

WALK TITLE: Pennan to Aberdour Bay

DISTANCE: 7.0km / 4.5 miles

OS GRID REFERENCE: NJ844654

OS LANDRANGER /EXPLORER SHEET: 426



BRIEF DESCRIPTION:

This inland route between picturesque Pennan and Aberdour Bay, famous for its red sandstone caves and arches, follows farm paths and tracks to cover the pleasant rolling countryside. A lovely walk, if no transport has been arranged from Aberdour it is necessary to return the same way (times and distances given are one-way).

GETTING THERE:

Bus to Pennan from Banff, no public transport at Aberdour. Parking at Pennan

DETAILED DESCRIPTION:

There is parking in Pennan at the far eastern end, near the community hall. From here walk along the front of the houses to the harbour at the other end. On the way the iconic red phone box, made famous by the film Local Hero is passed as well as the Pennan Hotel. Continue past the last house at the harbour and climb the path which is signed for Aberdour a short way up.

The narrow track climbs steeply, going through a gate, and eventually reaching a field. Keep heading uphill next to the fence aiming for some farm buildings on the horizon. The field can be muddy at times. At the top climb a stile and keep to the left of the barns and cross the lane to continue straight ahead uphill, going through a metal farm gate just after the junction. Soon the derelict farmhouse can be seen on the right, continue following the track. Behind there are views of Troup Head and the sea.

When the track curves right continue straight ahead passing through a gate with a public footpath sign on it. Climb gently with good views of the rolling countryside and the sea. When the track emerges onto a road turn left for a short distance before turning left at a corner to follow a signed track. The track runs through farm land, passing a tiny loch on the right and then a stile next to a gate. Soon afterwards the first view of Aberdour Bay can be seen. When the stony track curves left downhill towards farm buildings, continue straight ahead on a narrow grassy path between gorse bushes. This is signed with the Nortrail logo. The path eventually reaches a track where you go straight ahead and follow this downhill between farm buildings. The track zig zags at the bottom of the valley and climbs past some more farm buildings to reach the tarmaced road. Here turn left to head around the walls of a house and past the churchyard to reach the car park at Aberdour Bay. Here you can continue along the grass to the right (east) passing a small well and then following a grassy track up the cliff. Follow the main path here which turns left to head on the easiest ground down into the next bay. Here you can examine a massive sea arch, carved from red sandstone. If the tide is out you can walk back through this arch and another two to return to Aberdour Bay. Be sure to check the state of the tide before starting this as it involves clambering over rocks completely covered at high tide. Unless transport has been arranged it is necessary to retrace the outward route to return to Pennan – adding an extra 6km (1.5 hours) to the walk.

The above suggested walking route is offered with the proviso it does not negate the walk leaders responsibility to complete a recce prior to the group walk.