

# Be a responsible snorkeller

## Before you go

**Check the conditions:** be aware of tides, water temperatures, currents and weather forecasts before you leave.

**Take a friend:** never snorkel alone and always tell people where you are going.

**Know who to contact:** find out where the nearest medical and/or coastguard facility is and note down who to contact in an emergency.

## At the beach

**Know your surroundings:** check what the weather and tides are doing, and identify a landmark for reference.

**Use the right equipment:** only use good quality and well-fitting equipment – mask, snorkel and fins.

**Wear the right protection:** a wetsuit will keep you warm and protect you against jellyfish stings. If it's sunny, remember to cream up!

## In the water

**Follow the Snorkeller's Code:**

Do not remove seaweed or animals from the rock or from their homes.

Take care not to kick sealife with fins or stand on delicate animals.

Observe animals where they live and don't take anything away with you.

## WARNING:

Do not snorkel in rough weather

Do not enter the water during or 1-2 days after heavy rainfall, as water pollution may occur

Do not touch jellyfish and other wildlife  
Never snorkel alone

Emergency Services:  
999

NHS 24:  
111

Victoria Hospital:  
01592 643355

For further information, visit:  
[scottishwildlifetrust.org.uk/snorkeltrail](http://scottishwildlifetrust.org.uk/snorkeltrail)

# South Fife Snorkel Trail

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W [scottishwildlifetrust.org.uk/snorkeltrail](http://scottishwildlifetrust.org.uk/snorkeltrail)

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t @ScottishSeas

@scottishwildlifetrust



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**The Dive Bunker**  
Kit for hire  
f [Divebunker Sac1169](https://www.facebook.com/Divebunker)

**Beacon Leisure Centre**  
Hot showers for a small fee  
[fifeleisure.org.uk/locations/beacon](http://fifeleisure.org.uk/locations/beacon)

Electric vehicle charging points can be found here:  
[chargeplacescotland.org](http://chargeplacescotland.org)

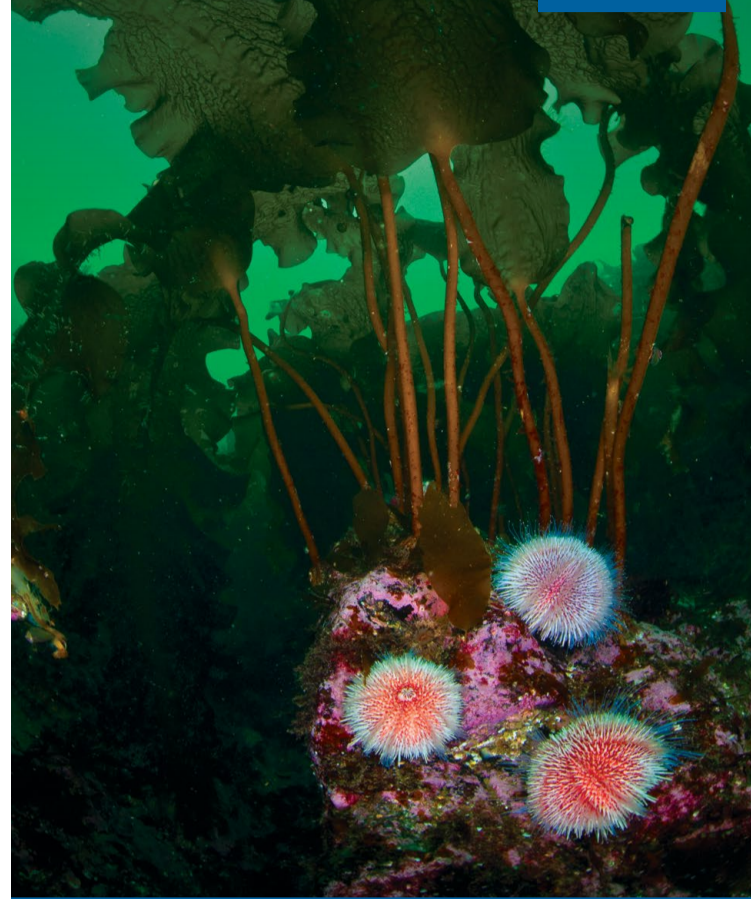


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# Dive in to Scotland's Living Seas!



# Snorkel Trail

South Fife

In association with



# Life under the waves

South Fife is home to a thriving marine environment. There are no guarantees as to what you might see whilst snorkelling (that's part of the fun!), but here are some common species to keep an eye out for:

Fish	 SAND EEL	 LEOPARD SPOTTED GOBY	 DAB	 SCORPION FISH	Jellyfish	 LION'S MANE	 MOON	 BARREL	 COMB				
	Crustaceans	 GREEN SHORE CRAB	 VELVET SWIMMING CRAB	 BROWN CRAB		 HERMIT CRAB	Starfish and Urchins	 COMMON STARFISH	 BRITTLESTAR	 SUN STAR	 COMMON URCHIN		
		Molluscs	 BLUE MUSSEL	 DOG WHELK		 BLUE RAYED LIMPET		 LIMPET	Plants and Algae	 KELP	 BLADDER WRACK	 SEA LETTUCE	 CHANNEL WRACK
			Other Invertebrates	 DAHLIA ANEMONE		 PLUMOSE ANEMONE		 NUDIBRANCH <i>Polycera quadriflora</i>		 BEADLET ANEMONE	Also look out for...	GREY SEAL	HARBOUR PORPOISE
MINKE WHALE				EIDER DUCK	GREAT NORTHERN DIVER	GUILLEMOT		QR code					



1



## Kinghorn Bay

**MAP:** OS Explorer 361, NT269866  
**NEAREST TOWN:** Kinghorn (0 miles)

Kinghorn Bay is a short walk from Kinghorn's train station. The two advanced zones on opposite sides of the bay are composed of rocky walls and boulder fields, which support a variety of encrusting animals and seaweeds. Look out for scorpion fish and leopard-spotted gobies that hide amongst the rocks. Toilets with accessible access are on site.

Snorkellers here must keep the lifeboat launch area clear, remain vigilant in case of sudden deployment and use a high visibility marker/float.

4



## Longcraig

**MAP:** OS Explorer 361, NT279897  
**NEAREST TOWN:** Kirkcaldy (2 miles)

Longcraig is a basalt rock that protrudes above the water's surface and is approximately 200 metres from shore. Beneath the waves you can find swaying kelp and tiny plumose anemones. The rockpools in the shallows are great for beginners. This site can be accessed by the car park on Seafield beach, or by a 10 minute cycle/bus ride from Kirkcaldy.

2



## Hoch-ma-toch

**MAP:** OS Explorer 361, NT274872  
**NEAREST TOWN:** Kinghorn (0.5 miles)

Hoch-ma-toch is reached by walking along the Fife Coastal Path towards Kirkcaldy. The path will lead you to a small pebbled bay, before it climbs and twists on its way to Seafield. A small earthen path leads down to the bay and the water entry point sits at the foot of a rocky extension, on the far end. The earthen path can be located by searching "younger.solo.lends" in what3words.

3



## Seafield Tower

**MAP:** OS Explorer 361, NT279885  
**NEAREST TOWN:** Kirkcaldy (2 miles)

The ruins of Seafield Tower are a 10 minute walk from Seafield beach car park; follow the coastal path towards Kinghorn. Towering kelp provides refuge to a range of juvenile fish species, dahlia anemones and starfish as well as offering a meal to hungry sea urchins. Note that water depth increases markedly beyond the first rocky outcrop, as the coastal shelf slope steepens. This site is part of a protected area and disturbance to harbour and grey seals must be avoided.

5



## Ravenscraig

**MAP:** OS Explorer 361, NT294924  
**NEAREST TOWN:** Kirkcaldy (1 mile)

Ravenscraig beach is a sheltered beach located on the eastern side of Kirkcaldy. Enter the water beneath the turret, on the far end of the bay. Smoothed sandstone gullies permeate out from the shore offering shelter to shoals of juvenile sand eels. There are two car parks close by and the beach is a 10 minute bus ride from Kirkcaldy. Toilets with accessible access are available.

# The Ecology Centre

Plunge beneath the waves beside the Fife Coastal Path and discover a marine world full of unexpected marvels.

Explore Fife by foot or by fin; the Kingdom is home to one of Scotland's most spectacular coastal footpaths. Running the length of the Fife coast, this footpath sits above a dynamic coast steeped in marine diversity.



The Ecology Centre is an inclusive, community-led charity that enables people of all ages and abilities to experience, learn and benefit from the natural world in a safe and friendly environment. Based on the edge of Kinghorn Loch in Fife, the centre provides volunteer opportunities, outdoor education sessions and a cafe.

The Ecology Centre is a project partner of Restoration Forth, a marine restoration project reviving native seagrass and oyster populations in the Firth of Forth, through community action. The project's long-term goal is to empower local communities to restore 42 hectares of coastal habitat by 2030.



**Wildlife warning:** Grey and harbour seals use this coast during the breeding and pupping season. Please act responsibly during the winter months to minimise disturbance towards females and pups, as this could detriment their wellbeing and survival.

Get in touch with The Ecology Centre

[theecologycentre.org](http://theecologycentre.org)

T 01592 891567

E [admin@theecologycentre.org](mailto:admin@theecologycentre.org)

[The Ecology Centre](https://www.facebook.com/TheEcologyCentre)

[@TheEcology\\_1](https://twitter.com/TheEcology_1)

[theecologycentre](https://www.instagram.com/theecologycentre)

**Snorkelling can be dangerous and these self-guided trails are used entirely at your own risk. It is your responsibility to check the conditions present on the day and assess whether it is safe to snorkel.**

### Key



Toilets



Shop



Bus



Train

Fife Coastal Path



Parking



Steps



Cafe



Defibrillator



Beginner



Advanced

The information contained within this leaflet was correct at the time of publishing (July 2023). For further details, please visit [scottishwildlifetrust.org.uk/snorkeltrail](http://scottishwildlifetrust.org.uk/snorkeltrail)