

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

We are committed to helping residents and visitors move around Alford 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.

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!

Work out your calorie count when walking

Weight	10 mins	20 mins	30 mins	40 mins
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

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

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 specific purpose or just for fun!

Walk 1 - Green Route

Start the route at the Grampian Transport Museum then follow Montgarrie Road towards Houghton Park. Turn right when reaching the pond where there is an information board towards the caravan site. Follow the path leading around the park, on reaching the river take the path to the left. Follow the path around the park to return to Montgarrie Road then back to the car park.

Walk 2 - Purple Route

From the Grampian Transport Museum follow Montgarrie Road turning left at Gordon Road. Turn right to join the path taking you into Murray Park and enter through the gate. On reaching a crossroads in the middle of the park take the path to the left to follow the circuit. Loop around the park and on reaching the main centre path turn left to rejoin Montgarrie Road. Follow the road back into Alford and return to the Grampian Transport Museum.

Walk 3 - Orange Route

Starting on Main Street walk towards the junction taking the road to the right. Turn left at David McLean Drive. Take the footpath to join Ballie Crescent continuing down the grassy area towards Greystone Road. Head towards Alford Community Campus following the path behind the school. The path will take you towards the community Orchard and the Alford Men's Shed. Continue along the path until you reach Kingsford Road and return to Main Street.



Bennachie from Alford



Grampian Transport Museum

- Alford -

Alford is a rural town located 30 miles west of Aberdeen city and lies on the River Don. It is home to Aberdeen Angus which is represented by a bull statue on entering the village. Alford has a variety of local amenities including the Alford Ski Centre, Grampian Transport museum and the Alford Heritage Centre.

The town used to be connected to Aberdeen by the Alford Valley Railway which closed in 1965. This was reopened in the 1980's as a narrow gauge railway line however closed in 2017, the community are currently fundraising to restore this asset for the village.

Record your walks here		
Walk	Notes	Distance
1		4.4 kms
2		4.2 kms
3		3.8 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

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Alford Walking & Cycling

From mountain to sea

Aberdeenshire COUNCIL



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



Find a better way to get about...



Alford

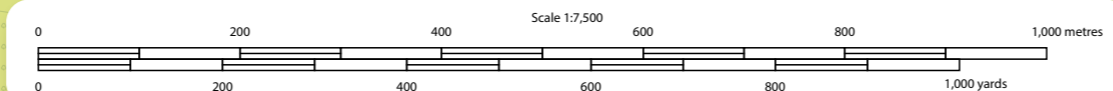
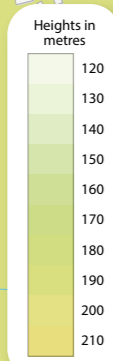


minutes 5 Cycling distance is based on 12mph therefore 5 minutes = 1 mile

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

KEY TO SYMBOLS

- Public car park
- Landmark
- Pedestrianised street
- Footpath
- Level crossing
- Route 1
- Route 2
- Route 3



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

