

Five walks in Yell & Fetlar

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

Yell & Fetlar

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 - Breckon Sands, Yell

Follow the B9083 up through Cullivoe until you see a sign to Breckon Beach. Follow this road and park at the end where you can begin your walk. The path will take you down to the beach where you can admire the golden sands and listen to nothing but the waves.

- Length: 1.2km or 0.75 mile return walk.
- Est time: 20 minutes.
- Look out for: coastal wildflowers and seabirds off shore. Breckon is designated a Site of Special Scientific Interest for its shell sand grassland (machair) and sand dunes which support interesting plants.
- Terrain: sections of this walk are uneven terrain with a gradient so take care.
- Potential Hazards: be aware that the park down to the beach can have cows in it.



Nature connection prompt: Feel the sand with bare hands or bare feet. What does it feel like?



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WALK 2 - Gloop Look Out Station, Yell

Follow the B9083 through Cullivoe until you reach Gloop where you can park up near Kirks and start your walk. The walk takes you past Gloop beach and up to the old coastguard lookout station.

- Length: 1.6km/1mile return walk.
- Est time: 30 minutes.
- Look out for: coastal wildflowers and seabirds offshore, cliff scenery, and the Gloop memorial (close by to Kirks—the star on the map above).
- Terrain: off road walking with a hill up to the lookout.
- Potential Hazards: Uneven terrain.



Nature connection prompt: Look for a bird and watch how it behaves. See if you can do an impression of it walking, flying and talking.



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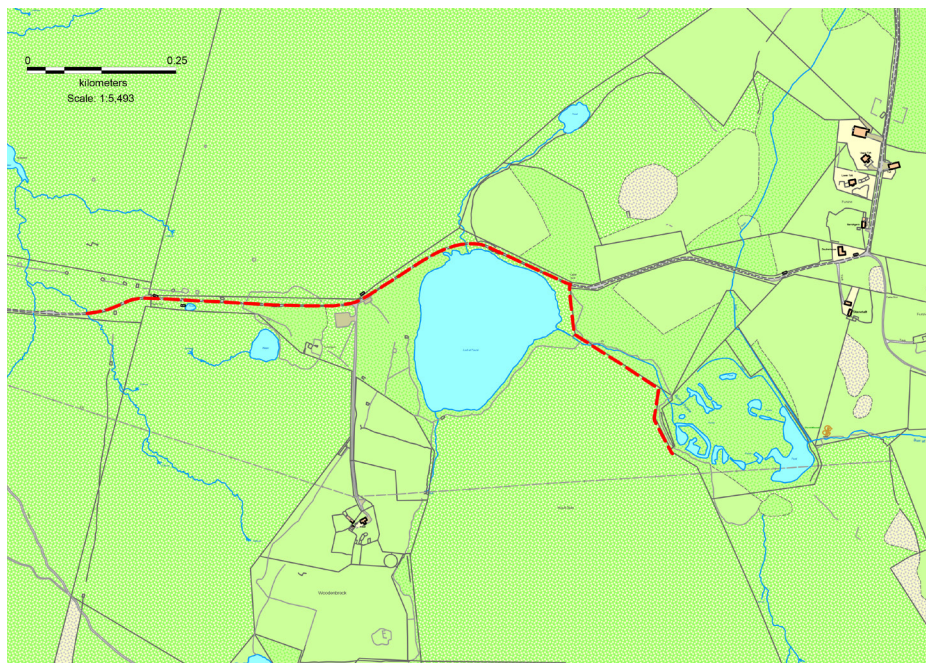
WALK 3 - Heoga Ness, Yell

Make your way to Burravoe Marina where you can park your car and head out through the white gate to Heoga Ness. Follow the path around the Marina and out to the Outer Gardins. Take your time to explore and take in the scenery and wildlife. Feel free to extend your walk around the ness.

- Length: 1.6km or 1 mile return walk.
- Est time: 20 minutes.
- Look out for: coastal wildflowers, seabirds, seals and otters.
- Terrain: grass with occasional boggy areas, stiles.
- Potential Hazards: Uneven terrain and coastal slopes.



Nature connection prompt: Find something in nature that you cannot identify. Take a photo of it, and later you can use books/ library/ friends/family/internet to try and discover what it is!



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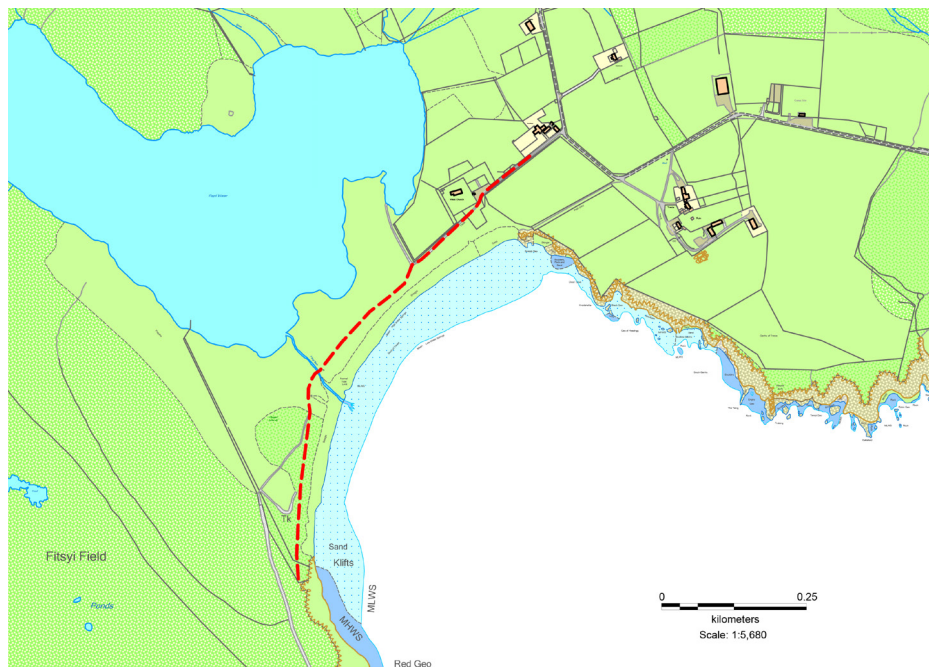
WALK 4 - Funzie Bird Hide, Fetlar - RSPB reserve

Once in Fetlar, travel down the B9088 towards the area of Funzie and park at the loch. Just past the Loch of Funzie there is a small path that takes you down to the Bird Hide.

- Length: 1.2km or 0.75 mile return walk.
- Est time: 15 minutes.
- Look out for: wildflowers, wildfowl on Funzie Loch and wading birds from the hide including dunlin, redshank and the rare red necked phalarope.
- Terrain: the walk takes you down an uneven path, so take care when walking.
- Potential Hazards: be aware and respectful of wildlife particularly around nesting season.



Nature connection prompt: Focus on each one of your senses in turn. What do you hear? What do you see? What can you smell? What do you feel?



WALK 5 - Sand of Tresta, Fetlar

Once in Fetlar, head along to B9088 until you reach the area of Tresta. Follow the road down to Tresta and take a right, parking up near the kirk yard. From here you can wander down the beautiful Tresta Sands.

- Length: 1.6km or 1 mile return walk down the beach.
- Est time: 20 minutes.
- Look out for: spectacular beach and scenery, shorebirds on the beach including oystercatcher and turnstone. Arctic terns and other sea birds offshore.
- Terrain: uneven grass and sand.
- Potential Hazards: Uneven terrain.



Nature connection prompt: Examine a handful of sand, and notice the individual grains. Consider the journey these grains have been on to get to here.

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

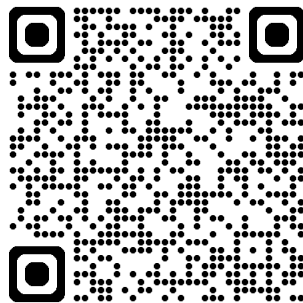
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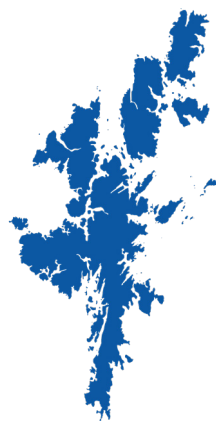
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FOR A HAPPIER,
HEALTHIER SCOTLAND



Shetland Amenity Trust
Caring for Shetland's heritage

