

**Six walks in Lerwick,  
Bressay, Gulberwick, Quarff  
& Cunningsburgh**

to get you out & about and get  
more physically active!

**Lerwick, Bressay,  
Gulberwick, Quarff &  
Cunningsburgh**

PEERIEWANDERS

## PEERIE WANDERS

“Peerie Wanders” has been designed and developed by NHS Shetland Health Improvement Department in collaboration with Shetland Islands Council, to help you be more active. This booklet contains a number of walks to get you out & about and help you on your journey to become more active!

## WHY WALKING?



Brisk walking is a great way to be active and stay healthy—it’s not surprising that walking is the most popular leisure activity in Scotland. Walking is suitable for almost everyone and you don’t have to be fit to start with—you just have to get started.

## WHY BE MORE ACTIVE?

The human body needs to be active to function properly, but modern living means that most of us are not active enough. Being more active means:

- More energy
- Stronger, toned muscles
- A lower risk of heart disease, stroke and osteoporosis
- A greater sense of well-being
- Help to sleep better
- Improved confidence



## HOW OFTEN SHOULD I BE ACTIVE?

Guidelines state that you should aim to do **150 minutes of moderate activity or 75 minutes of vigorous activity a week**:

Aim to build up half an hour of moderate activity on most days to try and meet the guidelines.

These booklets are designed to help you get walking to reach your goal. If you combine walking with other activities then all the better.



## GETTING STARTED

These walks vary in length from 1km to 5km. The aim is that the more you walk and the fitter you get, the longer duration of walks you will be able to manage helping you to progress. On some of the routes in the series you will see a red route and a blue route. The red route is the shorter route, whilst the blue route gives you an added progression in the same area if you feel like an added challenge. You can use the 'Walk Diary' near the back to record your progress.

These tips will help you get the most out of your walk:

- Start with the shortest walk at a pace that feels comfortable for you—don't worry if you can't complete it just do what suits you.
- As you get fitter, begin walking at a more brisk pace to get more benefits from your walk.
- When you feel ready, challenge yourself with the next walk, gradually building up to a brisk pace.
- Keep a note of all your walks with a diary.

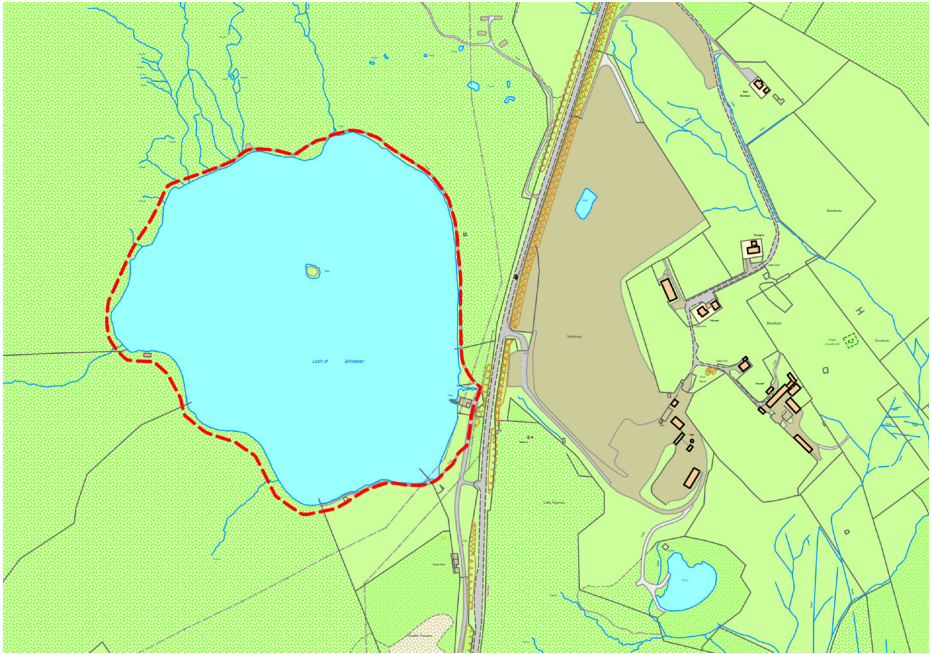
How about trying to create some of your own routes?



## PEERIE WANDERS - TOP TIPS

- Wear flat, comfy, sensible walking shoes, particularly if the terrain of the walk is off-road .
- A walking partner can add to your enjoyment.
- If walking alone, make sure you tell someone or leave a note of where you are going and how long you plan to be.
- If visibility is poor, wear reflective clothing.
- Walk at a brisk pace to ensure you get more health benefits.
- Make a walking plan and use your diary to keep you motivated.
- If you don't manage to stick to your plan (perhaps you were ill or on holiday) don't worry—just make a special effort to get back on track as soon as you can!



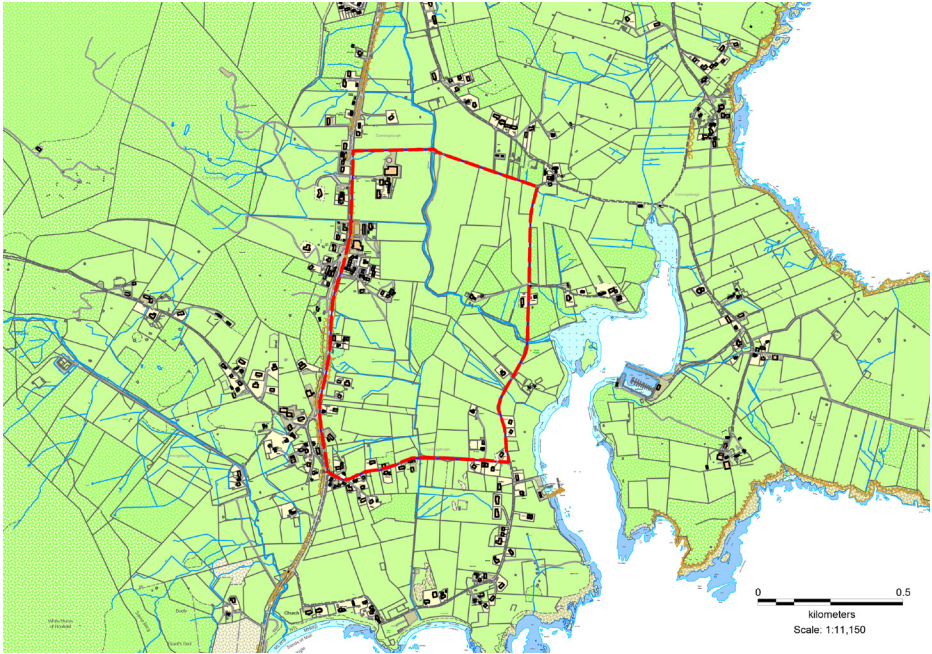


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## WALK 1 - Brindister Loch Circular

Follow the A970 south of Lerwick, you will see signs to Brindister on your left, but keep driving and soon on your right you will find the Loch of Brindister. Park up and take the circular walk around the Loch.

- Length: 2km or 1.25 mile circular walk
- Estimated time 30 minutes
- Look out for: wildlife
- Terrain: uneven grass terrain and boggy in places
- Potential Hazards: Slips and trips on wet ground

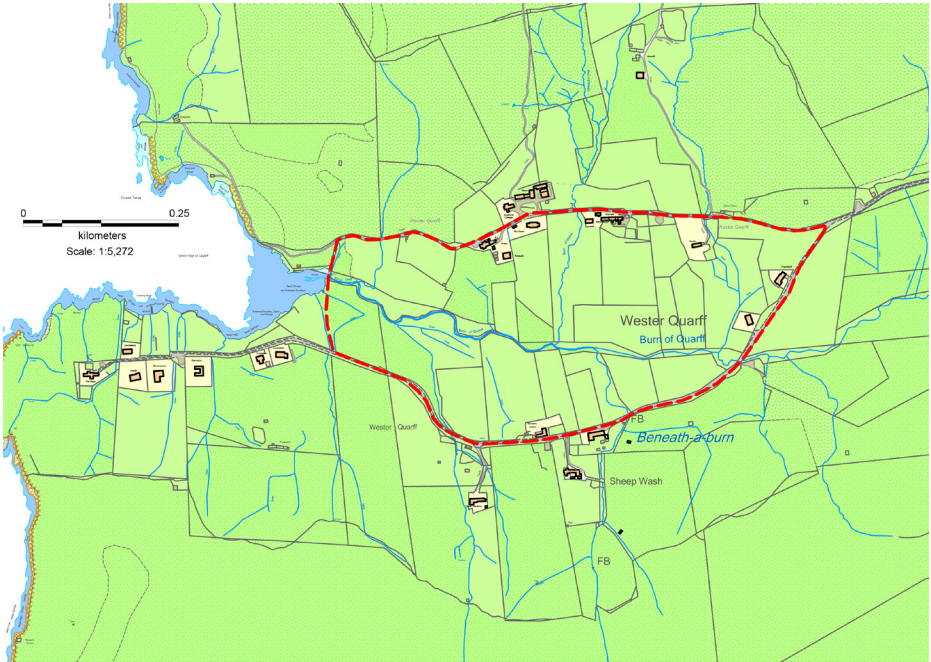


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## WALK 2 - Cunningsburgh Circular

Head to Cunningsburgh where you can park at the public toilets. From here, head up taking your first right down the track. Follow the road until you reach the crossroads, turn right here and carry on. Then take your second turning on your right (a bus stop opposite) and continue until you reach the main road. Take a final right and complete your circle back to the start.

- Length: 3.4km or 2 mile return walk
- Estimated time: 1 hour
- Look out for: wildlife and maybe seals in the voe.
- Terrain: Foot way and quiet road
- Potential Hazards: Keep an eye out for traffic on the single track road.



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## WALK 3 - Wester Quarff Circular

Head to Quarff and take the turning to Wester Quarff. From here, follow the road until it splits in to two. This is where you will start your walk. Take the top road and follow it until you reach the end, turn left down towards the beach and continue until you reach the other road. From here, follow the road back up to where you started.

- Length: 2km or 1.25 mile return walk
- Estimated time 30 minutes
- Look out for: wildlife
- Terrain: majority of this route is on a road, however part of it does go off road (optional as you can go back on yourself), so take care with uneven terrain
- Potential Hazards: The road isn't busy, but keep an eye out for traffic

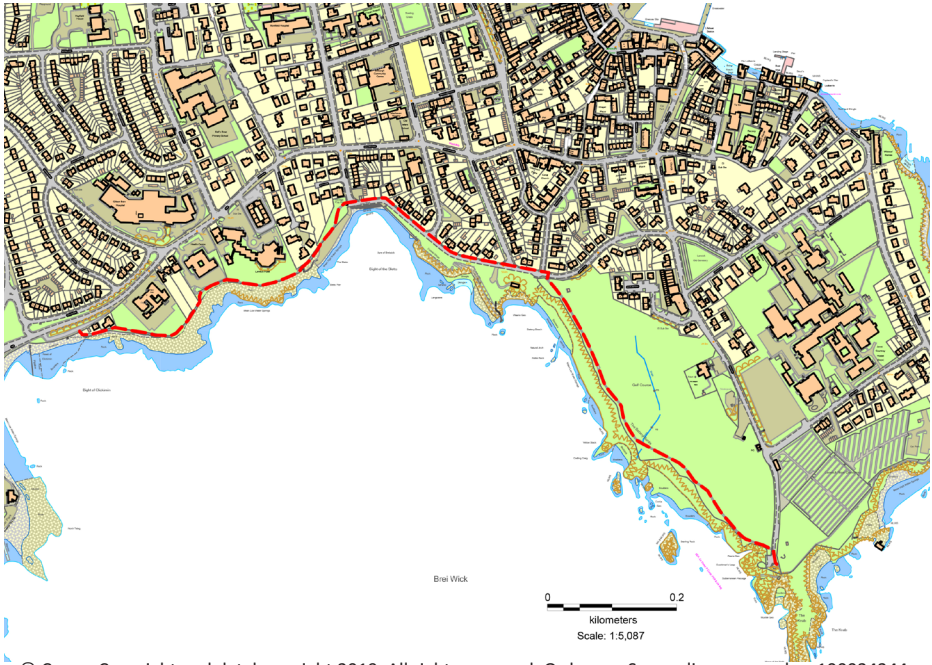


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## WALK 4 - Clickimin Loch, Lerwick

Start at Clickimin Leisure Complex and follow the path around in a circle. You will walk along South Road and Westerloch Drive before heading back to Clickimin.

- Length: 2km/1.5 mile
- Estimated time: 35 minutes
- Look out for: Clickimin Broch and scenery
- Terrain: path all the way around
- Potential Hazards: This path is shared use, so keep an eye out for other users, dogs and cyclists.



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## WALK 5 - Sletts & The Knab, Lerwick

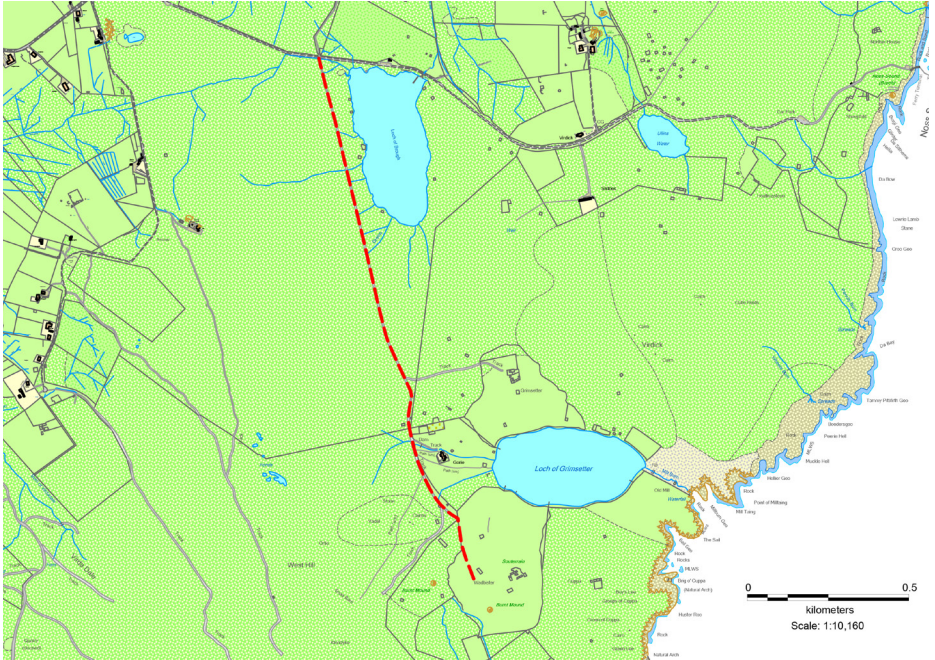
Start at the Bight of Clickimin and walk along the Sletts up and onto the Knab. Once you have reached the top take a moment to take in the beautiful scenery before making your way back down and back to the start.

- Length: 2.8km/1.75 mile
- Estimated time: 30 minutes
- Look out for: coastal scenery
- Terrain: path all the way around
- Potential Hazards: some of this path is at a gradient so take care going up and down.

As you progress you can make this route more challenging by:

- At the top of the knab, walk down the other side and past the cemetery, turn left up Gressy Loan and past the old Anderson High School. Then turn right down Knab Road and left down Breiwick Road and follow the Sletts back to the start.





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## WALK 6 - Gorie and Wadbister Walk, Bressay

Park along side The Loch of Brough and follow the track out to the coast to the old settlement of Wadbister or beyond to the coast.

- Length: 3.3km/2 mile return walk
- Estimated time: 1 hour 30 minutes
- Look out for: Wildlife and old settlements
- Terrain: Uneven track and grass with can be wet
- Potential Hazards: There can be cattle in the field near Wadbister

## TAKING CARE IN THE COUNTRYSIDE

Shetland is famed for its natural beauty and wildlife. By following these simple guidelines you will respect the needs of those who rely on the countryside for their living, whilst preserving the natural environment.

1. Use stiles and gates to cross fences and walls. Fasten all gates that you have opened.
2. Do not walk through fields of cultivated grass as this is a very important crop in Shetland.
3. If you have to cross cultivated land, do so by the edge of the field.
4. Avoid livestock and do not disturb them, especially during lambing time (mid-April until late-June).
5. Whilst you may walk a dog, you should keep it on a short lead in the countryside, avoid livestock and be a responsible dog owner and pick up after your dog. Obey any notice forbidding dogs.
6. Do not leave litter or start fires.
7. Do not disturb nesting birds, especially those which nest on the ground.
8. Respect wildlife and refrain from picking wild flowers.
9. When parking on country roads do not obstruct access roads or access to fields. Park further away if need be.
10. Take care when walking near cliff tops as the edges can be crumbly and dangerous.

## OTHER THINGS TO NOTE

All the walks in these leaflets have been safety assessed by Shetland Islands Council, however, as they are all based outside in the countryside there are factors to watch out for that may not be noted. This include potential livestock (including Bulls), cliffs, swooping birds (during mating and hatching season), animal faeces and walks taking you close to the sea. These are factors that neither NHS nor SIC can predict due to the nature of the land that these walks take place on, so take extra care looking out for potential hazards.







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[www.healthyshetland.com](http://www.healthyshetland.com)



Healthy Shetland Facebook



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Remember– just half an hour a day of moderate activity is all it takes to feel better!

These walks have been developed by NHS Shetland Health Improvement Department in collaboration with Shetland Islands Council and the local community.

