

Six walks in Lerwick, Bressay, Gulberwick, Quarff & Cunningsburgh

to get you out & about to improve
physical health and mental
wellbeing

**Lerwick, Bressay,
Gulberwick, Quarff &
Cunningsburgh**

PEERIE WANDERS

‘Peerie Wanders’ has been designed and developed by NHS Shetland Health Improvement Department in collaboration with Shetland Islands Council. This booklet contains a number of walks to get you out and about to help you on your journey to become more active.

WHY WALKING?



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 free, it’s good for the environment, and is suitable for almost everyone. You don’t have to be fit to start with—you just have to start! If you pick up your pace, you’ll get more health benefits. Taking notice of the natural world also helps with our wellbeing.

WHY BE MORE ACTIVE?

The human body needs to be active to function well, but modern living means that most of us are not active enough. Being regularly active can:

- Increase our energy.
- Strengthen our muscles.
- Lower our risk of heart disease, stroke and osteoporosis.
- Improve our mood and wellbeing.
- Help us sleep better.
- Improve our self-esteem and confidence.



HOW OFTEN SHOULD I BE ACTIVE?

The physical activity guidelines recommend that we should aim to do at least two and a half hours of moderate activity each week, which can be broken up into 30 minutes, 5 days a week. Walking, and any other activity that raises our heart rate and makes us feel warmer, counts towards this. Remember any amount of activity is beneficial and something is better than doing nothing.

GETTING STARTED

The walks vary in length from 1km-5km and are designed for all levels of ability and fitness. The routes may have a red route and blue route: the red route is the shorter route; the blue route gives you an added progression if you want a challenge.

Tips to help you get started:

- 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 walk more and become fitter, begin walking at a more brisk pace to get more physical health benefits.
- Keep a note of your walks in the diary at the end of this booklet – you can record how you felt during the walk, how long it took you to complete and any other reflections.



PEERIE WANDERS - TOP TIPS

- Wear comfortable sensible footwear, particularly if the terrain is uneven.
- Encourage a friend, family member or colleague to join you.
- If walking alone, tell someone where you're going and how long you plan to be.
- If the visibility is poor, wear reflective clothing.
- Check the weather forecast before you go and dress appropriately.



Look out for Wildlife

On all these peerie wanders, there is the possibility to see a variety of wildlife. Some walks have more opportunities than others, depending on the area, and they will vary throughout the seasons.

The greatest variety will be in the spring and summer when most wildflower species bloom and resident bird species are joined by summer migrants. Although autumn and winter are quieter times of year, there is still plenty to look for. We have provided prompts in each walk of the wildlife you might come across.



Nature connection prompt

Find a pattern in nature that looks like a face.

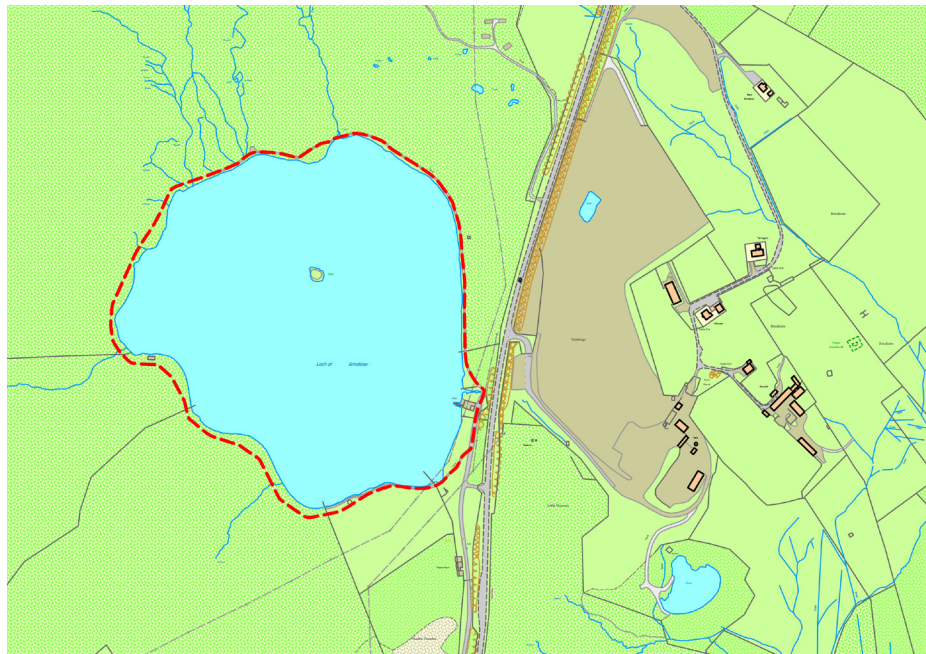
RSPB Shetland Audio Trail



Scan me with your smart phone camera!

For a sound bite of some of Shetland's nature friendly places, have a listen to RSPB's audio trails. You can listen to these directly from your phone by scanning the QR code.





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WALK 1 - Brindister Loch Circular

Follow the A970 south of Lerwick, you will see signs to Brindister on your left, but keep driving and soon on your right you will find the Loch of Brindister. Park up and take the circular walk around the Loch.

- Length: 2km or 1.25 mile circular walk.
- Est time: 30 minutes.
- Look out for: wildflowers and lots of greylag geese in late summer.
- Terrain: uneven grass terrain and boggy in places.
- Potential Hazards: slips and trips on wet ground.



Nature connection prompt: Notice water patterns on the loch, what do the patterns remind you of?



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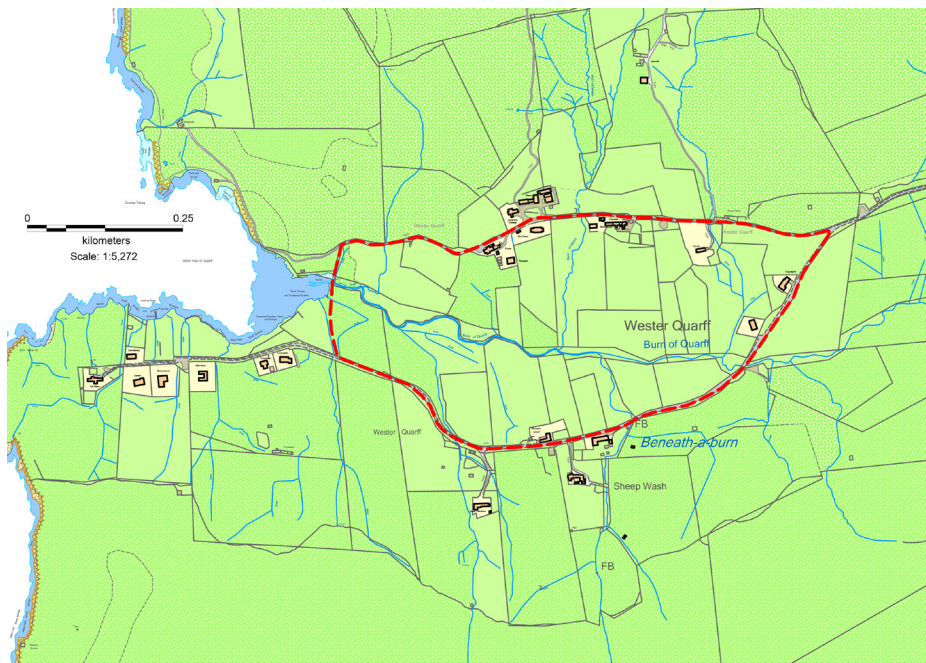
WALK 2 - Cunningsburgh Circular

Head to Cunningsburgh where you can park at the public toilets. From here, head up taking your first right down the track. Follow the road until you reach the crossroads, turn right here and carry on. Then take your second turning on your right (a bus stop opposite) and continue until you reach the main road. Take a final right and complete your circle back to the start.

- Length: 3.4km or 2 mile return walk.
- Est time: 1 hour.
- Look out for: Cunningsburgh meadows, wide variety of flowering plants in summer.
- Terrain: Foot way and quiet road.
- Potential Hazards: Keep an eye out for traffic on the single track road.



Nature connection prompt: Listen for natural sounds, what do you hear?



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WALK 3 - Wester Quarff Circular

Head to Quarff and take the turning to Wester Quarff. From here, follow the road until it splits in to two. This is where you will start your walk. Take the top road and follow it until you reach the end, turn left down towards the beach and continue until you reach the other road. From here, follow the road back up to where you started.

- Length: 2km or 1.25 mile return walk.
- Est time: 30 minutes.
- Look out for: birds and wildflowers.
- Terrain: majority of this route is on a road, however part of it does go off road (optional as you can go back on yourself), so take care with uneven terrain.
- Potential Hazards: The road isn't busy, but keep an eye out for traffic.



Nature connection prompt: Take three deep breaths in the outdoor air, in through your nose and out through your mouth. How do you feel afterwards?



WALK 4 - Clickimin Loch, Lerwick

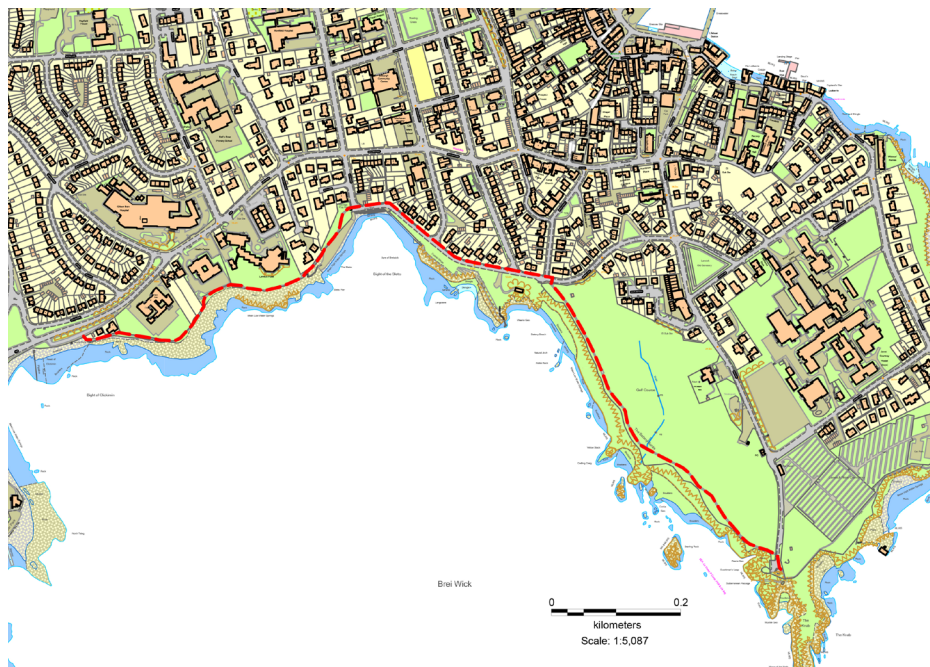


Start at Clickimin Leisure Complex and follow the path around in a circle. You will walk along South Road and Westerloch Drive before heading back to Clickimin.

- Length: 2km/1.5 mile.
- Est time: 35 minutes.
- Look out for: birds on the loch including diving ducks such as goldeneye and tufted duck, dabbling ducks such as mallard and teal, and whooper and mute swans. Native trees, providing shelter to woodland birds and people.
- Terrain: path all the way around, accessible by wheelchair.
- Potential Hazards: This path is shared use, so keep an eye out for other users, dogs and cyclists.



Nature connection prompt: Find a 'sit spot' to rest, and try to notice as many natural things around you as possible.



WALK 5 - Sletts and the Knab, Lerwick

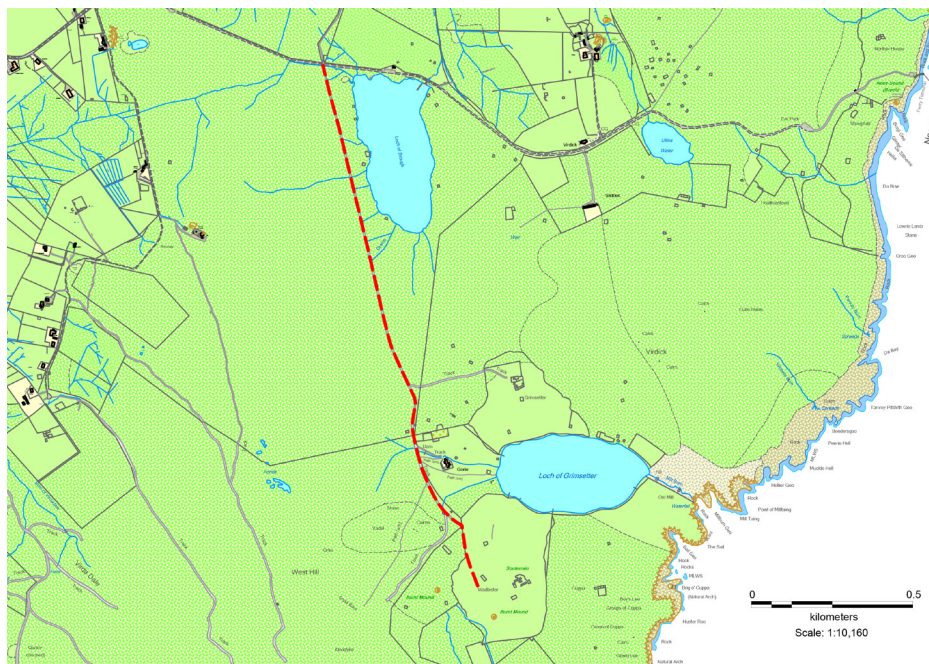


Start at the Bight of Clickimin, walk along the Sletts and continue up onto the Knab path. Once you have reached the top, take in the views before making your way back to Clickimin.

- Length: 2.8km/1.75 mile.
- Est time: 30 minutes.
- Look out for: seabirds offshore eg. eiders, fulmars and gannets, seals and cetaceans. Flowers such as thrift and spring squill.
- Terrain: path all the way around, paved surface, with some steep sections, may be suitable for wheelchairs.
 - Potential Hazards: some of this path is at a gradient so take care going up and down.



Nature connection prompt: Spend 2 – 5 minutes watching the waves on the sea. How do you feel afterwards?



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WALK 6 - Gorie and Wadbister Walk, Bressay

Park along side The Loch of Brough and follow the track out to the coast to the old settlement of Wadbister or beyond to the coast.

- Length: 3.3km/2 mile return walk.
- Est time: 1 hour 30 minutes.
- Look out for: wildflowers, especially those associated with blanket bog, moorland breeding birds, golden plover, curlew, dunlin, great and arctic skuas, skylark, meadow pipit, and wheatear.
- Terrain: Uneven track and grass with boggy sections.
- Potential Hazards: There can be cattle in the field near Wadbister.



Nature connection prompt: Notice something in nature that you feel grateful for. Why do you feel gratitude?

TAKING CARE IN THE COUNTRYSIDE

Shetland is famed for its natural beauty and wildlife. By following the guidelines outlined in the Scottish Outdoor Access Code you will respect the needs of those who rely on the countryside for their living, whilst preserving the 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 Shetland Islands Council, however, as they are all based outside 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.

PEERIE WANDER WALK DIARY

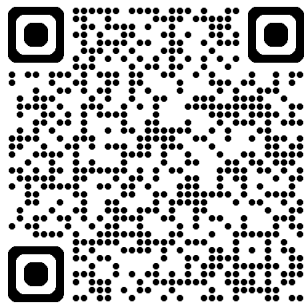
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PEERIE WANDER WALK DIARY

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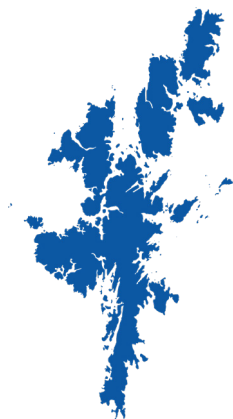
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FOR A HAPPIER,
HEALTHIER SCOTLAND



Shetland Amenity Trust
Caring for Shetland's heritage

