Lochore Meadows Phototrail

The walk starts from the visitor centre next to the car park. It is just less than 5 Kilometres (3.1 miles) long. There are frequent seats on the first and last sections but there is a two mile stretch in the middle with fewer resting spots. See the map for the distribution of seats. The centre has adapted toilets and a cafe. Wheelchairs and powered scooters can be borrowed from the centre. The route is shared with cyclists and horse riders.

Surveyed by: Fieldfare Aug 2008  
Accessibility Rating: 3  
Distance: 5.3 km

The walk starts from the visitor centre next to the car park. The route is shared with cyclists and horse riders.

Even if the park centre is closed there are signs that give information about the country park and its trails.

There are also signs that give information about what is to be seen in the country park and from its trails.

The trail starts in the direction of the entrance road. There is disabled parking immediately in front of the park centre. This is where the trail starts.

There is a slight kerb drop as the path crosses the entrance road to the water sports centre.
Turn right along the path towards the Water Sports Centre. The first half mile of the trail is on a tarmac path.

The path is wide enough for two people to walk side by side throughout its length.

Follow the blue arrows and turn left where the path meets the road.

There are several sections of the trail where it passes through wooded areas. There may be quite large variations in light and shade depending on the time of year and how sunny it is.

The trail crosses the water sports centre car park. The walk may be started from here. There are disabled parking places available.

The path across the car park is level without kerbs.

Lochore Meadows water sports centre

The path continues from the back of the water sports centre.

The route is shared with horse riders, cyclists and occasionally cars.

When there are wet leaves on the tarmac surface it may be slippery.
Occasionally low branches will over hang the path.

There are accessible fishing stations available around the loch and disabled drivers can park very close to these.

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The tarmac path is clearly defined from the adjoining grass.

There are good views of the loch and its reed beds.

At the junction turn right to follow the trail all the way around the loch. There is a seat available at this point.

There is a sign that gives information about what is to be seen in the country park and from its trails.

Cross the bridge over the weir. Take care where the gaps in the decking are wide.
The path becomes a crushed stone surface but it is generally well compacted with little loose material on top. There may be occasional pot holes or puddles after wet weather.

The edge of the path may be less well defined in the shade of the woodland.

Turn right at the T junction.

Occasional puddles are inevitable after rain.

The gate only opens one way but should be self closing. The lever opens the latch from this side of the gate.

The latch can be operated at various heights and does not require a lot of strength to use.

The path remains more than 2m in width for some distance.

There are occasional cross gradients but these rarely exceed 4% (1:25) and apart from one section are not sustained for a long distance (more than 40m).

There are open views across Loch Ore towards Kelty.
There is a lot to see on the shoreline and open water of Loch Ore.

A bolder may serve as a resting perch in the absence of seats on this section of the walk.

There is a short gradient of 8.9% (1:11) as the path turns to the loch.

There is a gentle rise for about 100m with a gradient averaging about 6% (1:16).

The surface of the path is slightly less well compacted though it remains firm and stable.

The path continues on the level to the corner.

There is a cross gradient greater than 4% (1:25) for 20m or so at the corner.

The path is clearly defined here but it falls away on both sides for about 80m.

There are good views over the Loch to the Cleish Hills in the distance.

There is a short rise for 15m at 5.5% (1:18).
The path follows the shore for a few hundred metres.

The path follows the shore for a few hundred metres. Care should be taken where the path edge falls away in a few places.

The path begins to climb over Clune Craig. For approximately 250m the path climbs about 20m in height. The early part of the rise is about 9% (1:11). This is followed by a more level section for about 30m at about 5% (1:20).

There is a 20m or so section of the path that is about 13.5% (1:7.5).

Some of the best views of the loch are available from this point.

The path before the high point of the walk has a gradient of about 9% (1:11) for 40m or so.

Good views towards Kelty and the surrounding countryside are available from the high point on Clune Craig. There is a bench at this point.

The first part of the descent from Clune Craig was sampled at 10% ((1:10)

The descent continues at a gradient of about 6% (1:17) for about 60m.
The gates open one way but are self closing. The latches should be easily used from both directions and without much strength being required to operate them.

After the gates there is a steady rise of about 6.8% (1:15) for about 60m.

Excellent views of Loch Ore are still available.

This section of the path has a sustained cross gradient steeper than 5% (1:20) for about 100m.

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A seat is available at the woodland edge.

The path may be narrowed occasionally by encroaching vegetation.

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Views open up to the Cleish Hills after the woodland.

Attractive views across the loch are available from most parts of the trail.
The path is shared with horse riders and cyclists.

Small mounting blocks might serve as perches and resting points.

The gates open one way but are self closing. The area between the gates allows cattle to pass between the fields and is very muddy and at times slippery on a cross gradient of about 6.8% (1:15).

The path may be narrowed occasionally by encroaching vegetation.

The gate opens one way but is self closing and a latch that can be used at various heights with out needing too much effort.

The path edge may be difficult to see in the shade of the trees.

The path may be a little wet and muddy under the trees.

Occasional small patches of large loose stone may occur.

The track remains wide enough for two people to walk side by side as it winds through the trees.

At the junction the round the loch trail goes to the right. Straight across leads to a bird hide after about 300m.
The route to the hide follows a similar track but may have some muddy puddles.

The path to the hide is screened from the loch and reed beds to limit disturbance to the wildlife.

Turn right into the entrance to the hide

The ramp to the hide has a gradient of 8.3% (1:12). Its surface is flag stones which may become a little slippery if covered by wet leaves.

The round the loch trail passes over the footbridge.

The mounting block may provide a perch or resting point.

There are short ramps on and off the bridge with gradients of 9% (1:11) and 7% (1:14)
The path has a tarmac surface after the bridge.

The surface remains wide enough for two people to walk side by side.

The path leads through the alder woodland.

The path may be narrowed occasionally by encroaching vegetation and there may be over hanging branches.

The path follows a stream and has views across open fields.

The path may be narrowed occasionally by encroaching vegetation and there may be over hanging branches.

The gate opens both ways and is self closing.

The latch should be easily used from both directions.
A sign gives some more information about the wildlife in the area.

Turn right onto the road to return to the visitor centre. This road is shared with horse riders, cyclists and cars.

Take care at the bends in case of other traffic.

The trail continues along the road for about 800m in total.

There is a small car park with a seat from which the trail can be started or just short parts of it enjoyed.

If closed this barrier should have a National Key Scheme lock to allow disabled people with keys to pass.

The round the loch trail leaves the road to the right by the seat.

Disabled people and anglers may take cars to points near the loch.
The path is well compacted and wide enough for two people to walk side by side throughout.

There may be occasional potholes or puddles.

Views back across the lake are available all the way along this section of the trail.

Accessible fishing stations are available all along this bank.

Seats are available all along this bank.

Seats and benches are provided at many points along this section of the trail.

There are occasional pot holes and puddles that stretch across the whole path.

The path edge is distinct but there are grassy banks falling away to the lochside.

There are unobstructed views across the loch.

Access paths to the fishing stations may not be as easy to use as the main path.
The path is well used in this area by walkers, cyclists and a few fisherman's cars.

Seats may not always be right next to the path.

When the water sports centre comes into view there is about 500m to reach the visitor centre.

The park centre soon comes into view.

The path remains well compacted but with a few potholes here and there.

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By the playground the path becomes tarmacked.

Turn to the left of the park visitor centre to return to the car park.