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## PERMANENT ORIENTEERING COURSES

## CONTACT INFORMATION



For further information about Aden Country Park, its facilities, events, opening hours etc. please visit the Aden website: [www.adencountrypark.org.uk](http://www.adencountrypark.org.uk)

### GENERAL ENQUIRIES

Email: [enquiries@adencountrypark.org.uk](mailto:enquiries@adencountrypark.org.uk)

### ABERDEENSHIRE MUSEUMS SERVICE

Email: [museum@adencountrypark.org.uk](mailto:museum@adencountrypark.org.uk)

### BUCHAN RANGER SERVICE

Email: [buchanranger@adencountrypark.org.uk](mailto:buchanranger@adencountrypark.org.uk)

### PARK MAINTENANCE

Email: [maintenance@adencountrypark.org.uk](mailto:maintenance@adencountrypark.org.uk)



# WELCOME

Orienteering is a great way to enjoy the outdoors. Anyone can take part, whether you're a family exploring the park or a runner racing against the clock. The challenge is to discover a series of checkpoints, wooden posts with the orienteering red and white triangle sign and a control number.

## HOW TO USE THE MAP

The orienteering map is marked with numbered circles, which show the positions of the controls (marker posts). The centre of each red circle on the map marks the position of one of the control markers. A description of the precise location of the control is shown in the recommended course tables. Each control post is marked with the 2-digit number code that is on the list, to confirm you've found the correct control.

Each of the control posts also has its own two-letter code. Once you have located the control post, copy the two-letter code in the table provided, to record your visit.

The start of the course is marked on the map with a triangle symbol, and the finish is marked with a double circle. Both the start and the finish have marker posts.



# RECOMMENDED COURSES

There are two recommended courses in Aden, a short course (approx. 1.8km), and a long course (approx. 2.9km). You can also create your own courses, by visiting the controls in a different order, or only visiting a selection of the controls.

Please note that you take part at your own risk, and that you are responsible for your own safety. Take care on uneven surfaces and choose routes between controls that you are capable of navigating. Act responsibly within the principles set out in the Scottish Outdoor Access Code.

This Permanent Orienteering Course has been developed in collaboration with Grampian Orienteers. Grampian Orienteers is a club based in and around Aberdeen, who organise a variety of orienteering events throughout the year. Advice and help for those new to the sport is always available. If you'd like to join in, or have any questions, please visit the Grampian Orienteers website at [www.grampoc.com](http://www.grampoc.com), or email us at [info@grampoc.com](mailto:info@grampoc.com)

## RECOMMENDED SHORT COURSE (1.8km)

Control Code	Description	Letter Code
Start	Path	
46	Path junction	
50	Bridge, east side	
39	Gate	
51	South-west fence corner	
52	Path junction	
54	Bench	
44	Bridge	
47	Bench	
55	Path junction	
37	Fence corner	
Finish	Old railway bridge	
35	Boulder cluster	
49	Bridge	
34	Ditch Junction	
37	Fence corner	
Finish	Old railway bridge	

## RECOMMENDED LONG COURSE (2.9km)

Control Code	Description	Letter Code
Start	Path	
56	Fence, south end	
50	Bridge, east side	
39	Gate	
51	South-west fence corner	
58	Bridge	
52	Path junction	
43	Ruin, north-east corner	
59	Water tank	
36	Path junction	
47	Bench	
48	Between boulders	
35	Boulder cluster	
49	Bridge	
34	Ditch Junction	
37	Fence corner	
Finish	Old railway bridge	

# ADEN COUNTRY PARK



SCALE 1:5,000  
5m CONTOURS

**Map production funded by :  
Aberdeenshire Council**

Magnetic North  
2023

## LEGEND



Original map by 1991 & 2006 : N  
McLean & cartography Rob Hickl  
Resurvey & Cartography Nov 2013

Deeside Orienteering & Leisure Maps  
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