

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

We are committed to helping residents and visitors move around Newburgh 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](http://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

Starting at the Newburgh Village Hall follow Bridge Terrace until you reach a footbridge. Follow the path south towards the River Ythan. Stop and take in the viewpoint where you can also read the information board. Follow the clear path through the dunes to reach the beach. Make sure you look out for seals basking on the opposite side. Follow the beach to the south to view the estuary returning north towards the Golf Course skirting around the edge, be careful to watch out for golfers. Return to the Newburgh Town Hall across the bridge.

### Walk 2 - Purple Route

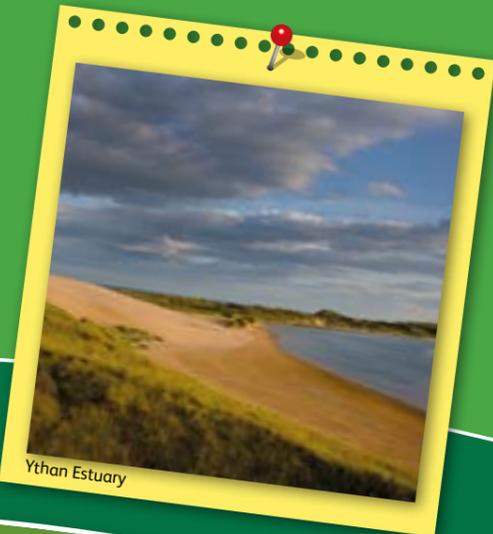
Depart from the car park in Collieston follow the steps until reaching the top of the cliff. Follow the obvious path along the cliffs, be careful as this can be muddy. Slains Castle will come in to view ahead. The path will start to disappear as you approach Slains Castle, keep next to the fence to re-join the path. You can detour to visit the ruined castle or continue inland passing a farm to join a road turning left to return to Collieston.

### Walk 3 - Orange Route

Starting at the Newburgh Town Hall head north along Main Street. After a short time you will be able to view the River Ythan on the right. Follow the path next to the river. The path will disappear for a few metres until you take the road to the left with signage for Knockhall. Follow the road taking the first right towards the castle. You will see the castle ahead, circle around the castle to follow Knockhall Road and return to Main Street.

### Walk 4 - Blue Route

Starting at the nature reserve car park follow the path through the dunes taking the left branch towards Collieston. The area is designated as a Special Protection Area and Special Area of Conservation due to its diverse wildlife and important landscape. Due to the protected birdlife in the area pathways may be restricted during breeding season. Return to Newburgh following the route in reverse.



Ythan Estuary



The Quay

### - Newburgh -

Newburgh is a coastal village located 13 miles north of Aberdeen and lies on the Ythan Estuary.

The Ythan Estuary is home to several species, notably a seal colony of over 400 grey and common seals which can be spotted along with many species of bird. Forvie Sands to the north is the fifth largest sand dune system in the UK and is a national nature reserve protected both as a Site of Special Scientific Interest and a Special Area of Conservation. Within the dunes you can find the abandoned village of Forvie which was taken over by the sand in the 1400's, the church ruins still remain hidden in the dunes.

Find a better way to get about....

Record your walks here

Walk	Notes	Distance
1		3.6 kms
2		4.8 kms
3		3.5 kms
4		4.6 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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# Newburgh Walking & Cycling

From mountain to sea

Aberdeenshire COUNCIL



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



# Newburgh

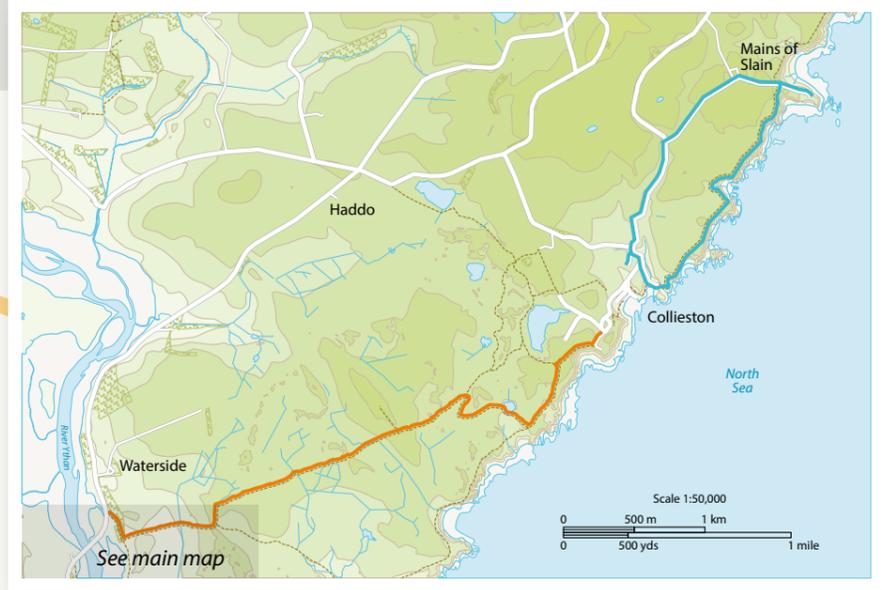
For details further north-east,  
See inset map below



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



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



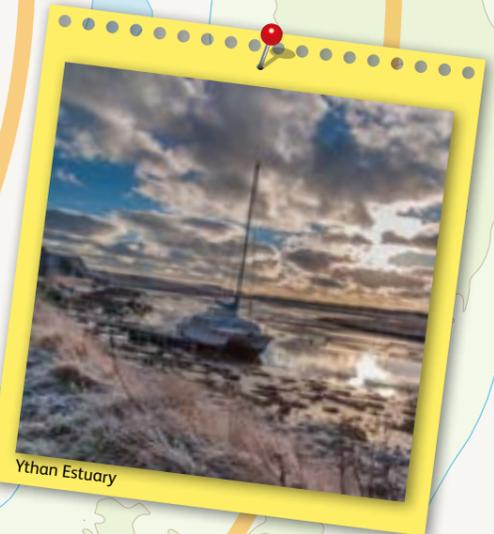
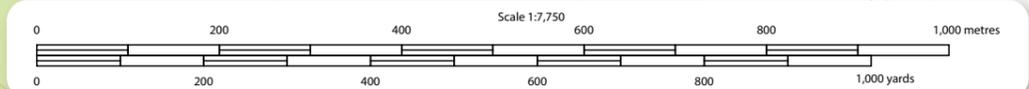
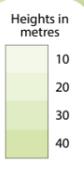
minutes  
5

minutes  
10

minutes  
15

## KEY TO SYMBOLS

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



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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