

Inverurie

Did you know...

The Aberdeenshire Canal opened in 1805 and ran from Aberdeen for 18 miles to an area south of Inverurie, which was named Port Elphinstone after Sir James Elphinstone who was a supporter of the canal. The canal was originally planned to carry on to Monymusk after passing through Inverurie but this never happened. The canal closed in 1854 and was later replaced by the railway line, although parts of the canal still remain at Port Elphinstone.

Did you know...

The Bass and the Little Bass are the two mounds in the graveyard near Keith Hall estate and are made from sand and gravel formed during the Ice Age by the depositional action of the river Ury. It was used as a defensive site where the Normans built their first Motte and Bailey castle in the north east of Scotland. The castle prior to his defeat of the Earl of Buchan in May 1308 at the Battle of Barra.

Did you know...

In the cemetery is the grave stone of Mary Elphinstone, who is reputed to have risen from the dead when grave robbers cut off her finger to steal her ring (although she was probably in a coma). She then walked home in her grave clothes.

Did you know...

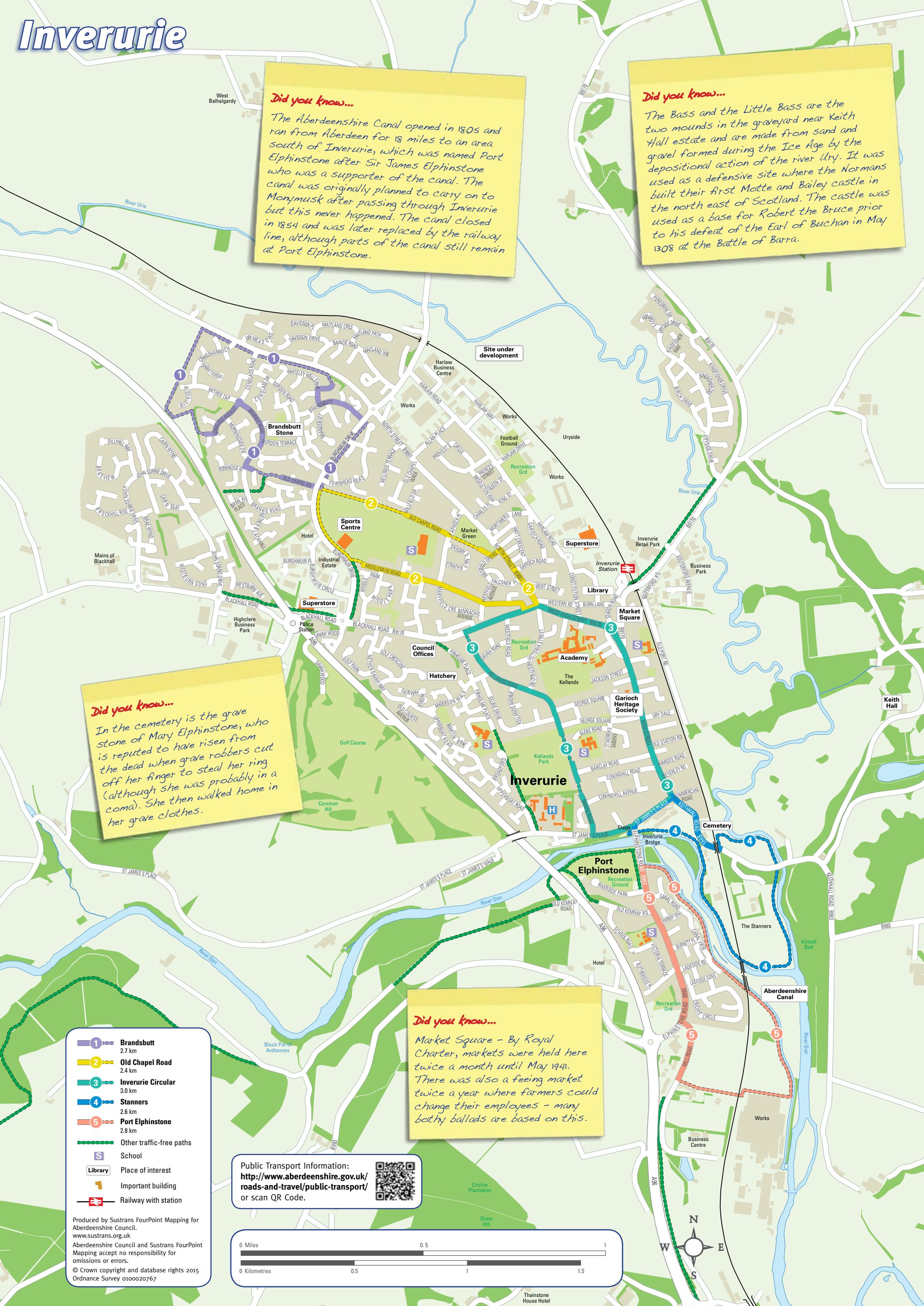
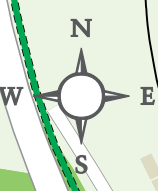
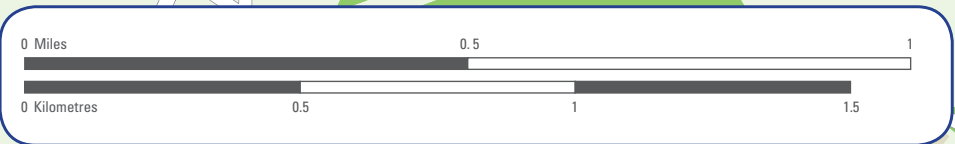
Market Square - By Royal Charter, markets were held here twice a month until May 1941. There was also a feeing market twice a year where farmers could change their employees - many bothy ballads are based on this.

	Brandsbutt 2.7 km
	Old Chapel Road 2.4 km
	Inverurie Circular 3.0 km
	Stanners 2.6 km
	Port Elphinstone 2.8 km
	Other traffic-free paths
	School
	Place of interest
	Important building
	Railway with station

Public Transport Information:
<http://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/>
 or scan QR Code.



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Walking routes in and around Inverurie



Positive Steps Inverurie

Aberdeenshire Walking Maps

Did you know...

Brandsbutt Stone (Gordon Terrace) - Erected by the Picts, the Brandsbutt Stone has two symbols on it - a crescent and V-rod sitting above a serpent and Z-rod. On the left-hand side of the stone is an inscription in an alphabet imported by the Picts from Ireland which is believed to translate to Ethernan (Adrian).



Port Elphinstone School: courtesy of Nicola Boyle

Look out for...

- Red Squirrels can be seen in the woodland around Inverurie and Kintore.
- Otter can be seen in the River Don near Port Elphinstone and Kintore.
- Goldeneye can be seen in early spring close to the River Don and on farmland around Kintore.
- Skylark and Curlew can be seen on farmland around Kintore and Kemnay.
- Badgers can be seen around the woodland edges between Kintore and Kemnay.



Why don't you...

Set yourself a challenge to do all of the Inverurie walks on this leaflet? If you did, you would clock up over 21km.

Why don't you...

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

6 Ratch Hill
6.0 km

7 Kintore Circular
2.3 km

I Important building

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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.

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!

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.

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!

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

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

Remember that walking can be as easy or invigorating as you see fit. It's a great and free activity to enjoy on your own, can be a great way to introduce children to the outdoors and play games and a fun way to catch up with friends.

- If you have been inspired by the walks in this leaflet or would like to find out more about our natural environment then visit the websites listed below.
- www.walkhighlands.co.uk
 - www.foresty.gov.uk
 - www.healthscotland.com
 - www.aberdeenshire.gov.uk/roads-and-travel/public-transport/
 - www.woodlandtrust.org.uk
 - www.snh.gov.uk
 - www.visitscotland.com/aberdeenshire

Walk	Kms	Date	Congratulations!	Total
1	2.7			7
2	2.4			6
3	3.0			5
4	2.6			4
5	2.8			3
6	6.0			2
7	2.3			1

Use the table below to record your walks!