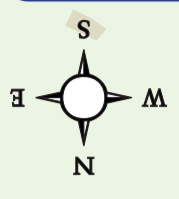


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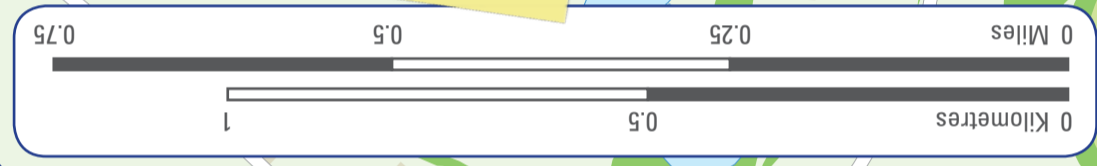


Legend

- Riverside 2.5 km
- Place of Origin 1.8 km
- Cacternane / off-road 1.8 km
- Bishop's Palace 2.2 km
- Town Loop 4.5 km
- School / Academy
- Church
- Car parking

Look out for...
 Rosebay willow herb
 with its pink flowers and
 cotton wool type seed
 and Red Clover, abundant at
 the Place of Origin during
 the summer months.

Why don't you visit the...
 Place of Origin which provides
 an excellent view over the village,
 Don valley and the quarry itself.
 Paths lead you through the
 community woodland to the top
 point made of different types of
 granite heven from the quarry.



Kemnay

Aberdeenshire Walking Maps

Use the table below to record your walks!

Walk	Km	Date
1	2.5	
2	1.8	
3	1.8	
4	2.2	
5	4.5	
6	8.5	
7	7.5	
8	7.5	
9	2.5	
Total	38.9km	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.

Positive Steps Kemnay



Walking routes in and around Kemnay

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.

Developed in partnership with Greener Kemnay.
 Visit www.kemnay.info for more information.

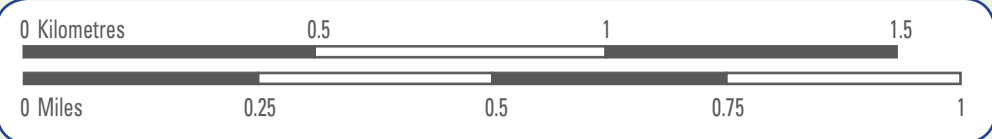


Kemnay & the surrounding area

- 6 **Cot-town Wood**
8.5 km
- 7 **Fetternear House & Burnhervie**
7.5 km
- 8 **Leschangie Hill**
7.5 km
- 9 **Monymusk Heritage**
2.5 km
- S Aca School / Academy
- + Church
- P Car parking

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



Did you know...
that granite hewn from the quarry, which opened in 1830, has been used in the Cenotaph in London, The Thames Embankment, the Forth Rail Bridge and closer to home, Marischal College in Aberdeen.



Did you know...
Surrounded by mature woods Fetternear is a fine example of a moated site - one of the largest buildings to be found from the medieval period in Scotland. Aberdeen's Bishops would have traversed the River Don on low flat boats to come here for the summer.



Did you know...
Kemnay House, built in mid 16th century, is home to the Burnett family who have lived there since 1688. They have extended the house, planted avenues, 'The Wilderness' and laid out fields, improving the way farming was conducted.

Monymusk

