

You can get from one end of Bridge of Don to the other in about 15 minutes

The beach and Seaton Park are only 20 minutes away by bike

Lots of local amenities such as Alex Collie Sports Centre, the AECC, Asda Middleton Park, and Westfield Park are easily accessible by bike

Why should I cycle in Bridge of Don?

You can cycle to the University of Aberdeen in about 10 minutes

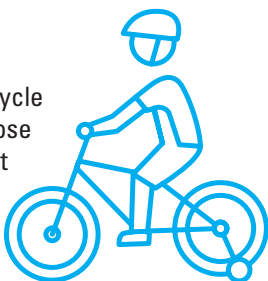
One hour of cycling will burn 300 calories this equates to an ice cream at the beach!

What is your council doing for you?

Aberdeen City Council, along with Nestrans and Sustrans has spent about £1m over recent years constructing and upgrading cycling and walking routes in your local area. More are planned and with this growing network there has never been a better time to try cycling.

Want to try cycling but lacking confidence?

The Cycle Touring Club, part of Cycling UK, offer free guided cycle rides which are suitable for those new to cycling or who have not been on a bike in a while. For more information, go to www.ctcgrampian.org.uk



Reasons to Cycle

Health and Wellbeing

- ♥ Physical activity = better sleep
- ♥ Weight loss
- ♥ Leads to better brain activity
- ♥ Boosts your immune system
- ♥ An enjoyable way to get your 30 minutes of exercise each day



Save Money

- £ Bikes are cheaper to buy and run than cars
- £ Minimal running costs. No need to pay for parking fees, fuel or road tax

Time Saving

- ⌚ No time wasted searching for a parking space
- ⌚ Exercise while commuting
- ⌚ In rush hour a bike can be twice as fast as a car

Off Road Routes

- ⊕ The network of traffic free routes is growing all the time! They include off-road paths, dual-use pavements and lightly trafficked residential streets.

Want to explore the wider city by bike?

The Aberdeen City cycle map is available at your local library or from: www.aberdeencity.gov.uk/cyclingmaps



**Smarter Choices,
Smarter Places**

Supporting Sustainable Travel

How to bike about in the Bridge of Don

Including:

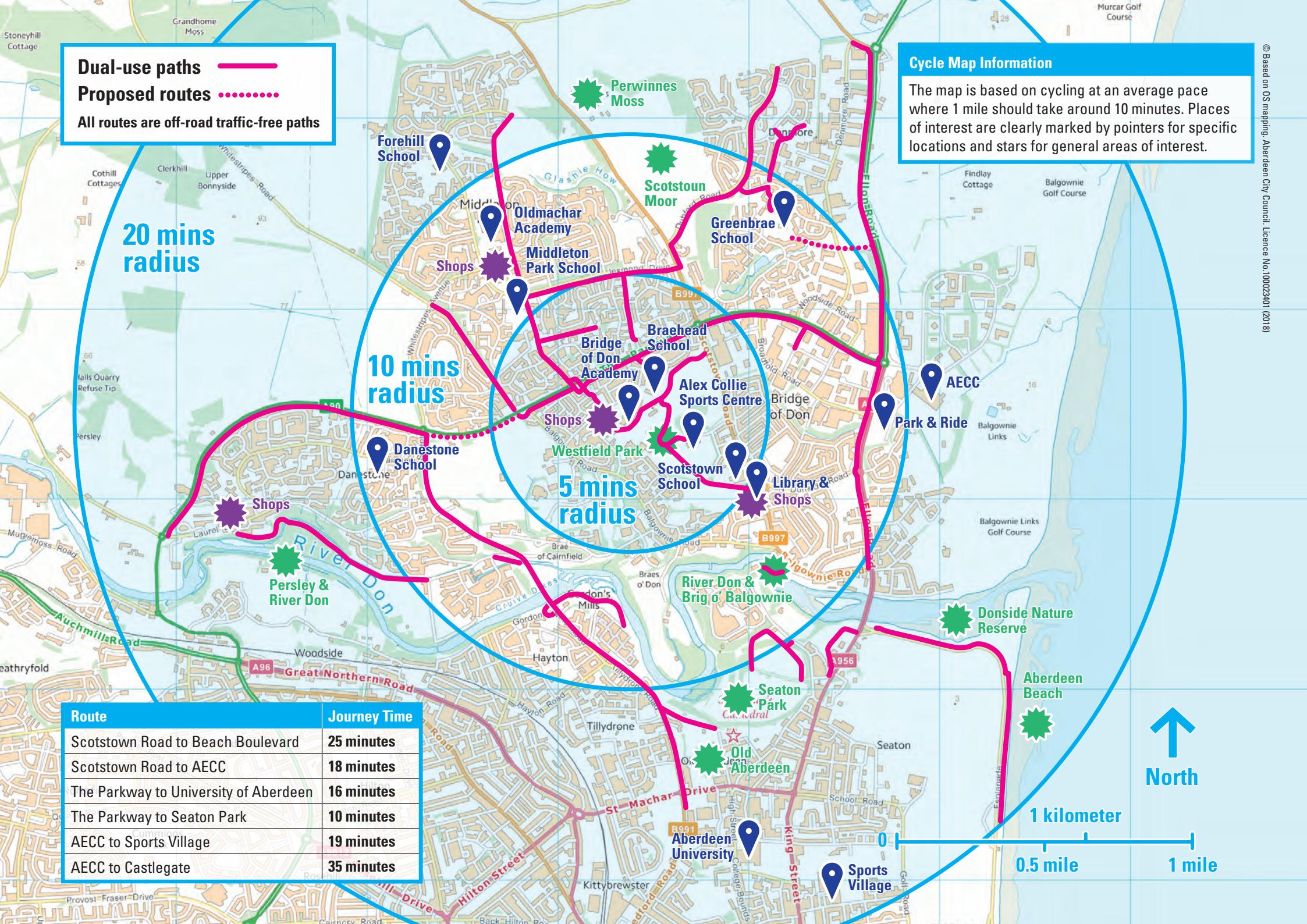
- Map • Guide
- Journey Times



It's easier to bike about in Bridge of Don than you think!

getabout
A to B in Aberdeen City and Shire

ABERDEEN
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Dual-use paths

Proposed routes

All routes are off-road traffic-free paths

Cycle Map Information

The map is based on cycling at an average pace where 1 mile should take around 10 minutes. Places of interest are clearly marked by pointers for specific locations and stars for general areas of interest.

Route	Journey Time
Scotstown Road to Beach Boulevard	25 minutes
Scotstown Road to AECC	18 minutes
The Parkway to University of Aberdeen	16 minutes
The Parkway to Seaton Park	10 minutes
AECC to Sports Village	19 minutes
AECC to Castlegate	35 minutes