

# THE WANDERS

## **Five walks in Scalloway, Trondra & Burra**

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



**Scalloway, Trondra  
& Burra**

## 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 - Banna Minn Beach

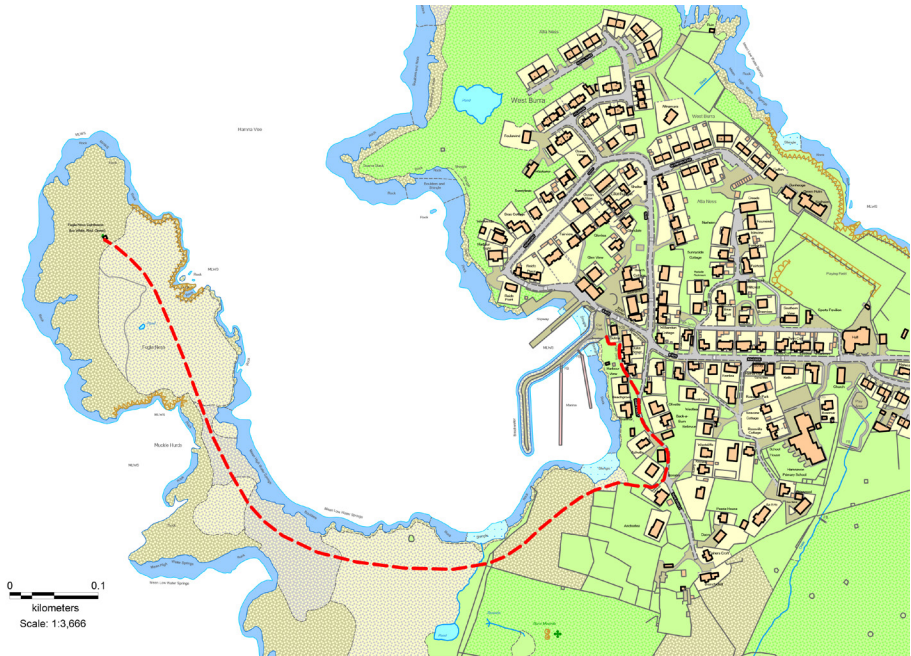
Start at Duncanscleit car park and follow the track down onto the beach. Continue across the ayre towards Kettla Ness & the Lotra of Minn. Follow the route back to start/finish. Take time to explore and enjoy the scenery of Banna Minn. If the Easthouse croft museum is open take a look inside.

- Length: 1.6km/1mile return walk.
- Est time: 25 minutes.
- Look out for: coastal scenery, seabirds including eiders, fulmars, shags and divers. Waders on the beach e.g oystercatchers and ringed plovers, grey and common seals.
- Terrain: sections of this walk are uneven terrain and across sand. Some coastal erosion.
- Potential Hazards: the path down to the beach is at a gradient so take care.



**Nature connection prompt:** Find a pebble and look closely at it. What does its shape remind you of?





## WALK 2 - Hamnavoe Lighthouse

Parking at Hamnavoe marina opposite the shop and near the seasonal toilet, follow the track and road around the marina before following a well worn path out to the light house. Crossing the storm beach to the lighthouse can be challenging, so take your time and find a route you're comfortable with.

- Length: 2km/1.25mile return walk.
- Est time: 40 minutes.
- Look out for: coastal scenery, wildflowers, breeding waders, oystercatchers, ringed plovers and redshank seabirds such as eiders, fulmars and gulls.
- Terrain: uneven grass with sections of boulders.
- Potential Hazards: take extra care crossing the storm beach of boulders to the lighthouse.



**Nature connection prompt:** Find a natural object, and think of a question about it that you don't yet know the answer to. How will you find out the answer?



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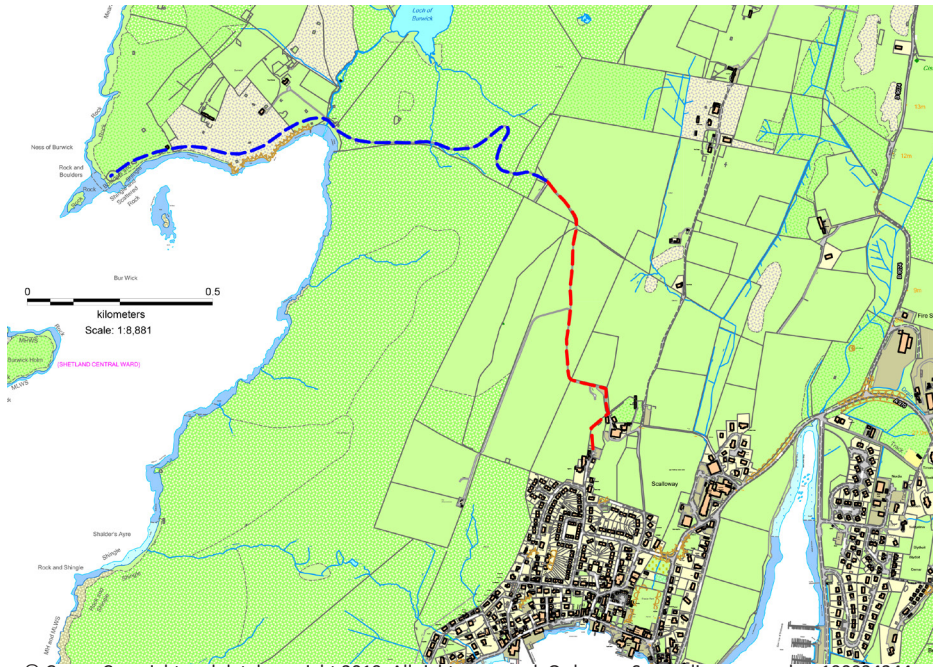
## WALK 3 - Scalloway Lighthouse

Parking near the marine college (NAFC), walk up the hill and take the track that leads out west along the coast. Once the track ends follow worn paths out to the lighthouse

- Length: 2.4km/1.5mile return walk.
- Est time: 40 minutes.
- Look out for: coastal scenery, wheatears rock, meadow pipits and oystercatchers, offshore seabirds, otters and seals.
- Terrain: track, uneven grass.
- Potential Hazards: some steep slopes and coastal slopes.



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



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## WALK 4 - Ness of Burwick

Park on Harley Street near the old GP surgery and follow the stiles and waymarks to the track that leads up to the saddle between the Hill of Berry and Hill of Houlland for great views. If you're feeling fit carry on down to Burwick and follow the coastal path west after crossing the burn out to the Ness of Burwick before returning.

- Length: Red: 1.6km/1 mile return walk.  
Blue: 4.4km/2.75mile return walk.
- Est time: Red:30 minutes, Blue:1.25 hours.
- Look out for: wildflowers and coastal scenery, wheatears, meadow pipits, skylarks, ringed plovers and arctic terns along the shore.
- Terrain: grass and rough track with steep climbs. Stiles.
- Potential Hazards: loose gravel on the steep sections of the track, coastal slope on blue section.



**Nature connection prompt:** Find a flowering plant and count the petals.





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## WALK 5 - Trondra

From Cauldhame the walk follows the Trondra coast before coming back through Burland Croft to the main road and back to Cauldhame.

- Length: 3.5km/2.2mile return walk.
- Est time: 1 hour.
- Look out for: coastal scenery, seabirds, such as eiders, tysties, shags, cormorants, and divers, wheatears rock and meadow pipits, seals and coastal wildflowers.
- Terrain: uneven grass and coastal slopes, road side verge. Stiles.
- Potential Hazards: take care on the section of main road.



**Nature connection prompt:** Watch a bird in flight, imagine what it must feel like to fly.

## 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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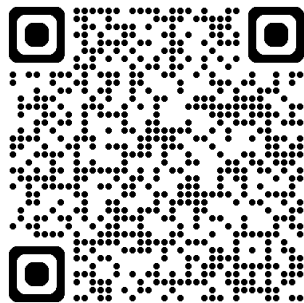
PEERIE WANDER WALK DIARY

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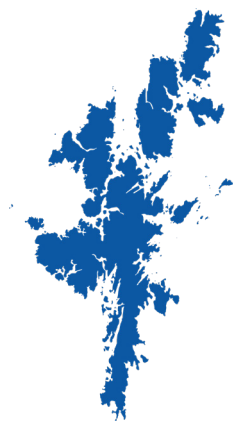
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FOR A HAPPIER,  
HEALTHIER SCOTLAND



**Shetland Amenity Trust**  
*Caring for Shetland's heritage*

