

PREMIERE WANDERS

Five walks in Scalloway, Trondra & Burra

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



Scalloway, Trondra & Burra

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!

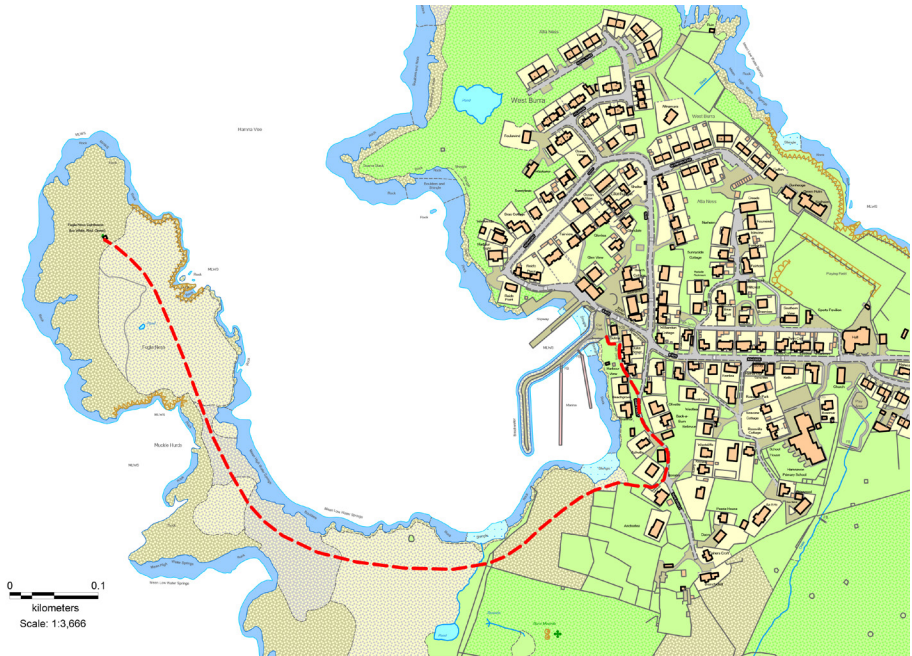




WALK 1 - Banna Minn Beach

Start at Duncansclett car park and follow the track down onto the beach. Continue across the ayre towards Kettle Ness & the Lotra of Minn. Follow the route back to start/finish. Take time to explore and enjoy the scenery of Banna Minn. If the Easthouse croft museum is open take a look inside.

- Length: 1.6km/1mile return walk
- Est time: 25 minutes
- Look out for: the coastal scenery, birds and local wildlife
- Terrain: sections of this walk are uneven terrain and across sand
- Potential Hazards: the path down to the beach is at a gradient so take care



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WALK 2 - Hamnavoe Lighthouse

Parking at Hamnavoe marina opposite the shop and near the seasonal toilet, follow the track and road around the marina before following a well worn path out to the light house. Crossing the storm beach to the lighthouse can be challenging, so take your time and find a route you're comfortable with.

- Length: 2km/1.25mile return walk
- Est time: 40 minutes
- Look out for: the costal scenery, birds and local wildlife
- Terrain: uneven grass with sections of boulders
- Potential Hazards: take extra care crossing the storm beach of boulders to the lighthouse.

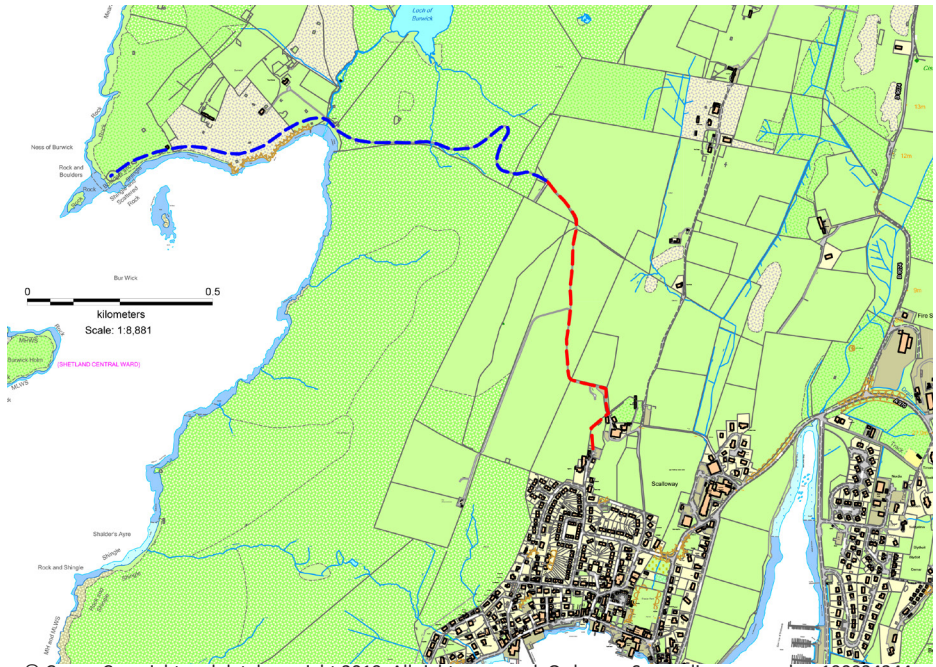


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WALK 3 - Scalloway Lighthouse

Parking near the marine college (NAFC), walk up the hill and take the track that leads out west along the coast. Once the track ends follow worn paths out to the lighthouse

- Length: 2.4km/1.5mile return walk
- Est time: 40 minutes
- Look out for: the costal scenery, birds and Shetland ponies
- Terrain: track, uneven grass .
- Potential Hazards: some steep slopes and coastal slopes



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WALK 4 - Ness of Burwick

Parking at on Harley Street near the old GP surgery follow the stiles and waymarks to the track that leads up to the saddle between the Hill of Berry and Hill of Houlland for great views. If you're feeling fit carry on down to Burwick and follow the coastal path west after crossing the burn out to the Ness of Burwick before returning.

- Length: Red: 1.6km/1 mile return walk
Blue: 4.4km/2.75mile return walk
- Est time: Red:30 minutes
Blue:1.25 hours
- Look out for: the coastal scenery, birds and local wildlife
- Terrain: grass and rough track with steep climbs
- Potential Hazards: loose gravel on the steep sections of the track, coastal slope on blue section.



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WALK 5 - Trondra

From Cauldhame the walk follows the Trondra coast before coming back through Burland Croft to the main road and back to Cauldhame. The Burland croft is also open seasonally for tours of Shetland farming and animals.

- Length: 3.5km/2.2mile return walk
- Est time: 1 hour
- Look out for: the coastal scenery, birds and local wildlife
- Terrain: uneven grass and coastal slopes, road side verge
- Potential Hazards: take extra on the section of main road

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 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 by picking 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 the Shetland Islands Council, however, as they are all based outside and in the countryside there are factors to watch out for that may not be noted. These 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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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.

