

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Wildlife photographs copyright Laurie Campbell.

Paths in the Lomond Hills Regional Park



The Lomond Hills are an amazing place, please help us to preserve them for future generations. It has never been easier to donate...

If you have a smartphone simply scan the code below.

