

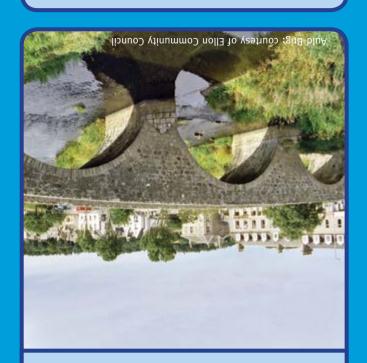








## Walking routes in and around Ellon



## Sasis satisso

Aberdeenshire Walking Maps hemember that walking can be as easy or invigorating as you see ht. It's a great and thee activity to enjoy on your own, can be a great way to introduce thildren to the outdoors and play games and a fun way to catch up with triends.

Towards the end of your walk, start to slow down your pace and try to finish off with a few gentle stretches.

Begin your walks slowly and gradually increase your pace. If after a few minutes you feel ready, try walking a little more briskly.

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!

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.

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!

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.

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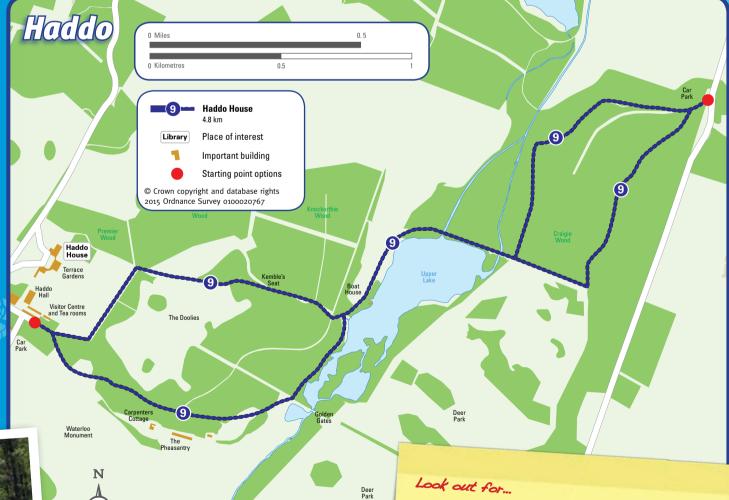
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Congratulations	24.3 kms	Total
	4.8	6
	2.1	8
	4.3	L
	1.5	9
	9.6	5
	1.2	þ
	1.1	3
	2.4	2
	2.9	T
Date	Kms	Walk

Use the table below to record your walks!

## Did you know...

The Formartine and Buchan Way follows the route of the old railway line from Dyce, on the edge of Aberdeen, up through Buchan to Peterhead and Fraserburgh. Approval to start developing the original railway network in the area was granted to The Formartine and Buchan Railway Company on the 23rd July 1858 with the final section being completed in April 1865. The Beeching cuts in the 1960s closed the rail routes, however, trains continued to carry freight to Peterhead until 1970 and carried on to Fraserburgh until 1979. Work began on the development of the change of purpose in 1987 by the Buchan Countryside Group and the path was opened in the early 1990s.



## Why don't you...

Try to gather a group of friends, colleagues or family together to share a regular walk?

- Red squirrels can be found in the woodland around Ellon and Haddo.
- Otter can be seen in the River Ythan and at Haddo's Upper Lake.
- In summer Swifts can be seen (and heard) catching insects over the Ythan in the town centre near the bridges.
- On the north-west side of Haddo's Upper Lake is an undisturbed meadow where an abundance of wildflowers and pollinating insects can be seen in summer.

