



GUEST HANDBOOK



WELCOME

A very warm welcome to Meldrums Hotel, Ceres. Established in 1840, the building has always operated as a hotel and in 2022 benefitted from a careful refurbishment, restoring the building to its former charm and appeal. I hope you enjoy your stay here.

In 2023, the plan is to open the restaurant which is hoped will be a fantastic addition for our guests to enjoy.

If you need to contact me throughout your stay, please drop me a message or call 07715 556954.

Thanks,

Jim



WALKS



We're really spoilt for choice in this area for walks, here are some local ones that start from Meldrums.

Craighall Den



1 hr

A peaceful woodland walk which is popular with locals. As you leave Meldrums, turn left through the car park and you will come across a path that will lead you over a bridge to the village green. Follow the path and head towards the main road and you'll see a car park. Walk past the car park, this will take you out of Ceres and towards Craighall Den. It's about a half a mile out of the village and there is a pavement all the way. There's a nice loop you can do by following the path to the top. At the top you'll find a farm where you can join a track that leads you back towards the main road. This is clearly signposted. A great evening walk in summer. Day time better on shorter days. Good for kids and dogs also. Craighall Castle and the pools can also be explored – you will see a map at the entrance.

Waterless Way



1.5 hr

A pretty walk through countryside and farmland. From Meldrums, head over the bridge to the village green where you will see the village car park. Opposite the main entrance to the carpark, you will see a track on your right hand side. From here, just follow the track until you reach a farm. Turn right through the farm, that will lead you to a quiet road. At the end of the road there is a cattle grid and a main road. Cross over the road, you will see a small path that will lead you down into the village of Craigrothie. Keep going until you come to a small crossroads, turn right past the cottages and you'll come across a small stream. Cross the bridge and follow the track up to the main road. Cross over and head slightly into Hill of Tarvit – there are some trees on the right-hand side with a clear path. Follow this and you'll arrive back in the village.

Hill of Tarvit



1.5 hr

Stunning National Trust buildings with gardens, Hill of Tarvit is a short drive from here, or you can easily walk. Take a left (towards Cupar) then take your second left onto Wemysshall Road. If you are driving, it's about a mile along the road and you will see large black gates on your right, one of the entrances. If you're walking, head straight along Wemysshall Road until you see a silver gate for walkers. Head through this and keep walking straight on. It will lead you into a small woodland area - that's you arrived in Hill of Tarvit grounds. From here, there are a few different routes you can take - there is a map at the entrance. At Hill of Tarvit, you can walk through the stunning gardens, explore the house and tearoom, climb Hill of Tarvit itself, take a stroll through the woodland walks.

Ceres to Cupar



1 hr

Head out of Meldrums towards Cupar, at the sharp bend at the top of the Ceres main road, continue straight on to Moor Road. At the top of the road you will see a small footpath - you follow this path straight on until you meet the woods. The path is clear through the woods and you go straight on the whole way. It's clear you're near Cupar when you come to the main road. Cross the road and you'll be on a footpath into the town. We'd recommend walking to Fisher & Donaldson's bakery for tea and cake!

WALKS



2 hr

Hill of Tarvit - Scots Tarvit tower - Craigrothie - Ceres

Head to Hill of Tarvit (see above), once in the grounds, follow the road as far as you can and you will arrive at another set of gates. When you reach the end of the drive and are at the main road, cross over and you'll see another track - this leads you past Scots Tarvit Tower. Keep following this track (it will take you past some farm cottages) and you'll arrive in the village of Chance Inn. At the junction (there is only one, Chance Inn is very small!) take a left, this will lead up to a main road. Here you will find a pavement on your left that will lead you back to Craigrothie. In Craigrothie, take a right towards Ceres. Follow the pavement until it becomes the road (you will need to walk on the main road for a very short part) – until you see an entrance on your right with a cattle grid. Go onto this road and it will lead you to a farm, left at the farm will take you back into the village.



4 hr

(approx)

Pilgrim walk - Ceres to St Andrews

Meldrums is a great place to stay if you're planning on walking the Fife Pilgrim Way. This is a 64-mile long-distance footpath starting at North Queensferry or Culross, passing through Central Fife and ending in the grounds of St Andrews Cathedral. You can do a section of the walk between Ceres and St Andrews, which is 9.5 miles - it's very popular with walkers. We'd recommend walking to St Andrews, enjoying fish and chips and an ice cream (Luvians or Janetta's is great!) and getting the no. 64 bus home. We liked this website for ease of directions - [click here](#).

FURTHER AFIELD...

The Fife Coastal Path

The Fife Coastal Path traces its way around the edges of the region of Fife – choose what section you'd like to do (all around the East Neuk is beautiful). [Click here](#) for more info.

Kingsbarns and Cambo circuit, Kingsbarns

This circular walk begins from the beautiful sandy beach at Kingsbarns, briefly following the coast before heading inland beside the Cambo Burn through the Cambo estate and returning via woodland footpaths and a minor road over farmland. [Click here](#) for more information.

Lomond Hills

The Lomond Hills are Fife's most prominent landmarks and the centre of 25 square miles of moorland, lochs and farmland. There are many trails to explore – [click here](#) for more information.

For more information about walking routes in Fife, [click here](#).



PLACES TO VISIT

Here's some of our top things to do within the area and further afield.



CERES

All of these suggestions are within walking distance or a short drive away.

Fife Folk Museum, Ceres

Located on High Street, the museum houses a collection of the daily life of villagers - everyone from the humblest cottager to the owners and servants in large houses. The objects range in size from dolls' house furnishings to bicycles and horse-drawn carts; there are amazing costumes, china and glass, kitchen utensils, dolls and toys, farm implements, weights and measures, as well as old photographs. The tearoom next to the museum is also worth a visit!

Griselda Hill Pottery, Ceres

As the only creators of Wemyss Ware, the pottery here is absolutely stunning and unique. In fact, Queen Elizabeth II commissioned two vases for Balmoral. You'll find the shop just at the top of Kirk Brae (the hill opposite the entrance to Meldrums).

Handmade Home, Ceres

A cosy little homeware shop just along the road. Here you'll find gorgeous gifts, handmade cushions and decor.

Ceres Highland Games, Ceres

If you're lucky enough to be visiting us on the last Saturday in June, be sure to experience the Ceres Highland Games. Dating back to 1314, it's the oldest free Highland Games in Scotland and was given to the people of the village by Robert Bruce in recognition of their support in the Battle of Bannockburn. Expect to see caber tossing, highland dancing, pipe bands, cycling and relays, food stalls and a fun fair. It's a great day out! Cupar and St Andrews also host Highland Games in June / July - click here for more information.

Hill of Tarvit Mansion, Ceres

Beautiful mansion house which is part of Historic Scotland. Explore the house and café, gardens, trail walks, climb Hill of Tarvit itself and take in spectacular views and see the restored Edwardian golf course.

Barbarfield Riding School, Craigothie

Perhaps you fancy a spot of horse riding during your stay, our nearest stables is Barbarfield (just along the road in Craigothie).



PLACES TO VISIT



CUPAR

Cupar is our nearest town and is home to some ladies clothing shops, a nice interiors shop (Interiors at 44), gift shops and salons. Below are some suggested things to do in and around Cupar.

Cairnie Fruit Farm

Located outside Cupar, Cairnie has a farm shop, cafe, outdoor play area, pick your own fruit (including a very popular pumpkin patch in October!) Be sure to check seasonal changes on their website.

Scottish Deer Centre

A fantastic day out - feed the deer, see the bears, wolves, wild cats and birds of prey. Large outdoor and indoor play areas, nature trails and guided tours. They've also got karts, seasonal events and a cafe with gift shop.

Muddy Boots

Located in the village of Balmalcolm, Muddy Boots is a family-run farm shop, café and kids adventure play area. Great for all ages, there's an indoor play area for climbers and sliders with a ball pit. There's also a fantastic outdoor adventure area with giant bouncy pillows, pedal trikes, sand pits – there's even a water slide.

Farmers Market

The Farmers Market visits Cupar on selected dates throughout the year. Local producers selling fresh produce, drinks and crafts. Visit their website to see when it's next on.

Lindores Abbey Distillery, Newburgh

Well worth the visit, Lindores Abbey Distillery offers you the chance to find out about what goes into producing whisky, and once you've learned the ins and outs of distilling whisky, you'll get to try a few drams for yourself! [Click here to find out more.](#)

Craigtoun Country Park, near St Andrews

A charming and extensive woodland park. Great for adults and kids alike. Various activities.



ST ANDREWS

A visit to St Andrews is a must. It's just a 15 minute drive from Ceres or you can also get a bus from the bus stop at the Bow Butts (the top of the park) - [click here](#) to see the timetable.

Steeped in history, St Andrews 'The Home of Golf' really is beautiful and there's lots to do - whether it's golf, history, family attractions or just a stroll around the shops. As well as the famous Old Course, the town also has two beaches (The West Sands is famed for the filming of "Chariots of Fire", and The East Sands which is home to the very popular [Cheesy Toasty Shack](#)), a castle, cathedral, harbour, museums, as well as an [aquarium](#) . There is also a small cinema in the town – perfect for rainy days.

There is a famous ice cream shop called Janetta's - be prepared to queue! Luvians on Market Street is also great with shorter queues. If it's a spot of shopping you're after, the town has a good selection of shops, including Jo Malone, Sheila Fleet, H&M, Fat Face, White Stuff, Waterstones, Oliver Bonas, Superdry, Sea Salt Cornwall as well as some nice gift shops, charity shops and even an all-year-round Christmas store and Harry Potter shop.

If it's adventure you fancy, why not check out [Blown Away](#) for a raft of activities such as Landyachting on the West Sands!

Or how about a wee dance whilst you're visiting? [Forgans](#) play host to the Friday Shoogle and Saturday Hoolie Club each week where you can learn some ceilidh dancing!

Here's some quick links to our top picks:

[The R&A World Golf Museum](#)

[St Andrews Cathedral](#)

[St Andrews Castle](#)

[St Andrews Aquarium](#)

[St Andrews Farmers market](#)



FURTHER AFIELD...



City of Dundee

Scotland's sunniest city, Dundee is a UNESCO City of Design and also home to the V&A Dundee, the World's only V&A museum outside London! This is a city with science, historic ships (Discovery), and museums for kids (and big kids), plenty of culture with theatres, arts centres and cool bars for grown-ups, and walking routes past interesting architecture.

Loch Leven's Larder, Kinross

An award winning café and farm shop with deli. There's a 12 mile Heritage walk around the loch which is well known for its birdlife.

Cambo House & Gardens, Kingsbarns

Beautiful house with gardens to be explored. There's also a lovely tearoom. They often host events and markets throughout the year so be sure to check their what's on page.

Kinshaldy Beach and Tentsmuir Forrest

Beautiful beach, great forest trails for walking and cycling with lots of wildlife, kids play park, snack shack serving great crepes and hot drinks, picnic area where you can bring your own BBQ. Please note that £2 cash is required at barrier to park here.

Kellie Castle, near Pittenweem

Scottish National Trust building with beautiful gardens. Guided tours are available. Please note operates seasonal hours.

Culross, next to the River Forth

Ancient Royal Burgh village with many delights including an abbey

Cluny Activities, Kirkcaldy

Sports and adventure park complex offers clay target shooting, archery, golf and kids' play areas.

Knockhill Racing Circuit, near Dumfermline

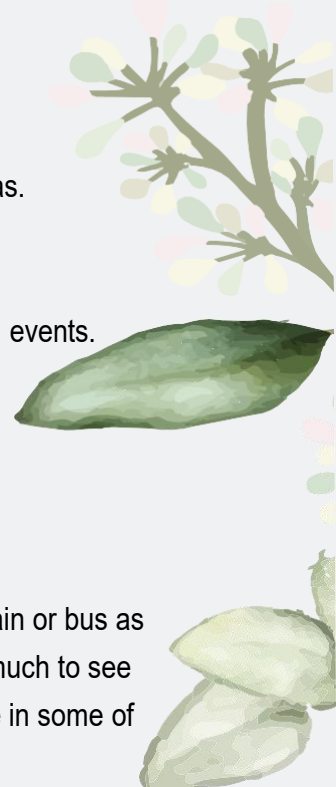
All kinds of driving experiences including cars, motorbikes and go-karts and competitive racing events.

Deep Sea World, North Queensferry

Fantastic aquarium with undersea tunnel walk.

Edinburgh

Whilst you can drive to Edinburgh (it takes just over an hour), we would recommend going by train or bus as parking can be tricky. The nearest train station is in Cupar and has ample parking. There is so much to see and do in the city – explore the Old Town or New Town, take in the sights, enjoy the shops, dine in some of Scotland's top restaurants.



EATING AND DRINKING



There are lots of places to eat and drink. here are a few of our favourites in the area:

The Community Cafe, Ceres

Just a two minute walk, head up Main Street towards the church and you'll see it on your right. Mostly run by volunteers, there's lovely homebaking, bacon rolls, homemade soup and sandwiches.

Bishops Bridge Tearoom at the Fife Folk Museum, Ceres

Family run cafe with breakfast, lunch, homebaking and coffee. Takeaway available.

Ceres Inn, Ceres

Around the corner from the Eddy's shop you will find the village pub. Open for food and drinks.

Fishers & Donaldson, Cupar

Recently crowned Scottish Bakery Cafe Of The Year, this family run bakery with tearoom is packed with delicious fresh baking and bread. We'd highly recommend a fudge doughnut!

Cupar Tearoom, Cupar

Quaint tearoom in the heart of Cupar. Great for breakfast, sweet treats and lunch.

Milly's Kitchen, Cupar

Serving breakfast, brunch, lunch and sweet treats. You'll find them along the alley just up from Boots the Chemist.

1B Westport, Cupar

Open for breakfast, burgers, pizza, coffee and more.

Costa Coffee, Cupar

Open early, good spot to grab a coffee on the go.

Caulders Garden Centre, Cupar

Popular café for breakfast and lunch, Located within Caulders Garden Centre on the outskirts of Cupar.

Thai Teak, near Cupar

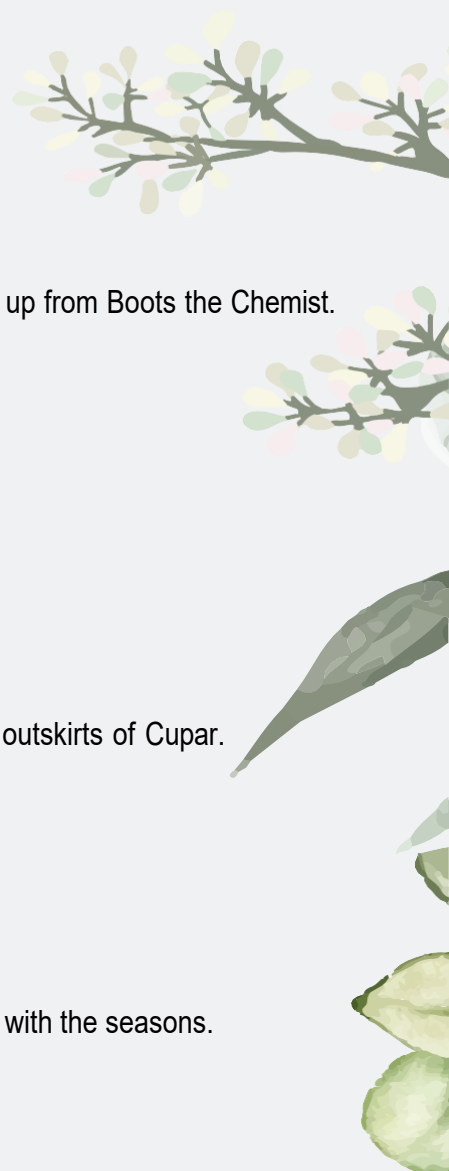
Café with lovely countryside views and wide choice from the menu.

The Courtyard, Cupar

Family run restaurant serving lunch and dinner. Popular with locals, the menu changes with the seasons. They have a nice patio area which is great in warmer months.

The Press, Cupar

The Press offers a wide selection of freshly prepared dishes available to sit in or take away. They only use the finest produce sourced locally from artisan suppliers for a quality dining experience.





Shehnai Indian Restaurant, Cupar

Great Indian restaurant in the centre of Cupar. Available to dine in or takeaway.

Aangan Indian Restaurant, Cupar

Traditional Indian restaurant located in Cupar. Available to sit in or takeaway.

The Kettlebridge Inn, Kettlebridge

Quaint and cosy village Inn offering authentic Italian cuisine with some Scottish favourites.

Pitlessie Village Inn, Pitlessie

Open for breakfast, lunch and dinner – you can sit in or takeaway.

Pillars of Hercules, Falkland

Organic farm shop and café. The food selection is organic, vegan and they use their own vegetables whenever they are in season.

18 at The Rusacks, St Andrews

Stylish rooftop bar and restaurant, a drink here is highly recommended for the views of the Old Course and West Sands! Fantastic range of cocktails.

The Adamson, St Andrews

A contemporary restaurant and bar in the heart of the town. A buzzy, vibrant place with good food and drinks.

The Peat Inn, Peat Inn

Michelin Starred dining, a couple of miles out of Ceres. Must be booked in advance.

Balgove Larder, St Andrews

Balgove Larder is a very popular place for locals and visitors alike. There's a farm shop, cafe, outdoor cafes and a large steak barn. It can get very busy!

The Tail End, St Andrews

Fish and chips owned by a fish monger from Arbroath – they also specialise in Arbroath smokies! Sit in or takeaway.

Cromars, St Andrews, St Andrews

Another great fish and chip shop in St Andrews. They offer takeaway or you can sit in.

TAKEAWAYS

Libo's traditional fish and chips, Cupar

Mystic Dragon, Cupar

Dino's Pizza, Cupar

Burger King, Cupar





IMPORTANT INFORMATION

GROCERIES

In Ceres we have a local shop called Eddy's which is handy for essentials. In Cupar you will find Tesco, Aldi and Lidl. There's also a fantastic bottle shop with deli called Luvians. St Andrews has a Marks and Spencer food hall, Morrisons, Aldi and a Tesco Express.

Taxis

Aly's Taxis, Cupar 01334 657 885

M&M Taxis, Cupar - 01334 657 555

Cupar Taxis - 01334 753040

Bus

The bus service in the village is fairly regular - [Click here](#) to see the bus timetable

Train

[Click here](#) to see train times

Local hospitals

We hope you have a safe stay with us but if you do need medical assistance, the nearest hospital is in Cupar but only minor injuries are dealt with here. A & E services for more serious conditions are at Ninewells Dundee or Victoria Hospital Kirkcaldy.

BEFORE YOU GO...

Please make sure you remember to check you have all your belongings and remove all valuables from the safe. Please leave your key on the dining table or in the wall mounted key box outside.

