

*Why don't you...
Try to gather a group of friends, colleagues or family together to share a regular walk?*

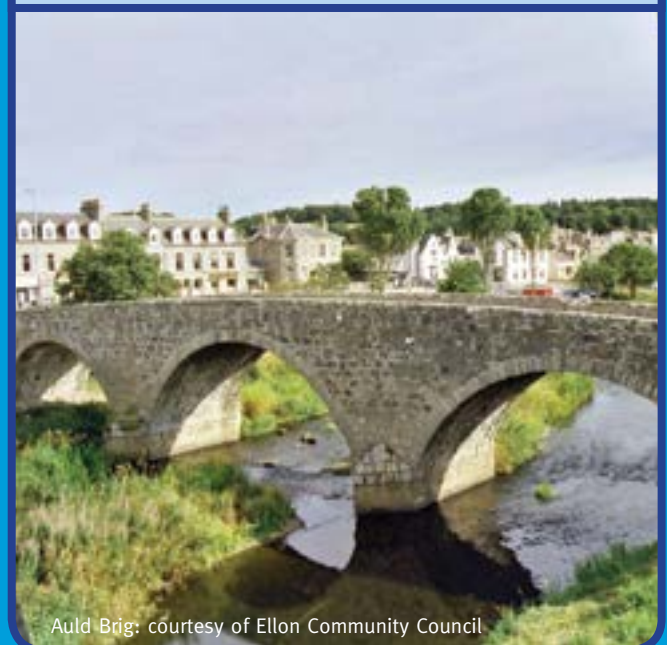
*Look out for...
Red squirrels can be found in the woodland around Ellon and Haddo.
Otter can be seen in the River Ythan and at Haddo's Upper Lake.
In summer Swifts can be seen (and heard) catching insects over the Ythan in the town centre near the bridges.
On the north-west side of Haddo's Upper Lake is an undisturbed meadow where an abundance of wildflowers and pollinating insects can be seen in summer.*



*Did you know...
The Formentor and Buchan Way follows the route of the old railway line from Dyce, on the edge of Aberdeen, up through Buchan to Peterhead and Fraserburgh. Approval to start developing the original railway network in the area was granted to The Formentor and Buchan Railway Company on the 23rd July 1858 with the final section being completed in April 1865. The Beeching cuts in the 1960s closed the rail routes, however, trains continued to carry freight to Peterhead until 1970 and carried on to Fraserburgh until 1979. Work began on the development of the Countryside Group and the path was opened in the early 1990s.*

Aberdeenshire Walking Maps

Positive Steps Ellon



Walking routes in and around Ellon

Use the table below to record your walks!

Walk	Kms	Date
1	2.9	
2	2.4	
3	1.1	
4	3.0	
5	3.1	
6	4.3	
7	3.4	
8	1.5	
9	4.8	
Total	26.5 kms	Congratulations!

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.

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.forestry.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

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.

ELLON

Did you know...

The town is built low enough for the river to be crossed via a ford and it was used as a crossing point for Buchan traffic. It is believed that the wood used to build the arches of the Old Bridge were floated down the River Don to Aberdeen before being taken along the coast and up the River Ythan.

River Ythan: courtesy of Mark Mitchell



Did you know...

Caroline's Well Wood is named after Caroline Hamilton Gordon who lived in Ellon Castle at the beginning of the 20th century. Caroline was born in Kent in 1863, to an aristocratic Scottish family. She was the granddaughter of the 4th Earl of Aberdeen and she married Arthur J.L. Gordon in 1885.

Did you know...

Ellon Castle and its estate were bought in 1706 by Baillie James Gordon of Edinburgh, who created the gardens including a terrace over 170 metres long. The estate was sold to the 3rd Earl of Aberdeen.

Did you know...

Shallow drafted boats travelled to the Meadows in Ellon from Newburgh as a commercial shipping service until the 1950s. Coal and lime were brought up the river from Newburgh and Ellon would ship out farm produce such as grains.

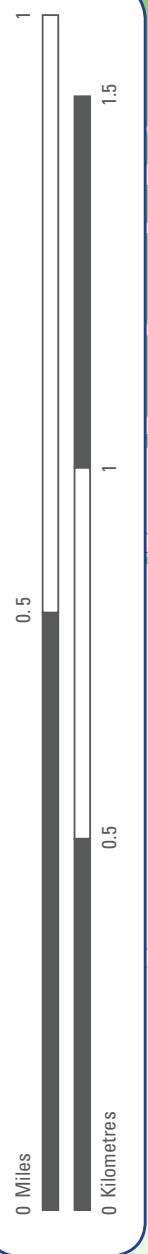
Why don't you...

Set yourself a challenge to do all of the Ellon walks on this leaflet? If you did, you would clock up over 23km.



Legend:

- 1 School Walk** 2.9 km
- 2 Riverside Walk** 2.4 km
- 3 Gordon Park** 1.1 km
- 4 Boathouse** 3.0 km
- 5 Balmacassie** 3.1 km
- 6 About Ellon** 4.3 km (For the more adventurous - please note signing and surfacing on this route may be poor in some sections.)
- 7 Meiklemill** 3.4 km
- 8 Auchterellon** 1.5 km
- S** Other traffic-free paths
- S** School
- L** Library
- I** Place of Interest
- +** Important building
- Starting point options



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