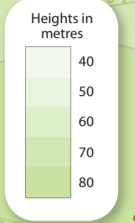


minutes 5  
Walking distance is based on 3mph therefore 5 min = 440yds

minutes 5  
Cycling distance is based on 12mph therefore 5 min = 1mile

# Kintore

minutes 15



**KEY TO SYMBOLS**

- Public car park
- Landmark building
- Footpath
- Route 1
- Route 2
- Route 3
- Route 4



**Kintore Town House**

The Town House in the centre of Kintore dates from 1747. Work began in 1737 soon after the Earl of Kintore was elected Provost and the cost of the construction was £850 Scots.

**Halforest Castle**

Halforest Castle dates back to the 14th Century and is rumoured to have been used by Robert the Bruce as a hunting lodge. The castle now lies in ruins but it would have originally had six floors with walls that were 2 metres thick.



**Deer's Den**

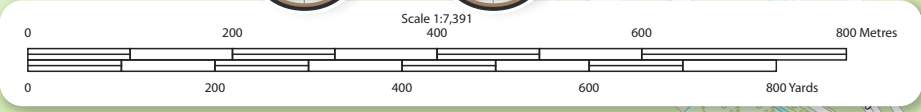
A major excavation of Deer's Den, an archaeological site, found settlements dating back to the Bronze age and there is evidence of occupation in 120AD. The site may have been home to as many as 10,000 people. There is evidence of occupation up until Roman times and then the area was deserted after battle until the middle ages when Kintore was created.

**Did you know...**

There are only four other known towns named Kintore, named after the original - two in Canada (Kintore, New Brunswick and Kintore, Ontario) and two in Australia (Kintore, Northern Territory and Kintore, Western Australia).



For more information on walking, cycling and transport initiatives visit the Aberdeenshire Council transportation pages at [www.aberdeenshire.gov.uk/roads-and-travel/transportation](http://www.aberdeenshire.gov.uk/roads-and-travel/transportation)



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Kintore Primary School to your right. Join Henderson Drive following the road until you return to the Town House.

Starting at the Town House walk along Forest Road and turn left onto Hallforest Avenue. Take the first right onto Castleview Place and turn left onto Castleview Avenue. Follow the road until you meet Castleview Close and turn left to join a small path through the houses. Turn right at the end of the path to join Castleview Gardens to meet Castle Road. Follow this quiet road right, the road will narrow and lead to an underpass. Keep following this track until you meet a path to the right, follow this circuit to reach the Hallforest Castle. Follow the path back to the original track and retrace your steps to Castle Road continuing onto Hallforest Drive and passing Kintore Playpark to your left. Turn left onto Castle Walk and pass Kintore Primary School to your right. Join Henderson Drive following the road until you return to the Town House.

**Walk 4 - Halfforest Castle, Pink Route**

Starting at the library walk towards Forest Road. Turn left onto Hallforest Avenue following the path up the hill. Turn left onto Castlepark through the new build houses and follow a small footpath to join Hallforest Drive turn left and walk towards Kintore Play Park, at the end of the park turn right to join School Road. Cross the road and follow East Park Road turn right to follow the road until the fields open up following Tuach Burn. Follow the circular path around the field until you reach Oakhill Road and re-join East Park Road. Join a small path between the houses to meet Ashlea Avenue. Walking North West on Kingsfield Road, go towards the town centre and meet back at the library on Forest Road.

**Walk 3 - Kintore Library, Orange Route**



Starting at the Town House walk along Kingsfield Road. You will reach a small track on your right, continue along this track taking the right branch. When you reach a T-Junction on the route turn right to join East Park Road. Turn left to join Ashley Avenue then re-join Kingsfield Road to return to the Town House.

**Walk 2 - Town House, Green Route**

Start at Kintore Library and join School Road heading North past Kintore Primary School. Stay on School Road until you pass the Kintore Parish Church, then turn left onto Forest Road. View the Town House as you continue along Forest Road. Turn left to stay on Forest Road until you reach Hallforest Avenue and turn left. When you reach the roundabout turn left onto Hallforest Drive and continue past Kintore Play Park joining the path along the side of the park. You will see Kintore Primary School to your left, keep walking until you reach School Road where you turn left. Pass the Kintore Public Hall on your left and continue until you return to the Town House.

**Walk 1 - Purple - Kintore Library Route**

Aberdeenshire walking and cycling maps are freely available for most towns. It's easy to get around by foot or on your bike - for a purpose or just for fun!

**Work out your calorie count when walking**

The numbers show the calories burnt when walking, based on flat terrain which is of a good, consistent hard surface like a pavement. Numbers are based on an average person. For more information, please visit [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

Weight	10mins	20mins	30mins	40mins
7st 12lbs	29	58	86	115
9st 6lbs	35	69	104	138
11st 0lbs	40	81	121	161
12st 8lbs	46	92	138	184
14st 3lbs	52	104	156	208
15st 10lbs	58	115	173	231

**Cycling**  
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!

**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.

**Cycling!**  
Our town has excellent links for walking and least impact on our environment. We are committed to helping residents and visitors move around Kintore easily, cheaply and with the Kintore, whether by cycle or walking. This map aims to simplify your journey around Kintore, whether by cycle or walking.

**- Kintore -**

Kintore lies nine miles West of Aberdeen along the south west bank of the River Don. The town of Kintore was formed in the middle ages and was elected as the first royal burgh by King James IV in 1190. Kintore has a rich historic past with archaeologists discovering Roman ruins in a site named Deer's Den Camp which is now located where, this included settlements dating to the mid to late Bronze Age. Kintore has a current population of around 4500 residents. The town is now the base for businesses in many fields including oil and gas support services, electronics, aviation and food and drink. Among these operations are a number of world headquarters

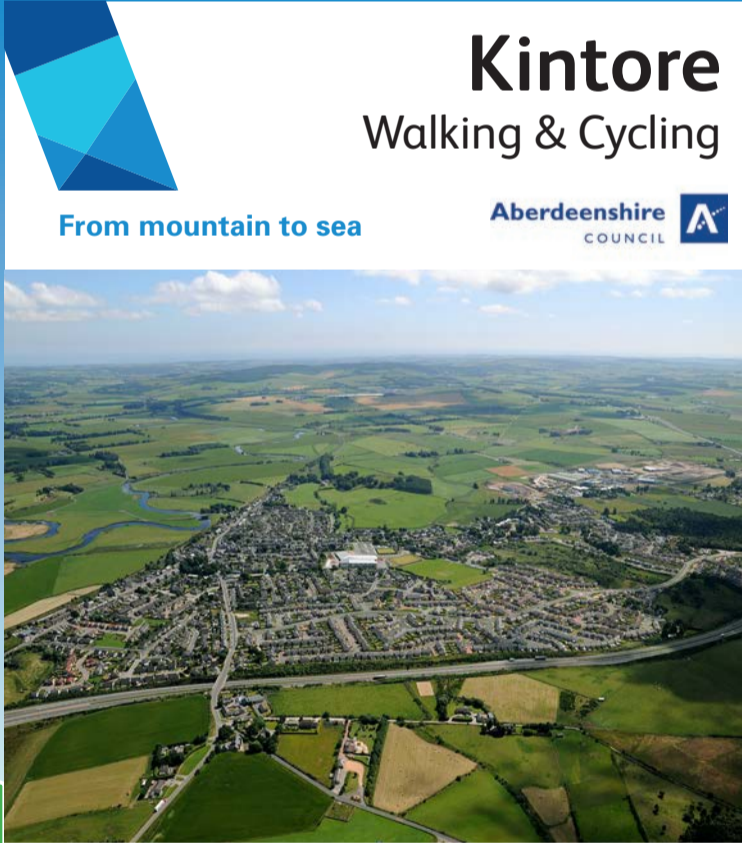


**Record your walks here**

Walk	Notes	Distance
1		3.09 kms
2		1.12 kms
3		3.79 kms
4		5.35 kms

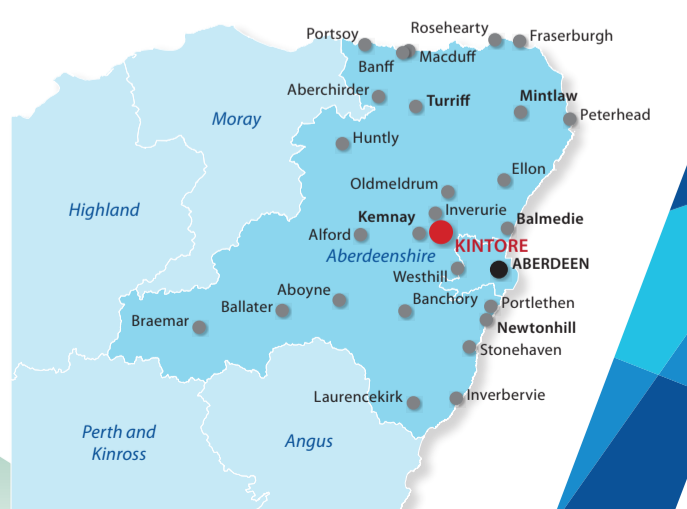
**Getabout**  
The Getabout partnership consists of Aberdeenshire and Aberdeen City Councils and Nestrans, supported in their work by NHS Grampian.  
Getabout is the partnership's campaign to help people in the North East to make sustainable transport choices.  
For more information visit [www.getabout.org.uk](http://www.getabout.org.uk).

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**Kintore Walking & Cycling**

From mountain to sea  
Aberdeenshire COUNCIL



**Walk it... Bike it... Try it!**



**Find a better way to get about....**