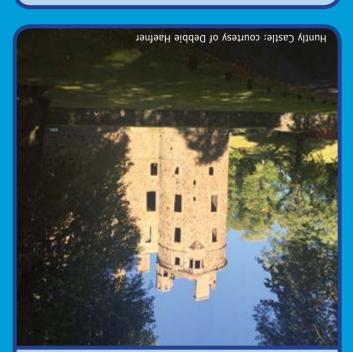




# Aberdeenshire in and around Huntly

Walking routes





eatch up with triends. play games and a tun way to children to the outdoors and can be a great way to introduc activity to enjoy on your own, as easy or invigorating as you see At. It's a great and thee Remember that walking can be

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

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

brisk walk for a couple of minutes. It's a great

lifestyle don't worry if you can only manage a If you are just starting out on your active

way to keep count of your steps. around 1,000 steps and Pedometers are a great Set yourself a goal. A ten minute walk will be

Without even realising it! us already walk around 3,000 steps in a day Try to aim for 10,000 steps a day. Most of

hour to spare, there will be a route for you. you to try. Whether you have 15 minutes or an Positive Steps' maps has a number of routes for way to start an active lifestyle. This series of than you may think. Regular walks are a simple into our lives. The good news is that it is easier There are many ways to build physical activity ATITIES STEED LAND COM/ aberdeenshire An. vop. Ans. www 12 610. 3221-13 bno 1600 www 2+01/246/1/2-2+01/2012/ -bru-aberdeenshire.gov uk/roads-andmos broltoschtbert www 1×12 106. 4722910 f. www Au os shablapitajbur www websites listed below. about our natural environment then visit the shis leadlet or would like to had out more in Spired by the walks in

| Congratulations | 22.8 kms | Total |
|-----------------|----------|-------|
|                 | 8.2      | 5     |
|                 | z.7      | 4     |
|                 | 8.5      | ٤     |
|                 | 6.5      | 2     |
|                 | 1.6      | τ     |

Date

Use the table below to record your walks!

Kms

### sdeM grivileW Aberdeenshire

#### Why don't you...

Fancy trying some other good walks in Huntly & District? Pick up a copy of" Walks Around Huntly & District". Packed with 26 walking routes and brought to life with fascinating background information and local colour. Only 16 from various local retailers and from

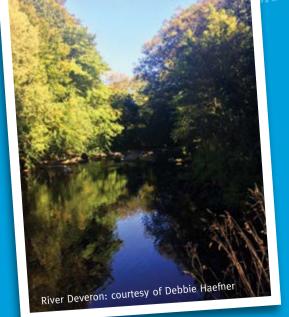
www.huntlydevelopmenttrust.org/shop.



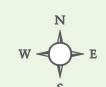
## Why don't you...

Set yourself a challenge to do all of the Huntly walks on this leaflet? If you did, you would clock up over 22Km.

- Otter can be seen in the River Deveron and River Bogie.
- A large variety of wild flowers can be seen throughout the year.



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**Cairn Hill**