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ST MARY'S CATHEDRAL: St Mary's Cathedral Church is the seat of the Bishop of Aberdeen and the main place of worship in the Catholic Diocese of Aberdeen. The Cathedral was designed by local architect Alexander Ellis and opened in December 1860 replacing St. Peter's Church in the Castlegate. Among its rich and ornate artefacts it boasts a magnificent historic organ built by James Connacher for the Cathedral in 1887. Music is a key part of Cathedral life and at St Mary's it extends way beyond simple congregational singing, with music groups embracing a rich variety of styles from chant to Polish traditional music, African music and more contemporary styles of liturgical praise. St Mary's organist, Ronald Leith, delivers regular recitals in the UK and abroad, including a number of broadcasts on Radio 3.

MAGGIE'S: A must on any Culture Crawl route is a chance to stop in by the Maggie's Centre to see first hand just how special this place really is. Designed by international architects Snohetta and inspired by a pebble impacting on a soft sandy beach, which the architect likened to the impact of a cancer diagnosis, the Centre opened in 2013 and has since received over 45,000 visits from people with cancer and their friends and family. You can always be assured of a warm welcome at Maggie's and tonight will be no exception, just don't expect our usual calming atmosphere... tonight Bucksburn Academy's outstanding Steel Orchestra will be raising the roof! This is a one-off opportunity to hear these amazing musicians playing steel drums in the acoustically unique gem that is Maggie's. As if all that's not enough in itself, there will be tea, coffee and cake on offer too!

QUEENS CROSS CHURCH: Queen's Cross Church has been a spiritual home to thinkers, activists and people of a progressive perspective since its founding in 1881. The congregation take pride in their diversity - "young and old, white and black, straight and gay; people from all walks of life and work all seeking to deepen their spirituality, in today's complex, challenging and exciting world". Tonight they're doing what they enjoy most welcoming newcomers "wherever they are on life's journey". Well right now you're just over half way through your 10-mile cultural tour of Aberdeen and are in for a musical treat courtesy of the outstanding Music 4 U! This highly acclaimed charitable organisation provides a wide range of artistic opportunities to participants from varying backgrounds, including those affected by physical and learning disability, from areas of social and financial deprivation and who are on the autistic spectrum. Music 4 U's ethos is around inclusion and equality with the aim of empathising, encouraging and enriching the lives of those who participate. They will most certainly enrich our lives tonight with a not-to-be-missed performance!

ALBURY SPORTS CENTRE: Albury Outdoor Sports Centre is a working partnership between residents in the community and Sport Aberdeen, and is run by volunteers. With acres of outdoor green space, all fully enclosed with mature trees and bushes, tennis courts, Aberdeen's only 18-hole putting course, bowling and even croquet (much of which you can try tonight!) there really is something for everyone. The Centre is a fabulous community hub, running groups and activities including a walking group and wellbeing group, and even includes a herb garden which local residents and visitors are welcome to help themselves to! In addition to trying your hand at some (or all!) that Albury has to offer you will have the opportunity to enjoy a glass of Pimms while you watch and even assist artist Alison Chandler as she creates a "Fish Wish" for Maggie's.

LINX ICE ARENA: Get your skates on, the finish venue for our 3rd Culture Crawl in Aberdeen is the Linx Ice Arena! With a national sized ice pad measuring 56 x 26 metres, spectator seating for 1,100 people, onsite drinks and snack offering as well as playing host to various clubs including Aberdeen Synchronised Ice Skating Club, Aberdeen Linx Ice Skating Club and three local ice hockey teams. Linx Ice Arena offer a NISA Learn to Skate lesson program for all abilities and host a variety of additional public skating sessions so there's a whole lot goes on here. Tonight the Arena will also play host to "The Way Through Project", an art exhibition by local artist and cancer survivor Alison Chandler who will be on hand to discuss her work with you and who has very kindly pledged 20% of any sales on the night to Maggie's. Last but certainly not least you can look forward to fantastic catering courtesy of Art Deco Prosecco and The Park Café. Get stuck in - you've earned it!

BEACH LEISURE CENTRE: This is the first year Sport Aberdeen have been involved with Maggie's Culture Crawl and the team are delighted to welcome us to their multi-functional sports centre which this year celebrates its 30th anniversary, having been officially opened by Lord Provost R.A Robertson on the 6th of October 1989. Albyn School, one of the top independent schools in Aberdeen, are very kindly and happily supporting by sending their highly acclaimed 'Fazz Junk' (Jazz Funk Band). The band, which was set up 3 years ago, is led by Karen Addison and is made up of pupils and staff who have been working hard on an uplifting set list to get us all into the groove! Our warm up is generously supported by The Warehouse Health Club, (www.thewarehousehealthclub.com) Aberdeen's local, friendly and independent gym that has supported Maggie's since opening. They will run a short but high-tempo exercise routine to get us all nicely warmed up and ready to begin our 10-mile cultural adventure. Let's go!

MARINE OPERATIONS CENTRE: Aberdeen Harbour Board opened the Marine Operations Centre in 2006, and it has since been the central point for all marine operations. From the fifth floor, the Harbour's Vessel Traffic Services team assist vessels as they navigate in and out of the busy port - in 2018, the port had 9,266 vessel arrivals. The MOC also houses the Ship Simulator, where pilots train to guide vessels in and out of the Harbour. This is a unique opportunity to see inside a building which is rarely open to the public, and to learn about the Harbour's transformative expansion in Nigg Bay. Before visiting the Centre you are invited to enjoy a delicious burger courtesy of the incredible Rapid Relief Team - a global charity inspired by community spirit and the gift of giving and longstanding supporters of Culture Crawl. On the next stretch look out for points of interest from Aberdeen's maritime trail - the Roundhouse (reputedly built around 1797 at the great cost of £225!), Sugar House Lane, Theatre Lane and the Steam Navigation Company to name just a few.

INVERTED STUDIO: Tucked away in a side street of Aberdeen's old commercial quarter lies Inverted - the only professional centre in Aberdeen to combine Circus & Pole Fitness. Home to a community of award-winning Pole Dance Performers, including Mr Pole Scotland 2016 himself, the incredible team at Inverted welcome you to observe students practising and performing. They've even kept a pole free for curious Culture Crawlers and will be serving up Dutch Courage in the form of Fierce Beer. Go on, you know you want to!

TORRY LIBRARY: A beautiful example of Aberdeen's many purpose-built, granite community libraries this small but perfectly formed library is jam packed full of entertainment and knowledge (and that's just the staff!). We guarantee that tonight's visit will be far from bookish and unlike any library visit you've experienced...as both dancing and eating is encouraged! Thanks to Mackie's of Scotland we will be serving up some of their delicious ice cream for everyone - and you can enjoy this wee treat to a (silent) disco beat!

BREAKOUT GAMES: At nearly mid-way through your 10-mile physical challenge, it's time to get those brain cells exercising with a unique opportunity to break into Aberdeen's award winning escape rooms! Breakout Games have created some mini-puzzles to test your metal and Blackford Craft Distillers are generously providing the reward for successfully completing your mission - tasters of their fabulous Vesperis Gin and Vodka! www.blackfordcraftdistillery.co.uk

