

ADEN
COUNTRY PARK



ACTIVITY PACK

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1 INTRODUCTION TO ADEN COUNTRY PARK

Often referred to as ‘the jewel in the Buchan crown’, Aden Country Park in Mintlaw, Aberdeenshire, is a 230-acre country park in the heart of Buchan. Aden (pronounced *Aa-den*), meaning bonnie burn or brae, offers a warm welcome, beautiful surroundings, and a wide range of opportunities for recreation and relaxation.

Situated in the heart of the park lies the unique semi-circular farmstead buildings, now housing the award-winning Aberdeenshire Farming Museum, Aden Café, the Craft & Gift Shop, and the park Visitor Information Centre.

Park facilities also include a multigenerational children’s play area, picnic and BBQ sites, Victorian arboretum, Hareshowe Farm, SANDS, carers, and sensory gardens, along with a Book of Deer exhibition. Other amenities include an outdoor gym, dog agility and exercise area, horse arena, disabled parking, electric vehicle charging points, fully accessible Changing Places toilet, and for those who want to stay for longer, an enjoyable stay at the Aden Caravan & Camping Site.

For those looking to find out more about Aden’s history, and the story of farming from the North East of Scotland, the central Visitor Information Centre provides the perfect starting point. Along with information and interactive activities, leaflets will help guide visitors around the park, and the Archaeology, Nature, Estate, Tree, and Agricultural Heritage Trails.

Along with the facilities, Aden Country Park also plays host to a variety of events, activities, and volunteer opportunities. Annual events include Seedy Sunday, Easter Eggstravaganza, Wild About Aden, Pipe Band Competition, Vintage Tractor & Heritage Day, along with our popular Halloween and Christmas events. Other popular activities include our onsite orienteering course, feeding the ducks at the lake, occasional farmers markets, equestrian events, and Ranger led activities such as, ‘bug hunts’ and ‘fungi spotting’.

Apart from all these, ‘organised’ uses, the park itself provides beautiful surroundings for people to enjoy a walk, jog, cycle, or space to exercise your four-legged friend. Whatever your interest, Aden Country Park has something for visitors of all ages and abilities.



Drone image of the central courtyard



Fun at the children’s play area



Swans & signets at the Aden Lake



Annual pipe band competition

2 ADEN COUNTRY PARK INFORMATION

Address

Aden County Park, Station Road, Mintlaw, Peterhead, Aberdeenshire, AB42 5FQ.

For further information on how to find Aden Country Park, please visit:

<https://adencountrypark.org.uk/visitor-information/find-us>

Contact

If you have any question or queries about Aden Country Park, or this activity pack, please

contact: enquiries@adencountrypark.org.uk

Website

For further information beyond that contained in this activity pack, please visit the Aden Country

Park website on: www.adencountrypark.org.uk

Opening Times

Aden Country Park is open 365 days a year, 24 hours a day, however, some park facilities have different opening times. For further information please visit:

<https://adencountrypark.org.uk/visitor-information/opening-times>

Book a Visit

There is no need to book before visiting Aden Country Park, however if you are a school or community group you might want to:

1. Book an Area of the Park

If you want to book an area of the park for an event or activity, please contact our events booking team on: eventbookings@adencountrypark.org.uk including who, what, where, and when you want to hold your event or activity. Once you have submitted your request, one of our team will get in touch and confirm your request. Please note your booking is not confirmed until a member of the team has been in contact.

2. Arrange a Visit to the Aberdeenshire Farming Museum

If you want to book a visit to the award-winning Aberdeenshire Farming Museum, please contact the museum by either calling 01771 624590, or alternatively emailing museum@adencountrypark.org.uk with who, when, and how many are in your school or group. Once you have submitted your request, one of our team will get in touch and confirm your request. Please note your booking is not confirmed until a member of the team has been in contact.

3. Book a Ranger Service School or Group Session

The Countryside Ranger Service offer support to schools, colleges, universities, and other organised groups to access, understand and enjoy our natural and cultural heritage. Bookings are welcomed from organised groups where there is a common theme or shared interest. If you would like to book a session, please complete our online form. Forms can be found on the Aberdeenshire Council website page:

<https://www.aberdeenshire.gov.uk/leisure-sport-and-culture/ranger-service/book-rangers-session>

Once your form has been received, a Ranger will get in touch and confirm your request.

Please note your session is not confirmed until the Ranger has been in contact.

For further information about any of these booking options, please visit the Aden Country Park website at:

<https://adencountrypark.org.uk/visitor-information/book-a-visit>



Risk Assessment

Although it is the responsibility of teachers and group leaders to complete a risk assessment prior to any site visit, a downloadable Aberdeenshire Farming Museum Hazard Sheet has been added to the Aden Country Park website and is a handy preparatory tool.

It is important to note that the hazard sheet does not replace a teacher or group leader's own risk assessment. It is also important to note that changes in weather may affect the risks when visiting the Aberdeenshire Farming Museum. Although predominantly an indoor experience, the Museum experience includes a short walk to Hareshowe Farm, as such pupils or group members should dress for the outdoors.

For further information or to download a copy of the Risk Assessment please visit:
<https://adencountrypark.org.uk/visitor-information/schools-groups/risk-assessment>

Parking & Electric Vehicle (EV) Charging Points

There are two main carparks available in Aden Country Park. Each carpark has dedicated disabled parking bays for those who require them. A coach carpark is also available in Aden which can easily accommodate a standard 35 seat or 49 seat executive coach.

For those arriving by electric vehicle, Aden has eight electric vehicle (EV) charging points available. Two fast EV chargers (2 x Dual 22kW AC), and two standard EV chargers (2 x Dual 7kW AC).

For further information please visit:
<https://adencountrypark.org.uk/visitor-information/ev-charging-points>



Toilet & Accessible Facilities

There are three main toilet blocks in Aden Country Park. One toilet block in each of the two large carparks, with further facilities located in the Coach House building located in the central courtyard area. Toilets are also available in the onsite Aden Café.

For those with more complex needs, Aden Country Park has recently built a fully accessible Changing Places toilet block offering all the facilities you might need, including a hoist, shower, bed, privacy screen, and handrails. The Changing Places toilet facility is in the main carpark, closest to the courtyard area.

Along with accessible toilet facilities, Aden Country Park has a network of paths, many of which are suitable for wheelchair users. Aden also offers a range of DDA compliant play equipment, and fully accessible roundabout, in the children's play area.

For further information please visit:
<https://adencountrypark.org.uk/visitor-information/accessibility>



Changing Places toilet block



Food and Drink

The Café at Aden is situated in the central courtyard area adjacent to the Aberdeenshire Farming Museum. The Café is the main place to purchase hot food and drinks. If, however, a quick snack, ice cream or hot/cold drink is all you are after, the Aden Craft & Gift Shop has a selection of treats available. Finally, Aden also offers a range of picnic and bbq sites, so if dining alfresco is your preference, picnic benches are located throughout the park.

For further information please visit:
<https://adencountrypark.org.uk/visitor-information/things-to-do/cafes-at-aden>
<https://adencountrypark.org.uk/visitor-information/things-to-do/craft-gift-shop>



Aden Café serving up some treats!

Indoor Facilities

The unpredictable weather in the North East of Scotland means that whilst visiting Aden you may require an indoor space for shelter. The Visitor Information Centre is located in the Coach House building in the central courtyard area. This building provides displays and artefacts where visitors can learn about the history and heritage of Aden Country Park. Leaflets are also available and will help visitors to navigate around the Aden's facilities, features, and trails.

For further information please visit:
<https://adencountrypark.org.uk/visitor-information/things-to-do/visitor-centre>

If, however you are looking for a larger dedicated space for your group, the Aden Theatre located within the Aberdeenshire Farming Museum can be booked in advance of your visit. The capacity of the Aden Theatre is estimated at 60 people. There might be a charge for the hire of this space. To book, please contact:
museum@adencountrypark.org.uk



Visitor Information Centre



Performance in the Aden Theatre

Park Map

To help visitors navigate themselves around the 230-acre country park, an Aden Country Park map has been included on the next page of this Activity Pack. A downloadable version of the park map is also available from the Aden Country Park website, or in our Park Map & Guide leaflet which can be picked up from the Visitor Information Centre, Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop.

For further information please visit:
<https://adencountrypark.org.uk/visitor-information/park-map>

3 PARK MAP



- 1 The Courtyard**
The Courtyard is the central hub of Aden Country Park. You will find:
Visitor Information Centre / Coach House
Aberdeenshire Farming Museum
Aden Café
Aden Craft & Gift Shop
Aden Theatre
E-Bikes Station & Bicycle Stands
Ranger, Landscape and BDP Offices
- 2 Gasworks**
- 3 Aden Mansion House**
- 4 Ice House**
- 5 T-Shaped Structure**
- 6 Neolithic Site**
- 7 Hareshowe Farm**
- 8 Late 19th & Early 20th Century Trenches (2 locations)**
- 9 Lake Shelter**
- 10 Mineral Well**

- 11 Lake & Mill Pond**
- 12 Victorian Arboretum**
- 13 21st Century Arboretum**
- 14 Carer's, Sensory and SANDS Garden**
- 15 Children's Play Area**
- 16 Main Arena**
- 17 Barbeque and Picnic Area**
- 18 Outdoor Gym**
- 19 Dog Agility Area**
- 20 Dog Exercise Area**

- 21 Horse Arena**
- 22 Cattle Creep**
- 23 Uniform Group Campsite**
- 24 Caravan and Camping Site**
- 25 Old Laundry Building / Aberdeenshire Recording Centre (ARC)**
- 26 Depot and Woodcraft**
- 27 Walled Garden / Plant Nursery**
- 28 The Bothy**

- 29 Gardener's Cottage**
- 30 Ranger's Cabin**
- 31 Forester's Cottage**
- 32 North / Goldie's Lodge**
- 33 South / Twin Lodges**
- 34 West / Doctor's Lodge**
- 35 Aden Allotments**

- P Main Parking**
- P Main Parking**
- P Coach and Mobile Home Parking**
- P Additional Parking**
- P Disabled Parking For Hareshowe Farm**
- Formartine & Buchan Way Intersection through the Park**
- N Nature Trail Start Point**
- A Agricultural Heritage Trail Start Point**

4 INTRODUCTION TO THE ACTIVITY PACK

The Aden Country Park Activity Pack has been designed to encourage schools, groups, families, and individuals to explore the Aden, and learn about its rich archaeological, natural, built, and cultural heritage, alongside the story of farming from the North East of Scotland.

Throughout this educational resource, there are a variety of activities and quizzes that can be either self-led or completed with the support of a teacher, parent, guardian, or community group leader. Alongside these resources, you will also find follow-up activities and lessons to be completed in the classroom or at home.

The information in this activity pack explores four main themes highlighted below. The Aden Estate and the Farming in the North East of Scotland themes can be explored in more depth by visiting the onsite Aberdeenshire Farming Museum. The museum staff can provide a tour, along with farming-related activities, scavenger hunts, and word searches which are available at the museum reception. The Aberdeenshire Farming Museum is open seasonally between April and October. To organise a museum group/school visit, contact the museum by either calling 01771 624590, or alternatively emailing museum@adencountrypark.org.uk

Some of the activities in the pack have learning outcomes which link in well with the Scottish Curriculum for Excellence (CfE), which have been designed to help children and young people gain the knowledge, skills, and attributes needed for life in the 21st century.

The four main themes of the Activity Pack can be summarised as follows:

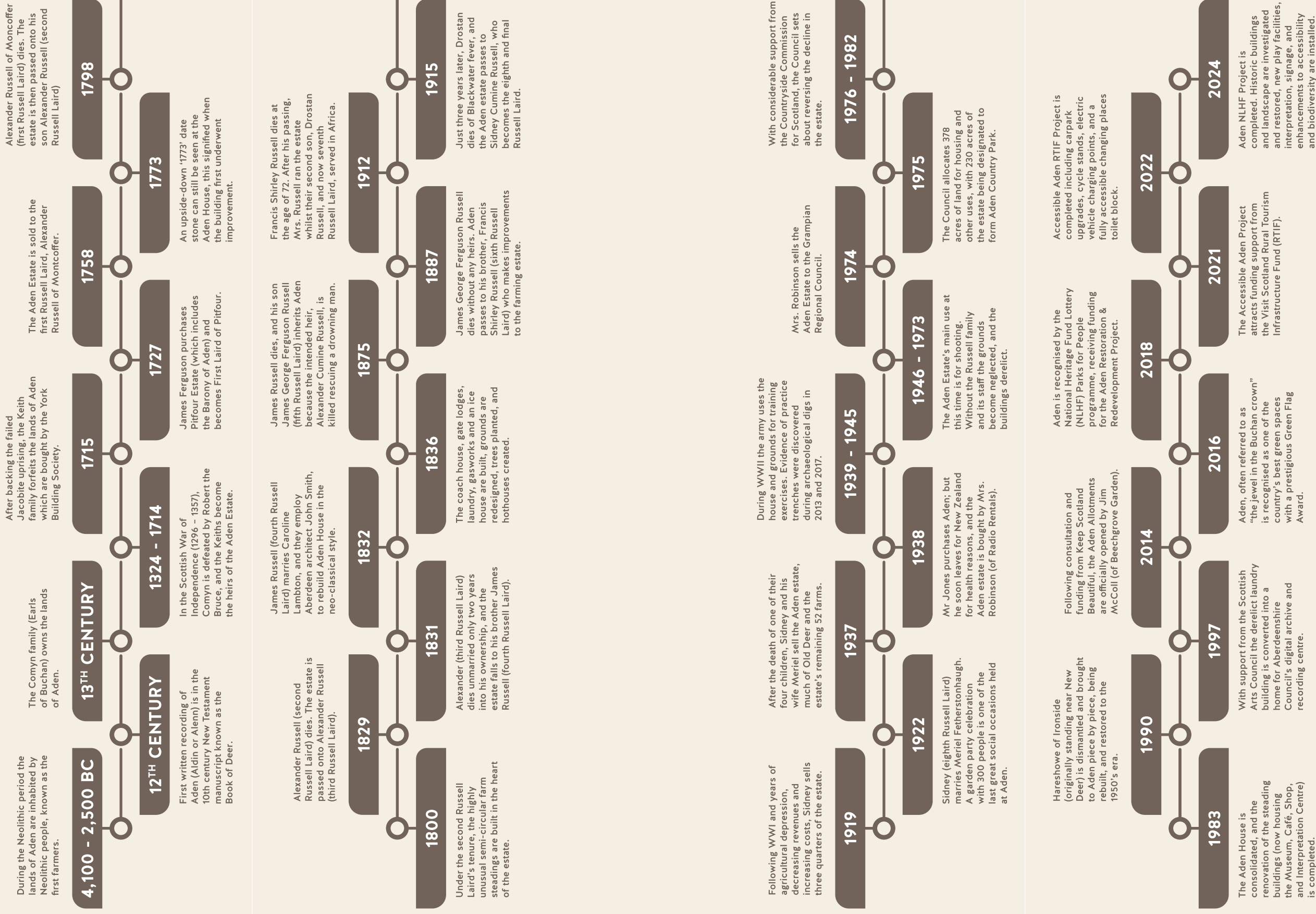
- Aden Archaeology
- The Aden Estate
- Farming in the North East of Scotland
- Nature and Wildlife



Thank you to Aberdeenshire Council and the Royal Highland Education Trust (RHET) for images and text.

5 ADEN COUNTRY PARK TIMELINE

The Aden Country Park that you see today didn't always look this way. Recent archaeological investigations have helped us to get a better understanding of Aden heritage, dating back to the Neolithic period. A summarised timeline has been developed and included in this activity pack to provide visitors and users of this resource, with an understanding of the important dates in Aden's history. These include the changing ownership of the lands of Aden, the role the Russell family had in shaping the estate landscape and buildings that can still be seen today, along with detailing the demise, rebirth, and redevelopment of Aden Country Park into what you see today.



6 ADEN ARCHAEOLOGY



Archaeologist Ali Cameron at work

Archaeology is the study of humans in the past. Archaeologists dig in the ground to find things that have been left long ago. The finds discovered in an archaeological excavation, like the ones in Aden, are called artefacts, and archaeologists study these to learn about how people used to live. Archaeologists find things like pottery, animal bones, coins and the remains of buildings. There are many different types of archaeologists, but all of them work together to learn more about how people lived in the past.

In Aden Country Park a series of community-based archaeological research, excavation, and evaluation was carried out as part of the Aden Restoration & Redevelopment NLHF Project and the associated Aden Archaeology HES Project. These archaeological investigations have helped to identify several previously unknown sites of archaeological and historical interest in Aden Country Park.



School children at the Neolithic Site

Significant sites of interest investigated include the Aden Mansion House, Neolithic site, T-Shaped Structure, and two Late 19th & Early 20th Century Trench sites. The uncovering of these sites from Aden's history not only offers a unique opportunity to explain, and interpret each site, but it also expands the story of life on Aden over thousands of years.

For the purposes of this activity pack, we will focus on the Neolithic site and the two Late 19th & Early 20th Century Trench sites.

For further information please scan the QR code or visit the Aden Country Park website at:

<https://adencountrypark.org.uk/history-heritage/archaeology/>



Activity – Aden Archaeology Trail

An Aden Archaeology Trail has been developed to help visitors get a better understanding of each archaeological site in Aden Country Park. The trail is self-guided and provides a fascinating insight into five significant sites of archaeological interest. Once you arrive at each site, you will find an interpretation panel which provides further insights, and QR codes for further reading.

Before starting any of the archaeology activities, we would encourage you to pick up the 'Trails at Aden' leaflet from the park Visitor Information Centre, Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at:

<https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

Activity – Record Your Finds

In archaeology, all the objects found on an archaeological excavation are called artefacts. Each artefact must be recorded so that there is a record of what was found during that excavation. Archaeologists try to include as much information as possible such as size, colour, and any interesting information.

Record your artefacts like a Finds Specialist!

Instructions:

1. Choose something that you would like to record. This could be anything - a toy, book, or even a can of beans!
2. Make your own artefact recording sheet (see example below) and answer the questions on your artefact recording sheet
3. Make a sketch of your find, just like a Finds Illustrator might do. Try to add some measurements so we know how big the artefact is. You can also add some colour to your drawing.

Artefact Recording Sheet

Where was this object found?	
What colour is the artefact?	
What does the artefact feel like?	
What is this object made from?	

Draw a picture of the artefact in the space below
Once you have sketched your object, add measurements and colour

Activity – Archaeology Wordsearch

- The following wordsearch has been developed based around the topic of the archaeology. Can you find the archaeology related words in the table below?

a	t	r	o	w	e	l	f	d	p	a	w
q	w	s	d	v	w	n	i	o	l	r	r
w	d	n	m	e	a	s	u	r	e	c	a
d	i	s	m	k	s	e	y	t	n	h	r
f	g	p	b	a	h	r	a	t	c	a	t
f	g	o	o	w	e	v	o	s	m	e	e
g	i	i	p	t	a	m	p	u	s	o	f
h	n	l	s	c	t	t	s	r	j	l	a
i	g	h	x	w	b	e	t	v	v	o	c
o	w	e	t	r	e	d	r	e	b	g	t
r	s	a	n	w	o	m	p	y	u	y	c
r	p	p	h	o	t	o	g	r	a	p	h

Words to find:

digging	find	pottery	trowel
spoilheap	excavate	survey	photograph
measure	artefact	archaeology	wash

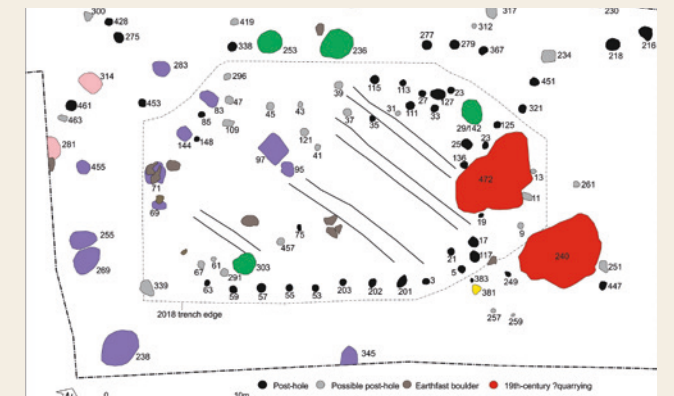
6a. NEOLITHIC SITE



In 2017, fieldwalking and a geophysical survey revealed three intriguing aligned post-holes in one of the fields in Aden Country Park. During a subsequent ten-day archaeological dig in 2018, local volunteers, schools and groups helped to excavate a series of features and clear and clean a 30x16m trench.

The excavation uncovered what is believed to be a building, oriented SW-NE consisting of at least 70 features. The excavated building was heavily ploughed and burrowed but the bases of features excavated suggest that it was possibly a building 12-14m wide and 27m long, most likely dating to the Neolithic period.

In 2019 a further archaeological dig revealed that there are also two lines of post-holes to the N and the W which may represent entrances into the structure. The findings also suggest that the structure could be an unroofed, Neolithic mortuary enclosure.



Plan showing trench with features excavated.



For further information about the Neolithic Site please scan the QR code or visit the Aden Country Park website at: <https://adencountrypark.org.uk/history-heritage/archaeology/neolithic-site/>

Activity – Visit the Neolithic Site

The Aden Archaeology Trail guides people around all the archaeological sites of interest in Aden Country Park. Why not pick up a 'Trails at Aden' leaflet and either visit all the sites or follow the map to the Neolithic site. Although no remains of the Neolithic site can be seen, a handy interpretation panel will provide further insights into the Neolithic site, and what it might have been used for.

You can pick up a 'Trails at Aden' leaflet from the Visitor Information Centre, the Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at: <https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

Neolithic Farming & Tools

The recent Neolithic site archaeological dig in Aden Country Park has helped us to further understand Aden's relationship with farming in the Northeast of Scotland, over thousands of years. People from the Neolithic era are considered to be the first farmers, foraging for fruits and berries and domesticating cattle. It is from this era onwards that Aden has continued to provide an agricultural lifestyle for its people.



Neolithic Site flint knapping workshop




Tools were widely used during the Neolithic period, both inside a settlement for things like food preparation and weaving, as well as outside a settlement, for agriculture and hunting. Smaller tools helped Neolithic farmers to cut food, harvest cereals, and cut hides. Larger tools were used for preparing the earth for planting, axes for the cutting down trees, and chisels for wood, bone, and stonework.

During the Neolithic period the introduction of pottery happened and would have radically changed people's ability to cook and store food. It would also have provided people with new objects to exchange with other groups, and perhaps even to convey social messages through the decoration.

Activity – Neolithic Farming & Tools

A description of three tools that might have been used by Neolithic people has been supplied below.

- How do these tools compare to the modern tools we use today?
- Can you think of any similarities?

Tool	Use
Leaf shaped flint arrowheads 	These are arrow heads that were fixed to the end of a wooden shaft and fired from a bow or thrown like a javelin. They would probably have been used for hunting animals and fishing to provide food, clothing and other essentials required by Neolithic people (who had no metal, plastic, or other more recent materials).
Polished stone axe head 	This is an axe head with a sharp rounded edge and a rounded end that would have been inserted into a hole in a wooden shaft. It may have been used as a tool for cutting wood for building however, its size and the fact it is polished means it may also have had a ceremonial purpose or been used as a status symbol. Axes like this were common in the Neolithic because people were felling thousands of trees to create fields for newly developed farming.
Pottery fragment 	This is a Neolithic fragment from a pottery bowl. This would have been from a pot or bowl that would have been used for either eating or cooking.

Neolithic Food & Diet

The Neolithic era brought with it an agricultural revolution. During this period Neolithic people began domesticating animals such as goats, sheep, and cattle, as well as cultivated and processed cereals, albeit not on a large scale. Neolithic people also continued to gather wild foods such as mushrooms, berries, and plants, as well as hunting wild animals.



Demonstration of traditional Neolithic cooking

The diet of the Neolithic people would be considered very healthy, as they did not consume processed foods which contain refined sugars. The Neolithic diet is a good example of how to eat a healthy, well-balanced diet, still recommended today.

Activity – Neolithic Food & Diet

- A list of common food consumed in the Neolithic period is shown below. Can you arrange the 10 food items into the correct food group?

Food Groups	Foods
Fruit	Raspberries
Vegetables	Fish
Proteins	Mushrooms
Grains/Nuts	Eggs
Dairy	Goats milk
	Blackberries
	Onions
	Garlic
	Nuts
	Oats

- Think about the diet you eat today. Do you have a balanced diet? Do you consume food from all five of the food groups? Can you think of one food you eat from each of the food groups?

Neolithic Life

Life for people in the Neolithic period would have been very different to how we live today. The information supplied below will help to illustrate how Neolithic people existed at this time.

Houses

While some substantial houses are known from the Neolithic period, there do not appear to have been many of them, and it is likely that many people were still living relatively mobile lives in temporary tent-like dwellings for much of the year. As a result, they may have constructed large communal monuments to act as focal points in the landscape, where dispersed groups would meet up over the course of the year.

Clothing

Neolithic people wore handmade cloaks, shoes, and head-dressings. Furs and non-cured hides were among the most popular materials used to make clothing during the Neolithic period. Furs required the least amount of processing, as they were pinned together with bone fasteners, rather than stitched. They were also the best material to provide protection to the body during harsh, cold winter months.

Health and wellbeing

Neolithic people would still have had ailments and illnesses and were able to respond to these using the resources they had available. This included using beeswax to make fillings for their teeth, along with using herbs as natural remedies.

Activity – Neolithic Life

Based on what you have learnt, create a character who would have been alive in the Neolithic period. Use your creative skills to draw a character, along with writing a story about a day in the life of someone from the Neolithic period. An example of what Neolithic people may have looked like is supplied below. This image is from “The First Foresters” which can be downloaded by visiting: <https://forestryandland.gov.scot/what-we-do/biodiversity-and-conservation/historic-environment-conservation/learning/the-first-foresters>



Communal Monuments

During the Neolithic period communal monuments, like the mortuary enclosure found in Aden Country Park, were constructed. It is feasible that the ceremonies carried out at such ‘ritual’ sites became quite elaborate, with nominated ceremonial leaders and perhaps only certain special people allowed to take part. Although it isn’t clear how people buried their dead at this time, it is possible that people were left out on mortuary platform enclosures to rot or be picked clean by scavenging birds.



Neolithic mortuary enclosure in Aden by Jan Dunbar

6b. LATE 19TH & EARLY 20TH CENTURY TRENCHES

In 2017 an archaeological excavation took place beside the caravan and camping site in Aden Country Park. A plane table survey was carried out which showed several round, oval, and irregular shaped structures as well as a series of Z-shaped ditches.

A group of 10 structures were recorded and trenches through these features revealed that they were all post early 19th century in date.

During the late 19th century, the Aberdeenshire Volunteers had trained at various estates, including Aden. General Frank S Russell and the Buchan Rifle Volunteers hosted a large group of volunteers, and it is thought that the trenches were created during these training events.

Prior to the 2017 excavation, an archaeological assessment was carried out in 2013 to identify the nature of a similar series of circular enclosures in the woodland area north of the 21st century arboretum.

Features excavated, A through to E, (shown on the plan to the right), produced a high proportion of finds which were late 19th - 20th century in date. Probably the most intriguing finds were a single flint flake, and three copper trouser fly buttons, possibly military in nature.

It is from these similar features and finds that a link can be made between the two circular enclosure sites. It is now thought that the earlier 2013 excavation might also represent structures built by the Buchan Rifle Volunteers who trained at the Aden Estate.



General Frank S Russell of Aden and officers of the Buchan Rifle Volunteers c1875



Plan of surveyed features



For further information please scan the QR code or visit the Aden Country Park website at: <https://adencountrypark.org.uk/history-heritage/archaeology/wwi-trenches/>

Activity – Visit the Late 19th & Early 20th Century Trenches

The Aden Archaeology Trail guides people around all the archaeological sites of interest in Aden Country Park. Why not pick up a ‘Trails at Aden’ leaflet and either visit all the sites or follow the map to the two Late 19th & Early 20th Century Trench sites. On arriving at each site, a handy interpretation panel will provide further insights into what the site was once used for. Although there perhaps isn’t any obvious remains, look closely at the lumps and bumps in the ground.

You can pick up a ‘Trails at Aden’ leaflet from the Visitor Information Centre, the Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at: <https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

World War I & World War II at Aden Country Park

Aden Country Park was utilised in different ways during both World War I and World War II. Archaeological investigations carried out in 2013 and 2017 revealed that z-shaped training trenches were created at the beginning of the World War I. At this time there was a huge influx of recruits into the army, and the digging of practice trenches was a means of imparting valuable military skills to the soldiers. This helped to build up the men's fitness, skills, and team spirit. Across the UK there would have been many training trenches as British soldiers were not sent to the Western Front untrained.

The practice trenches are not the only link to military conflict at Aden Country Park. During the Second World War the Aden Mansion House was used as accommodation for soldiers. It was after the Aden Mansion House was used by the soldiers that it fell into disrepair.

Activity – Life in the Trenches

Although the trenches in Aden were only used for training purposes, it is interesting to relate these to the actual trenches used during World War I. Look at the images below of the soldiers in the trenches.

Discuss the questions below with a partner:

1. What would a typical day have been like in the trenches?
2. What were the purposes of the trenches?
3. What were conditions like in the trenches?



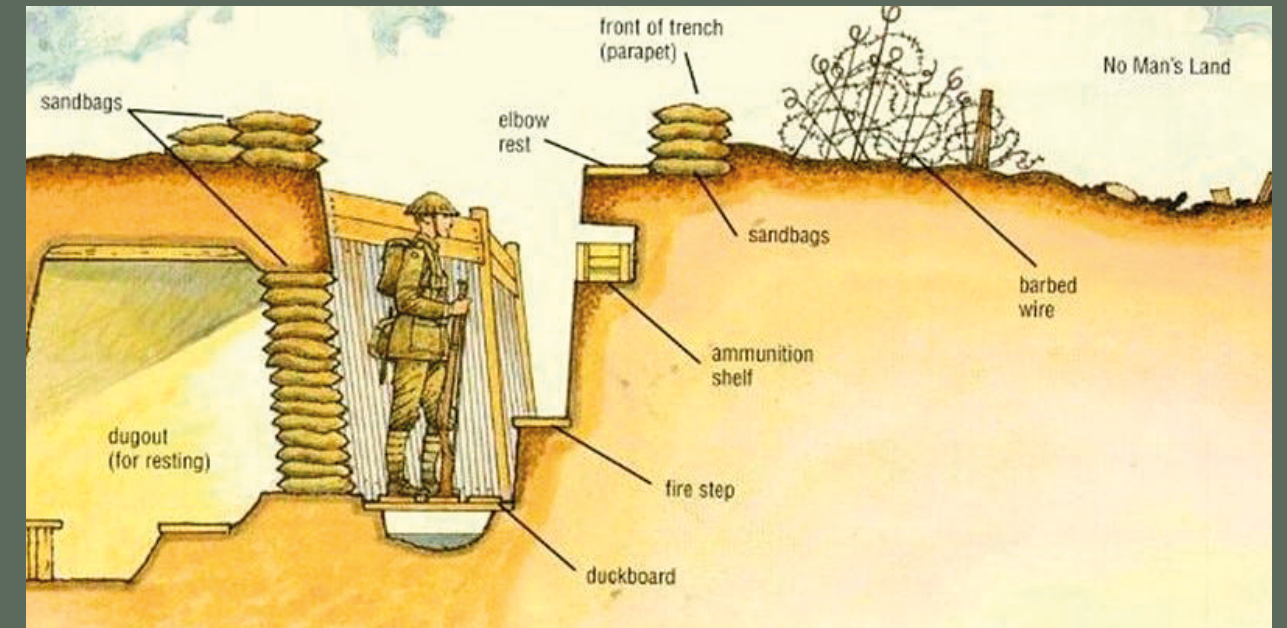
A typical day in the trenches

5.00am 'Stand-to' (short for 'Stand-to-Arms', meaning to be on high-alert for enemy attack)	12.00pm Dinner (after dinner sleep and downtime)
5.30am Rum ration	5.00pm Tea
6.00am Stand-down half an hour after daylight	6.00pm Stand-to half an hour before dusk
7.00am Breakfast (usually bacon and tea)	6.30pm Stand-down half an hour after dusk
8.00am Clean selves and weapons, tidy trench	7.00pm Work all night with some time for rest (patrols, digging trenches, putting up barbed wire)

Activity – What was in the trenches?

Draw a picture of trenches that would have been used at this time. Try and include as many of the objects shown in the photographs provided. After you have drawn your picture, label each element. After labelling the various elements/objects, think about their purpose.

Example image of what a completed drawing and labelling might look like:



Life in the trenches was challenging. The conditions were often cold and wet and being built into the ground, trenches were often infested with rats. This led to soldiers getting diseases such as trench foot and trench fever.

Dig for Victory!

World War II began in 1939 and ended in 1945. During this time, the Aden Mansion House was used for accommodation for soldiers. In addition, the old walled garden and hothouses would have been used to grow fruit and vegetables. Adolf Hitler tried to starve Britain into submission in the Second World War, which meant food was in short supply because of the risk to merchant seamen of bringing in food from overseas. These seamen risked their lives importing food due to the high risk of being targeted by German submarines.

Consequently, the Government encouraged householders to set up ways to produce more food on the home front. One way was to grow their own fruit and vegetables. This campaign was known as the 'Dig for Victory'. As food was in short supply little encouragement was required.



Activity – Dig for Victory!

- What was the dig for victory campaign?
- Was it successful?
- What type of food might have been grown in Aden at this time?
- Create your own poster for the dig for victory campaign.

Letters Home

During the war soldiers in the trenches would write home to their families. Every week about 12 million letters and postcards were sent. There were some things they were not allowed to write about and officers would check letters before they were posted. They could not write about anything that might help the enemy, like movement of soldiers and plans to attack. The soldiers also couldn't complain about life in the trenches or tell people about battle plans that had gone wrong in case people at home started to complain about the war.

Follow Up Activity – Letters Home

- Write a letter to someone at home. Think about how you might have been feeling and include those feelings in your letter to home.
- What sort of things couldn't you write in your letter home?
- Are there any similarities between what the soldiers weren't allowed to say in their letters home and modern-day communication methods e.g. mobile phones? Are there the same concerns that information might fall into the enemy's hands?

7 ADEN ESTATE

7a. HISTORY AND HEYDAY OF THE ADEN ESTATE

Aden (pronounced Aa-den), meaning bonnie burn or brae, is a 230-acre country park which has a rich agricultural heritage dating as far back to the Neolithic period. However, the estate's present day appearance dates predominantly from the ownership of the Russell family.



The Thomson family outside the Horseman's House in the Farm Square, 1919-22

Through the centuries, not much is known about Aden, until the first written recording of Aden (or as it then was – Aldin or Alenn) in the famous 10th Century New Testament manuscript known as the Book of Deer.

Little else is known until the 13th century, when the Comyn family (Earls of Buchan), owned the lands of Aden. In the Scottish War for Independence (1296 – 1357), Comyn supported England and was defeated by Robert the Bruce at the battle of Barra, near Inverurie.

Bruce redistributed Comyn lands among his supporters the powerful Keith family, who became the heirs of the estate of Aden. The Keiths held onto the land for the following 400 years, and it is thought that it was during this period that first house, or castle was built.

Following their backing of the failed Jacobite uprising of 1715, the Keiths in turn forfeited the Aden Estate. The land was bought by the York Building Society, changing hands shortly afterwards when the Ferguson family bought the estate and held the land for some thirty years.

7b. THE RUSSELLS

In 1758, the Aden Estate, along with the village of Old Deer, was sold to what would be the first Russell laird, Alexander Russell, a Banffshire farmer from Montcoffer. After purchasing the estate, Alexander set about enlarging the Aden House and commenced a programme of agricultural improvement, as was common among landowners at this time.



The Aden Mansion House c1850

In 1792, Margaret Cumine, a member of the notable family with lands at Kinninmonth, married Alexander Russell, which considerably added to the family lands.

Alexander Russell's eldest son, Alexander, became the second laird, and was responsible for building the semi-circular home farm steadings circa 1800. During this period, lairds were adopting new scientific approaches to estate management, constructing buildings based around horsepower.

Having succeeded his brother, in 1832, James (the 4th laird) employed Aberdeen architect John Smith, aka Tudor Johnnie, to design improvements to the Aden House. A programme of rebuilding was undertaken so 'that the old house was buried behind the present Victorian façade'.

By 1836 estate improvements were complemented with gate lodges, a coach house, laundry, ice house and even a gasworks. Caroline, James' wife, is said to have also redesigned the grounds, planting specimen trees and creating landscape gardens and hothouses.

In 1875, James George Russell (fifth laird) inherited Aden, but died without any heirs. As a result, Francis Shirley Russell, although the youngest son, inherited Aden in 1887 and became the sixth laird.

Frank made many improvements to the farming estate, and by the turn of the century the Aden Estate covered 31 sq. miles. Indeed, the Russells were one of the biggest landowners in Aberdeenshire, with the gross rental income reaching almost £3,000 per annum.

At this time there were about thirty workers servicing the needs of the laird. The small army of staff would have included house servants, foresters, gamekeepers, and farm workers, and many in the stables and gardens.

In 1912, Frank died at the age of 72. After his passing, Mrs. Russell ran the estate whilst their second son, Drostan Russell, and now seventh laird, served in Africa. Unfortunately, just three years later, Drostan dies of Blackwater fever, and the Aden estate passes to his brother, Sidney Cumine Russell, who became the eighth and final Laird at Aden.

Sidney ran Aden through difficult years of agricultural depression, with decreasing revenues and increasing costs. Finally, in 1937, after the death of one of their four children, Sidney, and his wife Meriel, reluctantly sold Aden, much of Old Deer and the estate's remaining 52 farms.



Frank S Russell



For further information please scan the QR code or visit the Aden Country Park website at: <https://adencountrypark.org.uk/history-heritage/park-history/>

Activity – Aden Estate Trail

An Aden Estate Trail leaflet has been developed to provide an intriguing insight into what life would have been like on the former Aden Estate. The trail is self-guided, and at each of the estate features you will find an interpretation panel which provides further insights, and QR codes for further reading.

Before starting the Aden Estate Trail, we would encourage you to pick up the 'Trails at Aden' leaflet from the park Visitor Information Centre, Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at: <https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

7c. FEATURES & FACILITIES OF THE ADEN ESTATE

The Home Farm Steading – The Courtyard

At the heart of the Aden Estate would have been the home farm steadings, or more commonly known as the courtyard. The steadings were built in the early 1800s with the layout being developed in line with technological advances in agriculture, where 'new steadings, built to architects' specifications, were models of organisation and method for the horse era'.

The visual impact of the semi-circular steadings, with its doocot and associated buildings shown in the illustration, is considerable, and this would have reflected the status of the Russell family being one of the biggest landowners in Aberdeenshire. Employing about thirty workers, the steadings would provide both services to the Aden Mansion House, as well as housing key workers including the Dairyman, Grieve, Coachman, and Horseman.

Today, the home farm steadings and associated coach house building have outstanding architectural as well as historical merit and have been given the category A grading by Historic Environment Scotland [HES]. The buildings are a rare survival of the agricultural improvement period and are described by as 'exceptional two-storey, semi-circular buildings with a central, four-stage, tower dovecot and dwellings'.

The steadings now house the Aberdeenshire Farming Museum, which includes the reimagined Horseman's House, Theatre space, and 'Weel Vrocht Grun' exhibition, translated as 'well-worked ground'. The exhibition tells the story of how farming in north east Scotland developed from the second half of the 18th century until the middle of the 20th century. Other modern-day uses of the home farm steadings include the Visitor Information Centre, Café at Aden, staff offices, and the Aden Craft & Gift Shop.



The home farm steadings in its Victorian heyday

Activity – Home Farm Steadings / Courtyard

- Visit the courtyard and spot the how the home farm steadings were once used in the past and how they are used today. The photographs below should help to illustrate



Aden Mansion House

Over the centuries the Aden Mansion House has played a crucial role in supporting family life on the Aden Estate. In 1758 Alexander Russell of Montcoffer, bought the Aden estate, becoming the first Russell laird. Alexander set about transforming the house by enlarging it to form a two-storey rubble built quadrangular building. An upside-down '1773' date stone can still be seen on one of the surviving walls, this is perhaps the date when the house first underwent improvement.



Aden Mansion House in its hey day

In 1832, the fourth Laird, James Russell, employed influential Aberdeen architect John Smith, aka Tudor Johnnie, to design improvements so 'that the old house was buried behind the present Victorian façade'. The ground floor of the west wing was raised, and a prominent Doric columned peri styled central bow with dome added. On the south front, a Doric columned porte-cochère was built, and the old courtyard was built over to form a huge billiard room.

Less than 100 years later, spiralling maintenance costs combined with falling farm income became a growing burden for the Russell family. Eventually the estate's financial problems became overwhelming, and in 1937 Sidney Russell, the eighth and last Laird, was forced to sell Aden.

For further information please visit the Aden Country Park website at:

<https://adencountrypark.org.uk/history-heritage/archaeology/the-mansion-house/>

<https://adencountrypark.org.uk/history-heritage/park-history/>

Activity – Aden Mansion House

- Visit the Aden Mansion House and spot how the building has changed. Why do you think the changes happened? The photographs below should help to illustrate the differences.



The Walled Garden

As would have been the case in most large estates at the time, a walled garden would have played an integral part of family life on the Aden Estate. Although nothing remains of the former garden within the surviving walls, photographs show that the walled garden was once split into a traditional pattern of perimeter paths, with borders along each of the walls. Glasshouses would have also occupied much of the north wall, with a bothy, potting shed, and Gardener's Cottage, which can still be seen today.

The walled garden would have been used to grow crops which would not normally survive the Aberdeenshire climate. Fruit such as tomatoes, peaches, vines, and nectarines would have been grown in the greenhouses, with plums, pears and apple trees grown up the inside of the walls.

Starting at 5.45am, gardeners would have worked an eleven-hour day. The cook would have placed her order for fresh fruit, vegetables, and flowers, in the morning, and everything would be supplied to the Aden House before lunch time.

Today, the walled garden has glasshouses and polytunnels which produce over 300,000 bedding plants annually which are given to over 100 community associations, groups, and community councils, to plant tubs, hanging baskets, and flower beds in towns and villages right across Aberdeenshire.



Flourishing Walled Garden in Aden



Aden Estate gardener in the walled garden



Walled garden today growing bedding plants

Activity – Walled Garden

- Why were walled gardens such as the one in the Aden Estate built?
- Can you name some fruit or vegetables that might have been grown in the walled garden?
- What kind of jobs do you think a gardener would have done?

Victorian Arboretum

An important feature within the landscape of Aden Country Park is the stunning Victorian arboretum (botanical garden of trees). Dating from the 1830's, the arboretum was developed in Victorian times, when tree and plant collecting was at its height.

Caroline Lambton who was the wife of the fourth laird of Aden, James Russell (1797-1875), is said to have been responsible for redesigning the Aden Estate grounds, planting specimen trees, and creating landscape gardens and hothouses. Well-constructed tree-lined drives led from the north and south gate lodges along curving approaches to the Aden Mansion House. A stone bridge was also built over the loop of the River Ugie leading down to the Victorian arboretum, known as the lower gardens.

Today, the Victorian Arboretum is enjoyed by visitors and the local community alike, as a place to relax, enjoy walks, and engage with nature. It is also an area where various events are held throughout the year, including the annual easter egg hunt.



Victorian Arboretum

Activity – Victorian Arboretum

- The Victorian Arboretum is a great place to spot wildlife, why not visit the arboretum and see what kinds of wildlife you can see. The person who spots the most is the winner. Answers can include insects, birds, and other types of wildlife such as squirrels or rabbits.

The Laundry, Gasworks and Ice House

In the 1830's the Russell family built several facilities to enhance family life, including an ice house, gasworks and a laundry building. The Russell family were one of the first Aberdeenshire estates to add to their self-sufficiency in this way.

The laundry building was built to deal with all the Russell family's needs for clean clothes, household linen and furnishings. The construction of these buildings demonstrated the Russell family's lavish lifestyle during the Victorian period. For upper class people in the 1800's it would have been typical for families to employ washerwoman and general servants to work on the estate.

Another feature of the Aden Estate was the introduction of the gasworks. The gasworks was built as a means of providing fuel for lighting and heating the Aden Mansion House and other buildings on the estate. At the time, gas was commonly used to heat large country properties like the Aden House. Gas would have been the chosen fuel for these large properties as it would prove to be more cost efficient.



Derelict laundry building prior to renovation



Laundry building today

A gasworks was divided into several sections for the production, purification, and storage of gas. The gasworks building was also located away from the Aden House, as the gas making process would have produced steam, smoke, and unpleasant odours.

Along with providing many benefits to family life, and the life on the estate, the early adoption of gasworks by the Russell family, was also used as a status symbol, signifying the Russell's high social and economic standing at the time.

On the bank near the bridge across the river Ugie lies the old Aden Estate Ice House. This building would have provided the Russell family with an early method of refrigeration, and a cool place for the preservation of food.

During the winter, ice and snow would be cut from the river, taken into the ice house, and packed with insulation (often straw or sawdust). It would remain frozen for many months, often until the following winter, and could be used as a source of ice during the summer months. The main application of the ice was the storage of foods, but it could also be used simply to cool drinks, or in the preparation of ice-cream and sorbet desserts.

Ice houses were considered a symbol of wealth due to the high costs for construction and maintenance. The typical content of an ice house would have included meat and dairy products. Ice houses became no longer used once the refrigeration process was perfected.



Remains of the Aden Gasworks



The Ice House in Aden Country Park

Activity – Laundry, Gasworks and Ice House

- Following the Aden Estate Trail, take some time to find and explore around the old laundry building, gasworks and ice house.
- What were the main functions of the gasworks, ice house and laundry building?
- Imagine you lived on the Aden Estate before the gasworks, ice house and laundry were built, what would life have been like without these facilities, how would people light up rooms, kept warm, preserved food, or kept their clothes clean?
- Would you have liked to have lived before these modern-day conveniences were invented?
- What modern technology has replaced a gasworks, ice house and laundry building?

Estate Cottages, Houses, and Lodges

At the beginning of the 20th Century there were around thirty estate workers at Aden. This included house maids, foresters, gamekeepers, farm workers, and many in the stables, sawmill, and gardens.

The Russell family-built accommodation for all its important estate workers, including the Grieve's House, Dairyman's House, Coachman's House, and Horseman's House in the central home farm steadings. Today these buildings all play a different role to what it was in the times of the Aden Estate. A good impression of what family life of an important farm servant was like in the 1920's can however be found within the Aberdeenshire Farming Museum, at the Horseman's House. This building has been sympathetically dressed as the Horseman's House at a time when the Aden Estate was at its height. The size of the house reflects the status of Jimmy Thomson, the horseman of the time, which perhaps looks small by today's standards, but at the time, this was a large dwelling which reflected Jimmy's high status within the farming community.



Horseman's House sympathetically dressed



The curious West Lodge, known as the Doctor's Lodge

Other accommodation supplied to important estate staff included the Forester's Cottage, Gardener's Cottage, and at the North (Goldie's) Lodge, West (Doctor's) Lodge, and at the South (Twin) Lodges.

In 1832-3, the fourth laird of Aden, James Russell, employed Aberdeen architect John Smith, aka Tudor Johnnie, to design improvements to the Aden Mansion House and estate, which included improvements to the North Lodge with its Doric portico, the curious West Lodge, and at the South Twin Lodges. These improvements also reflected the importance of its inhabitants, and although grand in design, like the Horseman's House, when compared to modern day houses, it is hard to believe whole families would have lived in such small houses.

Activity – Estate Cottages, Houses, and Lodges

- Following the Aden Estate Trail, take some time to find and explore the old estate houses, cottages, and lodges.
- If the Aberdeenshire Farming Museum is open, visit the Horseman's House to get a good impression of how the Horseman and his family would have lived.
- Imagine you lived on lived in one of the estate cottages, houses, or lodges, what do you think life would have been like living in such small homes with none of the modern-day conveniences that we have today.

People Who Worked On The Aden Estate

By the turn of the nineteenth century the Aden Estate covered 31 sq. miles, and the Russells were one of the biggest landowners in Aberdeenshire. At this time there were about thirty workers servicing the needs of the laird. The small army of staff would have included chamber maids, foresters, gamekeepers, farm workers, and many in the stables and gardens.



Gardeners at the walled garden



Aden House chamber maids



Gamekeeper after a hunt



Blacksmiths inside the Home Farm building



Estate farm workers repairing farm equipment

Activity – People Who Worked On The Aden Estate

Take some time to think about the lives and jobs that the estate workers would have had.

- Can you name some of the jobs people would have been employed to do on the Aden Estate?
- What do you think daily life would have been like for estate workers?
- What sort of hours do you think a typical estate worker would have?
- Depending on the job, what do you think the pay would have been like?
- Were some employees more important than others? If so, what clues are there that show this?
- Which of these jobs would you like to have done and why?

Activity – Aden Estate Wordsearch

- The following wordsearch has been developed based around the topic of the Aden Estate. Can you find the words in the table below?

l	p	m	w	y	r	e	i	x	o	o	k
a	k	a	r	q	u	a	s	c	h	t	l
i	c	i	m	a	s	u	r	o	m	i	p
r	a	h	o	r	s	e	m	a	n	o	g
d	f	g	h	o	e	r	n	c	i	d	a
f	o	n	e	c	l	t	b	h	m	g	r
m	x	o	o	s	l	u	r	h	o	j	d
a	r	j	c	s	t	q	l	o	d	g	e
r	m	n	a	o	a	a	z	u	u	f	n
a	r	w	d	c	t	f	t	s	g	r	e
g	a	m	e	k	e	e	p	e	r	o	r
g	f	h	n	a	d	r	u	s	w	c	g

Words to find:

russell	laird	dairy	lodge
gardener	doocote	aden	estate
coach house	horseman	farm	gamekeeper

8 ADEN'S FARMING HERITAGE

Archaeological digs which recently discovered the remains of a Neolithic mortuary enclosure help us to further understand Aden's relationship with farming in the Northeast of Scotland. People from the Neolithic era are considered to be the first farmers, foraging for fruits and berries and domesticating cattle. It is from this era onwards that Aden has continued to provide an agricultural lifestyle for its people.

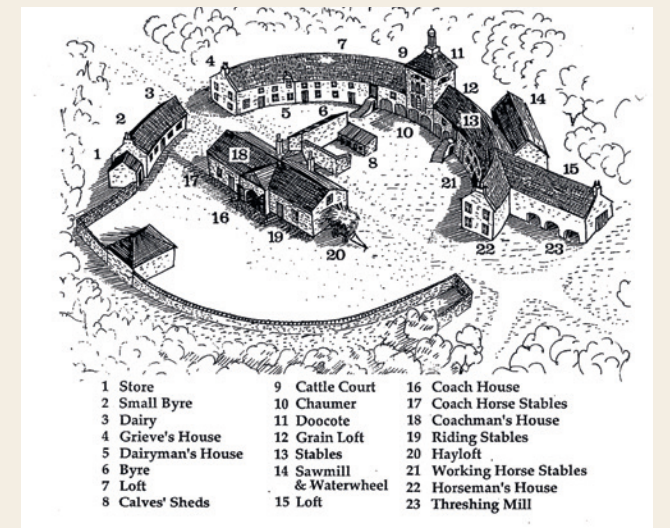


Aden farming estate workers taking a well-earned break

Centuries later, the Russell family, who purchased the estate in 1758, were responsible for a programme of agricultural improvement to the estate. Along with enlarging the Aden Mansion House and the construction of the home farm in the early 1800's, scientific approaches to the organisation and management of the estate were adopted, allowed the efficient deployment of new technologies based around horsepower.

At the turn of the century, the estate of Aden was extensive, and the Russells were one of the biggest landowners in Aberdeenshire, with gross rental income reaching almost £3,000 per annum. At this time there would have been about thirty workers at Aden – house servants, foresters, gamekeepers, and farm workers, and many in the stables and gardens.

Aden's link to its farming heritage can still be seen today. The drawing shown helps to illustrate how the Aden home farm steadings looked c1915. It is interesting to see which buildings remain, what their farming function was in the past, and how they are used today.



The Farm Square in its Victorian heyday

Indeed, the coach house building you are in, would have originally contained stables for coach horses, riding stables, a hayloft, and a house for the coachman, as well as housing for the coaches themselves. Today the building is used as a central Visitor Information Centre, public toilet, and office accommodation upstairs.

Apart from the steading buildings, Aden's link to agriculture and horticulture is still visible today through the fields let out to local farmers, the creation of the Aden Allotments, at the annual Vintage Tractor & Heritage Day event, or in the Aberdeenshire Farming Museum and Hareshowe Farm buildings.

For further information please scan the QR code or visit the Aden Country Park website at:



<https://adencountrypark.org.uk/history-heritage/farming-heritage/>
<https://adencountrypark.org.uk/history-heritage/park-history/>

Activity – Agricultural Heritage Trail

An Agricultural Heritage Trail has been developed to provide an intriguing insight into rural farming life in the North East of Scotland in the late 19th and early 20th centuries. The trail is marked with Corten steel posts, interpretation panel with images from the James Morrison Photographic Collection, coupled with QR codes for further reading.

Before starting the Agricultural Heritage Trail, we would encourage you to pick up the 'Trails at Aden' leaflet from the park Visitor Information Centre, Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at:

<https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

8a. NORTH EAST FARMING THROUGH HISTORY

Aberdeenshire's farmland comprises about one quarter of Scotland's arable land. The richness of the land, and the endeavours of the farmers, are evident across Aberdeenshire, and it is the environment in which the former Aden Estate operated when it was a successful agricultural enterprise.

Farming in Aberdeenshire is no longer characterised only by animal husbandry and growing of crops. Considerable adoption of new technologies, along with diversification has taken place, and continues to do so. Farmers strive to remain viable and with the adoption of mechanisation, increases in farm sizes, and a wider range of products, it is fascinating to see how farming has changed since the heyday of the Aden farming estate.



Tractor sowing a field with Bennachie in the background

Changes in Farming

Some of the main changes in farming over the last 75 years include:

1. Farm Size - Farming has become large scale and there are less small family farms and more farm businesses who own/manage many farms.
2. Field Size - Hedgerows have been removed to increase field size and production and to enable machinery such as combine harvesters to be used more efficiently.
3. Mechanisation - Vast changes have taken place in the machines that are used in modern farming. This has changed the way farming is now carried out.



Fields have increased in size to allow access to large machines.

4. Buildings - Specialised buildings are now constructed, including temperature-controlled storage sheds for drying grain and keeping harvested crops at optimum temperatures.
5. Science & Technology - Advancements in both have meant that farming has changed dramatically. Farmers now have tractors that can drive themselves, can control shed temperature by their mobile phones, and have seeds that have been bred to resist disease.
6. People - In the past, agriculture was very labour intensive, and every farm had several workers. During school holidays children would help work the land - picking soft fruit in the summer or harvesting potatoes in the October/tattie holidays.

Farming Techniques

To help understand how farming has changed, a few farming jobs are compared below.

Ploughing

A plough is a farm tool for loosening or turning the soil before sowing seed or planting. Single furrow ploughs were traditionally drawn by horse. It would have taken a long time to plough a small field, approximately taking one farmer, one day to plough one acre. With modern farming advancements, animal power has been replaced with tractor power, capable of pulling large ploughs, which increases speed and efficiency. Now it will take one farmer, one day to plough approximately forty to sixty acres.



Single furrow plough pulled by Clydesdale Horses



Eight furrow plough pulled by tractor

Activity – Farming Techniques - Ploughing

- From the photographs above, what differences can you see in how ploughing has changed over the last 75 years?
- How long do you think it will take each farmer to plough a field?
- What advantages and disadvantages are there in terms of how ploughing has changed?

Sowing Crops

After ploughing, large lumps of earth need to be broken down before planting. In the past, the seed would have been sown by hand, and harrowed afterwards by horse-pulled harrows. This process would have been slow and labour intensive. Nowadays, a single farmer can use a machine called a one pass which can do several jobs all at once. The one pass machine breaks up the soil, and sows the seed at precise intervals and depth, and then recovers the seeds. This machine makes sowing crops much faster and more efficient.



Sowing seeds by hand – harrowed afterwards by horse-pulled harrows.



Tractor pulling a 'One Pass' which will sow the seed, plant fertiliser, harrow the soil all in one pass.

Activity – Farming Techniques – Sowing Crops

- From the photographs above, what differences can you see in how crops were planted?
- What advantages and disadvantages are there in terms of how crops were sown in the past and how they are sown today?

Harvest Time

Harvest time in the past was very labour intensive. Although early machinery allowed the crop to be cut by horsepower, the cuttings would have been gathered by hand. The sheaths would then be thrashed through the thrasher machine which separated the grain from the stalks. Today, a single machine, a combine harvester, does all the work, with one farmer controlling the combine, and another collecting the grain. To improve efficiency further, combine engines and header sizes have increased, dramatically improving efficiency.



Cutting (horsepower) and gathering (by hand) the sheaths of oats to be collected, then thrashed.



The thrasher which separated the grain from the stalks.



Modern day combine harvester – increased engine and header size

Activity – Farming Techniques – Harvest Time

- From the photographs above, what differences can you see in how harvesting crops has changed over the last 75 years?
- What advantages and disadvantages are there in terms of how harvesting crops has changed?

Making Silage (Grass Cutting)

The process of silage making in the past was very time consuming. Farmers would have cut grass with a scythe, and then collected and made haystacks. Today, mechanisation has again speeded up the process, with the cut grass either being collected and stored under controlled conditions, or baled and wrapped in plastic so that the bales can be stored outside for winter feeding.



Cutting grass for winter feed by scythe



Making stacks to store the hay for use over the winter months



Cutting grass to make silage for winter feeding with 2 x mowers to increase speed/efficiency.



Loose cut grass collected and put into a silage pit or silo over winter.



Large round baler used to make silage bales for winter feed



Bales are now wrapped in plastic so they can be stored outside for winter feeding

Activity – Farming Techniques – Making Silage (Grass Cutting)

- From the photographs above, what differences can you see in how making silage (cutting grass) was done in the past and how it is done today?
- What advantages and disadvantages are there in terms of how making silage (cutting grass) has changed?

8b. ANIMALS THAT LIVE ON THE FARM

Animals are all around, high in the sky and low on the ground. There are wild animals, that live free in nature, and domestic animals, that live close to people. Wild animals live in forests, fields, deserts and even on ice and snow. You can find wild animals in a zoo where they are kept for people to see them. Some domestic animals live on a farm where farmers look after them. Some examples of farm animals include sheep, pigs, cows, horses, chickens, goats, ducks, and geese.

Activity – Animals that Live on the Farm – Domestic & Wild Animals

- Can you arrange the following list of animals into two groups – Domestic Farm Animals and Wild Animals?

Domestic Farm Animals	Wild Animals
Tiger, Sheep, Goat, Fox, Camel, Chicken, Giraffe, Elephant, Pig, Horse, Goose, Bear, Cow, Badger	

Do you know what farm animals eat?

Horses, cows, and sheep graze on grass in fields. Rabbits love leaves. Pigs eat almost anything from grass, corn, and vegetables and even small animals. Goats eat plants but are also eat almost anything including paper and clothes! Chickens eat grass, corn, and seeds. Geese eat seeds, berries, and grass.

Why do people keep farm animals? How are they useful/good for us?

We know that people keep farm animals, but why? How are farm animals useful to people?

Activity – Animals that Live on the Farm: Why do People keep Farm Animals

- Can you match the farm animals with how they are useful to people?

Farm Animals	How Farm Animals are Useful to People
Cows	Give wool that is used to make warm clothes: jumpers and socks.
Horses	Kept for meat called pork and bacon, found in sausages.
Pigs	Kept for meat and fur.
Turkeys	Give us milk which is used to produce cheese and yoghurt.
Chickens	Kept for meat called beef.
Goats	Give us eggs. Kept for meat and feathers.
Rabbits	Used to carry people and pull carts. It's fun to ride them!
Sheep	Kept for meat that is used for Christmas dinners!
Dairy Cows	Give us milk which is used to produce cheese and yoghurt that are particularly healthy!

Where do Farm Animals live on the Farm?

Farm animals are all kept in all different places on a farm. Cows and sheep roam around in the fields. Goats often climb over walls and things. They can even climb trees! Pigs are happy to stay in a pigsty. Horses live in a stable but like to exercise in the field. They love running! Chickens live in a hen house or coop, but they also like to roam around. Chickens and geese are birds, but they prefer to walk rather than fly.

Activity – Animals that Live on the Farm – Where do Farm Animals live on the Farm?

- Can you match the farm animal with the descriptions?

Farm Animals	Descriptions
Cows	I live in a field or pasture.
Sheep	I live in a stable.
Goats	I can live in a mountain and can even climb trees.
Chickens	I live in a hen house or coop.
Pigs	I live in a field and like to be in a herd (group).
Horses	I live in a pigsty and can eat almost anything.

Farm Animal Characteristics?

Farm animals come in all shapes and sizes, make different noises, and either covered in feathers, hair, or perhaps wool. Adult farm animals and babies also have different names, as do male of female farm animals, can you name them?

Activity – Animals that Live on the Farm – Farm Animal Characteristics

Can you identify and answer the questions on animals that can be found on a typical farm in the North East of Scotland?

- What am I?
- What noise do I make?
- What is a boy and girl of me called?
- What are babies of me called?
- What am I covered in?



Activity – Farming Wordsearch

- The following wordsearch has been developed based around the topic of farming. Can you find the words in the table below?

s	o	e	t	d	v	b	g	k	f	i	w
w	h	e	a	t	a	f	o	d	a	a	f
e	q	p	l	r	j	w	a	o	r	w	h
l	m	i	w	a	c	e	t	t	s	c	o
l	i	f	a	c	o	w	s	r	i	q	r
i	l	a	t	t	r	e	h	o	l	f	s
e	k	r	s	o	i	l	s	s	a	a	e
s	j	s	h	r	e	e	r	i	g	r	t
c	r	h	c	r	o	p	h	w	e	m	r
r	a	e	w	c	h	i	c	k	h	e	n
w	f	e	p	i	m	g	t	l	e	r	c
k	v	p	l	o	u	g	h	m	k	h	m

Words to find:

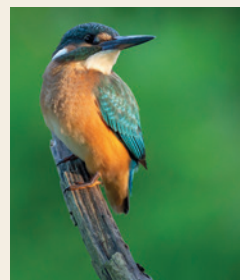
tractor	cows	wellies	milk
chick	sheep	wheat	soil
pig	horse	straw	farmer
plough	crop	silage	goats

9 NATURE AND WILDLIFE

With its diversity of managed and semi-natural habitats, Aden Country Park attracts an array of different animals and birds throughout the year. Whether it's the wide variety of nesting and migrating birds, wealth of aquatic and land invertebrates, amphibians, and mammals, the resident but secretive roe deer, or summer migrants such as osprey. Whatever the season, Aden is an important natural environment in the Northeast of Scotland.



Of course, what you might see depends on what season you visit, the time of day, and even how quiet and patient you are. Mammals spotted in Aden include rabbits; water shrew; fox; otters, roe deer, and let us not forget bats, the only mammal that can fly! Signs of the presence of mammals in Aden include prints, droppings, homes and feeding.



Kingfisher

As well as mammals, Aden attracts masses of different birdlife, including heron, osprey (flying overhead in summer), goldcrest (our smallest bird), woodpeckers (often heard rather than seen), buzzard; chaffinch, wren, tree creeper, dipper; blue tit, great tit, crows (have learned to check you've left no crumbs after your picnic!), mallards, moorhen, siskin, black headed gulls, oystercatcher, pink footed geese (flying over during the winter months), blackbirds, thrush, greenfinch, and if you're lucky, a turquoise flash of a kingfisher by the lake.

Other wildlife to watch out for include a wide variety of insects and amphibians, such as: frogs, toads, butterflies, spiders, dragonflies, slugs, snails, water boatmen, woodlouse, shield bugs, lace wings, caterpillars, beetles, bees, to name but a few.

Many of the species found in Aden are included on the Scottish Biodiversity List and Local Biodiversity Action Plans which identify the species and habitats of the highest priority for biodiversity conservation in Scotland and within the Northeast.



Sexton Beetle



Fox

Aden's conifer plantations are home to red squirrels and crossbills can sometimes be spotted feeding on cones in the treetops. Roe deer rest during the day in the birch woodlands which are also home to a variety of ferns and fungi, look out for the birch bracket fungus which grows out of the trunks. Foxes and badgers have been seen in the mixed broadleaved woodlands which are also frequented by long-tailed tits, in winter.

Dead trees are an important habitat for wildlife too and when left to decompose; look out for the holes made by wood-boring insects and woodpeckers.

The lake in Aden is home to our resident population of mallards and moorhens, and most years mute swans' nest on one of the islands. Other ducks such as tufted ducks, mandarin and goosanders are also occasional visitors.



In springtime you can find primroses, wood anemones and wood sorrel flowering at the woodland edges; these spring flowers bloom before the leaves of the trees fully open and cast heavy shade.

Down by the River Ugie at the Victorian arboretum, look out for otter tracks in the mud at the river's edge. On summer nights you can stand on the bridge and watch the daubenton's bats swoop underneath, catching insects just



Daubenton Bat

above the water. The buildings in the courtyard area are a roosting site for pipistrelle bats and you can watch them emerge from under the slates at sunset.

Even the formal planted areas like the arboretum provide wildlife habitat and treecreepers can sometimes be seen exploring the bark crevices of the giant redwood trees looking for insects and spiders.



For further information please scan the QR code or visit the Aden Country Park website at:

<https://adencountrypark.org.uk/history-heritage/natural-history/>
<https://adencountrypark.org.uk/visitor-information/things-to-do/nature-wildlife/>

Activity – Aden Nature Trail

An Aden Nature Trail is a guided trail with wooden posts, interpretation panels, rubbing plaques, and QR codes for further reading. The trail has been developed to provide a fun interactive trail which provides information on some of the many different plants and wildlife that can be found in Aden Country Park.

Before starting the Aden Nature Trail, we would encourage you to pick up the 'Trails at Aden' leaflet and rubbing sheets from the park Visitor Information Centre, Aberdeenshire Farming Museum, or the Aden Craft & Gift Shop. Alternatively, you can download the leaflet from the Aden Country Park website at: <https://adencountrypark.org.uk/visitor-information/things-to-do/walks-tours-trails/>

Countryside Ranger Service

This Nature and Wildlife section of the activity pack is focused on the natural history of Aden Country Park and is suitable for early years and first level and includes information, activities and follow up activities to complete at school. Although the activities have been designed so that they can be completed without the presence of an Aberdeenshire Council Countryside Ranger, if your class or group would like to book a session with the Countryside Rangers, please either email the Ranger Service using the contact details below, or by completing the online form which can be found on the Aberdeenshire Council website page: <https://www.aberdeenshire.gov.uk/leisure-sport-and-culture/ranger-service/book-rangers-session>

Buchan Countryside Ranger: Tel: 01467 534874 Email: buchan.ranger@aberdeenshire.gov.uk

9a. LIVING AND NON-LIVING THINGS

Activity – Identifying Living and Non-Living Things at Aden

When enjoying visits to Aden Country Park you will notice the nature and wildlife that surrounds you. On your visit you will see that areas of the park are comprised of both living and non-living things.

- Discuss the difference between living and non-living things with the group.
- Take a walk around the Aden Lake, Mill Pond or Victorian Arboretum and see if you can identify living and non-living objects. The table below gives some examples:

Living	Non-Living
Duck	Life Ring/Bouy
Tree	Rock
Grass	Water

- Using the table as a starting point, ask the learners to point out both living and non-living things. Children can then run to either a living or non-living thing. Ask the children how they came to this decision.

9b. SOUND MAPPING

Sound maps confront a bad habit that most of us have developed - we are so intent on getting somewhere that we miss much of what we are travelling through. Or a place is so familiar we fail to notice the detail that makes it special. And yet in parks like Aden, it is the moments of pause that can offer up the richest opportunities to absorb the places we are in.

Activity – Sound Mapping

Resources required: clipboards, paper, and pens.

During this activity we will make a Sound Map. Sound maps are a great way of encouraging people to slow down and tune in with the environment they are in. By taking the emphasis off the visual, and tuning people into the sounds around them, they have proved effective learning tools.

How to create a sound map:

1. Take a pencil or pen and mark yourself in the middle of the piece of paper.
2. Find a spot in the park and stand or sit still.
3. Stay still for a short while (try 5 minutes) and start to listen to what is making sound around you.
4. Mark on the paper the sounds you can hear and where they are coming from, for example there may be a stream behind you, sheep in a field in front of you, birds singing above and to your side. Be still and quiet and really focus on sounds you can hear.
5. You can draw, write, or colour the sounds you can hear around you.

9c. HABITATS

Aden Country Park has a wide variety of habitats which support a diverse range of plants and wildlife. Habitats found in Aden include amongst others Woodland, Farmland, Grassland & Wild Flower Meadows, Rivers & Streams, and Lakes & Ponds.

Woodland - Plantations on Ancient Woodland Sites / Wet Woodlands / Birchwood

Aden Country Park is an area of high habitat value. Parts of the woodlands in Aden Country Park are identified on the Forestry Commissions Native Woodland Survey of Scotland (NWSS) as Plantations on an Ancient Woodland Site (PAWS). Ancient Woodland is defined as land that is currently wooded and has been continually wooded, since at least 1750. If planted with non-native species, such as in Aden, they are referred to as Plantations on Ancient Woodland Sites (PAWS). Following the recent storm damage, and tree losses, Aberdeenshire Council plans to regenerate these ancient woodlands by planting native tree types which will support more diverse habitats.



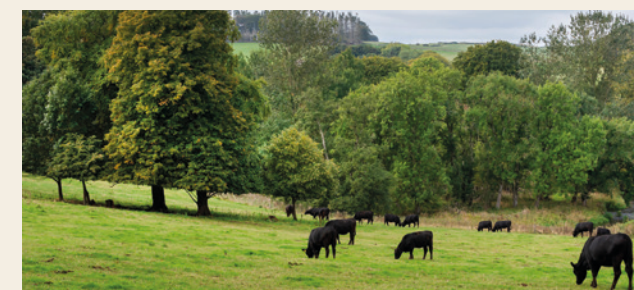
Areas of woodland in Aden

Parts of Aden are also classified as wet woodlands. Alder, birch, and willow are usually the main tree species present in wet woodlands, but many other trees and plants can be found. Wet woodland combines elements of many other ecosystems, so is an important habitat. The high humidity favours growth of mosses and liverworts and many invertebrates are associated with the tree species found here. Dead wood within this woodland type can be frequent, and its association with water provides specialised habitats not found in dry woodland types. Otters often find cover and make breeding sites in wet woodland.

Another type of woodland found in Aden is Birchwood. The wood of a Birchwood rots quickly and provides valuable dead wood habitat for fungi, beetles, and hole-nesting birds. Indeed, Birchwood's provide valuable habitat for:

- woodland birds – e.g. wood warbler, redstart, black grouse
- pearl-bordered fritillary butterfly.
- aspen hoverfly

Farmland



Cows grazing on Aden's farmland

Generations of farmers and crofters have helped create much of the variety and interest of Scotland's landscapes, habitats, and wildlife. This is also true in Aden Country Park. As a former farming estate, generations of landowners have helped shape how Aden Country Park looks today. Although less prevalent today, Aden still has farmland which is maintained by local farmers.

Farmland and farming are very important in shaping the Scottish landscape. Intensive agricultural production can, however, have a negative impact on some of our most valuable habitats. The plant diversity of cereal fields and field margins has declined due to more efficient and intensive practices.

To help combat these practices, hedges provide food and shelter for birds, butterflies and mammals, and act as wildlife corridors, helping animals to travel safely through open farmland. The hedges seen in Aden Country Park do exactly that, it is also hoped that additional hedgerows around the field margins will be planted around the existing farmland.

Grassland & Wild Flower Meadows

Aden Country Park has a large amount of grassland which supports recreation and wildlife. However, it is the unimproved, species-rich grassland which is one of our most valuable habitats. These are the meadow areas that haven't been heavily fertilised and are still full of flowers, rushes, sedges, mosses, and a wide variety of wildlife. In Aden efforts are being made to create wildflower meadows areas to support the biodiversity for plants and wildlife.



Wildflower meadow in Aden

Wildflower meadows are important habitats.

They can support an amazing number of wildflower species as well as providing habitats for many species of birds, invertebrates, amphibians, and mammals. They also provide very important supplies of pollen and nectar for bumblebees and other insect pollinators. Lowland meadows can contain flowers such as oxeye daisy, common knapweed, red clover, yellow rattle, meadow buttercup and bird's-foot-trefoil.

Rivers & Streams

Running waters such as rivers and streams support an impressive wealth of aquatic and riverside habitats and species. Within Aden Country Park, the River Ugie flows through the park, easily seen in the Victorian Arboretum. Running waters, such as the River Ugie, provide key services for people – e.g. water supply, or for recreation, or serve vital roles for biodiversity – e.g. providing water to freshwater lochs, estuaries, and wetlands, and act as movement routes.



Rive Ugie at the Victorian Arboretum

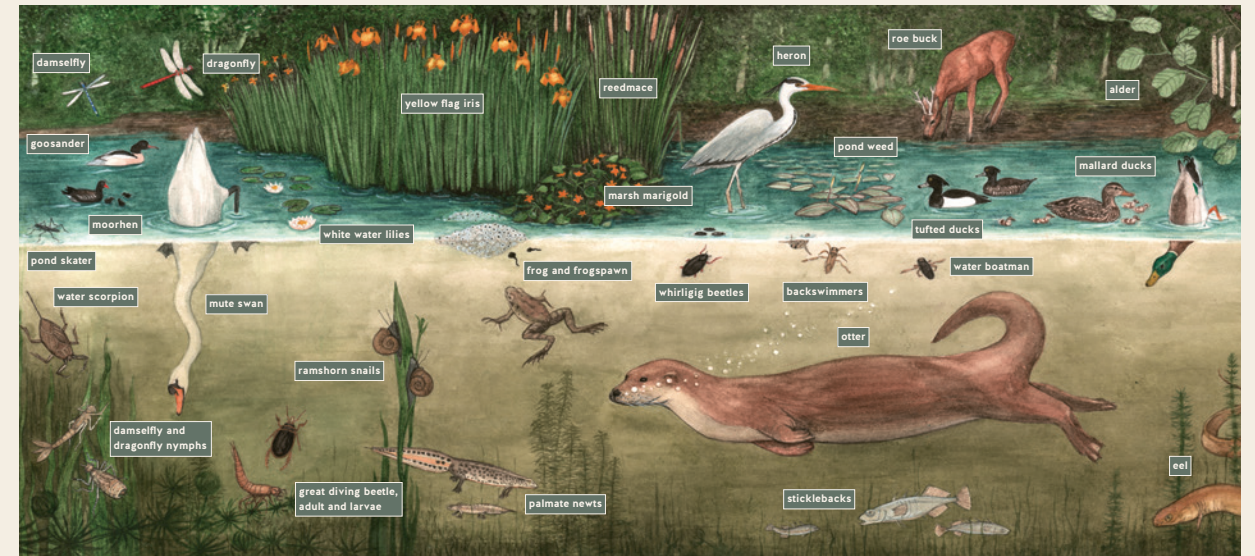
River and stream habitats, as a result, support a wide range of wildlife, including:

- Mammals – e.g. water vole, otter
- Birds – e.g. dipper
- Numerous freshwater invertebrates such as mayfly and stonefly
- Freshwater fish such as salmon, sea, and brown trout

Lakes & Ponds

Whether natural or man-made, ponds are important freshwater habitats. Aden Country Park has an attractive lake and mill pond, and although they look like they've always been there, they are in fact, man-made structures. During the 18th and 19th centuries the prominent Russell family, who owned the Aden estate at this time, designed much of the landscape which can still be seen today. It is during this period that the Aden Lake was constructed.

The Aden Lake and Mill Pond was originally created to store water and drive the mill wheel at the farm steading buildings. Today the Aden Lake and Mill Pond have become a haven for visitors and wildlife alike.



In spring and summer look out for mute swans, mallard ducks and moorhens which raise their young on the lake. Peer into the depths and try to spot some of the smaller creatures that live in the water such as frog tadpoles, palmate newts, and the larvae of beetles and damselflies. See if you can also spot the pond skaters which can walk on the surface of the water.

Small as they are, they can support a wealth of wildlife. Lakes and ponds are particularly good habitats for:

- Amphibians such as frogs, toads, and newts
- Invertebrates such as dragonflies, snails, and water beetles
- Rare species such as pillwort (*Pilularia aquatica*), a curious aquatic fern

Activity – Habitats

Take the group you are with for a walk around Aden Country Park and see if you and the group can identify different habitats as you walk round.

- Can you name some of the habitats that can be found in Aden Country Park?
- Can you name any other types of habitats that can be found elsewhere?
- For each different habitat that you find, can you identify any plants or wildlife that can be found in each habitat area? A good starting point is at the Aden Lake and interpretation shelter, where there are helpful interpretation panels.

9d. FOOD CHAINS

All living things need energy to survive, and they get this from food. Plants make their own food with the help of sunlight, air, and water. Animals cannot make their own food, so they need to eat other animals or plants to survive. A food chain shows how plants and animals depend on each other for their source of food. For example: **plants > caterpillar > mouse > owl**

Activity – Food Chain Quiz

Below are three groups of animals and plants that can be found in Aden. Put each of the animals and plants into a food chain like the example shown above. Answers can be found at the end of the pack.

Food Chain 1.

Oak Tree	Hawk
Blackbird	Caterpillar

Food Chain 2.

Earth Worm	Owl
Leaf Litter	Shrew

Food Chain 3.

Slug	Vole
Hawk	Grass

9e. ADEN THROUGH THE SEASONS

Spring - March, April, & May

Spring is usually said to start at the beginning of March. This season is when days get longer, and the spring sunshine brings growth and greenery. Birdsong reaches its peak, and many flowers appear, in turn attracting insects including bees and butterflies. Look out for: frog spawn, bluebells, bees, migrant birds e.g. chiffchaffs, and spring blossom e.g. Hawthorn.



Bluebells

Activity – Spring Eye Spy

Everyone loves a game of eye spy. When you and your group are out in the park, you might be lucky enough to see some of the spring time seasonal plants, insects, and animals. Which of the following can you spy?

Ducking	Signet	Frog/Tadpole
Cherry Blossom	Bluebells	Daffodils
Caterpillar	Sheild Bug	Centipede

Activity – Birds Nest Challenge

In spring the birds at Aden will be looking for materials around the park that they can use to make a nest for their young.

- Could you build a nest strong enough to withstand the wind and hold 6 eggs?

What you will need: dried grasses, twigs, sticks, fallen leaves, old cobwebs etc

Method:

1. Look for a tree with a fork shape in one of its lower branches.
2. Start building your nest. Keep In mind that the nest needs to keep the eggs and chicks safe.
3. Test your nest by placing egg sized stones into your nest to see if it would be able to hold the eggs and chicks.

Summer – June, July, & August



Daubenton Bat

Summer is when we have the longest day with the sun rising earliest and setting latest. At this time of year insect life is at its most abundant. It is a great time to get to know moths, dragonflies, beetles and all our other amazing minibeasts! Look out for: butterflies, bats, baby birds e.g. ducklings or cygnets, and bugs and beetles.

Activity – Summer Eye Spy

Everyone loves a game of eye spy. When you and your group are out in the park, you might be lucky enough to see some of the summer time seasonal plants, insects, and animals. Which of the following can you spy?

Daisy	Fern	Gorse
Ladybird	Butterfly	Bumble Bee
Bat	Badger	Rabbit

Activity – Mini Beast House

Mini beasts need somewhere quiet where they can hibernate and lay their eggs. Find a quiet spot in the woods and begin creating your mini beast house. There are two options when creating a mini beast house:

- Twig Tower - Push five long sticks into the ground in a circle. Use smaller sticks to fill the centre.
- Pile of logs - Lay a pile of logs onto the floor. This is great for millipedes, woodlice, and beetles.

Autumn – September, October, & November

During autumn the days get rapidly getting shorter, and the sun becomes lower in the sky. There are often spectacular sunsets in autumn, the stars can seem brighter at night, and on some mornings mist hangs over fields and parks. This is a time of nature's plenty, with a wonderful hedgerow harvest of blackberries, rose hips, crab apples, hazelnuts, and seeds. Many of our much-loved creatures take advantage of this wild harvest to build up reserves of fat for migration or for hibernation. Look out for: fungi, spider webs, blackberries, and conkers (horse chestnuts).



Conkers/Horse Chestnuts

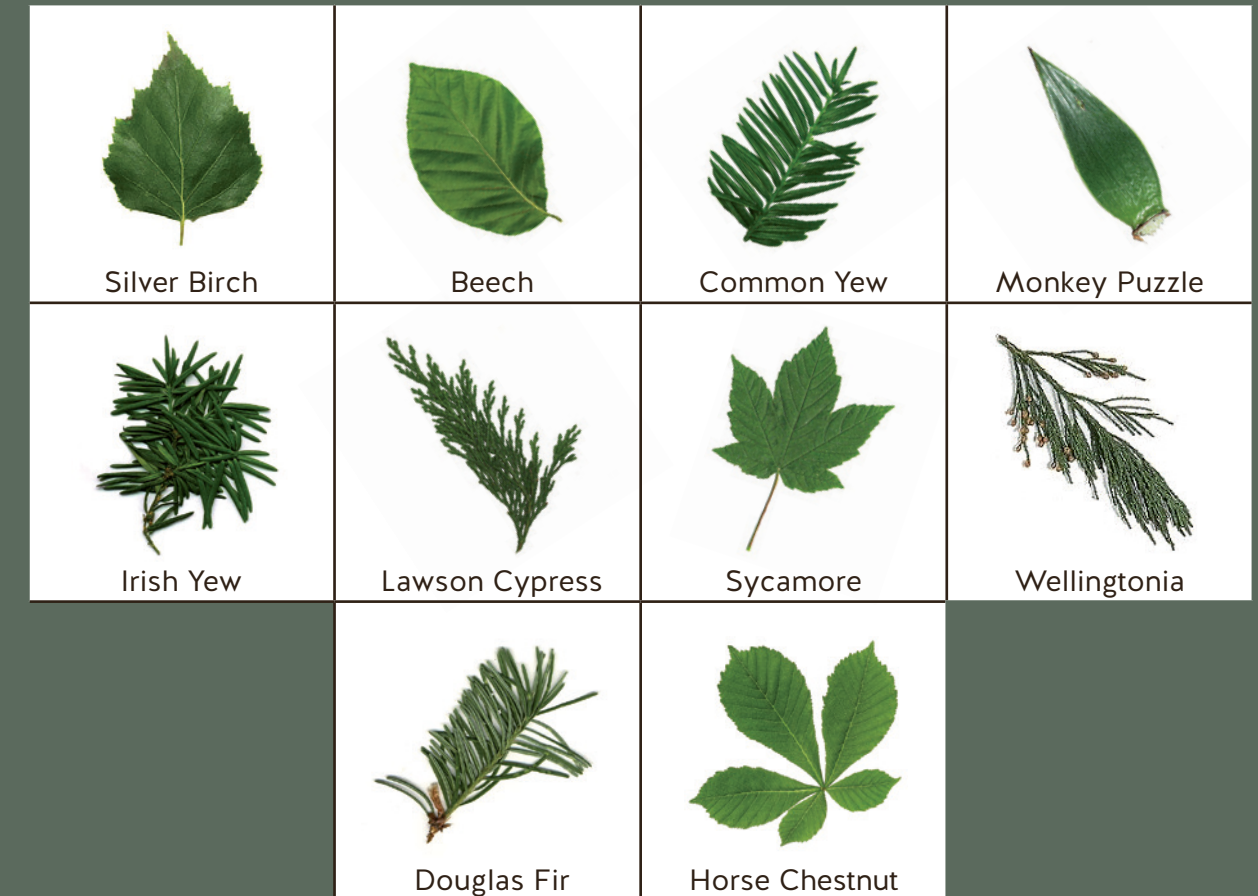
Activity – Autumn Eye Spy

Everyone loves a game of eye spy. When you and your group are out in the park in autumn, you might be lucky enough to see some of the autumn time seasonal plants, insects, and animals. In autumn you will notice the leaves change colour and fall to the ground. The wildlife will become less noticeable and there will be fewer sounds to hear, but can you still spy any of the following animals or plants?

Squirrel	Starling	Robin
Beetle	Harvestmen/ Daddy Longlegs	Mushroom
Acorn	Conker/ Horse Chestnut Tree	Worm

Activity – Leaf Spotter

Can you spot the different types of leaves/trees when you are out in the park? Hint: If you pick up an 'Trails at Aden Country Park' leaflet from the Visitor Information centre, the Tree Trail will be a big help.



Winter – December, January, & February

In winter life can be hard for wildlife – days are short and for many creatures finding enough food to survive takes up almost every hour of daylight. This season is when the sun rises latest and sets earliest. Look out for: snowdrops, winter wildfowl e.g. ducks, geese and swans, animal tracks and footprints, starling murmurations, and holly, and ivy.



Starling Murmurations

Activity – Winter Eye Spy

When visiting Aden in winter you may see frozen puddles, icicles, and even a robin. Some of the trees will have lost their leaves, and there will be fewer animals to see as some migrate to warmer places, hide underground, or hibernate. Can you spy any of the following things in Aden this winter?

Crispy leaves	Blackbird	Long tickly pine needles
A cone smaller than your thumb	Rough cracked bark	Trickling frozen river
Holly leaves	Trailing Ivy	A lichen covered twig

9f. NATURE & WILDLIFE QUIZZES

Activity – Nature & Wildlife Quiz 1

1. How many legs does a spider have?
2. What do earthworms eat? Clue is in the name.
3. Where do squirrels live?
4. Name one bird you might find in Aden Country Park.
5. Name one flower that you might find in Aden Country Park.
6. Name an animal you might find near the Aden Lake.
7. Name one animal you would find in a woodland habitat.
8. How many spots does the most common ladybird have?
9. What season would you see blossom in Aden Country Park?
10. Name one non-living-thing you could spot in Aden Country Park.

Activity – Nature & Wildlife Quiz 2

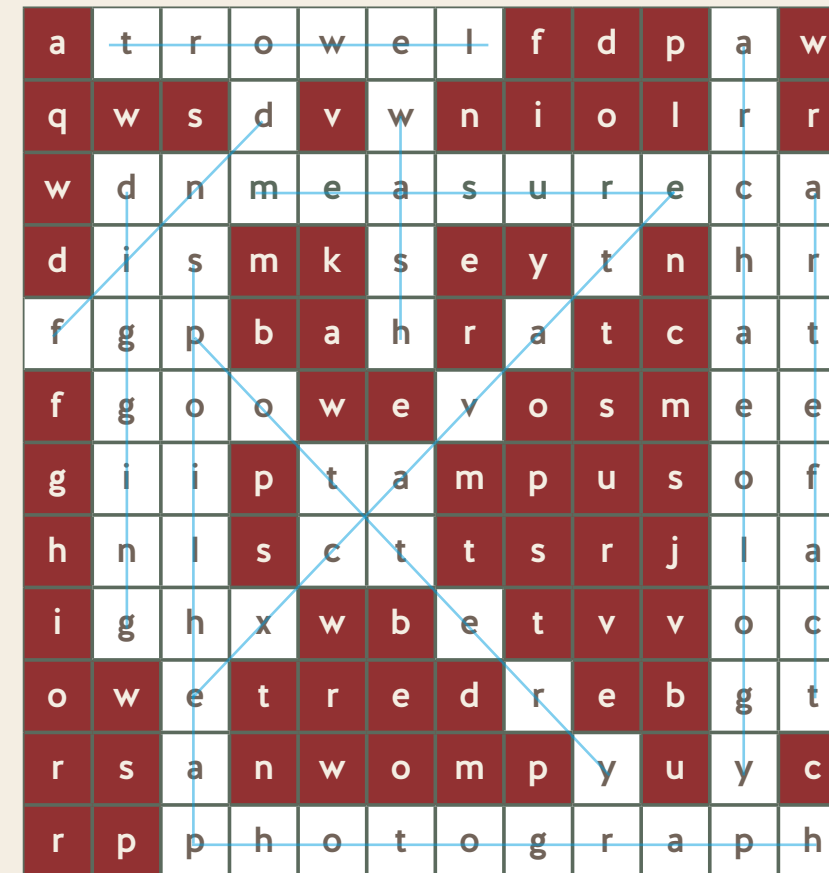
1. Name 3 birds you might see in Aden Country Park.
2. Where in Aden Country Park might you see a frog?
3. What is the name of a baby deer?
4. What do Woodlice like to eat?
5. Name 3 living things in a woodland habitat.
6. Name 3 non living things you might find in a woodland habitat.
7. What do birds eat?
8. Name two nocturnal animals that might live in Aden Country Park.
9. What is the best season to see mushrooms in Aden Country Park?
10. Name three types of trees you might find in Aden Country Park.

A ACTIVITY ANSWERS

This section of the Aden Activity Pack contains the answers to the various activities contained throughout the pack. Open ended questions or activities involving things like drawing have not been included.

6. ADEN ARCHAEOLOGY

Activity – Archaeology Wordsearch



- digging
- find
- pottery
- trowel
- spoilheap
- excavate
- survey
- photograph
- measure
- artefact
- archaeology
- wash

6a. NEOLITHIC SITE

Activity – Neolithic Farming & Tools

- Leaf shaped flint arrowheads – the main similarity between leaf shaped flint arrowheads and modern arrowheads are similar in shape, and the main difference being that the most common materials used in making modern arrowheads is now stainless steel and carbon. This is mainly for durability and weight.
- Polished stone axe head - like the flint arrowheads, the main similarity between polished stone axe heads and modern axe heads are their shape, and the main difference being that the most modern axe heads are normally made from stainless steel. Like steel arrowheads, steel axes are less likely to break and are more efficient for chopping wood etc.
- Pottery fragment – although the techniques associated with making pottery today have developed using potter’s wheels, kilns, as well as glazes, fundamentally the techniques to make pottery haven’t changed that much. Modern day processes do however make pottery more robust and durable.

Activity – Neolithic Food & Diet

Food Groups	Foods
Fruit	Raspberries
Vegetables	Fish
Proteins	Mushrooms
Grains/Nuts	Eggs
Dairy	Goats milk
	Blackberries
	Onions
	Garlic
	Nuts
	Oats

6b. LATE 19TH & EARLY 20TH CENTURY TRENCHES

World War I & World War II at Aden Country Park

Activity – Life in the Trenches

- A typical day in the trenches would begin with ‘stand to arms’ at dawn, with all men manning the front-line trench. Weapons would be cleaned, a tot of rum and breakfast consumed. Day sentries would be posted, with other men allowed to sleep until lunchtime. Meals would often consist of tinned food, sometimes served cold.
- The purposes of the trenches were to provide relative protection against increasingly lethal weaponry during WWI. Soldiers dug in to defend themselves against shrapnel and bullets. On the Western Front, trenches began as simple ditches and evolved into more complex networks. Sections of trench line had machine gun emplacements set to cover any advances by the enemy, while other areas had specially camouflaged positions for snipers to hide in, taking aim at any Soldier who might stick his head up at the wrong time.
- Conditions in the trenches were challenging, they were very muddy, uncomfortable and the toilets overflowed. The conditions were often cold and wet and being built into the ground, trenches were often infested with rats. This led to soldiers getting diseases such as trench foot and trench fever.

Activity – Dig for Victory!

- The ‘Dig for Victory’ campaign was launched in 1940 to combat food shortages by promoting the planting of allotments in gardens and on public land. The aim was to make Britain as self-sufficient in food as possible during war time. People were encouraged to turn their flowerbeds into vegetable patches and grow fruit and veg anywhere that could be cultivated.
- The ‘Dig for Victory’ campaign was an extremely successful initiative which encouraged many members of the public to grow their own produce hence reducing Britain’s reliance on imports. The initiative not only provide essential crops for families and neighbourhoods alike but also helped the war effort by freeing up valuable space for war materials on the merchant shipping convoys. Without the initiative it is believed that Britain’s population could have starved and as a result could have forced surrender.
- Like the former Aden Estate gardeners, the walled garden and grounds would have been used to a variety of fresh fruit and vegetables. The dig for victory initiative encouraged the growing of root crops such as carrots, beetroot, parsnips, and turnips, and provided guides on how to grow things like cabbage, cauliflowers, broccoli, kale and brussels sprouts. Practical guides also helped people to know how to grow tomatoes, peas, beans etc, along with how to make jelly or jam, how to bottle and can fruit and vegetables, how to store potatoes for food and seed, or how to prune fruit trees and bushes.

7c. FEATURES & FACILITIES OF THE ADEN ESTATE

Activity – Home Farm Steadings / Courtyard

- Store, Small Byre and Dairy are now the Aden Craft & Gift Shop
- Grieve’s House is now staff offices
- Byre & Cattle Court is now the Aden Cafe
- The Chaumer, Doocote, Grain Loft, Stables, Sawmill & Waterwheel, Working Horse Stables, Horseman’s House are now all part of the Aberdeenshire Farming Museum
- The Loft and Threshing Mill are now the Aden Theatre (entered through the Aberdeenshire Farming Museum)
- Coach House, Coach House Stables, Coachman’s House and Hayloft are either staff offices or the Visitor Information Centre
- The Riding Stables are now public toilets

Activity – Aden Mansion House

Following difficult years of agricultural depression, with decreasing revenues and increasing costs, in 1937, the last laird, Sidney Russell reluctantly sold Aden. Following the Russells departure the estate fell into disrepair. Instead of the money and care lavished on the estate by the Russells and their staff, the grounds were neglected, and the buildings became derelict. The biggest change that can be seen today is the lack of a roof and windows at the Aden Mansion House. Building maintenance would have been high and in time the roof either collapsed or was removed to avoid roof and window taxes.

Activity – Walled Garden

- The walled garden was built to grow crops such as fruit and vegetables which would not normally survive the Aberdeenshire climate.
- Tomatoes, peaches, vines, and nectarines would have been grown in the greenhouses, with plums, pears and apple trees grown up the inside of the walls.
- Planting crops, weeding, watering, and general maintenance of the fruit and vegetables grown in the walled garden.

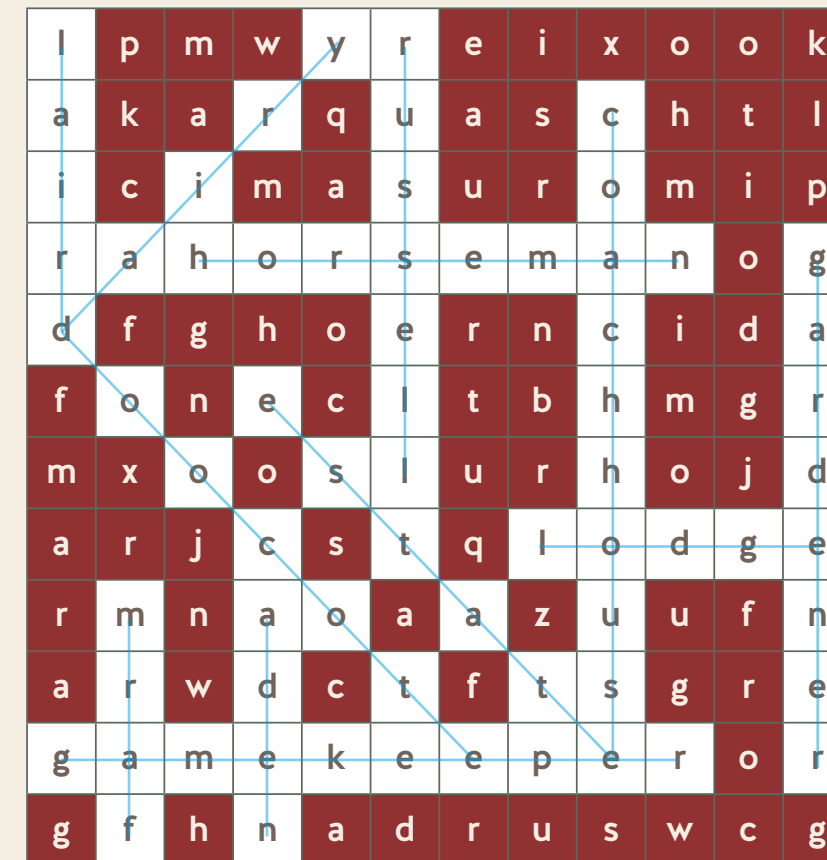
Activity – Laundry, Gasworks and Ice House

- The main function of the gasworks was to fuel for lighting and heating the Aden Mansion House and other estate buildings. The icehouse would have provided the Russell family with an early method of refrigeration, and a cool place for the preservation of food. The laundry building was built to deal with all the Russell family's needs for clean clothes, household linen and furnishings
- Prior to the introduction of the gasworks, ice house and laundry people on the Aden Estate would have relied upon candles for light, fires and warm clothes to keep warm, and keeping things like milk in cold water to try and keep food stuffs cold.
- Fridges and freezers replaced ice houses, mains gas replaced gasworks, and washing machines and tumble driers have now replaced laundry buildings

Activity – People Who Worked On The Aden Estate

- Jobs on the Aden Estate would have included chamber maids, foresters, gamekeepers, horsemen, farm workers, and gardeners who would have maintained the grounds and plants in the walled garden.
- Working life on the Aden Estate would have been hard work, with long days and a lot of manual tasks which would have been back breaking work.
- Most of the Aden Estate workers would have started at about 5.45am, running straight through to 11am, then a one-hour break for lunch. The day then ended at 6.30pm with no afternoon breaks.
- As well as being long hours, the pay would have been very little. One example is the Horseman whose wages worked out at about £90 per year, an advance of £1 was paid weekly, the balance due was paid every 'term' i.e. six months.
- Some Aden Estate employees were seen to be more important than others, not only would their pay have been slightly higher, but the houses they were provided with would also be larger or grander in design. One example of this can be seen at the head Horseman's House. The size of the house reflects the status of the horseman, which perhaps looks small by today's standards, but at the time, this was a large dwelling which reflected the Horseman's high status within the farming community.

Activity – Aden Estate Wordsearch



- russell
- laird
- dairy
- lodge
- gardener
- doocote
- aden
- estate
- coach house
- horseman
- farm
- gamekeeper

8a. NORTH EAST FARMING THROUGH HISTORY

Activity – Farming Techniques - Ploughing

- Over the last 75 years ploughing has changed dramatically. From a single furrow plough pulled by Clydesdale horses to eight furrow ploughs which are now pulled by a tractor. Other differences include the development in the reversing mechanism, larger wheel settings, both aimed at increased furrow width to help increase the speed at which ploughing is carried out. Stronger plough frame design has also resulted in ploughs that can withstand the demands of modern ploughing.
- A ploughman with a single furrow plough and his horses would take approximately one day to plough one acre. Modern farmers in comparison will plough approximately forty to sixty acres in a day.
- The main advantages of modern-day ploughing are speed and efficiency. You can't work a horse all day like a tractor, the horse needs breaks and fed, whereas a tractor will keep working as long as the farmer needs. The other advantage of a tractor pulled plough is that the tractor can pull much heavier and larger ploughs which as a result makes ploughing a field much quicker and easier. The disadvantage of modern-day equipment is that they are very large in scale, and it isn't always possible to reach areas to plough in smaller fields. The other disadvantage is the cost associated with buying and maintaining both the plough and tractor.

Activity – Farming Techniques – Sowing Crops

- The main differences between how crops were sown in the past and how they are planted today are that all the tasks in the past were either done by hand, or through horse power. This would have been very slow and labour intensive. Today, a single farmer will use a tractor and a machine called a one pass which can do several jobs all at once.
- The main advantages of modern-day techniques of sowing crops are speed and efficiency. The one pass machine can do several jobs all at once, breaking up the soil, sowing the seed, and then covering the seeds. In the past it would have taken a long time, been very labour intensive and slow, and reliant on horse and man power who need to take breaks, unlike modern machinery. The main disadvantage of modern-day equipment is that they are very large in scale, and it isn't always possible to reach areas of fields to sow the crops. The other disadvantage is the cost associated with buying and maintaining both the tractor and one pass.

Activity – Farming Techniques – Harvest Time

- The main differences between how crops are harvested in the past and how they are harvested today are that in the past there were various slow, labour-intensive processes required i.e. cutting, gather the sheaths, and then thrashing, all of which were either done by hand, or through horse power. Today, a single machine, a combine harvester, does all the work, with one farmer controlling the combine, and another collecting the grain.
- The main advantages of modern ways of harvesting crops are speed and efficiency. Today a combine harvester does all the work, with another farmer collecting the grain. In the past it would have been slow and very labour intensive. Although modern machinery has advantages, they cost a lot, and farmers are getting less for their produce than they did in the past. In addition, machinery is fine until it stops working. Machines are more complicated to sort, and it is often now a computer fault that stops the machine working, which can be harder and more expensive to repair. Finally, heavy machinery like combine harvesters can also make a big mess of a field, leaving heavy tracks which can be difficult to remove.

Activity – Farming Techniques – Making Silage (Grass Cutting)

- The main differences between how silage making was carried out in the past compared to today is that everything in the past was done by hand and was slow and labour intensive. Today, mechanisation has speeded up the process, with the grass being cut, baled, and transported by machine.
- The main advantages of modern silage making are speed and efficiency. Today grass can be cut by two mowers attached to tractor, baled, and then wrapped in plastic so that the bales can be stored for winter. In the past, the grass would have been cut by scythe, and made into haystacks. This would have been slow and labour intensive. The main disadvantage of modern-day equipment is the scale of machinery and the costs associated with maintaining and repairing them, coupled with the delays caused by breakdowns.

8b. ANIMALS THAT LIVE ON THE FARM

Activity – Animals that Live on the Farm – Domestic & Wild Animals

Domestic Farm Animals	Wild Animals
Sheep, Goat, Chicken, Pig, Horse, Goose, Cow	Tiger, Fox, Camel, Giraffe, Elephant, Bear, Badger

Activity – Animals that Live on the Farm – Why do People keep Farm Animals

Farm Animals	How Farm Animals are Useful to People
Cows	Give wool that is used to make warm clothes: jumpers and socks.
Horses	Kept for meat called pork and bacon, found in sausages.
Pigs	Kept for meat and fur.
Turkeys	Give us milk which is used to produce cheese and yoghurt.
Chickens	Kept for meat called beef.
Goats	Give us eggs. Kept for meat and feathers.
Rabbits	Used to carry people and pull carts. It's fun to ride them!
Sheep	Kept for meat that is used for Christmas dinners!
Dairy Cows	Give us milk which is used to produce cheese and yoghurt that are particularly healthy!

Activity – Animals that Live on the Farm – Where to Farm Animals live on the Farm?

Farm Animals	Descriptions
Cows	I live in a field or pasture.
Sheep	I live in a stable.
Goats	I can live in a mountain and can even climb trees.
Chickens	I live in a hen house or coop.
Pigs	I live in a field and like to be in a herd (group).
Horses	I live in a pigsty and can eat almost anything.

Activity – Animals that Live on the Farm – Farm Animal Characteristics

What am I? What noise do I make? What is a boy and girl of me called? What are babies of me called? What am I covered in?

Animal 1: Duck.

Quack. Boy: Drake, Girl: Hen. Ducklings. Feathers.

Animal 2: Cow.

Moo. Mature Boy: Bull, Mature Girl: Cow. (Young Boy: Oxen/Bullocks & Young Girl: Heifer). Calves. Fur.

Animal 3: Chicken.

Cluck or Cock-a-doodle-doo. Boy: Rooster or Cock, Girl: Hen. Chicks. Feathers.

Animal 4: Sheep.

Baa. Boy: Ram/Tup, Girl: Ewe. Lambs. Wool.

Animal 5: Pig.

Oink. Boy: Boars/Barrows, Girl: Sow/Gilt. Piglets. Hair.

Activity – Farming Wordsearch Answers

s	o	e	t	d	v	b	g	k	f	i	w
w	h	e	a	t	a	f	o	d	a	a	f
e	q	p	l	r	j	w	a	o	r	w	h
l	m	i	w	a	c	e	t	t	s	c	o
l	i	f	a	c	o	w	s	r	i	q	r
i	l	a	t	t	r	e	h	o	l	f	s
e	k	r	s	o	i	l	s	s	a	a	e
s	j	s	h	r	e	e	r	i	g	r	t
c	r	h	c	r	o	p	h	w	e	m	r
r	a	e	w	c	h	i	c	k	h	e	n
w	f	e	p	i	m	g	t	l	e	r	c
k	v	p	l	o	u	g	h	m	k	h	m

tractor
cows
wellies
milk
chick
sheep
wheat
soil
pig
horse
straw
farmer
plough
crop
silage
goats

9c. HABITATS

Activity – Habitats

- Aden Country Park has a wide variety of habitats which support a diverse range of plants and wildlife. Habitats found in Aden include amongst others Woodland, Farmland, Grassland & Wild Flower Meadows, Rivers & Streams, and Lakes & Ponds.
- Some examples of habitats not found in Aden County Park include deserts, mountains, rainforests, polar regions and aquatic ocean habitats.
- Examples of plants or wildlife found in Woodland, Farmland, Grassland & Wild Flower Meadows, Rivers & Streams, and Lakes & Ponds are as follows: Woodland – bluebells, primroses and twinflower, hoverfly, butterfly, wood warbler. Farmland – grass, crops such as oats and barley, farm animals such as cows and sheep. Grassland & Wild Flower Meadows – common knapweed, clover, yellow rattle, meadow buttercup, bumblebees, beetles, spiders, moths, butterflies. Rivers & Streams – algae, grasses, reeds, water vole, otter, mayfly, brown trout. Lakes & Ponds – yellow flag iris, reedmace, and water lilies, frogs, newts, dragonflies, and water beetles.

9d. FOOD CHAINS

Activity – Food Chain Quiz Answers

Food Chain 1.	Food Chain 2.	Food Chain 3.
Oak Tree > Caterpillar > Blackbird > Hawk	Leaf Litter > Earthworm > Shrew > Owl	Grass > Slug > Vole > Hawk

9f. NATURE & WILDLIFE QUIZZES

Activity – Nature & Wildlife Quiz 1

1. **Spider legs:** 8 legs
2. **Earthworm diet:** Earth
3. **Squirrel home:** Trees
4. **Birds:** Many answers including Robin, Blackbird, Hawk
5. **Flowers:** Many answers including Daisy, Daffodil, Bluebell, Snowdrop,
6. **Lake animal:** Many answers including Mute Swan, Cygnet, Otter, Mallard Duck, Moorhens
7. **Woodland habitat animal:** Many answers including Fox, Badger, Squirrel, Roe Deer, Hedgehog
8. **Common ladybird spot number:** 7 spot ladybird (*Coccinella septempunctata*)
9. **Blossom season:** Spring
10. **Non-living-things:** Many answers including stones, bins, fences, water, buildings.

Activity – Nature & Wildlife Quiz 2

1. **Birds:** Many answers including Blackbird, Robin, Pigeon, Starling, Duck.
2. **Frog location:** Aden Lake or Mill Pond.
3. **Baby deer:** Fawn.
4. **Woodlice eat:** Dead Wood.
5. **Living things in a woodland habitat:** Many answers including Trees, Beetles, Birds, Plants.
6. **Non-living things in a woodland habitat:** Many answers including Bins, Fences, Signs.
7. **Birds diet:** Many answers including Worms, Insects, Invertebrates, Seeds, Fruit, Seedlings, Pondweed, Carrion (dead animals).
8. **Nocturnal animals:** Many answers including Owl, Badger, Bat, Moth.
9. **Mushroom season:** Autumn.
10. **Trees:** Oak, Birch, Sycamore.

