

Once you're walking more regularly, you will soon be looking for more opportunities. Explore new routes in and around your settlement and you'll be amazed at what you've been missing. Perhaps think about joining a walking club?

Rosehearty is thought to have been established by crofters and Danish fishermen in the 1400's. Did you know that as the crow flies its 574miles between Rosehearty and Copenhagen, Denmark. That's what you would achieve if you were to walk 1.5 miles everyday for a year!

Walking with friends is a great way to socialise and can be an excellent motivator. Walking with your family after meal times is also a good way to catch up and enjoy an activity together at no cost.

Did you know that a walk from Sandhaven to Fraserburgh is just over 2 miles and would take around 45 minutes. If you were to walk there and back just twice a week you would exceed the recommended weekly target of 150 minutes moderate exercise.



Looking for inspiration to walk or cycle more often? In 1951, local James Durhie, who was profoundly deaf, set off on a remarkable bicycle trip: a solo ride to the Arctic Circle. A film based upon the book 'Cycled into The Arctic Circle' was released in 2011. When you're out walking look out for 'Maggie's House' a fishing cottage thought to date from 1750.



Make walking a habit by building it into your daily routine. You could walk to the shops, walk to work, get off the bus a stop earlier or simply use the stairs instead of the lift.



St Combs



Have you considered walking to Loch of Strathbeg and the Nature Reserve? The reserve is home to Britain's largest dune loch which, according to the RSPB, attracts around 20% of the world's population of pink-footed Geese during the winter. For opening times and activities at the visitor centre visit the RSPB website (www.rspb.org.uk) and search Strathbeg.

Recommended physical activity levels:

- Children aged under 5 years should do 180 minutes every day
- Young people (5-18 years) should do 60 minutes every day
- Adults (18-64 years) should do 150 minutes every week
- Older adults (65+ years) should also do 150 minutes every week

Further Information and useful websites:

- www.nhs.uk/Change4Life/Pages/walk-for-life.aspx
- www.nhs.uk/livewell/getting-started-guides/pages/getting-started-walking.aspx

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.

Further information can be found at these websites

- www.healthscotland.com/
- www.walk-the-talk.org.uk/
- www.nhs.uk/livewell/Pages/Livewellhub
- www.visitscotland.com/see-do/activities/walking/

Aberdeenshire Walking Maps

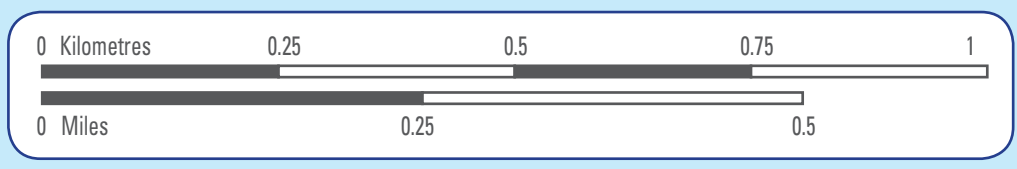
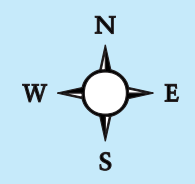
Positive Steps Fraserburgh



Walking routes in and around Fraserburgh



Fraserburgh



- **Walk 1** College Circular
1.4 miles / 30 mins
 - **Walk 2** Around Broadsea
1.7 miles / 35 mins
 - **Walk 3** Up Strichen Road
2.8 miles / 55 mins
 - **Walk 4** To Sandhaven
2.3 miles / 45 mins (each way)
 - **Walk 5** Along the Beach
2.3 miles / 45 mins
 - **Walk 6** The Railway Line
As long as you would like!
 - **Moonlight Prowl**
6 miles / 2 hrs
 - **Moonlight Prowl**
7.2 miles / 2hrs 25mins
- S** Coll **Aca** School / College / Academy
- H** Hospital
- C** Church
- R** Recycling centre
- T** Town centre area



To Rosehearty (4.5 miles) and Sandhaven (2.3 miles)

To Banff

To Mintlaw

Greenbank

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To Strichen

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

For information on the Formartine & Buchan Railway Line walks scan QR Code.

