**Cadet Centre Walk**

Start at the McCombie Cadet Centre Walk at the west end of Woodside Road. Go down from the Centre to where Woodside Road leads onto Upper Arbeadie Road. Turn left along Upper Arbeadie Road and carry straight on to the unmetalled road. A little further on you pass a sign showing this is part of the blue walk. Straight ahead there is a lovely view of the Hill o’ Fare and woods a little off to the left. A little further on at a distance from the start of approximately 0.25km from the start the road splits. Go left downhill passing Wellhead Cottage on left and a little further on Tillygownie Cottage on right. Very soon the road bends left but you take the path to the right. You have now walked approximately 0.5km. Follow this path to its end while espying the many beautiful silver birch trees, a few mountain ashes and small firs. At the end, opposite Kentucky house, turn left and pick up part of the green circular path. The total distance from the start is approximately 1km.

Walk along the road passing Upper Lochton on the right. Go around the gate at the end and keep to the left of the gate that signifies the entrance to the Recycling Centre. Take the narrow path to the left through the woods. It is signposted for the blue and green walks. Follow this route until you reach a crossroads of paths at about 1.5km distance walked. Go straight ahead following now the blue and yellow path signs. After a short distance go left continuing to follow the blue and yellow path signs up a slight hill. At the top there is a short distance of a few tree roots and large stones to negotiate so walk with care. You come out to the woods at the electric sub station. Keep to the left of the station and go straight ahead on the unmetalled road to join Burnett Hill. Pass Tocher Lane on left. Turn left at the T junction on to Hillcroft Road. Walk along Hillcroft Road to the end, passing the entrance to Sunset Wood on the left. At the end of the road enter Captain’s Wood and go straight ahead where you return to the Cadet Centre where you started.

The walk is approximately 2.5km (1.5 miles) in total. It takes about 35 - 50 mins depending on your walking abilities.

Health Walks are led by people who are trained to be leaders for such walks. The walks must be no longer than 1 hour in duration and the route has to have been risk assessed.

Walks leave from the East Kirk every Thursday and Friday morning at 10am. Coffee/tea is available in the church hall on returning from the walk for £1.

For further information contact the co-ordinator of Banchory Walking to Health:

Stan Thomson Telephone: 01330 825098 / 07854 987656

E-Mail: stanthomson@hotmail.com