

RESOURCES



**Grampian
50+ Network**

Registered Scottish Charity SC011721

FOREWORD

Grampian 50+ Network established in 1998 has been supporting its member groups for over 20 years. The Committee has been, and continues to be, dedicated to bringing you not only walking opportunities but educational and social activities with the annual Spring Fling, Ramblers' Rendezvous and Week of Walks. From your feedback you get a great deal of pleasure from them and from the opportunities to meet up with old friends made at previous years' events, all of which contribute to an active, healthy lifestyle.

In 2015, Grampian 50+ Network has 63 groups with over 1,500 Members who go walking together weekly or fortnightly throughout Aberdeen City, Aberdeenshire and Moray. This represents a remarkable number of miles walked per year throughout this North East corner of Scotland by those in their 50s, 60s, 70s, 80s and a few are over 90.

The Network is grateful to Aberdeenshire Council/NHS Grampian for the financial support which has enabled the development of its Walking Strategy and the production of this booklet.

Marjory D'Arcy
Chair
Grampian 50+ Network
March 2015

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Introduction

This booklet provides Member groups with some useful information. Detailed walk description pages are given at the end which gives Members an opportunity to create and add their own information.

Any booklet becomes out of date soon after it has been printed and so it comes with a warning that updates will be available from:

- www.grampian50plusnetwork.com
- The AGenda Newsletter
- The Network Secretary

The material provided consists of some sources of help within the area, some safety considerations and a selection of walks which have been selected with the intention of providing exemplars that are easy to follow.

There are examples of opportunities for groups:

- To combine two or more walks from the same starting point for larger numbers of walkers, or where there is a wide range of ability, to split up into more manageable groups.
- For those groups who use public transport however, service buses are not usually suitable for larger numbers of walkers as it denies the public access to their local bus service.



*If we make a quick start
we should get this lot walked
by the end of the month!*

Health Benefits of Walking

"If medication existed which had a similar effect to physical activity, like walking, it would be regarded as a 'wonder drug' or a 'miracle cure'"

– Chief Medical Officer
2010

Being Active:

- ★ Reduces the risk of heart disease by half.
- ★ Reduces the risk of a number of cancers, particularly bowel and breast cancer.
- ★ Reduces the risk of type 2 diabetes.
- ★ Improves your mood and reduces the risk of depression, reduces anxiety, aids sleep and improves self-image.
- ★ Improves flexibility and strength of joints, muscles and bones, and reduces the risk of osteoporosis
- ★ As well as many health benefits, walking groups can help you feel part of your community and its a good way to make new friends.



Paths for All is a Scottish Government agency, promoting walking, for everyone, every day and everywhere. They have a fantastic website with lots of really useful information on walking and health. visit www.pathsforall.org.uk/pfa-home. A major part of their work is in promoting **Health Walks**.

A Health Walk is:

- ★ Led by a trained volunteer (and the route has been risk assessed).
- ★ Less than an hour long.
- ★ Has a short warm up at the start, followed by a brisk walk and then a short cool down at the end.
- ★ Will welcome new walkers who would benefit from being more active.
- ★ A group walk offered regularly.
- ★ Health walks are targeted at inactive people who would benefit most from doing more physical activity.
- ★ Local walking to health projects aim to increase the awareness of the benefits of being physically active as well as encourage more people to become active and stay active through walking.

This is exactly what the Network has been advocating for the last 25 years.

You may choose to walk on your own, with your friends and family. If you would like to join a local group please visit the website www.pathsforall.org.uk/pfa-home.

Helping One Another

It is always interesting to tackle new walks. Members may hear in the AGenda magazine walks that other Groups have done, or may be introduced to new routes at the annual Rendezvous or Week of Walks and wish to add them to their own programme.

We try to help. Several groups have expressed willingness to accompany two or three walkers from another group on a recce, so that they might then confidently lead their own group; or alternatively one might be willing to lead a whole visiting group on a walk.

If you would you like to use local knowledge to enhance your enjoyment of a walk, why don't you contact a Group?

The up to date Membership List will be sent to you in early April 2015.

In the meantime, if you wish contact details of any Group please contact the Network Secretary at grampian50plus@hotmail.com.



Weather Conditions

There is always a need to know what weather is likely to be experienced on a walk, or even to know whether or not a walk should go ahead, or be modified, in the event of a bad forecast. Often help is at hand on the internet, it's just a question of knowing where to look.

Television graphics are great for weather forecasts, but if you miss it then these websites will help.	
General Weather Forecast. Mountain Weather for the Cairngorms is also available.	www.bbc.co.uk/weather
Groups should show caution if planning a more remote mountain route.	www.metoffice.gov.uk
Planning a seashore hike? Choose a day when it is low tide.	www.bbc.co.uk/weather/coast_and_sea/tide_tables
To get the most up to date timetables for public transport.	www.travelinescotland.com or www.aberdeenshire.gov.uk

With so many of our members holding bus passes it makes sense to use a service bus for some walks – provided that numbers permit. You probably have a good idea which rural buses are likely to have lots of room and which are best to avoid. Please check to get the most up to date timetables.

www.travelinescotland.com or www.aberdeenshire.gov.uk

In July 2012 the AGEnda had a paragraph or two listing websites which could be useful for those planning a walk, wanting to see where they had been or wanting to look at a map and aerial view side by side. Some are listed again here.

maps.google.co.uk/
www.bing.com/maps/
www.getamap.ordnancesurveyleisure.co.uk/
www.gmap-pedometer.com/
wtp2.appspot.com/wheresthepath.htm
www.walkhighlands.co.uk
www.mwis.org.uk

Maps and leaflets

It is good practice to use maps in planning a route and to carry on the walk; ideally an O.S. Landranger 1: 50,000 or the more detailed Explorer 1: 25,000 should give the detail required. Map

reading skills are improved with constant use; so make a habit of consulting your map before and after your return from a walk to check that you know your route.



Many towns have produced their own local booklets/leaflets of walks in their local area. Some are free, others have a small charge. Those for Huntly and Tarland have walks that are absolutely ideal for groups. Others, e.g. Banchory, have less challenging "Walk to Health" leaflets of fairly flat walks that can be completed within an hour normally.

Such publications are usually available from Tourist Information Centres or from local shops. Even where they show only short walks it may be possible to join one or two together to make a length more suited to the group's requirements.

In 2015 Aberdeen, Ballater, Banchory, Braemar, Huntly, and Tarland all have helpful walking guides. The Aberdeen guides, e.g. Tullos Hill, have excellent details about archaeology, history, and wild life of the area.

Tourist Information Centres in N.E. Scotland include:

*Aberdeen –	01224 632727
Alford –	0843 3720308
*Ballater –	013397 55306
Banchory-	01330 822000
Banff –	01261 812419
*Braemar -	013397 41600
*Crathie –	013397 42414
Dufftown -	01340 820501
*Elgin –	01343 542666 / 543388
Forres –	01309 672938
Fraserburgh –	01346 518315
Huntly –	01466 792255
*Inverurie –	01467 625800
Stonehaven –	01569 762806
Tomintoul –	01807 580285

Those marked* are open all year round,
the others generally from Easter to Oct.

Ranger Services

Ranger Services are particularly useful for walkers. These are funded by local authorities, Cairngorm National Park, National Trust for Scotland, Forestry Commission and by individual estates. Be aware that nowadays it may be necessary to pay rangers for their help, especially if you do not live in their working area. Always check before using their services. Some of the areas covered by ranger services have Visitors' Centres which, as well as displaying wild life information boards, may have toilets. If a centre is open when the weather is cold, wet or windy, it may be possible to have your packed lunch indoors there – a real bonus, even if there is no seating and you have to sit on the floor. Not all are open in winter.

Aberdeen City Ranger Service

www.lochinch@aberdeencity.gov.uk

Tel. 01224 337706.

Aberdeenshire Rangers are based in 6 regions of the shire.

Banff & Buchan 01261 813299 Banff email :

banffandbuchanranger@aberdeenshire.gov.uk

Buchan

Mintlaw 01771 622857 buchanranger@aberdeenshire.gov.uk

There is a Visitor Centre at Aden Park, Mintlaw.

Formartine

Ellon 01358 726417 formartineranger@aberdeenshire.gov.uk

There is a Visitor Centre at Collieston on Forvie Sands site.

Kincardine & Mearns

Stonehaven 01569 768292.

Visitor Centre at St. Cyrus.

kincardineandmearnsranger@aberdeenshire.gov.uk

Garioch

Bennachie Centre, Inverurie is their HQ. 01467 681470. It is

also a Visitor Centre as is Donview Centre, both catering for

Bennachie. gariochranger@aberdeenshire.gov.uk

Marr/Cairngorms National Park

013398 80868 Office is in Ballater but ranger based at Burn O' Vat Visitors Centre. marr ranger@aberdeenshire.gov.uk.

Morayshire the coast & countryside Ranger is based in Elgin. 01343 557048

Speyside Way Ranger is based at Aberlour but covers the whole length of the Speyside Way 01340 881266

National Trust for Scotland (NTS) employs rangers, based at Crathes Castle, but working throughout Aberdeenshire 01330 844537.

NTS properties in the area with waymarked walks include:

- Brodie Castle
- Castle Fraser
- Crathes Castle
- Craigievar Castle
- Drum Castle
- Fyvie Castle
- Leith Hall
- Pitmedden Gardens
- Haddo House (N.B. house is an NTS property but the grounds are the remit of the Aberdeenshire council as a Country Park.)



In most cases wooden notice boards near the car parks show the routes of the trails. Some are quite short. But joining two or three together may well prove a suitable walk in attractive scenery or even give a selection of walks of varying lengths allowing members to split up to do walks of differing lengths.

Mar Lodge Estate is owned by NTS but is in rather a different category. There is some lovely, low level walking in the area close to the lodge, but most of the 29,000ha. estate is wild, remote, mountain land with several Munros within this part of the Cairngorms National Park. An area for serious walkers, not to be undertaken lightly by our 50+ groups. Tel. 013397 41669.

The Forestry Commission produces leaflets for woodland walks in our area, one for Moray, one for Aberdeenshire and one specific to Bennachie.

Their Rangers may be contacted on :

North: neil.theodoreson@forestry.gsi.gov.uk

South: Emily.holmes@forestry.gsi.gov.uk
01466 794161/07833438878

Huntly: for Moray, Aberdeenshire and city.
Tel. 01466 794986.

Please either phone or use their web site for forthcoming timber operations. It may be worthwhile waiting several months after an area reopens before walking there again. The tracks are often muddy after the work has been completed that a visit is far from pleasant.

Private Estates

Large areas of forest are owned, not by the forestry commission, but by private estates. Grouse moor and deer forest are normally owned by large estates. It is in our own interest and in the interest of the estate owners for us to ensure that we do not walk over such ground while shooting is taking place.

The shooting

season is 1st July till 15th Feb. inclusive for red deer; game birds from the "Glorious Twelfth" – 12th Aug. till 1st Feb.

A hill phones service is available for the main areas of Scotland in the busiest part of the shooting season – July to October.

Within N.E. Scotland the areas covered are:

Glenshee & Invercauld	013397 41911
Callater & Clunie	013397 41997
Balmoral, Lochnagar & Glen Clova	013397 55532

A recorded message is regularly updated to give walkers information about planned shoots, thus avoiding individuals having to phone the relevant estate. Or the internet www.outdooraccess-scotland.com/hfsh

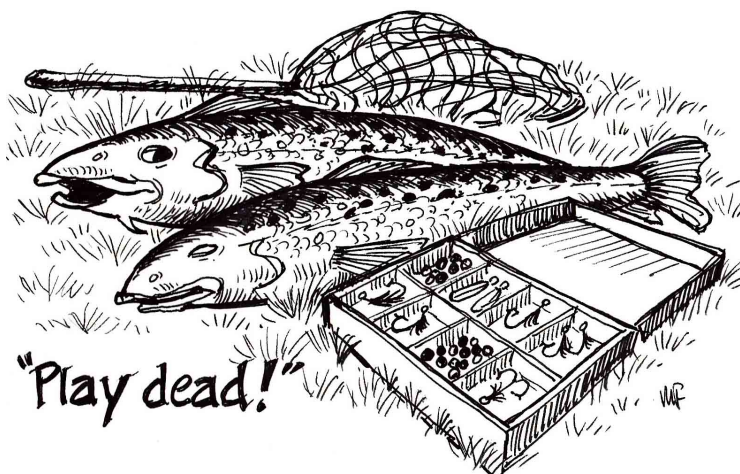
Estates outwith these areas need to be contacted individually.



The fishing season differs from river to river:-

R. Spey	11 Feb – 30 Sept
R. Deveron	11 Feb – 31 Oct
R. Ythan	11 Feb – 31 Oct
R. Don	11 Feb – 31 Oct
R. Dee – upstream of Aboyne	1 Feb – 30 Sept
downstream of Aboyne	1 Feb – 15 Oct
R. N. Esk	16 Feb – 31 Oct

Walkers should try to avoid fishermen's paths during the fishing season. If you have asked permission to pass through, when an angler is on the river pass by quietly and quickly. After all, anglers pay large sums of money to enjoy peace and solitude on the river, and no one wants to be close to a fisherman when he is casting. The banks, however, can make most attractive, low-level routes in the winter. Remember they might be dangerous or flooded after heavy rain or snowmelt.



Estates which have a ranger service and offer help to walkers include:

- **Glen Tanar** – 013398 86072 has Braeloine Visitors Centre and waymarked walks.
- **Glenlivet** – 01479 870070 Produces clear, free leaflets showing walking and cycling routes
- **Invercauld** – 013397 41224 Leaflets and waymarked routes
- **Balmoral** – 013397 42556 Visitor Centre at L. Muick. Map of waymarked trails visiting some of Victoria's Cairns close to Balmoral.

Scottish Outdoor Access Code

Scotland's outdoors provides great opportunities for open-air recreation and education, with great benefits for people's enjoyment, and their health and well-being. The Land Reform (Scotland) Act 2003 ensures everyone has statutory access rights to most of Scotland's outdoors, if these rights are exercised responsibly, with respect for people's privacy, safety and livelihoods, and for Scotland's environment. Equally, land managers have to manage their land and water responsibly in relation to access rights.

The Scottish Outdoor Access Code www.outdooraccess-scotland.com provides detailed guidance on these responsibilities. The Code provides a practical guide to help everyone make informed decisions about what best to do in everyday situations, and provides the starting point for short promotional codes and more detailed advice about land and inland water.

The Code is based on three key principles:

- **Respect the interests of other people.**

Acting with courtesy, consideration and awareness is very important. If you are exercising access rights, make sure that you respect the privacy, safety and livelihoods of those living or working in the outdoors, and the needs of other people enjoying the outdoors. If you are a land manager, respect people's use of the outdoors and their need for a safe and enjoyable visit.

- **Care for the environment.**

If you are exercising access rights, look after the places you visit and enjoy, and leave the land as you find it. If you are a land manager, help maintain the natural and cultural features which make the outdoors attractive to visit and enjoy.

- **Take responsibility for your own actions.**

If you are exercising access rights, remember that the outdoors cannot be made risk-free and act with care at all times for your own safety and that of others. If you are a land manager, act with care at all times for people's safety.

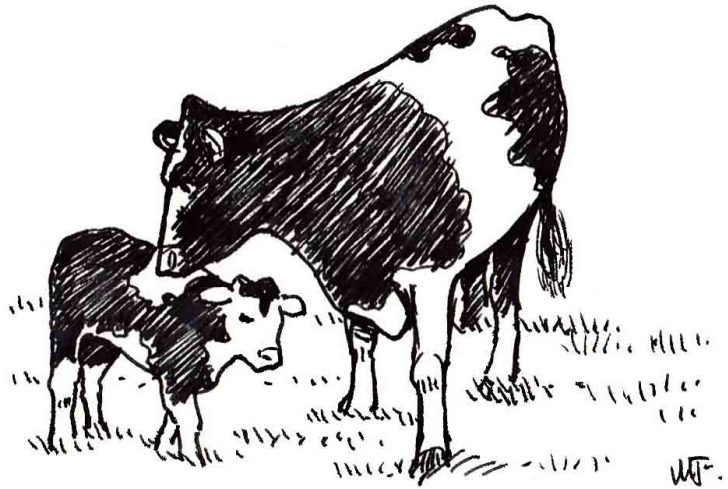
The places where free access does not apply include: -

- Houses and gardens and the land immediately adjacent.
- Non-residential buildings, including farmyards.
- Land growing crops. – this includes grass for hay, etc. where it is more than 6 inches high.
- Sports fields and other land used for recreation when it interferes with the sport – it is OK to cross a golf course provided this does not interfere with play nor crosses Tees or greens.
- Airfields, telecommunications installations, railways, military sites, quarries and construction sites.
- Visitor attractions where there is an entry fee.

There are other areas where access is denied for short periods of time e.g. during a shoot, for timber felling operations, for an agricultural show, motor rallying, etc.

The seashore is open to the public.

Many long established walks do go through farmyards. This is not a legal right unless there is a right of way going through the farmyard e.g. to another farm farther along the track or to woodland or moor on the hill above the farm.



Now's our chance, they have left the gate open!

The farmer may have given permission for groups to go through the farmyard. If this is so do, please, take great care and remember that animals and farm machinery may be encountered. In recent years some farmers have constructed a path for walkers going around the edge of the farm to improve safety for both walkers and farm workers.

If as a result of a walk you encounter an obstacle or have an issue regarding access, the officer(s) who can help resolve the problem are:-

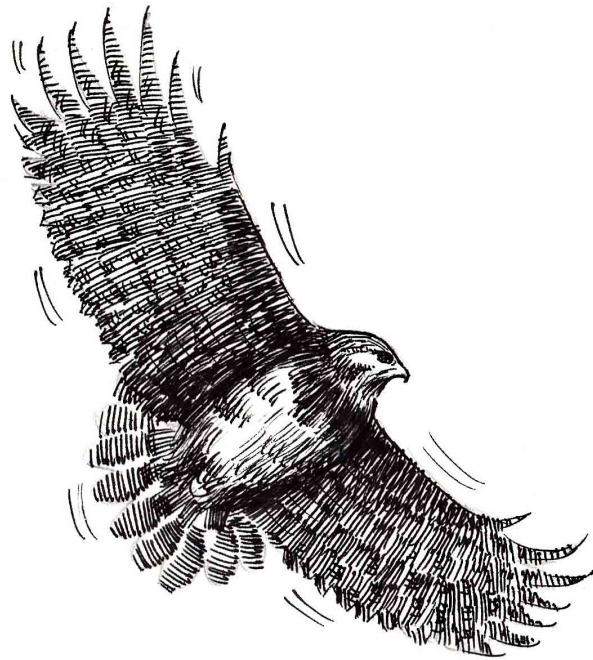
- Aberdeen Outdoor Access Forum tel. 01224 522014
Email: aboaf@aberdeencity.gov.uk
- Aberdeenshire Local Outdoor Access Forum tel. 01467 628380
Email: aloaf@aberdeenshire.gov.uk
- Moray Local Access Forum tel. 01343 557049
Email: morayaccess@moray.gov.uk.

R.S.P.B. - Royal Society for the Protection of Birds

The areas owned or looked after by RSPB. include lovely unspoilt scenery, ideal for walking.

Naturally they put the welfare of the birds first and so groups may find they are unable to roam at will during the nesting season.

www.rspb.org.uk can help, or tel. 01224 624824 or 01463 715000 before setting out on a walk in a reserve area at sensitive times of the year.



"George, look after the eggs - I'm going for a ploughman's lunch!"

Archaeology & History

If you want to learn details about any site you may have visited please contact:

- **Aberdeen City:**- Chris Croly (Historian) 01224 337706 or www.aberdeencity.gov.uk
- **Aberdeenshire, Moray (and Angus)** are looked after by a team based in Aberdeen. Use www.aberdeenshire.gov.uk to contact them. Their website has information about every site of note in N.E. Scotland. SMR.
- **The Royal Commission on Ancient & Historical Monuments of Scotland,** www.rcahms.gov.uk is an alternative source. Especially useful for detailed photos, including aerial views.



"Jings!-Tae think it's been here aw this time an' I've nae seen it afore! - "A ken"

Scottish Natural Heritage

SNH's work is about caring for the natural heritage, enabling people to enjoy it, helping people to understand and appreciate it, and supporting those who manage it. Scottish Natural Heritage operates a network of Area offices serving the country.

If you are planning a local walk or Scottish holiday then you might find the following weblink of interest <http://www.snh.gov.uk/enjoying-the-outdoors/where-to-go/>

The following link takes you to specific information in Grampian, leaflets, action plans, Ranger services that cannot be duplicated here; <http://www.snh.gov.uk/about-snh/snh-in-your-area/tayside-and-grampian/what-to-see-and-where/> You will find this really helpful in your planning and information gathering and will help you get more from your walk.

Archaeology the following link takes you to Aberdeenshire councils Sites and Monuments Record (SMR).
<http://www.aberdeenshire.gov.uk/smrpub/shire/default.aspx>

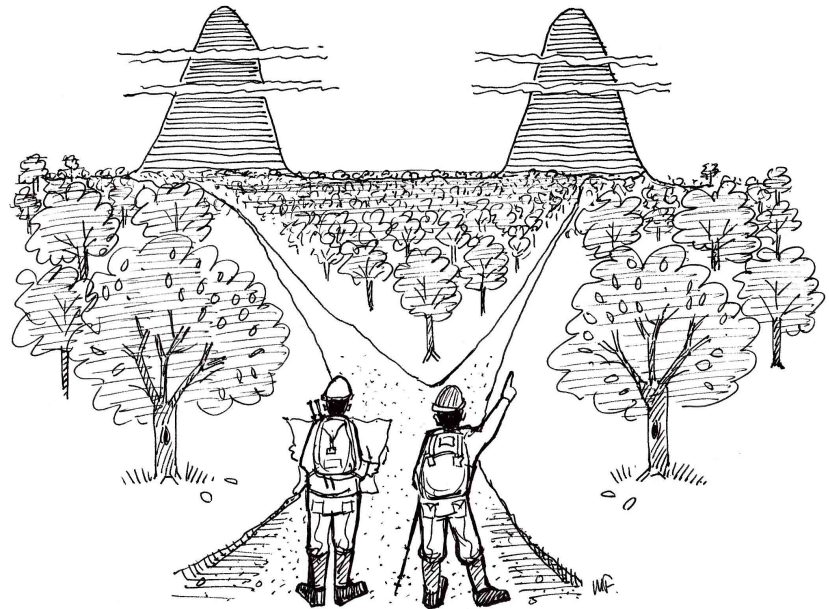
Good Practice Guide

The Grampian 50+ website: www.grampian50plusnetwork.com includes the contents of a booklet **Good Practice Guide** compiled by Dave Horrocks, Adventure Scotland Ltd in 2009 and it was given to all walking groups. It is not appropriate to rewrite it here, but it is worthwhile reminding walkers to look at this from time to time. In the booklet the stated optimum size of a walking group, up to fifteen, is worth restating. Ideally it is hoped they will be able to split up into smaller groups of walkers to maintain sensible levels of overall safety. The Forestry Commission is very unwilling to have groups of over twenty five walkers on their land at any one time.



*If we make a quick start
we should get this lot walked
by the end of the month!*

Roles and



I think it is probably this one - maybe!...or...?

Responsibilities of the Leader

- Be sufficiently familiar with the route to lead it safely.
- Obtain a weather forecast prior to setting out.
- Know the group and its capabilities, a pace should be set to suit the fitness of the group.
- Be prepared to modify plans or even cancel altogether if circumstances conspire to warrant it.
- Brief participants on what to expect, with details of distance and terrain involved and any sections which were identified on the recce, where particular care is required.
- Establish and agree a set of ground rules
- Satisfy yourself that what you are doing is environmentally sound and responsible.
- Appoint a back-marker whose function is to ensure that no member falls behind and to close gates.
- Highlight points of interest during the walk.

Your Basic First Aid Kit

A basic first aid kit may contain:

- Plasters, in a variety of different sizes and shapes.
- Small, medium and large sterile gauze dressings.
- At least two sterile eye dressings.
- Triangular bandages.
- Crêpe rolled bandages.
- Safety pins.
- Disposable sterile gloves.
- Scissors.
- Alcohol-free cleansing wipes.
- Sticky tape.
- Thermometer, preferably digital.
- Cream or spray to relieve insect bites and stings

It may also be useful to keep a basic first aid manual or instruction booklet with your first aid kit.

Supplementary First Aid Materials for Outdoor Groups

As well as the standard items in a first aid kit the following items may be useful:

- Tic removers/tweezers.
- Gauze swabs.
- Swiss army knife.
- High factor sun cream and sun block for lips.
- Dextrose glucose tablets.
- Survival bag.
- Group shelter.
- Whistle.
- Torch.
- Blister plasters.
- Insect repellent.



"Yes, yes but can you play Mull of Kintyre?"

Environmental Hazards

Water Hazards

The potentially serious nature of rivers and fast flowing streams cannot be over-emphasised. It is essential that leaders are aware of the effect which heavy rain or flooding may have on proposed routes, particularly where groups are walking unaccompanied.

Routes should be planned to avoid such hazards and attempts to cross swollen streams or rivers must be avoided at all costs.

Lightning

Most good weather forecasts will tell of impending storms and you should modify your plans accordingly.

However, if you do find yourself in a lightning storm, you should return as quickly as

possible and avoid

sheltering under lone trees or in caves and hollows where you may find yourself a convenient alternative to the spark plug.



"they say that lightning never strikes in the same place twice!"

Snakes

These can be a hazard in low hill areas, particularly where adders are disturbed when sunbathing on warm rocks. It is important that groups are briefed to avoid snakes and not to try and pick them up. **Where an adder bite is suspected the casualty should keep calm and still and help should be sought.**

Lyme Disease

Lyme disease is caused by infection from a sheep or deer tick which carries the borrelia burgdorferi. A significant proportion of ticks actually carry the disease. It is a serious illness and if left untreated, people with the infection are at risk of late complications including arthritis and meningitis. **Symptoms of Lyme disease include a circular ringed rash, with joint and flu like symptoms.**

Groups should be made aware of the hazard and briefed to conduct a daily body examination if operating in areas where the possibility of ticks exists.

E-Coli

There has been a number of cases recently and therefore good hand hygiene is very important in the countryside. **Be aware the E-Coli can be picked up from farm gates etc as well as contact with animals.**

Drinking water directly from natural sources should be discouraged, particularly in low-lying and populated areas.

Weil's Disease

Leptospirosis is spread to humans by animals. You can catch it by touching soil or water contaminated with the urine of wild animals infected with the leptospira bacteria. Animals known to be carriers of the leptospira include cattle, pigs, dogs and rodents, particularly rats. **It's incredibly rare for it to spread between humans.**

Emergency SMS

What is the Emergency SMS service?

The Emergency SMS service lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard. Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you.

You will need to register your mobile phone before using the emergency SMS service.

Registering your mobile phone

This is done before your need help. You can register by sending an SMS text message from your mobile phone.

To register using SMS text message you must:

- Send the word 'register' in an SMS message to 999
- You will then receive SMS messages about the service
- When you have read these SMS messages reply by sending 'yes' in an SMS message to 999
- You will receive a SMS message telling you that your mobile phone is registered or if there is a problem with your registration
- You can check your mobile phone by sending the word 'register' in a SMS message to 999.
- You will receive a SMS message telling you if your mobile phone is registered or if there is a problem with your registration.

Unable to Register?

If you try to register and do not receive an SMS message from the emergency SMS service please check with your mobile communications provider to make sure they support the emergency SMS service.

For further information please see the emergency SMS website:

www.emergencysms.org.uk

How to use the Service

Step 1

- Register your mobile phone with the service before an emergency happens.
- **IMPORTANT:** You will need to register again if you change your mobile phone number.

Step 2

- If an emergency happens we advise you only to use SMS to contact the emergency services if you have no other option. This is because it will take longer than other methods such as 999 or 18000.
- When you need to send an SMS text message to 999 and you cannot use the standard voice 999 service or the Test relay 18000 service create an SMS message containing the details below:

Which service do you need?

Ambulance, Coastguard, Fire Rescue, or Police?

What? Briefly and clearly explain the problem.

Where? Give the name of road and town or accurate location if Grid Reference if possible give a house number, nearby landmarks or main road.

For example your SMS text message might read: **'ambulance, broken ankle on Scolty Hill (NO678939), unable to walk off hill**

If you include this information the emergency services will not have to ask as many questions and will be able to respond quicker. Please be as accurate as possible when giving the location. The better your information is the faster the emergency services will be able to send help.

Step 3

Now send the SMS message to 999

Step 4

The emergency service will reply to your asking either for more information or telling you that help is on the way.

Do not assume that your message has been received until you get a message back from the emergency service, an SMS 'Delivery Report' does not mean your message has been received. It can take around 2 minutes for you to get a reply to your emergency message. If you have not received a reply within 3 minutes then we advise you to send another message straight away.

Retailers of outdoor clothing

Several local shops, e.g. Craigdon, Cotswold, Hilltrek, suppliers of outdoor clothing, have made an arrangement whereby they offer a discount to bona fide members of walking clubs. If you plan to make a large purchase speak to your club contact person to find out how to go about this - e.g. you may have to quote a reference number or show your club membership card.

GRAMPIAN 50+ NETWORK - INCIDENT REPORT FORM

Date:

Time:

Location:

Incident:

Nature of any injuries:

Action taken:

I /We confirm that this is an accurate account of the above incident.

Signed _____

Print Name_____

Signed _____

Print Name_____

GRAMPIAN 50+ NETWORK SAMPLE RECCE REPORT

Complete this form after or during a recce of a new walking route. It should be used as an aide memoire when briefing the group and should then be filed to add to a compendium of known routes.

Name of Group _____

Person carrying out recce _____

Date of Recce _____ Distance of route _____

Time to complete Recce _____ Distance _____

Estimated walk time for Group _____ O.S. Ref _____

Date of planned walk _____

Route details/description of walk/landmarks.

Difficulties/Hazards - approx. distance from start point?

Weather conditions when recce was carried out.

How route is likely to be affected by poor conditions.

Walk Description Guideline Sheet

To help give a similar style and standardisation, and to make sure that full information about your walk is given, the following Forms are provided for your use, and/or submitting to the Network.

Put a capital X in the box if the walk has parking, toilets etc. (as a lot of car parks are now charging, we have added Parking with a £ sign.)

Try to make the description as clear and simple as possible:

- No need to add bus times, as they could change.
- Measure your walks in Miles and Kilometres.
- Walk title should include the area e.g. Huntly, Deeside.
- Please mention any sections of steep ascent that would change the nature of the walk, or may be affected by the season.
- Add in any details of natural history or local history (e.g. standing stones, buildings) or Land Management (e.g. Muirburn).
- Refer to Information Booklet for web addresses for:

SSSI – Site of Special Scientific Interest

SAC – Special Area Conservation

NNR – Natural Nature Reserve

LNR – Local Nature Reserves

Archaeology, Sights and Monuments Records

WALK DESCRIPTIONS – EXPLANATION OF BOOT GRADES



These walks will be graded as easy and should be no more than 3 miles with no or very little ascent. They will be on easy ground.



These walks will be graded as moderate and should be no more than 4-6 miles with some ascent. The route could be tracks or trails and will require some care and attention.



These walks will be graded as difficult and should be no more than 8-10 miles with sections of rough ascent. The route will be on more difficult ground and extra care and attention will be required.

Note: It may be some walks will be normally 1 Boot with no more than 3 miles but will have some additional ascent, these should be graded as 2 or 3 Boots accordingly. Similarly, some walks will be 2 Boots with no more than 4-6 miles will have sections of rough ascent, these should be graded as 3 Boots.

The following symbols are used on the Walk Description Form:



Public Transport is available



Parking is available at or near the Walk Start



A Parking Charge applies



Toilets are available



The route is Waymarked, or Sign Posted



An Information Point or Board is available



There is a Picnic Area



There is a Café



The Walk is “Easy” (see above)



The Walk is “Moderate” (see above)



The Walk is “Hard” (see above)

WALK TITLE:

DISTANCE:

OS GRID REFERENCE:

OS LANDRANGER /EXPLORER SHEET:



BRIEF DESCRIPTION:

GETTING THERE:

DETAILED DESCRIPTION:

continue overleaf with your added notes.

DETAILED DESCRIPTION:

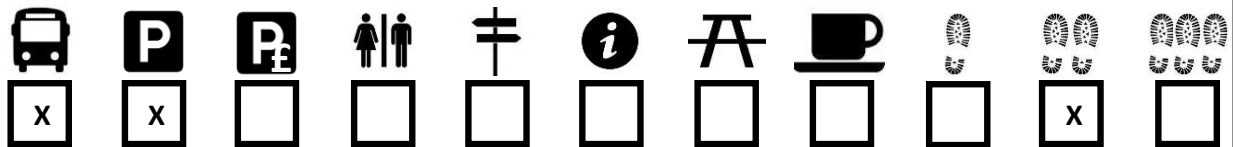
The above suggested walking route is offered with the proviso it does not negate the walk leaders responsibility to complete a recce prior to the group walk.

WALK TITLE: Potarch – Craiglash

DISTANCE: 6.5 miles

OS GRID REFERENCE: NO 608973

OS LANDRANGER /EXPLORER SHEET: 37 / 405



BRIEF DESCRIPTION:

Woodland walk from A93 to Craiglash Quarry on Old Deeside Road and back to short section of tarred road, then Deeside Way to make a figure of 8 route.

GETTING THERE:

Hourly bus service from Aberdeen. Parking on A93 beside Potarch Bridge.

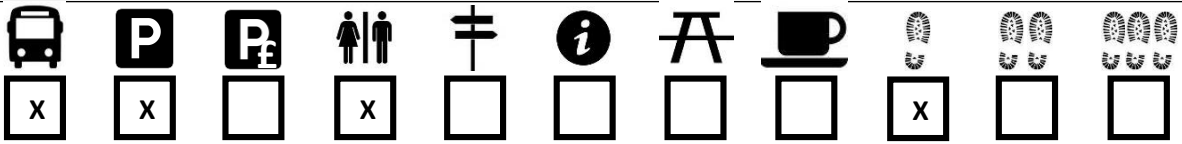
DETAILED DESCRIPTION:

Cross road from car park at Potarch Bridge and follow a forestry track, uphill at first, for 1.75 miles to reach tarred road. Turn right, through quarry on public road, then first tract on right. Pass old mill and mill dam, then immediately after where a dry stone dyke crosses the track take a narrow deer track for 100 yards or so to

return to your first track. Turn left, and in just under half a mile turn right. Where track splits in three-quarters of a mile take left hand track down to tarred road. Turn left to go to A93, cross to reach Deeside Way. Turn left to return to Potarch.

FOR YOUR OWN NOTES

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.

WALK TITLE: Potarch – Kincardine O’Neil
DISTANCE: 3.25 miles one way
OS GRID REFERENCE: NO 608973
OS LANDRANGER /EXPLORER SHEET : 37 / 405

BRIEF DESCRIPTION:
A two mile stretch of the Deeside Way and a short stroll by the banks of Right of Deeside Way. Flat
GETTING THERE:
Hourly bus service from Aberdeen. Parking on A93 beside Potarch Bridge.

DETAILED DESCRIPTION

Walk on Deeside Way alongside A93 from Potarch to Kincardine O’Neil. Continue along main street, turn left round side of ruined church to get to River Dee on a farm track. Turn right to go upstream. Take next track to right to return to Kincardine O’Neil beside the playing field. Public toilets, café and take away teas (from Post Office).

FOR YOUR OWN NOTES:

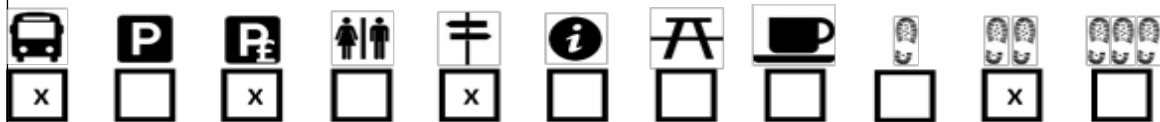
The above suggested walking route is offered with the proviso it does not negate the walk leaders responsibility to complete a recce prior to the group walk.

WALK TITLE: Kirkhill Forest, Standing Stones and Tappie Tower

DISTANCE: 6.5 miles or 4 miles

OS GRID REFERENCE: Start NJ 854114

OS LANDRANGER /EXPLORER SHEET: 38 / 421



BRIEF DESCRIPTION:

An undulating forest walk with the option of 2 lengths

GETTING THERE:

The car park is just off the A96. There is not an actual marked bus stop but the No 37 Inverurie bus will stop near the entrance to the forest.

DETAILED DESCRIPTION:

Take the white waymarked trail which is the main forest track from the car park. Continue on this track as it meanders up through the forest for 2 miles. Ignore all other tracks until you pass through a gate and you will come to a T junction.

At this point those on the shorter walk go left and continue on this track until they come to the sign for the Tappie Tower (approx. 0.5 miles). Turn right to the tower.

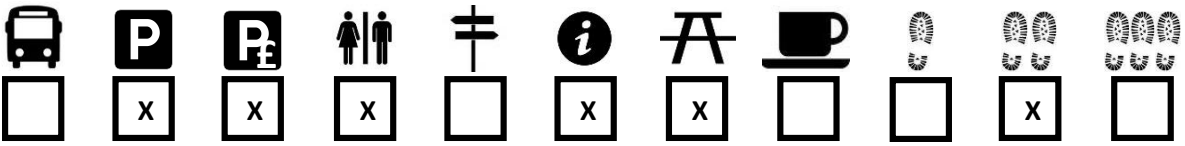
Those doing the longer walk turn right at the T junction and continue on this track for 0.75 miles. You will now be at the other side of the forest and shortly after passing a house you will see a track going off to the left. You will return to this point after visiting the Standing Stones but meantime walk straight ahead to another T junction. Turn right and keep on the right hand track when the road splits quite soon. You will soon see another path

going off to the right towards a field gate. Pass through it to get to the Standing Stones.

Return to the point mentioned earlier and take the path which is now on your right. Continue on this track until you come to the white waymarked sign for the Tappie Tower (tower off to your left but sign on the right of the track. Go up to the tower then return to main track and in a very short distance the white route turns off to the right. Both groups now follow the white waymarked trail back to the car park.

FOR YOUR OWN NOTES:

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.

WALK TITLE: Fernie Howe
DISTANCE: 7 miles
OS GRID REFERENCE:
Start G.R. NJ 694216 Bennachie Centre
OS LANDRANGER /EXPLORER SHEET: 38 / 421

BRIEF DESCRIPTION:
Forest walk on lower slopes of Bennachie.
GETTING THERE:
DETAILED DESCRIPTION

Leave the Bennachie Centre on main path going along the edge of Clachie burn. Soon you will see a set of signposts and you follow the Gordon Way (GW) signs at all the next junctions for approx. 1.5 miles.

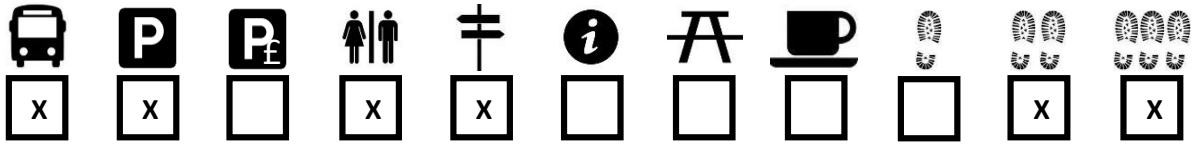
You should now have reached a T junction where a signed footpath goes off to your right up to Mither Tap and the GW goes off at an angle slightly to the right but you turn left for 30 yards to reach a forest road. This is marked on some maps as the Heather Brig (Deep water hole on your left). Turn right here and keep on this unsigned forest road for 1.5 miles approx. until you reach a cross roads. Turn right.

Continue on this undulating forest track for about 2 miles and you will reach a T junction where you turn left. You are now back on the forest road that you used on the way out and very soon you will be back to the point known as the Heather Brig.

From here you should follow the signs back to the parking at the Bennachie Centre. There are 3 different routes you can choose to use with slight variation.

For your own notes:

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.

WALK TITLE: Battle Hill and Kinnoir Wood – Huntly
DISTANCE: 8.5 or 6.5 miles
OS GRID REFERENCE: Start NJ529399
OS LANDRANGER /EXPLORER SHEET: 29 / 425

BRIEF DESCRIPTION:
An open woodland walk with the option of omitting the hill and therefore suitable for mixed ability groups. Start Huntly Square.
GETTING THERE:
Hourly bus from Aberdeen/Elgin

DETAILED DESCRIPTION

Starting from Huntly Square go down Duke street to Bogie Street and cross the River Bogie. Go under railway bridge and head up towards station. Those not doing the hill take first road on left opposite the station's pedestrian bridge, but others carry on until you see sign for Battle Hill Wood. Turn left.

At disused quarry with information board take the marked east side circular track heading upwards along the edge of the wood. Follow this circular foot path which eventually widens to a track but now is no longer at the edge of the wood. When you reach a point where a set of steps come down from the top of the hill , turn right down a footpath to a road, and walk straight down to reach the railway line. Turn right.












Those who did not do the hill will have reached this same junction by walking past several large houses and from here both groups follow the same route. Walking parallel to the railway line you will reach Kinnoir Wood. Follow the track and at a sharp right hand

bend ignore the track going off on your left. Soon you will pass another gated track on your left but you carry onto the second gated track. Turn left.

Keep on this main track circling the wood and in time passing behind a bird sanctuary and scrap car yard until you eventually reach the gate you had passed on the way out. Turn right. Return via the track you used on way out until you reach the railway bridge. Cross the bridge and go through the ruined farm and past some cottages and you will be back at station and ready to return to the town square.

FOR YOUR OWN NOTES

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.

WALK TITLE: Hazlehead Park and Countesswells Wood Trail										
DISTANCE: 4 miles/6.4km										
OS GRID REFERENCE: NJ 896055 start and finish of walk										
OS LANDRANGER /EXPLORER SHEET: 38 / 406										
										
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BRIEF DESCRIPTION:										
Circular route around Hazlehead Park. The route takes in Countesswells Woods, Anderson Woods and Denwood Trail. Many shorter walk options are available and clearly marked.										
GETTING THERE:										
Bus available to Hazlehead Park or car parking at the Old Tram Terminus. Bus Route is First Bus Route 11 and leaves from Union Street.										

DETAILED DESCRIPTION:

The walk starts at the old tram terminus. Go into the park and pass the tearoom, walk along track passing the North Sea Memorial Garden on left hand side. Keep following the track, you cross over a road then you have golf course on either side of you. Follow signs for Anderson Woods. Turn right when you come to T junction, which is sign posted Anderson Woods and Countesswells Woods. If a shorter walk is required follow the signs for Anderson Wood Trail. For the longer walk follow signs for Countesswells Wood Trail. Keep following trail until you come to a large metal gate, do not go through gate but follow the rougher track which goes through the woods. You then come out of the woods to a lovely view looking southwards. (map ref. NJ 878050).

This takes you onto proper track again, turn right. With the golf course on the left hand side follow the rough grass track between two stone dykes. Follow this rough track until you come to Countesswells Rd (tarred road), turn left. This is the only section with cars. Walk about 200m along the side of the road, then turn left through the opening in the dyke onto golf course. Stay on the right side of golf course parallel to the road. Pass a large pylon

on your left, picking up a small rough path which takes you around the twelfth Tee. Carry on until you pick up a proper track. Turn right. Follow sign for Denwood Trail. Follow the next sign for Hazlehead Park. Cross over road passing wood pile then follow sign to Gardens and Restaurant, which take you back to old tram terminus.

FOR YOUR OWN NOTES

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.