







From mountain to sea

Walking & Cycling Portlethen



This map aims to simplify your journey around Portlethen, whether by cycle or walking.

We are committed to helping residents and visitors move around Portlethen easily, cheaply and with the least impact on our environment.

Our town has excellent links for walking and cycling!

Walking

Walking offers most of us the chance to stay fit and healthy and get around over short distances. It is pollution free and a sociable activity, allowing plenty of opportunities to bump into neighbours or to meet up with friends. Walking is usually the fastest and most efficient way of getting around town for those living locally and avoids all the frustration and delay of taking the car.

The quickest way to travel short distances in towns is by bike. A maintained bike is ready when you are, with very little that can go wrong. A bike can nearly always be parked outside your destination. It's cheap and reliable plus you feel better by being a little active. And above all, it's fun!

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Work out your calorie count when walking 20mins 30mins 40mins 115					
		10mins	20mins	30mins 86	
	Weight	29	58	104	138
	7st 12lbs 9st 6lbs	35	69 81	121	161
١	11st Olbs	40	92	138	208
	12st 8lbs 14st 3lbs	+ 52	104	173	231
	14st 3lbs 58 115 173 15st 10lbs 58 115 173 15st 2 numbers show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking, based on flat to sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking is a sumber show the calories burnt when walking it was a sumber show the calories burnt when wh				ed on flat terrain ent. Numbers are
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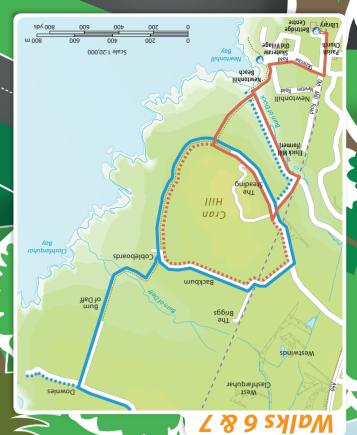
which is of a good, consistent

For more information, please visit www.nhs.uk/Change4Life

Aberdeenshire walking and cycling maps are freely available for

It's easy to get around by foot or on your bike – for a purpose or

075755 29710 Aberdeen AB16 5GB Woodhill House, Westburn Road, Aberdeenshire Council, Infrastructure Services, Iransportation Strategy Development Ieam -Xu.gro.tuodetag.www fiziv noitem of ni grow rod .290iodo trogenert gldenisteue help people in the North East to make of neging of definition of neging of the significant of the significan UHS Grampian. and Nestrans, supported in their work by slionuo Utio nasbradA bne sridenasbradA to staisnos gidziantieg tuodeta SadT 4.15/4.5 kms 5.5/5.8 kms 67/7 2.75/3.5 kms e9/9 2.5 kms g $2.1 \, \text{kms}$ Þ 2.2 kms દ 3 kms 7 L7 kms



was to provide a rock causeway over the Portlethen Moss to connect transport route towards Aberdeen called Causey Mounth. The aim The town started as a small fishing village and it was on a medieval Downies and Portlethen Village.

Aberdeen city with three villages situated to the East; Findon, Portlethen (Port Leathain) is a town situated 7 miles South of

Portlethen -

Walk 1 - Purple Route

Distance

Leaving the Green by the main entrance, turn right, and then left onto Bruntland Road. Continue until you reach the entrance to Portlethen Moss on the right. Follow the paths through the moss, taking the opportunity to spot some of the different species of plants and wildlife in this Local Nature Conservation Site. Following the footpath, veer to the right at the 'crossroads' and continue until you reach a footbridge on the right. Cross here, and continue across this rougher path through the moss, spotting the different wildlife, potentially even deer, until it exits onto Myrtle Terrace. Continue to the end of the road, up the ramp, and turn right. Continue straight ahead through the lane, passing the children's playpark until you return to the Green

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Record your walks here

Walk

Walk 2 - Green Route

At the rear of the Green, take the footpath to the right, passing the Bourtree Community Hall, a popular facility for community events and functions. Continue through the green space at Bourtree Park, one of Portlethen's largest parks, with play and sports facilities available. Exit onto Oak Drive, passing Portlethen Swimming Pool, then turn onto Downies Road. Cross the railway bridge and turn into the Portlethen Community Woodland Park. The woodland here was planted as recently as 2010, supporting a fast maturing ecosystem with lots of wildlife. You may follow either path around the woodland, continuing past the children's playpark until you complete the loop, then retrace your steps back to the Green.

Walk 3 - Orange Route

At the rear of the Green, take the footpath to the right, passing the Bourtree Community Hall, a popular facility for community events and functions. Continue through the green space at Bourtree Park, one of Portlethen's largest parks, with play and sports facilities available. Exit onto Oak Drive, passing Portlethen Swimming Pool, then turn onto Downies Road. Cross the railway bridge and turn into the Portlethen Community Woodland Park. The woodland here was planted as recently as 2010, supporting a fast maturing ecosystem with lots of wildlife. You may choose any route through the woodland, however the direct route follows the signs for the Parish Church. The church was built in 1843 on the site of a Roman Catholic chapel. After passing the church, turn left across the railway bridge, and continue across the roundabout, branching left across The Square at the Leathan pub. Through the square is Nicol Park, a popular location with children's play facilities and a skatepark. Walk past the skatepark and turn left, continuing along Bracken Road then right onto to the main road. Take the next left, and then retrace your steps through Bourtree Park to the Green.

Walk 4 - Pink Route

This route forms a circuit of the Hillside area of Portlethen, and you may start anywhere on the route. From the main road, the route follows a path onto Craigleith Avenue, from where it follows another path onto Sunnyside Drive. Another off road path crosses Hillside Road, before turning right and following the paths along to Schoolhill Road. Following this are the older houses that pre-dates the Hillside expansion of Portlethen, on both Schoolhill Lane and Well Brae. To complete the loop, follow Schoolhill Drive back to the main road.

Walk 5 - Newtonhill Route - South

The Bettridge Centre is a popular community facility, operated independently by local residents for the community since its opening in 2002. Starting here, head over the railway bridge and progress through Newtonhill Park – home to Cammachmore F.C and Newtonhill F.C, as well as a children's playpark. Follow the path at the end of the park, and down the Mains of Monduff farm track. Follow this path out of the built-up area of Newtonhill, into the countryside, taking the opportunity to spot different species of plants and wildlife. Continue along this track and past the Mains of Monduff until you again cross the railway. Once over the railway bridge, turn left and continue through the field until you return to the Bettridge Centre, making sure to enjoy the spectacular sea views as

Walk 6 - Newtonhill Route - North

The Bettridge Centre is a popular community facility, operated independently by local residents for the community since its opening in 2002. Starting here, head out of the car park and turn right down Skateraw Road. Continue along this road, enjoying the picturesque setting in the old fishing village of Skateraw. Once past here, you will reach Newtonhill Beach, where you can still see the occasional fishing boat. Cross the Burn of Elsick, and progress up the steps towards Cran Hill and the Local Conservation Area. Make sure to take in the stunning scenery of the North Sea when up the hill. Follow the circuit around the southern edge of Cran Hill, or if you are feeling ambitious, you can loop the entire hill itself. Afterwards, progress past the former Elsick Mill to the bridge at the Burn of Elsick, and retrace your footsteps to the Bettridge Centre.

Walk 7 – Downies & Newtonhill Route

Start at Portlethen Academy and take the road to Downies, on arrival at Downies, there is an option to continue and visit Downies. On reaching Downies, go downhill to Burn O'Daff Farm, pass the farm and follow the path to cross the burn over a wooden bridge then continue up the path to reach Cobleboards Farm. Follow the circuitous route around Cranhill. Halfway around the circuit there is an option to visit Newtonhill, otherwise follow the circuit and retrace your steps until you return to Portlethen Academy.

Walk 8 – Downies & Portlethen Village Route

Start at the Community Woodland Park and follow Downies Road towards Downies. There is an option to shorten the route by cutting off down Old Coast Road and turning left at the junction. Carry on along Downies Road. Turn left onto the coastal path and head towards Portlethen Village. Upon reaching Portlethen Village, take Hillies Road (past the Neuk) and follow towards Hillhead. At the top of the hill, pass by Portlethen Community Woodland Park on right hand side and return to start. This route can get muddy in wet weather, it is recommended to wear appropriate footwear.





