

Interested in leading your own walk?

You don't need any experience to become a walk leader, just a keen interest in walking and the ability to support others who may just be getting started with walking.

To become a Walk Leader you will need to attend our Walk Leader Training. This training is offered via Paths for All and it includes lots of resources and practical information to help you set up, advertise and lead walks for the community.

"I love being a walk leader. Walking in all weathers is so therapeutic, it's good for you both mentally and physically. You meet lots of lovely people and they become your walking family."

Health Walk Leader, Walk da Rock
Lerwick



If you would like to find out more about the training, please get in-touch with us using the contact details on the back.



Contact us!



info@healthyshetland.com



(01595) 743330



@healthyshetland1



@Healthy Shetland



www.healthyshetland.com

WALK DA ROCK Healthy Shetland
Healthy Shetland - Let's get Shetland Active!

WALK DA ROCK

LOCAL LED WALKS AROUND SHETLAND

NHS
Shetland



What is "Walk da Rock"?

Walk da Rock is a project that supports local walking groups ("Health Walks") to take place around Shetland.

It is coordinated by the NHS Health Improvement Team in collaboration with Paths for All (Scottish Walking Charity).

The walks are open to all people, of all ages and abilities, but are particularly aimed at beginners or those that are just starting to get active.

A Health Walk is....

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



Local Health walks around Shetland



WALK DA ROCK LERWICK

Weekly on Tuesdays 2pm
Meet at various points around Lerwick.
Walks 40-50mins.



WALK SCALLOWAY

Weekly on Tuesdays 10am
Meet at Burn Beach Carpark in Scalloway.
Walks 30-40mins.



SOOTHEND WALKERS

Weekly on Thursdays 2pm
Meet at various points in the South Mainland. Walks 30-40mins.

NEXT STEP - YELL

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



YES SIR I CAN BUGGY - MOSSBANK

Fortnightly on Fridays 9.15am
Meet at the Mossbank primary school
Walks 30-40mins.

To find out more information...

<https://pathsforall.org.uk/walk-finder/walk-da-rock-shetland>



Walk da Rock Shetland - Paths for All

Walk da Rock is coordinated by NHS Shetland, which supports local walking groups throughout the islands.

Paths for All

Local "Walk da Rock" Facebook group

Join the Walk da Rock Facebook Page to find more information about the local walks (ie. meeting points).

Search "Walk da Rock" on Facebook or scan the QR code below

