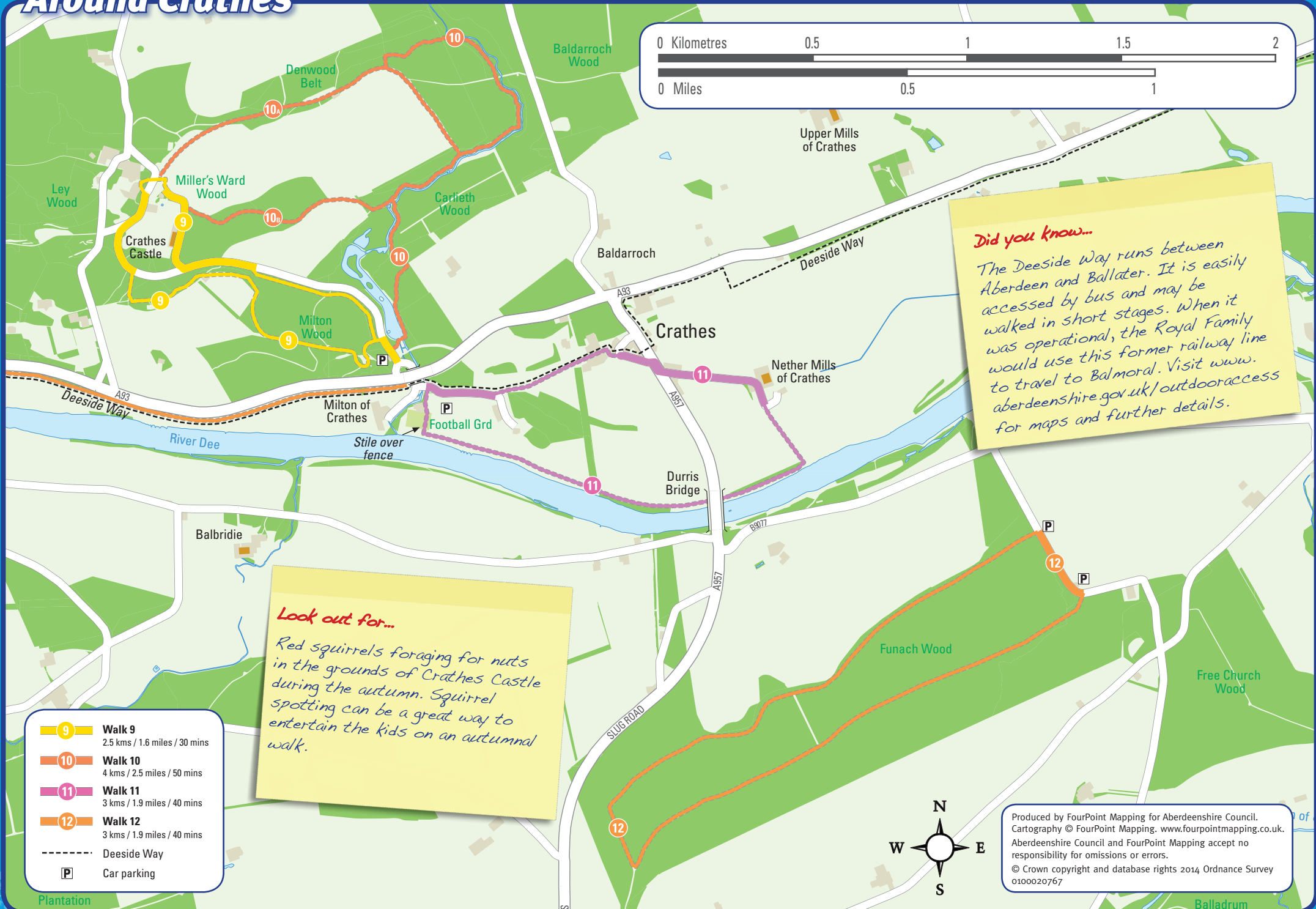


Around Crathes



Did you know...

The Deeside Way runs between Aberdeen and Ballater. It is easily accessed by bus and may be walked in short stages. When it was operational, the Royal Family would use this former railway line to travel to Balmoral. Visit www.aberdeenshire.gov.uk/outdooraccess for maps and further details.

Look out for...

Red squirrels foraging for nuts in the grounds of Crathes Castle during the autumn. Squirrel spotting can be a great way to entertain the kids on an autumnal walk.

- 9** Walk 9
2.5 kms / 1.6 miles / 30 mins
- 10** Walk 10
4 kms / 2.5 miles / 50 mins
- 11** Walk 11
3 kms / 1.9 miles / 40 mins
- 12** Walk 12
3 kms / 1.9 miles / 40 mins
- Deeside Way
- P** Car parking

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Aberdeenshire Walking Maps

Positive Steps Banchory



Walking routes in and around Banchory

Use the table below to record your walks!

Walk	Kms	Date
1	2.5	
2	1.8	
3	3.0	
4	5.0	
5	2.5	
6	5.0	
7	0.9	
8	3.0	
9	2.5	
10	4.0	
11	3.0	
12	3.0	
Total	36.2kms	Congratulations!

There are many ways to build physical activity into our lives. The good news is that it is easier than you may think. Regular walks are a simple way to start an active lifestyle. This series of 'Positive Steps' maps has a number of routes for you to try. Whether you have 15 minutes or an hour to spare, there will be a route for you.

- Try to aim for 10,000 steps a day. Most of us already walk around 3,000 steps in a day without even realising it!
- Set yourself a goal. A ten minute walk will be around 1,000 steps and Pedometers are a great way to keep count of your steps.
- If you are just starting out on your active lifestyle don't worry if you can only manage a brisk walk for a couple of minutes. It's a great start!
- Begin your walks slowly and gradually increase your pace. If after a few minutes you feel ready, try walking a little more briskly.
- Towards the end of your walk, start to slow down your pace and try to finish off with a few gentle stretches.

Banchory Health Walks meet at 10.00am every Thursday and Friday at the East Church for one hour walks, new walkers welcome.

If you have been inspired by the walks in this leaflet or would like to find out more about our natural environment then visit the websites listed below.

- www.walkhighlands.co.uk
- www.forestry.gov.uk/
- www.nhs.co.uk
- www.aberdeenshire.gov.uk/transportation
- www.british-trees.com
- www.snh.gov.uk

Remember that walking can be as easy or invigorating as you see fit. It's a great and free activity to enjoy on your own, can be a great way to introduce children to the outdoors and play games and a fun way to catch up with friends.

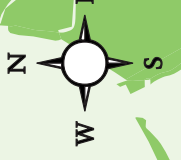
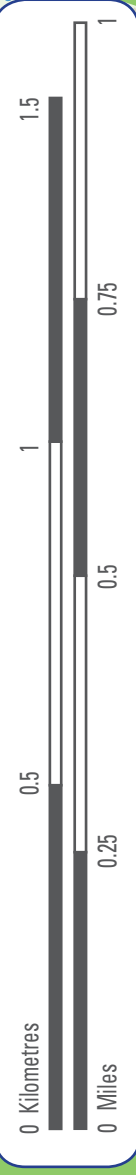
Banchory



Why don't you...
 Try to gather a group of friends, colleagues or family together to share a regular walk?

Why don't you...
 Set yourself a challenge to do all of the Banchory walks on this leaflet? If you did, you would clock up over 34km. That's more than a walk to Aberdeen!

- Walk 1**
2.5 kms / 1.6 miles / 30 mins
 - Walk 2**
1.8 kms / 1.1 miles / 25 mins
 - Walk 3**
3 kms / 1.9 miles / 40 mins
 - Walk 4**
To Milton of Crathes 5 kms / 3.1 miles / 60 mins
 - Walk 5**
2.5 kms / 1.6 miles / 30 mins
 - Walk 6**
5 kms / 3.1 miles / 60 mins
 - Walk 7**
0.9 kms / 0.6 miles / 10 mins
 - Walk 8**
3 kms / 1.9 miles / 40 mins
- Banchory Circular Path
 - Deeside Way
 - School / Academy
 - Hospital
 - Church
 - Recycling centre
 - Car parking



Look out for...
 Leaping Salmon at the Falls of Feugh (September and November)
 February and March

Did you know...
 Royal Deeside is home to over 100 species of rare and endangered animals and plants?

Public Transport Information:
www.aberdeenshire.gov.uk/publictransport
 or scan QR Code.

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A healthy person can walk this far in only one hour at a moderate pace

