



# Aberdeen Ranger Service

## Selected Local Summer Events



### **Thursday 28 June 2pm**

Torry Health Walk (& Whale Spotting?)

#### *Around Torry*

Meet outside Torry Library on Victoria Road for a circular route that includes the coastal path between Nigg Bay and Aberdeen harbour. On previous health walks here we have seen dolphins and porpoises. A humpback whale was spotted at the harbour mouth last June and 3 Minke whales in February so we'll keep our eyes peeled! Please be aware this is a little longer than the rest of the health walks (over 3 miles) and includes narrow paths and a short section along the coast road. (See information for all Health walks below)

### **Tuesday 3 July 6.30pm - 8pm AND**

### **Wednesday 8 August 10am - 12am**

#### *Rockpooling at Cove*

Residents of the rock pools need to be tough where life is constantly changing and every tide may bring in new arrivals. Join a Countryside Ranger at Cove Harbour for an opportunity to explore the rock pools, meet some of the residents and create some wild beach art. Meet at Colsea Road car park.

Please phone 01224 897400 to book and for further directions and information.

### **Thursday 5 July 1pm - 4pm**

#### *Family Fun Afternoon*

#### *Lochinch Farm*

This family afternoon of fun will include a minibeast safari, games, bark rubbing, plaster cast animal tracks making and shelter building. Meet in the car park at Lochinch Farm Interpretation Centre, Redmoss Road. Please phone 01224 897400 to book and for further information.

### **Wednesday 15 August 2pm -4pm**

#### *Kincorth Treasure Seekers!*

#### *Kincorth Hill Local Nature Reserve*

This is no ordinary treasure hunt. As you explore Kincorth Hill you'll find out more about the hill's wildlife and history. Join a Countryside Ranger for this exploration. Meet at the car park at Abbotswell Crescent.

### **Friday 28 September 2pm**

#### *Kincorth Health Walk*

Meet in Kincorth Local Nature Reserve car park on Nigg Way, off Abbotswell Crescent. This walk includes some up hill sections but your efforts will be rewarded with a great view over the city. (See information for all Health walks below)

#### ***Information for all Health Walks***

*Countryside Ranger Ruth Bone will be leading walks around Aberdeen using routes from the Health Walk Map Packs. These can be downloaded if you go to <http://www.aberdeencity.gov.uk/rangerservice> then click on the Health Walks link.*

*These walks are between 1.2 and 3.3 miles and are aimed at those looking to increase their physical activity from a relatively low level rather than at those who are already accustomed to long hikes. Please wear sturdy footwear and dress appropriately for the weather. Bring a bottle of water and any medication (eg inhalers) that you may require. If you have any health issues please speak to your GP before signing up for a walk. As for all our events please contact the*

***Ranger Service to book at place.***

***01224 897400***