

# St Andrews; a short walking tour



A guide to the old city, its university and local walks.

## St Andrews, a short walking tour.

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The following tour of St Andrews takes the visitor through four of the main streets of St Andrews and the local Lade Braes Walk. The stories told cover nearly 1000 years of history. Visitors can choose to do only parts of the walk and or just sit by the beach and watch the waves.

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## Introduction

St Andrews lies on the east coast of Fife on a plateau rising up from the Kinness Burn to the south and dropping into the North Sea via steep cliffs on its northern side. The earliest known settlements in the area are of the Iron Age era, which was pre Roman and pre Christian. Cist burials of probably Iron Age settlements have been found at Kirkhill on the eastern promontory and at Hallowhill to the west (see later).

The first evidence for settlement is an entry in the Annals of Tigernach in AD 747 which stated that the abbot of Cennrighmonaid, one Tuathal, had died. The area has been variously called Kinrimund and Kilrimund which mean the head of the King's mount. The Gaelic Cennrighmonaid means church on the head of the King's mount referring to the area now known as Kirkhill - the Church on the hill - situated to the north east. The Picts had a religious house here, as noted by the death of its abbot in 747. There are Pictish stones in the Cathedral precinct. The Church of St Mary on the promontory was built around the 1200s and predates the nearby Cathedral. Radiocarbon dating of human remains found in the area demonstrates a range from the 5<sup>th</sup> to the 11<sup>th</sup> Century. St Andrews has therefore been a religious site for at least 1300 years if not longer, but the building of the Cathedral possibly destroyed many archaeological remains.

King David 1 of Scotland gave permission for a burgh at St Andrews in 1140 and the Cathedral was built in stages from around that period up to the 15<sup>th</sup> and 16<sup>th</sup> centuries. As a burgh and a religious centre, St Andrews was a thriving community with its own port, although this could not handle large vessels for the pilgrim traffic. By the 17<sup>th</sup> Century the town was in decline, post reformation, and in 1696 the University considered moving to Perth. The infamous Dr Johnson visited in the 18<sup>th</sup> Century and considered St Andrews a place "which only history shows to have once flourished". However, by this time, golf was taking over as a major sport, having been played on the West Sands for 600 years. Mary Queen of Scots is known to have enjoyed playing a round or two. It was banned by James II of Scotland in 1457 because it interfered with archery practice, but it was reinstated in 1502 by James IV. The Royal and Ancient was founded in 1754 and an 18 hole course became the norm in 1764.

Although St Andrews was allegedly a seat of learning for many years, the University dates from around 1410 when a seat of learning was established. The Papal Bull which formally granted its right to teach arrived in the city in 1413. Consequently the University is currently celebrating 600 years of learning from 2010 - 2013.

The University has around 7000 students and 1000 staff and the town's population is currently around 16000. The University is consistently rated as one of the top

universities in the UK and has more demand for its places than either Oxford or Cambridge. Over 60% of the students are from the UK with some 10% from the European Union and over 25% overseas students. One of the main outputs of the University is research, with over 94% of research output internationally recognised.

## The Scores

The name Scores derives from the Nordic word "Skær", or Scots "scaur", and means cliff-top. The Scores runs along the top of the northern cliffs and there are many sheer drops down the cliff face over the stone walls (dykes) and fences. Anyone with young children should be careful to keep their children away from climbing the dykes. In the 15th Century the eastern end of this road was known as Castlegait as it leads to the Castle, but the western end was known as Swallowgait. The name "Scores" was first used in the 19th Century when the street was developed for housing.

The Royal And Ancient Clubhouse, facing the Scores, is considered to be the home of golf. It is situated opposite the area known as Bow Butts where medieval archers, and students, practiced their archery. Martyrs Monument, the column, sits atop Bow Butts and names four of the Protestant Martyrs of the religious wars of the 16th Century. Two of the martyrs have stonework in the town marking where they died and you will see these later on the Scores and on North Street.

Stand at the Martyrs Monument and look north towards the West Sands beach. This beach is a walk in itself and borders some of the golf courses. It leads to the Eden Estuary north of which is Leuchars Air Force Base. Much closer to the Monument is a dip in the ground near the restaurant - this is the Bow Butts - and the mound on the other side of the dip is allegedly the burial ground of some of the many so-called witches who died by hanging or burning in St Andrews. The mound was known as Methven's Tower and was considered an evil and dreaded spot. However, it is also known as Fairy Knowe to which fairy cavalcades rode at midnight. The rock strewn water on the Scores side of the Aquarium is called Witch Lake, although there is no evidence that witches were "swum" or drowned in St Andrews.

Swimming witches was not the Scottish method of choice for torture or death. Most witches were burned or hung. Walk eastward along the Scores, heading east past the Catholic Church on your left. Past the church, there is a small stone house on the right which used to be the smallest public bar in St Andrews, number 19, The Whaum. No.9 the Scores is the current home of the Principal of the University of St Andrews, Dr. Louise Richardson, the first female Principal in nearly 600 years of the University. A few of the houses on this part of the Scores are still in private hands but many are now University Schools. The University Museum is situated half way along this impressive part of the Scores. Further along the Scores, the lane known as Butts Wynd derives its name from the path the students of St Salvator's College would take to get to the Bow Butts. If you decide to walk up here a gate on the left will take you into St Salvator's Quad. This is one of the original quads of the University and dates back to

the 12th Century. The chapel and other buildings are described in the North Street section of this tour.

Back on the Scores, still heading east, you pass the back of St Salvator's College, the student residence. As you pass the College you should see the rounded tower remains of one of the postern gates of the Castle embedded in the College wall. This was part of the Castle gate or port or of the Castle. [See Figure 1: The Castle Postern Gate]



Fig1: Castle Postern Gate

St Andrews had, by 1530, eight gates or ports and two were sited here on the North-East section of St Andrews. The Castle Gate protected the Western side of the Castle and the Fisher Gate protected the eastern side. The Fisher Gate, was on the hill above the harbour and its name indicates that the fisher folk would enter the city by this gate. The Castle Museum is next and is worth a visit to find more details on the Castle built in 1200 and used as an Episcopal Palace for 400 years. The first castle was built around 1100

and by 1303 it was a stately building used by Edward 1 of England when he came north to subjugate the Scots. The castle changed hands several times in the early 14<sup>th</sup> Century, the time of Bannock Burn and Robert the Bruce. In 1337 it was destroyed when being retaken by the Scots but became a fortified base for the catholic bishops after 1385. The castle fell into disrepair in the 16<sup>th</sup> Century and by 1654 its stones were used to repair the harbour. Although its Great Hall fell into the sea in 1801, the castle still has its bottle dungeon which was used for prisoners or as a store, depending on different researchers. There is also the mine and countermine which are tunnels built during the religious wars of the late 16<sup>th</sup> Century when Catholics attempted to retake the castle from the Protestants holding it.



Fig2: Castle with Beaton's window above the crest.

Now walk past the Castle and stand at the top of the path leading down to the Castle sands beneath the imposing castle walls. There are three important things to notice here. Looking up at the large window, this is where Cardinal Beaton stood to watch the martyr George Wishart burn at the stake.

His initials are embedded in the road about a car width out from the pavement at the spot where he suffered an horrific death. One of the stories about Beaton is that he had some ailment that could not be cured by the doctors of the day. He asked a local wise-woman, Alesoun Piersoun, to cure his ailments offering to pay 2 Shillings for her cure. She cured him and rather than pay her, he accused her of witch-craft and she was put to death.



Fig3: George Wishart's initials by the Castle

In 1546 Beaton himself was murdered by several men including Norman Leslie, son of the Earl of Rothes. They walked into the Castle on the morning of May 25<sup>th</sup> 1546 waiting for the drawbridge to come down and for the Cardinal's mistress to leave. The men asked him to repent for the death of Wishart but the Cardinal died claiming "I am a priest, I am a priest, fy, fy, all is gone".

His body was shown to the waiting crowd and then placed in the sea tower, being left unburied for months and kept in a barrel of brine. Some scholars believe he was eventually buried in the grounds of the Blackfriars Chapel in South St but others believe he was buried in the Beaton family vault at Kilrenny, less than 10 miles to the south. After hearing of Beaton's murder, John Knox came to St Andrews to join the Protestant reformers who had taken the Castle. Fourteen months later the Castle was taken by a French force, under the banner of the sixteen year old Mary, Queen of Scots, and Knox was pressed into service as a Galley slave.

Facing the Castle again you should see a path leading down to a hole towards the right of Beaton's window within the Castle's grounds. This is the Counter-mine and worth a visit if you are able to walk down a steep, narrow underground path with some difficult steps. During the siege of 1546, when the Protestants who killed Beaton took control of the Castle, the attacking forces of the Catholic Regent, the Earl of Arran, dug a mine from under the houses now on North Castle St. towards the Castle. The defending Protestants learnt of this plot and dug a counter-mine which eventually met the original mine, dropping on top of Arran's forces from a height of several feet.

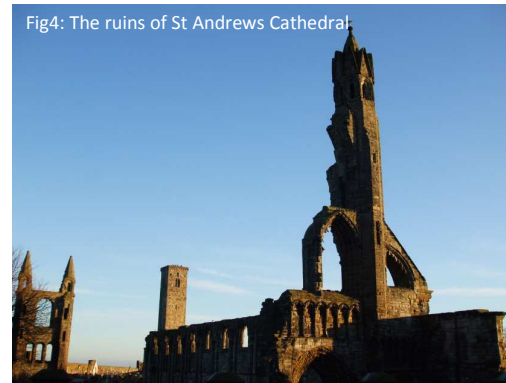
The Castle sands still sports an outdoor swimming pool formed from a wall built into the rocks. It may not be possible to walk down to the pool as there has been some rock erosion over the last 2 years. The pool itself matches two other outdoor pools; one is now part of the Aquarium which was used by townsfolk up until the 1970s as a public

bathing pool. The Castle pool is usually only used by students on their May Day dip on May 1st when many take the opportunity to run into the sea for a very short swim. There is actually a third pool between the Castle and the Aquarium pool which is indicated as a public pool on Victorian maps. It was used as a pool by St Leonards school pupils in the early 20th Century. It is sited behind the houses and the current University School of Economics in Castlecliffe, an imposing Victorian building, to the west of the Castle. Many sea birds can be seen here nesting on the rock and herons and cormorants are often seen on the rock pools and around the East Sands which stretch from the Harbour south towards Kinkell Braes.

Leaving behind the Castle, the visitor is encouraged to walk towards the Piers at the Harbour but when you reach the Cathedral walls you can choose to carry on walking towards the Piers or you can enter the Cathedral grounds at a small gate on the north side of the perimeter wall.

Inside the Cathedral, founded in 1160, you will see the remaining walls of the original chapels and dormitories of the many buildings that made up this large site. The large square tower is St Rule's, or St R e g u l u s ' s , named after the priest who, according to a 13<sup>th</sup> Century legend, brought the bones of St Andrews to these shores. The tower and visitors can gain access to climb the stair to the top of the tower which gives excellent views of the town and surrounding beaches. The tower itself is at least 9<sup>th</sup> Century and possibly a lot older. A ghost of a monk has been seen around St Rule's usually around the time of a full moon. He is said to be friendly and has offered a helping hand to those climbing up the stone stair inside the tower. Returning to the side-gate, walk towards the right, past the Cathedral towards the harbour with the sea on your left. You will pass a square tower formed in the perimeter wall. This is the Grey Lady Tower and is alleged to be where the ghost of the Grey Lady, sometimes known as the White Lady, an unknown Lady, haunts the grounds. The story is that when the tower was excavated in the 19<sup>th</sup> Century, unknown female bones were found. Another

Fig4: The ruins of St Andrews Cathedral



ghostly sighting is that of a three legged black dog that roams the Cathedral grounds.

The path towards the Piers then splits in two surrounding the remains of the St Mary's Kirkhill or the Church of the Culdees. This was a Christian sect and their church predated

the Cathedral which was built partly over the Culdees grounds. According to Batch (Batch, 97), this area was used for religious activities from the 8<sup>th</sup> or 9<sup>th</sup> Century and known originally as Kinrimont or Ceinnrighmonadh in the Gaelic, from Head of the King's Mount. Batch also suggests that the siting of Kinrimont was due to an alignment established some 8000 years ago from the ley lines that connect Dunino Law and Kellie Law, south of St Andrews. Kinrimont and the Mesolithic settlement at Morton Lochs in nearby Tentsmuir form a line which would have indicated the maximum position of moon set at that time. Further, the legend of St Rule or St Regulus bringing the bones of St Andrews to Scotland first becomes known around the 10<sup>th</sup> or 11<sup>th</sup> Century and may be a Christianisation of the pagan lines and rulers used to site the city first referred to as St Andrews in the year 1108.

St Mary's Kirkhill was also used as the private chapel of James V's first wife, Madeleine, before she died young and he married Mary of Guise, mother of Mary, Queen of Scots.

The Cathedral perimeter wall was built around 1500 when an outbreak of disease threatened the town and the religious community. The priory wanted to protect themselves, leaving the remaining Culdees and the townsfolk, outside the wall. The Cathedral wall has 14 towers and is over a kilometre in length.

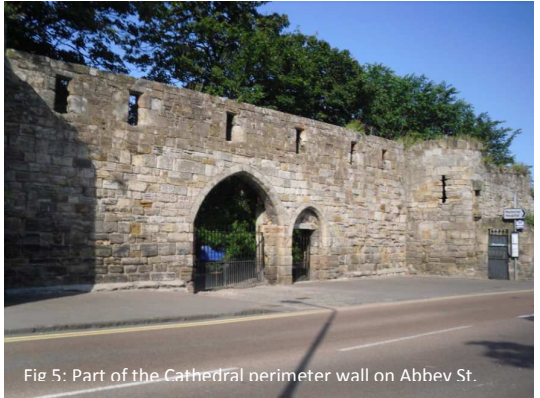


Fig 5: Part of the Cathedral perimeter wall on Abbev St.

The other building of interest here is the watch tower overlooking the North Sea and the Harbour used during World War II. Stand at the viewpoint beside the church of the Culdees and look north towards Tentsmuir Forest and Leuchars Air base. If the weather is good you should also be able to see the Sidlaw Hills north of Dundee in the distance. The

hill with the aerials is Craigowl and to the left of it (west) is Auchterhouse Hill with its copse of trees at the top. An ancient hill fort with earthworks stood here before St Andrews became a religious centre. Look east across the North Sea and then towards the south where you should see the East Sands beach and Kinkell Braes and its caravan park. According to legend, St Rule lived in a cave along this section of the coast, from

the Scores to Kinkell Braes. One cave, between the Pier and the Castle was used by Lady Buchan in the 19th Century to have tea parties in as it was believed that this particular cave was St Rule's. It is now filled in with concrete to prevent children from injuring themselves on the rocky outcrops here. St Rule is now largely considered a myth to explain how the bones of St Andrew came to these shores.

## The Harbour

Walking down to the large Pier, either by the slope or by the steps to the south of the watch tower, you will notice that both the larger main Pier and the smaller Pier are made of Cathedral stone used after the partial destruction of the Cathedral buildings in the religious riots of the 16th Century. The larger Pier was rebuilt of Cathedral and Castle stone in the 1650s. John Knox, in one of his many sermons against organised religion, or women, encouraged the townsfolk to attack the Cathedral and remove its protecting walls and parts of its internal buildings. Some historians believe Knox was directly responsible for the destruction of St Andrews Cathedral and for the death of at least one woman who he claimed to be a witch.



Fig 6: The Harbour

The main Pier was the scene of a dramatic rescue in 1800 when a student, John Honey, dived off the end of the pier to save the crew of the Janet of MacDuff which was marooned on the rocks during a storm. The University acknowledged Honey's efforts by naming one of the Computer Science buildings after him. St Andrews is a working harbour and you will see lobster pots stacked up on the quayside

when they are not placed in the sea. The inner harbour is separated by a wooden bridge and sitting here in the sun, on the grassy bank, is a good place to people watch as well as see many sea birds, ducks and our local swans and their regular brood of cygnets. Children go crabbing by the bridge although they should be careful not to catch the swans with their hooks.



Fig 7: The Sea Port or the Pends.

Walking across the Edwardian wooden bridge takes you to the grassy mound above the smaller pier and a view over the East Sands. To the right a grass field is often used as a pitch-and-putt course in the summer and this ends in a small children's playpark beside the sailing clubhouse and small hole-in-the-wall coffee and ice-cream shop. The pitch-and-putt field once housed St

Nicholas's hospital, a leper or poor house.

Back at the Harbour looking back up towards the Cathedral you will see an archway over a road leading back up to town. This is the Pends and is an old roadway used as entry to the Cathedral grounds. The gateway is variously named as the Mill or Sea Port, Gate or Yett. One of the Protestant martyrs, Paul Crow, was burnt at the top of the Pends, but his name is not mentioned on Martyr's Monument.

If the water is low in the harbour you can see a large hole in the harbour wall below the building, once a flour mill called the Shore Mill, situated at the bottom of the Pends. This hole is the exit of the mill lade, the water way that fed several mills along about 1.5 miles of waterway within the town. The lade path runs under the flagstones above the mill, at the top of the steep stone steps to the right of the archway. The water ran from within the St Leonard's School grounds, which was once part of the Cathedral and housed a flour mill and water tank, across the Pends and down through the lower Shore mill into the harbour. We will return to the mill lade later when the tour takes you along Lade Braes Walk.

Until the 1960s the local gas works sat on the grassy bank by the Cathedral wall. Thankfully those works have been removed now. The houses by the outer dock once held two public bars, at either end, for the townspeople.

Return up to the Cathedral either via the Pends or by the Culdees Church and walk to the end of North St at the north-eastern end of the Cathedral site by the Memorial to the Fallen of the two World Wars.

The Pends is a beautiful arched driveway used as the official entry to the Cathedral Priory from about 1340. The priors were Augustinian monks and were distinct from the Bishops who resided in the Castle. The Pends is also known locally as one of the sites of a ghostly vision of a coach and horses. This is often thought to be the coach of Archbishop Sharp who was murdered in 1679 during the Covenanter period of Scottish history. He was dragged from his coach at Magus Muir, south of Strathkinness some three miles to the west of St Andrews. There is still a small stone pyramid at Magus Muir to mark the site where he was murdered by Covenanters angry at his religious oppression. Five men were found guilty of Sharp's murder and were put to death. A stone monument in a nearby field, only yards from the Sharp pyramid, marks their death. Sharp's tomb is in the Holy Trinity Church in South St.

## North Street

Standing at the War Memorial face the broad street that is North Street. Both North and South Streets were used for pilgrims processing towards the Cathedral and their width indicates the number of pilgrims visiting St Andrews during the later medieval period. Prior to the 18th Century, North St was known as Northgait.

Walking down North St, heading west, away from the Cathedral, there is a small museum on the left which is worth a visit, if only to see the lovely garden and double outside privy, or toilet, once used by the Fisherfolk who lived at this end of the town. Museum guardians will tell you of the seven seater privy once seen in St Andrews - a very Roman approach to bathrooms.

Opposite the museum at 19, North St, you can see the remains of one of the public water fountains outside one of the oldest houses. Another feature of this part of town are the outside stair cases leading to upper floors of houses. This was because these small houses housed different families on the top and bottom floors. Walk across Castle St. You should see an outdoor thermometer embedded in the wall beside the coffee shop. If you have time, apart from sitting in the coffee shops, one of which advertises itself as where a certain Prince and his then girlfriend took coffee, on either side of the street, a visit to All Saints Church down North Castle St is also worthwhile. This Episcopal church has a lovely outside quad and inside has an Art Nouveau style chapel and an unusual christening bowl topped with an ornate tower. The church was consecrated in 1923.

Back on North St., walk past the Younger Hall built in 1920 and now used for students graduating, performing concerts and sitting examinations. The buildings around the Younger Hall are all University buildings and to the west of the Younger Hall, College

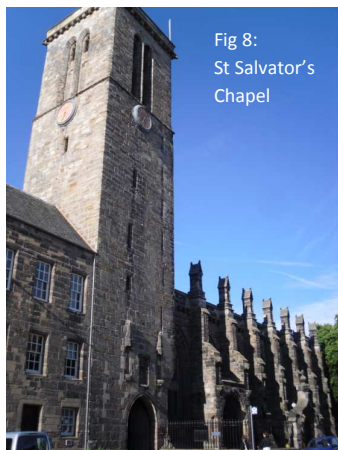


Fig 8:  
St Salvator's  
Chapel

Gate is the main University administrative offices. This leads to St Salvator's Chapel, which you may have seen from Butts Wynd earlier in the tour. On the North St. side of the chapel you may be able to see an old sundial etched into the 2nd last buttress on the east side. This side of the chapel was a grave yard for many centuries, now covered over. The Chapel was founded in 1450 by Bishop Kennedy and was part of the College of St Salvator's (Sanct Salvatour) which was the first college to host a Provost and Masters of Arts and Theology supported by local parishes. It was

established along the lines of the University of Paris and alongside Kings at Cambridge and New College at Oxford was a model for the medieval collegiate system. The gothic architecture of the Chapel is one of the greatest examples in Scotland.

Walk past the chapel and you will come to an ancient archway leading in to a quadrangle behind. Before you walk into the quad, look at the letters "PH" embedded in the pebble stones of the pavement. These initials stand for Patrick Hamilton, another martyr, who was burnt at the stake here in 1528. As he died, he allegedly cried out that he could see the face of an angel. Look up at the archway and between the top of the arch and the remains of a badge set in the wall you should be able to see what looks like a face on the 5th stone above the arch. Undergraduate students are told not to stand on Patrick Hamilton's initials as the belief is that that they will fail their examinations that year.

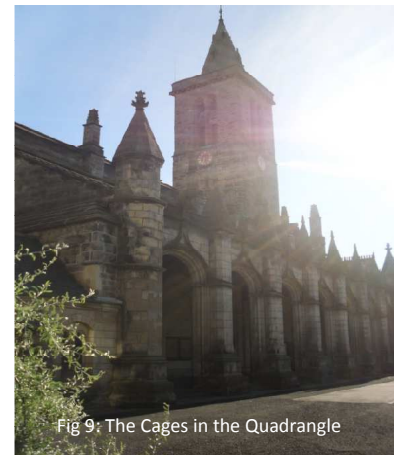


Fig 9: The Cages in the Quadrangle

Walking through the arch you can see some very old graffiti drawn on the walls over the years by students and locals alike. Behind the chapel is one of the original quads of the University. The chapel on the south side of the quad is 12th Century but the remaining buildings date to the 19th Century and early 20th Century. The original quad was more built up on the Butts Wynd, the west side. St Salvator's College is the undergraduate college of the University and now joined with St Leonard's College, the postgraduate college in 1747, to form the

United College. An interesting nameplate is that of the Hebdomadar's Office to the side of the archway. The Hebdomadar was responsible for student discipline but its title is not often used nowadays within the University.

The Chapel tower was originally destroyed by fire during the great siege of the Castle in 1546-47 when the flat top of the tower had been used as a gun tower for reducing the Castle. The present stone spire is attributed to Archbishop Hamilton and dates from the 1550s. Behind the Chapel, and where the door is, is a covered walkway known as the Cages. Undergraduate results used to be posted in cages here for the students to read their results in public. Privacy requirements now mean that the University can no longer publicly publish student results but there are usually interesting poster displays of current university research placed there for visitors.

The Quad is used at Graduation time and also on "Raisin Monday". This is a time honoured tradition amongst St Andrews students and dates back to the time when older undergraduates took new ones metaphorically under their wing, giving them advice. A gift of a bag of raisins, or oats, a staple diet for students for many years, was given in return for this advice. Today, this tradition has developed into two days of revelry; the older students, the Academic Parents usually get their Academic Children drunk on Raisin Sunday and on Raising Monday, dress them in fancy dress and take them to the Quad where a foam fight ensues. The University has banned live, or dead, animals or body parts being used as Raisin Receipts, given by the "parents" to their student "child" to hold on Raisin Monday. Raisin Weekend is usually the 2nd or third week in November and is best avoided if you are older than 22.

Walking back along North St the visitor will walk past the local cinema and a few more small coffee shops and restaurants. The cinema is the site of the old North Port, or gate of the town. About 200m past the cinema, on the left, is Greyfriars Gardens and this takes you to Market St. for the next part of the tour. Before you leave North St make sure you turn around to face the Cathedral and envisage what it must have been like to be a pilgrim walking towards that great structure, now ruined partly because of the reformation and the effect of the disestablishment of the monasteries in England under Henry VIII. Although Scotland is a separate country, the religious wars were felt here and many cathedrals followed the way of their English counterparts into ruin and reuse by local townsfolk.

### Market Street

Walk up Greyfriars Gardens from North St. and you will notice that the houses on the left are separated from their gardens on the right. These gardens were actually part



Fig 10: Augustinian Well

of the Franciscan, the grey friars, monastery situated on the site of what is now the Council offices to the west of the gardens, off Market St. In the 3<sup>rd</sup> last garden on the right you should be able to see the original well of the Franciscan monastery to the left of the gate. Some human remains were found in 2012 during road reconstruction in Greyfriars Gardens. They were believed to be the remains of 15<sup>th</sup> Century Franciscan monks in their graveyard, now Greyfriars Gardens. St Andrews had several religious houses including Benedictines, Augustinians and Franciscans.

At the end of Greyfriars gardens, about 10m to the right, you will see a marker in the pavement in Market St stating the site of the Market Port. The walk now takes you back down to the left towards the sea and through the main thoroughfare of Market St, although you may wish to take a slight detour into Bell St which is directly opposite Greyfriars Gardens. Market St, Greyfriars Gardens, Bell St and South St are the main shopping areas of St Andrews. Market St leads to what was the market place near where the old fountain is now placed. A point of interest is the large red Cross embedded in the road cobbles just as the road opens out beside the old fountain. The cross marks the site of the Mercat Cross and this area was the main hub of the old market town and where some of the martyrs, and witches were burned at the stake. The Town House and Jail were also in this area. The recent refurbishment of the road and pavements in Market St uncovered a medieval soak-away almost directly under where the old fountain stands. This demonstrated that some houses at least had to drain away water from their basements.

You will have noticed many lanes leading from Market St. These are some of the remaining vennels down which tradesmen worked and lived. The vennels connect Market St with North St and South St but many are now used as lanes to private houses. Excavations at 120 Market St, formerly a garage and now a shoe shop discovered a corn drying kiln as well as a well. Nearby, behind 124 Market St, dog burials were found, seemingly with well-preserved collars. Between 120 and 134 Market St, 13<sup>th</sup> Century



pottery shards were found, which along with the corn drying kiln, demonstrates a working and living environment. Visitors to St Andrews in the 18<sup>th</sup> Century complained of it being a village where farmers lived and the streets were "filled with dunghills". With corn drying so close to the large timber houses of South St., the city must indeed have been an interesting mix of nature, learning and religion.

Look down College St from the market area and you will see the edge of St Salvator's chapel and what would have been the walls of the original St Salvator's College.

Walk past the old fountain and towards the narrower section of Market St. into some of the older lanes of St Andrews. You will pass Baker or Baxter Lane on your right which has a lovely little garden if you need to sit down for a few minutes. Past Baker Lane you will see the gardens of St Johns House which is the School of Medieval History. The building is normally accessed from South St and was used by the Knights of St John when they were resident in St Andrews. A John Geddy map of 1580 shows the garden and house. Walk down to the end of Market St and admire the small fisher houses with their outside staircases. An oddity is the roof 9, South Castle St, facing the end of Market St, where you can see a ceramic cat chasing a ceramic mouse. Turn to the right and exit onto South St.



Fig 11: Cat and Mouse in South Castle St

### South St

Turning initially to the left on South St you will head towards the Cathedral again. As you walk down the wide pavement you will see some old stone buildings on both your left which are part of the University and on the right which now belong to St Leonard's private school. St Leonard's was once the site of the postgraduate college of the University but when the University contracted in size in the 19<sup>th</sup> Century it sold the land to the school. However, the 15<sup>th</sup> Century chapel within the grounds is still owned and used by the University. It is small and holds around 60 people seated facing each other in wooden pews.



Fig 12: The Roundel in South St

There are two buildings of interest at this end of South St; the Roundel is the rounded building protruding into South St at the corner nearest the Cathedral. This is the remaining tower of the 16<sup>th</sup> Century Deans Court building. The astronomer James Gregory lived in part of this building in the 1670s. Opposite and beside the Pends are old houses, now part of St Leonards School, that once were part of the Priory of St Andrews. The door marked (very faintly) as Queen Mary's door was used by Mary Queen of Scots as she lived in that house and its gardens when she

lived in St Andrews. Her half-brother James Stuart was the Prior of St Andrews and Mary enjoyed coming to the town as she felt she could relax and be herself here acting as a lady of the house and not a queen, akin to Marie Antoinette and her pretences within Versailles.

Return down South St, away from the Cathedral passing Abbey Walk on the left. Look down Abbey Walk to see the large stone walls of St Leonards School once part of the old protective wall of the Cathedral grounds. A few of the houses on South St on the south side, the Abbey Walk side, still have long thin gardens, called riggs, from the medieval layout of the town, but you will not normally be able to see them, unless it is one of the few "open garden" days that locals offer.



Fig 13: St John's House

Now walk up South St on the north side of the street, past once of the best ice-cream shops in the country, you will walk past no. 17 South St with its sundial dated 1736 above the door. Walk past the end of Baxter Wynd and you come to St John's House at 67-69, South St., now the School of Medieval History. This house is so named because it was the house of the Knights Hospitaller

of the Order of St John when they resided in St Andrews. A John Geddy map of 1580 shows the house and garden.

Turn and face the opposite side of the street and you will notice a fairly plain stone facade marked with emblems and badges of royal houses and bishops. This building houses Parliament Hall, the debating chamber of the University, so called because it housed the Scottish Parliament in 1645-46 when Edinburgh suffered a plague. The



Fig 14: Parliament Hall

University Senate Room is above and to the west of the Parliament Hall. It was built in 1826 and holds many fine portraits as well as clocks, one used by Professor James Gregory, the eminent mathematician and astronomer. One of the emblems on the outside of Parliament Hall belonged to The Duke of Cumberland, the "Butcher or Culloden". His emblem was

defaced after the battle.

Next to Parliament Hall, you should see an arched gateway and if the gates are open you can walk into St Mary's Quad, the other main quadrangle of the University. St Mary's is the Divinity College and the grounds still house the School of Divinity, to the right, as well as some sciences such as Psychology. Biology and Medicine were housed here in the Bute Building at the bottom of the quad but these Schools are currently

being moved to the Science Site on the North Haugh, at the entrance to St Andrews from the western side. The original buildings of the University were in the area of Parliament Hall on its western side. Known as the College of St John, the college was a loose collection of masters in Arts and Theology from the early 1400s until Bishop Wardlaw founded a formal 'Pedagogy' in 1430 for the study of Arts alone.



Fig 15: St Mary's Quad

The first thing you see as you enter St Mary's Quad is the old oak tree planted in the 18th Century. If you go into the Quad walk about 150m to the right and you will see a thorn tree and the remains of an old fountain. The tree was allegedly planted by Mary Queen of Scots. St Mary's Quad is beautiful in the sun and always has an air of peace and tranquillity about it. The 16th Century buildings house the King James Library which was the University's main library until the North St. library was built in the 1970s. St Mary's College was bombed along with three other sites in St Andrews on the night of 25<sup>th</sup> October 1940. Twelve people lost their lives.

Return to South St and walk up to the left. At the corner of Queen's Gardens you will notice that you are opposite Holy Trinity Church, one of the oldest in the town and worth a visit in its own right. Queens Gardens are similar to Greyfriars Gardens in that the town houses are separated from their gardens. Walk another 300m or so up South St and you will pass the end of Lade Braes walk just before you get to Madras College, the local academy. The remains of the Dominican Monastery that was situated there is still visible. The Dominicans are known as Blackfriars and their monastery was torn down by a mob after another sermon by John Knox in 1559.

You should now be able to see the West Port, built in 1589 and one the best remaining examples of a port, or gate, of entry into a city. St Andrews had eight ports surrounding the city; on the west side there were the North Gait, Market Gait and the West Gait (or Port) and to the East, the sea side, there were the Castle Gait, Fisher Gait and Sea Gait, sometimes called the Mill Port. Two ports are drawn on the map of 1530 but are unnamed. These are on the city's south side.



Fig 16: Ruins of Blackfriar's Chapel



Fig 17: The West Port

### The Lade Braes Walk

The Lade Braes is a walk that runs from a mile or so up the Kinness Burn to the west of St Andrews and ends at the rear of Madras College to the south of South St. To walk, or saunter, the full length of the walk and back would take two about hours but you can choose to do the town part of the walk or the wooded part to the east to shorten the time. The wood can be better reached from the Argyle St car parks or near Cockshaugh Park further along Argyle St. To walk part of the Lade Braes there are two lanes to take you from South St down to the eastern end of the walk. One is to the east of Madras College, Lade Braes Lane, and the other is Loudon Close, further west along South St just past a small group of shops. Loudon Close shows how the houses were built up close together. The Lade Braes wanders between houses and you can occasionally see how it was built up at the edge of the old town, high above the Kinness burn below. The lade was open until the late 1890s when it was covered over and became the walk it is today.



Fig 18: The Kinness Burn

The mill lade (waterway) was originally built in the 12th Century by the Cistercians to bring water to the Cathedral and Priory and the service mills along the route. Some remains of the mills can be seen. Down at the Harbour the corn and flour mill is the building at the end of the Pends, now a store, and the final few metres of the lade runs under the flagstone path behind the old mill. During a low tide

you can see the exit hole of the lade into the harbour wall, just below what was the Shore Mill.

Further up the Lade Braes walk, out past Cockshaugh Park, there are two mills; one by the duck pond about a mile out of town, and the other is a house at a bend in the path at the back of Buchanan Gardens. Another mill was a flour mill which also held a water tank storage nearby. That was in the grounds of what is now St Leonards School, halfway up the Pends.

Leaving the old town, the lade crosses Bridge St. and again meanders between houses. You will come to end of the Argyle St. car park. These car parks were once part of the St Andrews railway station before it was demolished in the 1960s. The actual station was at what is now the Petheram Bridge car park., below the bus station. The Old

Course hotel is actually built on the railway sidings on what was called the Old Station or the St Andrews Links (goods) station. When you walk past the Argyle St car park on the Lade Braes, look towards the south and you will see Viaduct walk which was the viaduct over which the trains went from the promontory of the old town down towards the valley below and on towards Boarhills to the east. The Argyle St. car parks are built up from the original train line. The lade braes path at the end of the car park, and above Viaduct Walk, was actually a bridge under which the trains passed. As trains left the viaduct they crossed over the Canongate bridge and then had a 1 in 49 gradient on a steep curve following what is now Largo Rd towards the Cairnsmill Burn and Viaduct towards the south-west. The sound of labouring engines was frequently to be heard in St Andrews in the early part of the 20<sup>th</sup> Century.

Carry on a little further past the car parks and you will get to Cockshaugh Park and the start of the wooded section of the walk. This part goes past the back of the Botanic Gardens and past the two old mills, the Law Mill and the New Mill, also known as the Plash Mill or Plashie. The walk is very popular with the locals and in the Spring is full of snowdrops then crocuses and daffodils. If you cross over the green metal bridge just before the New Mill and turn towards it, you should be able to see the remains of a wall built over the river. This is the major remaining part of a mill pond, complete with sluice gates, built by the mill when it was a plash mill. Bricks in the river nearer the bridge indicate where the lower pond wall may have stood. A plashie was a pond for soaking material, often wool so this pond would have been allowed to fill and drain as it was needed for soaking or for people to stand in the pond and work with the wool.



Fig 19: The Celtic stone graves

Returning to the lade braes walk and just before you get to the mill pond at Law Mill, about a mile out of town, there is another metal bridge and a sign that guides you to the south, up Hallow Hill. At the top of the hill, in front of tall leylandii trees, about 5 minutes walk from the Kinness burn, there are Celtic stone cists where the grave of a child containing roman artefacts was found.

There was a chapel on this site in the

12th Century just before the University and the Cathedral were built.

Returning again to the lade braes, the path soon peters out just past the mill pond at Law Park Wood. However, just before the mill you will see a stone weir in the Kinness

Burn. If you look closely at the tree desperately clinging to the path wall you will see it is growing into a stone arch now filled with bricks. I believe this is the start of the actual lade as built by the Cistercians as the path is more or less flat from this point to the Cathedral walls.



Fig 20: The Law Mill

The path now crosses a stone bridge behind the mill and rises towards the mill pond which is higher than the Kinnessburn and situated behind the Law mill wheel. The pond is filled from the Lumbo river which comes out of Lumbo Den to the south. This is another nice walk and takes you through a rough track in the den up towards Craigtoun Park. You will need stout walking boots for the Lumbo

Den walk and it is not for young children as there are steep banks. However, if you walk past the mill pond you are walking along another lade, fed by the Lumbo burn and taking water into the pond. The start of this lade can be seen a few hundred metres up the path where a small bridge crosses over the Lumbo and Spinkie Den burns. A stone wall banks up the Lumbo burn and feeds it into the lade.



Fig 21 : The Doo'cot on Doo'cot Rd

If you follow the path towards Lumbo Den you will pass an old stone doo'cot which was built to house doves.

Following the Spinkie, or Cairnsmill, burn path takes you around the side of Hallow Hill and takes you towards Spinkie Den. This path crosses over Bogward Rd and takes you up a rough path with very steep cutaways. This path is definitely not for young children as the Den has a viaduct from the old railway line from St Andrews towards Anstruther and the banks are very steep. The viaduct itself can be seen in

the winter under the undergrowth but you may not see it and not realise you are on a railway line until you get to a stone corridor that is obviously a railway line. The path ends just below the Cairnsmill caravan site and the earth has been banked up.

### Other sites of interest in the area.

Other small towns in the East Neuk of Fife are Crail, St Monans, Pittenweem, Anstruther and Elie, each of which are worth a visit.

Those interested in ancient monuments can see a large standing stone just before Boarhills. This is supposed to be in a direct line with Dunino Law and Kellie Law, both man made hills to the south and south west of St Andrews. At Dunino there is an ancient gifting well which boasts an interesting rock that looks like a face, a stone carved celtic cross, a well and foot-stone such are usually found at ancient celtic forts. This is a very old site, probably pre-Christian. The church at Dunino has an old sundial in its graveyard that is covered in pennies which is an old tradition of gifting. The well itself can be reached by a path from the side of the church, and stone steps carved into the rock take you down to the river and the celtic cross carved into the rockface to your left. There are many prayer flags and wreaths wound around the trees. It is a fascinating site and very peaceful.

**The Coastal Path:** A longer walk for the more hardy is the Coastal Walk which starts from the East Sands heading south towards the Fairmont Hotel and onto Crail, Pittenweem and Anstruther. Proper hiking gear or good shoes are necessary here as the path goes up and down stone steps and over rocks.

Approximately 1mile from the East Sands you reach a stony beach down over 90 stone steps and another half mile takes you past the Rock and Spindle rock formations. Another mile, over some rocks not suitable for young children and you will reach the boundary wall of the Fairmont Hotel high up on the hill. You will need to climb over a stile to get into the grounds of the Fairmont to follow the coastal path. However, you can always stop and enjoy a drink instead at the Club House bar.



Fig 22: St Andrews from the coastal path

*Dr Ishbel MacDonald Duncan is a resident of St Andrews, graduate of the University and a member of academic staff. She takes full responsibility for any errors in the text written in 2010-12*

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*The map and front photo are courtesy of Calum J. Duncan*

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### Further Notes

1. In 1834, the local golfing society became the Royal and Ancient.
2. *Georgian and Early Victorian St Andrews*, St Andrews Preservation Trust, 1946 states that much of St Andrews street architecture is from the Georgian and early Victorian periods, (1750 - 1850), with the period 1830-1860 a major building period. *Greyfriars Gardens* was one of the earlier streets and *Queen's Gardens* one of the latest.
3. *Madras College* was founded by the Rev. Dr. Andrew Bell in 1832 as a school following the madrasa system he had witnessed when with the East India company in Madras. In this system older pupils help tutor younger children. *Bell Baxter school* in Cupar was also founded by Dr. Bell.

Map of St Andrews

