

# Walking IN SHETLAND

National Walking Month - May 2024



Walking is for  
**everyone**, of all  
ages and abilities

In **Shetland**, we are so lucky to live in a place that has a **beautiful landscape** to walk around with areas of **wonderful, unspoilt scenery** and **wildlife**.

Walking is one of the **best** ways for many of us to be **more active** - no matter our age, income, gender or ability. It is the easiest and **most accessible** form of physical activity that can become part of our every day life. Regular brisk walking is a great way to protect our **physical** and **mental health**, to help us **connect to nature** and our local area, as well as look after our **environment**.

Sometimes it can be difficult to know where to start, which is why we have pulled together this resource: to provide local support for people to start getting active through walking, and to inspire all people to enjoy the benefits of getting out and about around our islands.

## Shetland's "Kit for All" Scheme

The Kit for All scheme has been designed to enable more people to take part in sport and physical activity. They offer free sport clothing and trainers for those who need it most. Both adult and child sizes available. If you would like to access this support to allow you take part in walking, contact:

- Email: [lesley.spence@shetland.gov.uk](mailto:lesley.spence@shetland.gov.uk)
- Phone: 01595 744 037

If you would like to donate clothing, donation points are based at all leisure centres & Hayfield House.





# Peerie Wanders

If you would like inspiration on where to walk in Shetland check out the Peerie Wanders leaflets. The guides have been designed by Health Improvement in collaboration with SIC using core paths, to help people be more active through walking. They cover all areas in Shetland and offer useful tips and hints when out walking!

You can access these leaflets online by searching "Outdoor Access and Core Paths – Shetland Islands Council" or using the QR code below.

To get a paper-copy email: [info@healthshetland.com](mailto:info@healthshetland.com)



# All Terrain Wheelchair Routes

A selection of all terrain wheelchair routes have been put together by Ability Shetland and the SIC Outdoor Access Team with the aim of encouraging people with mobility issues to get outdoors and enjoy some of Shetland's more remote locations, with the help of Ability Shetland's all-terrain wheelchairs.

The routes that have been described in this guide have been graded following Paths For All's route grading guidelines.

You can access the leaflet online by using the QR code or by contacting Ability Shetland using the contact details below.



SCAN ME



Ability Shetland have four all terrain wheelchairs available which can be used to support individuals with physical disabilities and mobility issues to access outdoor spaces.

If you would like to hire out a chair contact Ability Shetland:

- Phone: 07895 406 005
- Email: [abilityshetland@shetland.org](mailto:abilityshetland@shetland.org)

To find out more visit:

Outdoor Access and Core Paths – Shetland Islands Council



# Walking Groups



Walking with others can have the added benefit to our social health, helping us form friendships and connect us to our local community. Healthy Shetland have a bunch of friendly volunteers trained as Walk Leaders through Paths for All, who lead "health walks" in their local communities.

## A Health Walk is....

A "short, safe, social, local and accessible low-level, led walk"

### WALK DA ROCK LERWICK

Weekly on Tuesdays 2pm  
Various points in Lerwick.  
Walks 40-50mins.



### WALK SCALLOWAY

Weekly on Tuesdays 10am  
Burn Beach Carpark, Scalloway.  
Walks 30-40mins.



### SOOTHEND WALKERS

Weekly on Thursdays 2pm  
Various points in the South Mainland.  
Walks 20-40mins.



### MOSSBANK BUGGY WALK

Fortnightly on Fridays 09:15  
For parents/carers with child <5  
Mossbank School Entrance.  
Walks 30-40mins.



**The walks are free and open to everyone, of all ages and abilities.**

#### TO FIND OUT MORE:



Join the **Walk da Rock** Facebook Group



Email: [info@healthshetland.com](mailto:info@healthshetland.com)



Visit: **Walk da Rock Shetland - Paths for All**



SCAN ME

# Walking Groups



Shetland Recreational Trust have also teamed up with Healthy Shetland and Paths for All to have their own Walk Leaders who run free Health Walks in Shetland. The walks detailed below are the start of more to come in other localities around Shetland.

You can book your space using the SRT App, website or by phoning the centre reception.

## **NORTH MAINLAND HEALTHY WALKS**

Weekly on Mondays

1230 - 1315

Meet at NMLC entrance

Open to all, free



**MORE4life**  
Shetland more active, more often

If you prefer walking indoors, SRT have excellent facilities including gyms in every leisure centre. More4life is a great-value membership scheme giving access to facilities to all 8 leisure centres across Shetland. The membership can also give you access to leisure facilities around Scotland such as Highland, Moray, Orkney, the Western Isles, Live Borders, ANGUSalive, Sport Aberdeen and Argyll and Bute.

They also offer an “Access to Leisure” concession scheme where, if you qualify, you pay just £1 for activities included in MORE4life without a recurring membership fee.

**To join or find out more visit: [www.srt.org.uk/pricing/more4life](http://www.srt.org.uk/pricing/more4life)**



# Shetland RSPB Audio Trails



**Research shows that noticing and appreciating nature can have powerful effects on our body and mind by helping to manage stress and feel calmer.**

Shetland RSPB have developed “audio trails” which aim to provide a sound bite of some of Shetland’s nature friendly places for all in the community. These audios may come in handy when planning a visit to any of the locations, or provide a moment of mindfulness in nature that people can use anywhere at any time.

To access the audios simply go to our website and click on the pins on the map to listen:

<https://www.healthyshetland.com/shetland-audio-trails/>

“Everyone has a right to nature and these accessible resources bring nature inside and aim to encourage compassion for nature and self-compassion.”

Helen Moncrieff, RSPB Shetland  
Manager



This leaflet was developed by NHS Health Improvement Department in partnership with Shetland Recreational Trust, Shetland Islands Council Sport & Leisure Team, Ability Shetland and ZetTrans. The resource was pulled together for National Walking Month 2024.

Written by Krissi Sandison, HIP NHS Shetland - May 2024

## CONTACT US!

To find out more information about getting active and other topics around health and wellbeing:



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

Healthy Shetland