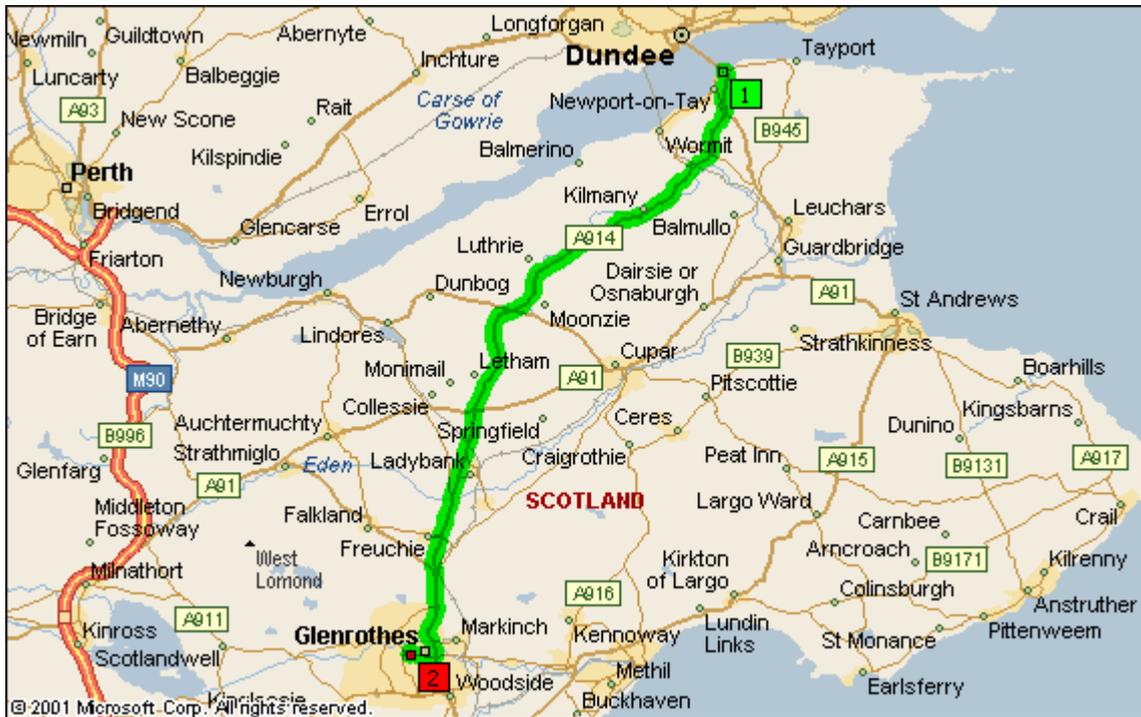


Tay Bridge to KCF Glenrothes

From: Tay Bridge **To:** YMCA-YWCA North St, Glenrothes KY7 5PP

Distance: 22.6 miles (37 minutes)



Time	Mile	Instruction	For
09:25	0.0	Depart Tay Br on A92 (East)	54 yds
09:25	0.1	At roundabout, take the SECOND exit	87 yds
09:25	0.1	Exit roundabout onto A92	1.2 mi
09:27	1.3	At roundabout, take the SECOND exit	65 yds
09:27	1.3	Exit roundabout onto A92	1.3 mi
09:29	2.6	At roundabout, take the SECOND exit	109 yds
09:29	2.7	Exit roundabout onto A92	11.2 mi
09:46	13.9	At roundabout, take the SECOND exit	65 yds
09:46	13.9	Exit roundabout onto A92	4.8 mi
09:54	18.8	At roundabout, take the SECOND exit	76 yds
09:54	18.8	Exit roundabout onto A92	2.7 mi
09:59	21.6	At roundabout, take the FOURTH exit	164 yds
09:59	21.6	Exit roundabout onto A911 [Queensway]	0.4 mi
10:00	22.1	At roundabout (Morrisons), take SECOND exit	65 yds
10:00	22.1	Exit roundabout onto A911 [Leslie Road]	0.3 mi
10:01	22.4	At roundabout (Lidl), take the FIRST exit	10 yds
10:01	22.4	Exit roundabout onto Local road(s)	21 yds
10:01	22.4	Bear LEFT (South) onto Local road(s)	65 yds
10:01	22.5	At roundabout, take the FIRST exit	21 yds
10:02	22.6	Car Park & YMCA-YWCA 75 yds on left (Opposite Clydesdale Bank)	