

Walking IN SHETLAND

National Walking Month - May 2023



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 **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
- 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@healthyshetland.com



SCAN ME

All Terrain Wheelchair Routes

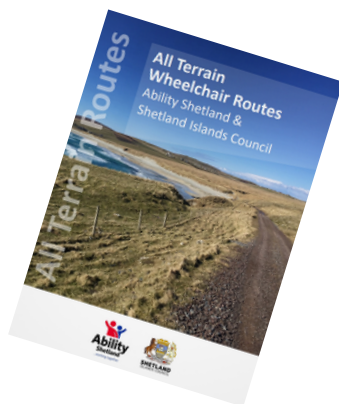
A selection of all terrain wheelchair routes has been put together by Ability Shetland and the SIC Outdoor Access Team with the aim of encouraging people with mobility issues to get outdoors and enjoy some of Shetland's more remote locations, with the help of Ability Shetland's all-terrain wheelchairs.

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

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.



STEADY STEPS

Weekly on Tuesdays 6pm
Clickimin Bike Sheds 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 end.
Walks 20-40mins.



NEXT STEP

Weekly on Thursdays 12pm
Westsandwick Hall, Yell.
Walks 20-40mins.

BRAE WALKERS

Weekly on Mondays 09:30am
Brae Youth Centre
Walks 30mins.

TO FIND OUT MORE:



Join the **Walk da Rock** Facebook Group



Email: info@healthyshetland.com



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



SCAN ME

Walking Groups



shetland recreational trust



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.

BUMPS, BUGGIES & BAIRNS WALK - CLICKIMIN

Open to all parents, carers and their children

Weekly on Wednesdays at 11.30am

Meet at Clickimin Reception

Walks up to 45 minutes

SENIOR WALK GROUP - CLICKIMIN

Open for 50+

Weekly on Wednesdays 10am

Meet at Clickimin Reception

Walks up to 45 minutes



WEST MAINLAND WALKS

Weekly on Wednesdays 2.30pm

Meet at WMLC entrance

Walks up to 45 minutes

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 at all leisure centres in Shetland. 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

Walk and Roll

Walk and Roll is an accessible wheelchair-friendly walking group based in Lerwick. The walks run on Thursdays 1.30pm. It is led by SIC Supported Living & Outreach (SL&O) activity co-ordinator and the walks are open to all abilities including wheelchair users.

The poster below shows meeting points for May and June 2023, however you can find out future dates by contacting the SL&O Activity Co-ordinator. Phone: 07810 718 283

Walk and Roll Group



Thursdays 1.30pm

May 2023	June 2023
4th Mareel	1st Mareel
11th Fjara	8th Fjara
18th Islesburgh	15th Clickimin
25th Clickimin	22nd Islesburgh
	29th Mareel

All weather walking group in Lerwick. Walks are 30 – 40 minutes and are suitable for slow walkers and wheelchair users. After the walk join us for a cuppa and a chat inside the cafe. Finish at 3pm.

Contact: Local Activity Co-ordinator, Supported Living and Outreach.
07810718283 or Shetland Community Connections 01595 745091

Clickimin Complex

- walk around lochside
- low level, paved
- Food Culture Cafe
- Changing places toilet available



Mareel

- North Ness and Hays Dock or Da Street
- Low level, some rough ground
- Mareel Cafe Bar
- Disabled access toilet



Islesburgh Community Centre

- Walk at the Sletts or Knab
- Hilly, paved
- Central Cafe
- Disabled Access toilet



Fjara

- walk along sea road
- low level, paved
- Fjara Cafe
- Disabled Access Toilet



All walking routes are flexible and will be modified to suit best the needs of the group on the day.

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 2023.

Produced by Krissi Sandison, HIP NHS Shetland - May 2023

CONTACT US!

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



Visit www.healthyshetland.com

Healthy Shetland