

**dementia  
adventure<sup>®</sup>**

# Holidays 2024

## Kingdom of Fife Scotland

Five days, Monday to Friday

### Dates & Prices:

(Prices per person, based on two people sharing a room)

- ✓ 22nd–26th April 2024
  - ✓ 6th–10th May 2024
  - ✓ 26th–30th August 2024
- £1,300**

Our holidays are available to people from all walks of life and we don't want finance to be a barrier to you getting a break. If these prices are out of reach we might be able to offer you further financial help, support you with finding additional funding, or both. Contact us for more information. We will support you to get the holiday you need.



### Location

Historically known as the Kingdom of Fife, this famed Scottish county is bordered by miles of coastline and plays host to bonny St. Andrews, a seaside town known for its snug coffee shop haunts and pretty historical architecture. The countryside in this part of the world is rugged, evocative, and beautiful. Nearby Cupar is one of Scotland's oldest royal burghs; a quaint but lively town, it sits alongside the River Eden and is filled with perfect photo opportunities.

### Accommodation — New for 2024

The Rings is a real gem, and makes for a very comfortable stay. This gorgeous, fully-accessible cottage has large windows throughout, making it light, bright, and airy. It's remote enough to feel private but easily accessible by road — a perfect base to come home to each evening. Enjoy uninterrupted views of the surrounding wild landscape as you breakfast in the comfy, spacious shared dining area, and enjoy the contrast of the modern fixtures with the rustic outdoor surroundings.

Each bedroom is 'zip and link', meaning the beds can be made up as either two Twins or one King at your request, and all have ensuite wet rooms. This accommodation is designed to accommodate a wide range of accessibility needs, and as such there are various kinds of mobility and disability equipment available, including electric beds. Please contact us if you'd like further information on what's available.

### Facilities

- ✓ Bedrooms with ensuite showers
- ✓ Wifi
- ✓ Washing machine/Tumble dryer
- ✓ Mounted TVs in the bedrooms
- ✓ Gardens
- ✓ Parking

## Activities

You're in the heart of Fife, ideally located to visit everything from idyllic fishing villages to the famous St. Andrews, home to winding streets and the ruined, picturesque Cathedral of St. Andrew. Holidaymakers who appreciate tradition can count on outings to castles and a ship visit to the RSS Discovery, even taking part in a lesson in falconry. Meanwhile, those who prefer their animals on the gentle and fluffy side won't want to miss their chance to visit the alpacas on Bowbridge Farm. Amble along the coast on fresh sandy beaches or admire the view of the cliffs instead, and maybe even consider indulging in a wee dram — it's the done thing, after all.

## Example Itinerary

Every holiday with Dementia Adventure is unique! Your itinerary may vary depending on the date, and will be released to you in good time before your departure — usually about two to three weeks prior.

If you would like to get an idea of the kinds of activities that may be in store for you, see the example itinerary below. However, please note that this example is just a mock-up based on past years' schedules, and does not constitute your final itinerary.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Off to Dundee to visit the V&A Museum Dundee, with a tea and cake reception followed by a tour	Visit the Scottish Fishing Museum in beautiful fishing village Anstruther	Wander around the spectacular gardens of Falkland Palace	Meet and feed the alpacas at Bowbridge Farm
Afternoon	Arrival with welcome tea and cake. A visit from a falconer, with opportunities for falconry and soft archery	Picnic lunch, before exploring the RSS Discovery, Captain Scott's arctic expedition boat	Fish and chip lunch with ice cream for pudding. Later, a walk along the beach by famous St. Andrews	Picnic lunch at Lindores Abbey, then a guided tour around their distillery	Alpaca wool-felting workshop with coffee and cake. Afterwards, home time, with a packed lunch to take away
Evening	Enjoy a home-cooked evening meal at the accommodation	A home-cooked evening meal followed by a performance from a local choir	Buffet-style meal at the accommodation, prepared by your support team	Dinner at a charming local inn	

## Who is this holiday for?

- ✓ People who enjoy fresh air and beautiful countryside
- ✓ People with restricted mobility
- ✓ People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



## What is included?

The price you pay includes:

- ✓ Four nights' full board accommodation
- ✓ All meals, including lunch and dinner on the first day and breakfast and lunch on the last day. Some of these will be in cafés and pubs as part of the planned itinerary, and some at 'home' in the accommodation
- ✓ Complimentary soft drinks, tea, and coffee
- ✓ All activities and venue entrance charges
- ✓ Transport throughout the holiday
- ✓ Around-the-clock support from the Dementia Adventure team, on location and throughout the holiday
- ✓ Pre- and post-booking support
- ✓ Organisation, remote support, and personal communication in the run-up
- ✓ One free photobook per booking



## Book your Kingdom of Fife holiday:

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For more information on this, please contact us:

☎ 01245 237548

✉ [adventures@dementiaadventure.co.uk](mailto:adventures@dementiaadventure.co.uk)

We will support you to get the holiday you need.

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