

Five walks in Yell & Fetlar

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

Yell & Fetlar

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.

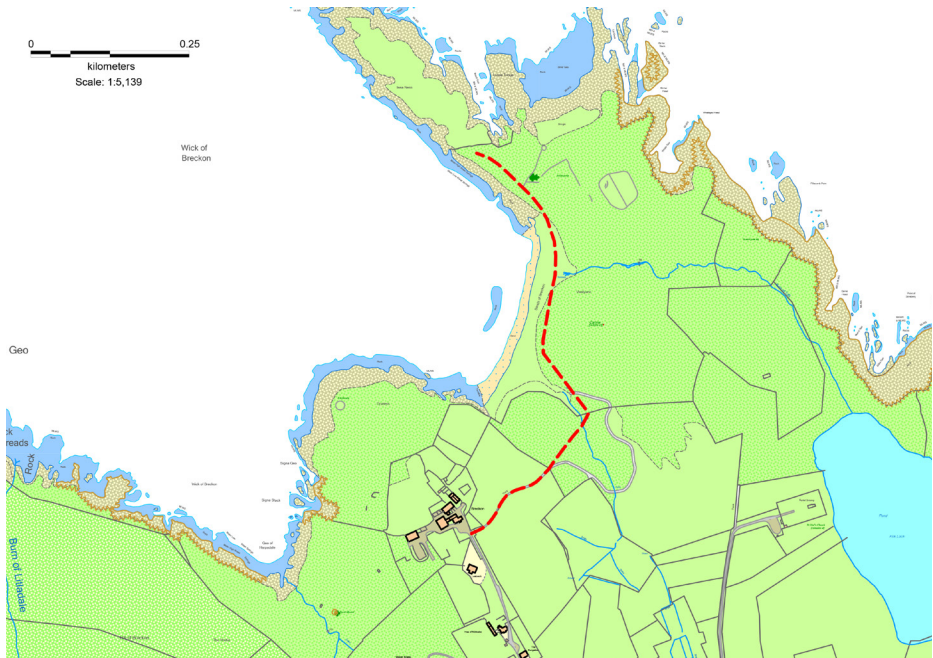
How about trying to create some of your own routes?



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 - Breckon Sands, Yell

Follow the B9083 up through Cullivoe until you see a sign to Breckon Beach. Follow this road and park at the end where you can begin your walk. The path will take you down to the beach where you can admire the golden sands and listen to nothing but the waves.

- Length: 1.2km or 0.75 mile return walk
- Est time: 20 minutes
- Look out for: sea life and wildlife
- Terrain: sections of this walk are uneven terrain with a gradient so take care.
- Potential Hazards: be aware that the park down to the beach can have cows in it.



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WALK 2 - Gloop Look Out Station, Yell

Follow the B9083 through Cullivoe until you reach Gloop where you can park up near Kirks and start your walk. The walk takes you past Gloop beach and up to the old coastguard lookout station. Turn back and retrace your track back to the start.

- Length: 1.6km/1mile return walk
- Est time: 30 minutes
- Look out for: beaches, wildlife, history (the Gloop memorial is close by to Kirks—the star on the map above).
- Terrain: off road walking with a hill up to the lookout.
- Potential Hazards: Uneven terrain.

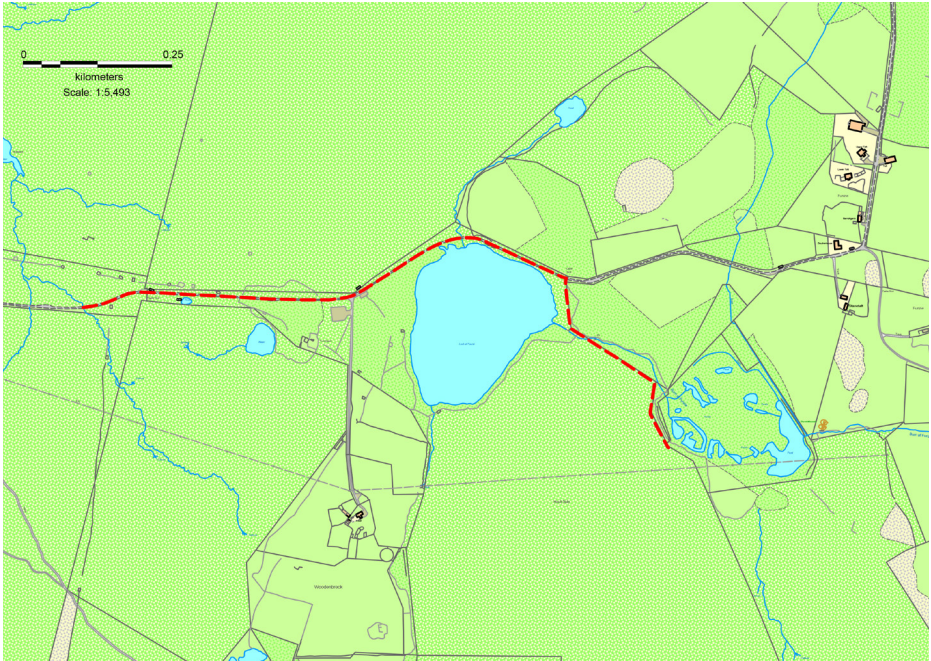


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WALK 3 - Heoga Ness, Yell

Make your way to Burravoe Marina where you can park your car and head out through the white gate to Heoga Ness. Follow the path around the Marina and out to the Outer Gardins. Take your time to explore and take in the scenery and wildlife. Feel free to extend your walk around the ness.

- Length: 1.6km or 1 mile return walk
- Est time: 20 minutes
- Look out for: coastal scenery, wildlife and maybe an otter.
- Terrain: grass with occasional boggy points
- Potential Hazards: Uneven terrain and coastal slopes.



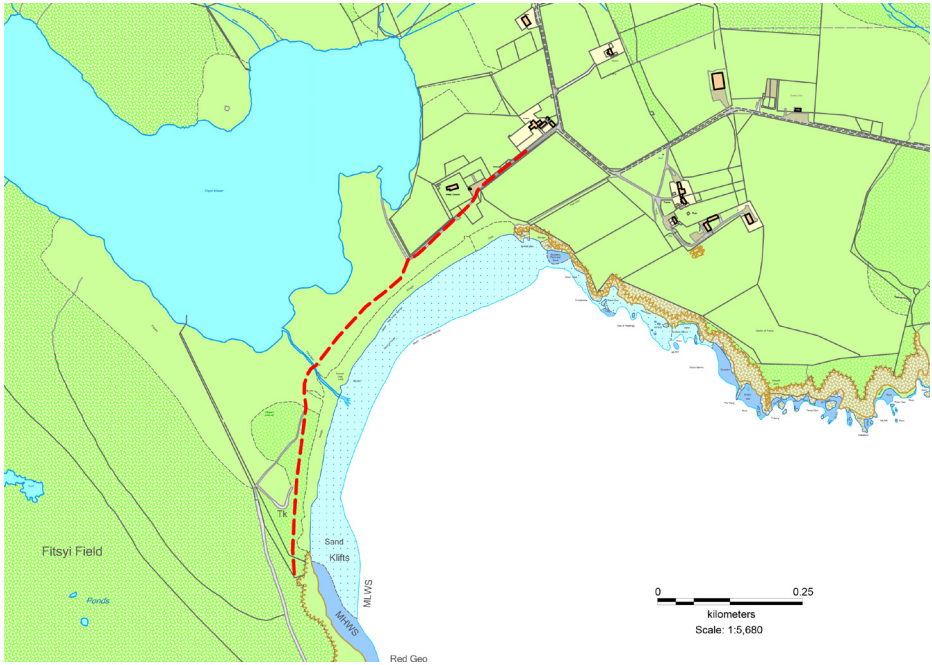
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WALK 4 - Funzie Bird Hide, Fetlar

Once in Fetlar, travel down the B9088 towards the area of Funzie and park at the loch.

Just past the Loch of Funzie there is a small path that takes you down to the Bird Hide.

- Length: 1.2km or 0.75 mile return walk
- Est time: 15 minutes
- Look out for: wildlife
- Terrain: the walk takes you down an uneven path, so take care when walking. It
- Potential Hazards: be aware and respectful of wildlife particularly around nesting season.



WALK 5 - Sand of Tresta, Fetlar

Once in Fetlar, head along to B9088 until you reach the area of Tresta. Follow the road down to Tresta and take a right, parking up near the kirk yard. From here you can wander down the beautiful Tresta Sands.

- Length: 1.6km or 1 mile return walk down the beach
- Est time: 20 minutes
- Look out for: sea life, wildlife and the beach
- Terrain: uneven grass and sand
- Potential Hazards: Uneven terrain

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 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 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. 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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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.

