

PEERIE WANDERS

Five walks in the Eshaness, Hillswick & North Roe

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

**Eshaness, Hillswick
& North Roe**

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.

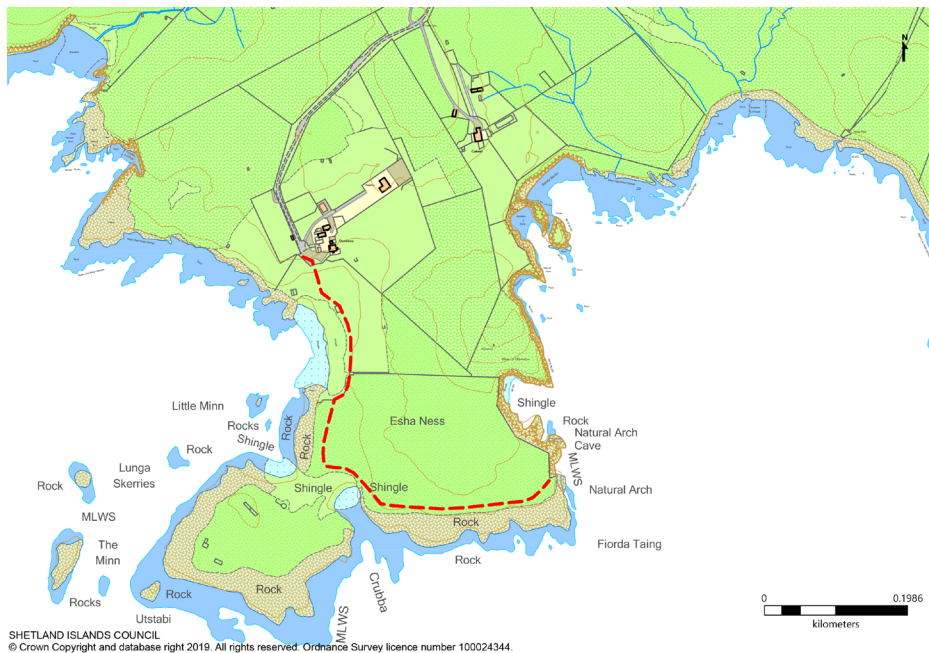
RSPB Shetland Audio Trail



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.





WALK 1 - Dore Holm View

Head towards Eshaness and follow signs to Stenness, park at Stenness beach turning point. Wander down the grassy terrain following the route above to the beautiful lookout point of the Dore Holm. Take a moment to absorb your surroundings and the view, why not snap a picture while you're here too.

- Length: 1.4km or 0.8mile return walk.
- Est time: 20 minutes.
- Look out for: spectacular cliff scenery, coastal wildflowers and seabirds offshore.
- Terrain: off-road boggy terrain, stiles.
- Potential Hazards: Coastal slopes and uneven ground.



Nature connection prompt: Notice all the different shades of blue in the landscape around you. Are there more than you noticed at first glance?



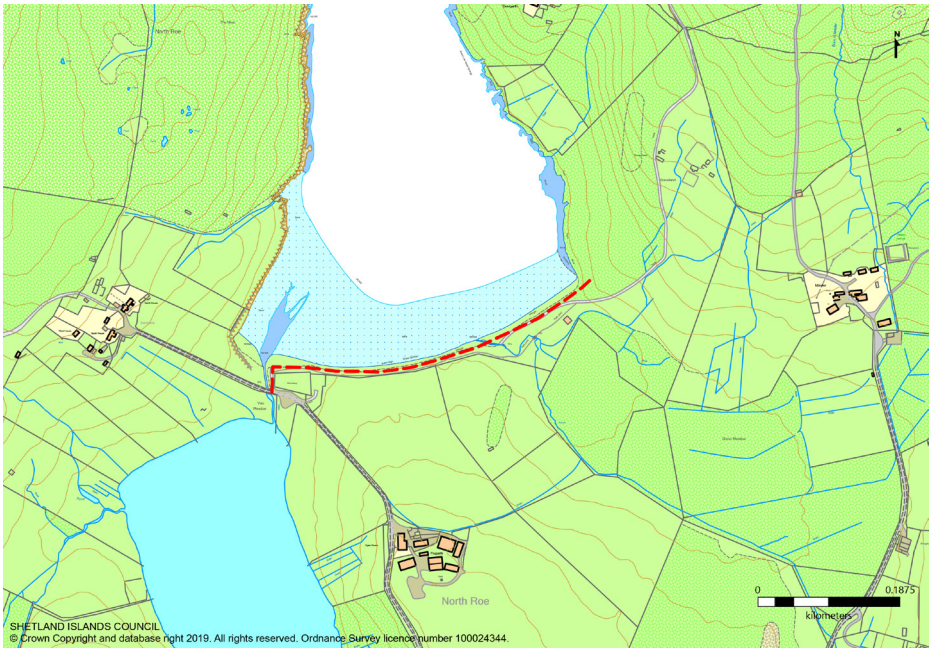
WALK 2 - Holes of Scraada, Eshaness

Park at Eshaness Lighthouse and follow the coastline. Look out for Geo's and caves and dramatic coastal scenery, including the Holes of Scraada, a collapsed sea cave in the rocks. Take a loop around and head back down the other side, this time around the East side where you will pass between the Loch of Houlland and Lochs of Dridge on your way back to your car.

- Length: 3.5km or 2.2 miles return walk.
- Est time: 45 minutes.
- Look out for: seabirds, wildflowers and the broch at Loch of Houlland.
- Terrain: off road boggy terrain, stiles.
- Potential hazards: uneven ground and cliff edges.



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



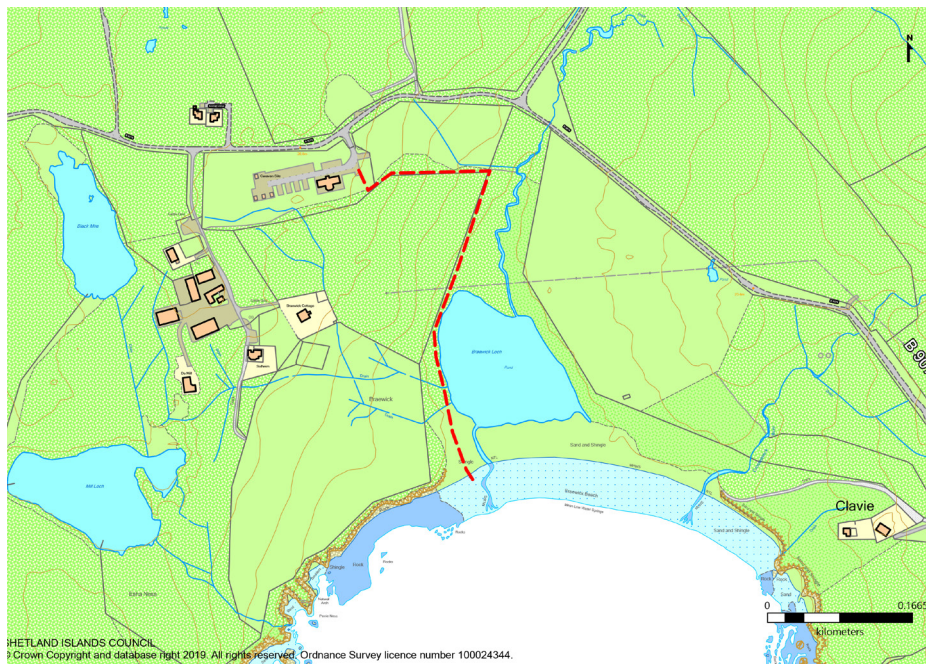
WALK 3 - Sandvoe

Head down the A970, where you will pass the North Roe Primary School. Take the 2nd left after the primary school and continue down this road until you reach the cemetery. Here you can park your car and begin your walk along Sandvoe Beach.

- Length: 1km return walk.
- Est time: 10 minutes.
- Look out for: shorebirds, oystercatcher, ringed plover and turnstone along the shoreline.
- Terrain: There is a path down to the beach, but if you choose to go along the beach, the terrain will be sand.
- Potential Hazards: sea nearby, take care when walking on beach.



Nature connection prompt: Find a shell and look closely at the patterns on it. What do they remind you of?



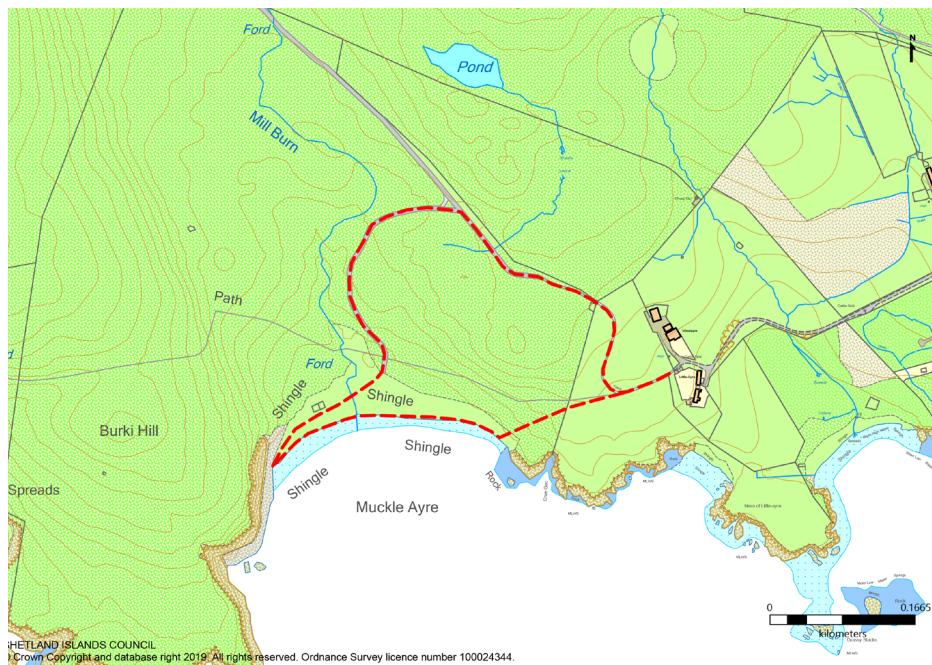
WALK 4 - Braewick with views of the Drongs

Park up at the Braewick Cafe and caravan site and follow the path down past the cafe sticking close to the Braewick Loch. From here you can either head back, or take your time to explore the nearby beach.

- Length: 1.2km return walk.
- Est time: 15 minutes return walk.
- Look out for: wildflowers and seabirds offshore.
- Terrain: the walk down to the loch and beach is off-road so take care as it may be uneven and wet, stiles.
- Potential hazards: steep slope, sea and loch.



Nature connection prompt: Listen for a natural sound, and try to recreate it using your voice.



WALK 5 - Muckle Ayre to Little Ayre loop

Head towards Muckle Roe, following the Muckle Roe Road. Just before you reach the end of the road there are parking spaces to your left. Park here and head towards the gate between the two houses by foot, following the signs

- Length: 1.5km loop.
- Est time: 30 minutes.
- Look out for: coastal birds and wildflowers, sandy beach and heathland.
- Terrain: this route is on grass, track and a beach, it also contains some short hills.
- Potential hazards: the route takes you off road so take care on uneven terrain, it also takes you nearby water.



Nature connection prompt: Pick up two similar natural objects (stones/ shells/ leaves) and notice the differences between the two.

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

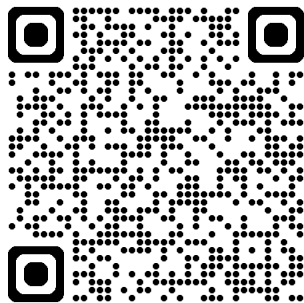
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PEERIE WANDER WALK DIARY

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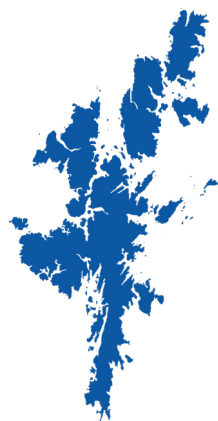
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FOR A HAPPIER,
HEALTHIER SCOTLAND



Shetland Amenity Trust
Caring for Shetland's heritage

