

Norman's Law : A Sponsored Walk in aid of Alzheimer Scotland



WALK FACTS:

Distance: 7.6 km (4¾ miles)

Maps: OS Landranger 1:50,000 Sheet 59 *St Andrews, Kirkcaldy and Glenrothes*
OS Explorer 1:25,000 Sheet 370 *Glenrothes North, Falkland & Lomond Hills*

Start/Parking: Grid Ref NO288208 in the grounds of Logie Farm

Grading: Quite a strenuous walk. There is some road walking at the start and finish. Open stubble field, hill paths and Land Rover tracks. Some open grass and heather hillside with numerous gates and fences (some electrified) to keep walkers on the right route. Suitable for relatively fit walkers and older children. Sheep and cattle grazing in places so, for safety reasons, no dogs are allowed.

Norman's Law is a prominent hill at the eastern extremity of the Ochil Hills range, in the parish of Dunbog, 8 km (5 miles) east of Newburgh, rising to a height of 285 metres (936 feet).

On its rocky summit are the remains of an extensive Iron Age fort, an Ordnance Survey triangulation pillar, a cairn and a viewing plaque explaining the panorama of mountains from the Munros Dreish and Mayar in Angus to the northwestwards past the mighty Schiehallion to Ben Lomond on the east bank of Loch Lomond.

Some of the climb up on to the summit can be hard work for those more used to low level walks but, on reaching the trig point and viewing plaque, all the effort is rewarded with a spectacular panorama.

CONCERNS:

1. Road walking at the start and finish will require the posting of warning notices.
2. Several fields where sheep and cattle graze therefore NO dogs can be allowed.
3. One field sign indicates the presence of a bull in the field!
4. The ascent and descent to and from the summit of Norman's Law is steep, rough and rugged.
5. The number of field gates to be negotiated – who will be responsible for their security?
6. Several 'alternative' and faint tracks along the route and in particular on the hill will require the positioning of direction indicators and 'line of sight' marker posts.

To begin the walk, leave the farmyard and turn left (east) onto the tarmac road for approximately 500 metres (550 yards) to reach a gate leading into a recently harvested field. *The road can be busy at times therefore walkers must walk on the right hand side to face the oncoming traffic.*

Enter the field, turn immediately left and follow the boundary fence line for 1.2 km (¾ mile) to a gate beside Fliskmillan Farm. Go through the gate into a field where sheep graze and continue alongside the fence line up to a corner of the field where there are two gates. Go through the one facing *(slightly to the right of the corner)* and turn immediately left (east) onto a wide track that turns right, uphill, through some gorse and broom on an intermittent track to the crest of Fliskmillan Hill where buzzards and other raptors can be seen. ***This section of the route requires marking with direction signs and line of sight indicator posts.***

Just beyond the crest of the hill there is a wide track and a fence. Turn left here and walk 100 metres (109 yards) to a gate. Go through this gate, turn immediately right and go through a second gate onto a wide track leading along the left hand side of a field for a further 100 metres (109 yards) to another gate. Negotiate this gate and, 100 metres (109 yards) from where the track begins to rise again another track joins from the left. Keep to the right here and after another 100 metres (109 yards) there is a 'T' junction * ***(This place will require marking as the 'up and down' route or control by a marshal)*** where the right hand track should again be followed up over a cattle grid and to the left of a locked, wooden gate.

The track rises quite seriously from here alongside conifer woodland that is a haven for dragonflies and butterflies. On the crest of the rise at Grid Ref NO303205, some 244 metres (800 feet) above sea level and 3.1 km (just under 2 miles) along the way, there is a wooden stile over the fence on the left hand side. ***This stile can be quite slippery in wet conditions – as can the ground around it! This place will require marking or control by a marshal.*** Cross the stile and the triangulation pillar and viewing plaque of the hill will be obvious on the summit ahead. ***There is no path through the field.*** Climb to the top of the rise and then bear to the right to reach the stile in the corner of the field at Grid Ref NO304203. ***This stile allows walkers to negotiate the electrified fence so care must be taken.*** Cross over the stile and walk a further 10 metres (9 yards) then cross the broken down wall at a low point on the right. Once over the wall follow the path to the left (east) for a short distance to where it turns back on itself and meanders uphill to the summit of Norman's Law. ***Take care ascending the path as it is rough in places. DO NOT ATTEMPT TO CLIMB ON THE NEAR VERTICAL ROCK FACES! This part of the path will require marking or control by one or more marshals.***

The summit of Norman's Law Grid Ref NO305203, at a height of 285 metres (936 feet), is 3.6 km (2¼ miles) along the route. Given ideal conditions, the time taken by fit walkers to reach the summit will be around 45 minutes to 1 hour after starting.

An obvious path leads eastwards from the summit. ***The path descends some steep grassy areas as well as rough stony ones and care will require to be taken to avoid a slip or fall. The descent will require marking to ensure walkers do not inadvertently follow any of the many, alternative tracks.*** Follow the path to the right (west) of a knoll then down to meet a wide track near to some tall beech trees at Grid Ref NO310201, then turn left and walk past a conifer plantation on the right and crags to the left on to another gate. Go through this gate following the wide track through the field and up over the crest of the rise to another gate. Go through this gate and a short distance on meet the inward route at * above.

From here it is simply a matter of retracing one's steps back to the start.