

# 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 be getting started with walking.

We provide Walk Leader Training (through Walking Scotland) which provides all of the resources and skills you need to 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 and our local project, 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

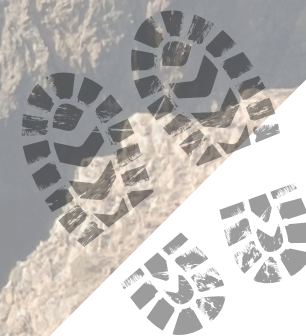
## WALK DA ROCK

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 Walking Scotland (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

Free & open to all!

### WALK DA ROCK LERWICK

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



### SOOTHEND WALKERS

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



### WALK SCALLOWAY

(Currently on pause)  
Weekly on Tuesdays 10am  
Meet at Burn Beach Carpark in Scalloway.  
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.

P | 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