



The last 100 years have seen forests return for commercial timber and paper. Animals such as wolf and wildcat have lost their habitat and been hunted out, but buzzards and kestrels have increased. Plantation forestry also benefits birds such as crossbill, whose bizarrely twisted beak is specially adapted for taking seeds out of cones.

Our own bodies are two thirds water, and our brains are at least 85% water!



Although many traditional farms and methods are gone, farming is still an important part of the Lomond Hills. These fields are now part of the grazing for the sheep and cattle of Ballo and Wester Balgothrie farms. The pastures have not been ploughed for many years, and little fertiliser is used as this can affect the water quality in the reservoirs. Looking down you may see brightly coloured waxcap fungi or wildflowers like Pignut in this semi-natural grassland.

A forest of hazel, birch, pine and oak once covered these slopes but was lost over 2000 years ago. Cultivated fields pastures and moors have been the back-drop for life here from the Iron Age through Roman and Pictish times.



KNOW THE CODE BEFORE YOU GO...

Enjoy Scotland's outdoors - responsibly! Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for your environment
- Find out more by visiting www.outdooraccess-scotland.com

or phoning Scottish Natural Heritage on 01334 654038.



Lomond Hills Regional Park
and
Fife Coast & Countryside Trust
Fife Ranger Service

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Access Information Officer
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Ewe, Me and ...

8,000 Million cups of tea!



If the answer is:
**Ewe, Me and 8,000
 Million Cups of Tea
 depend on it....**

**Then what is the
 question??**



Six reservoirs form a network that supplies drinking water to central Fife. These walks take you past four: Ballo, Drumain, Holl and Harperleas. When you fill your kettle or run a bath, and as you brush your teeth you depend on the clean water of the Lomond Hills. Keeping these hills as naturally healthy as possible also makes a good home for wildlife.

Below the dam is the treatment works which purifies the drinking water. From Buckhaven to Burntisland we drink the water of the Lomond Hills. Holl reservoir contains enough water for about 8 Billion (8,000,000,000) cups of tea. With the other reservoirs on the Lomond Hills there's enough water to make 4 cups of tea for everyone on the planet! The water is also home to an astounding number of plants and animals.



Routes around the reservoirs...

All routes start and finish at Craigmead carpark.

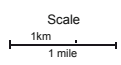
'Lomond waters wander'
 - 10km / 6 miles

'Drumain daunder'
 - 8km / 5 miles

'Harperleas hop'
 - 5km / 3 miles

Steep path >>

Car Parking P



**The question:
 Why should you care about
 the Lomond Hills water?**

The flower-rich fields of Holl Meadows overlook the Holl Reservoir. These fields are all that is left of the old hay meadows. Farm animals would be fed the sweet hay through the winter months. By still using old style hay meadow methods the flowers have remained abundant here, and the water entering the reservoir is kept cleaner.

You can see many thousands of blooming flowers here each summer. In June the air is full of honey and spice scent from 25,000 fragrant orchids. Over 100 kinds of plant grow in this traditional hay meadow – compare that with the four or 5 in a modern pasture field.



The fields were enriched or 'sweetened' with lime dug nearby and fired in kilns at Drumain or by East Lomond. Many more people used to live on the hills, and the remains of their farms and fields can still be seen. From beside the tumbled stone walls of Drumain farm you can look over Ballo or Harperleas reservoirs to the old mediaeval fields by the abandoned Ballo Castle.

