

Five walks in the Unst

area to get you out &
about and get more
physically active!

Unst Walks

PEERIE WANDERS

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

WHY WALKING?



Brisk 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 suitable for almost everyone and you don’t have to be fit to start with—you just have to get started.

WHY BE MORE ACTIVE?

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

- More energy
- Stronger, toned muscles
- A lower risk of heart disease, stroke and osteoporosis
- A greater sense of well-being
- Help to sleep better
- Improved confidence



HOW OFTEN SHOULD I BE ACTIVE?

Guidelines state that you should aim to do **150 minutes of moderate activity or 75 minutes of vigorous activity a week**:

Aim to build up half an hour of moderate activity on most days to try and meet the guidelines.

These booklets are designed to help you get walking to reach your goal. If you combine walking with other activities then all the better.



GETTING STARTED

These walks vary in length from 1km to 5km. The aim is that the more you walk and the fitter you get, the longer duration of walks you will be able to manage helping you to progress. On some of the routes in the series you will see a red route and a blue route. The red route is the shorter route, whilst the blue route gives you an added progression in the same area if you feel like an added challenge. You can use the 'Walk Diary' near the back to record your progress.

These tips will help you get the most out of your walk:

- 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 get fitter, begin walking at a more brisk pace to get more benefits from your walk.
- When you feel ready, challenge yourself with the next walk, gradually building up to a brisk pace.
- Keep a note of all your walks with a diary.

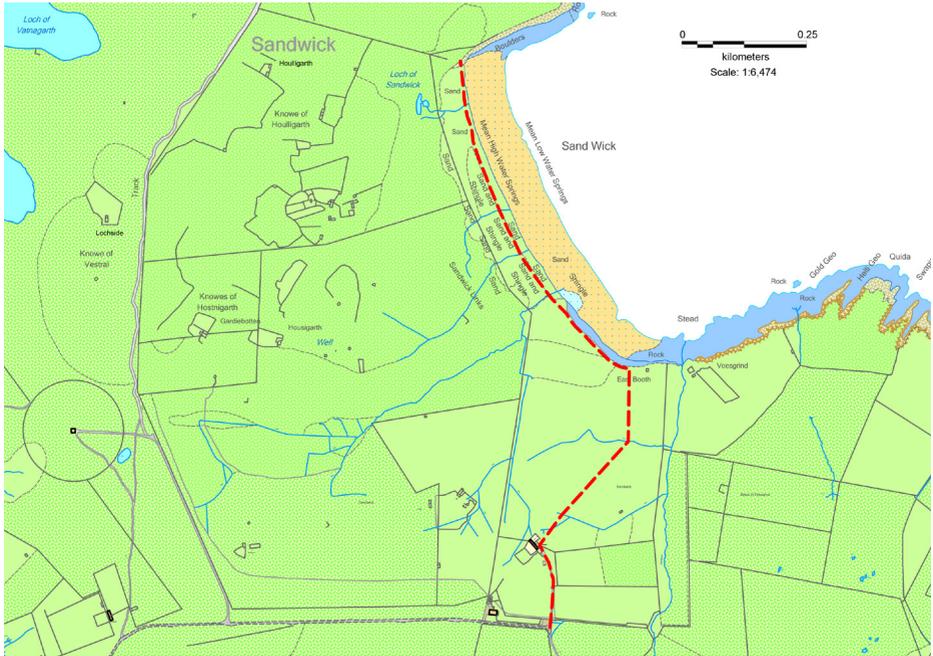
How about trying to create some of your own routes?



PEERIE WANDERS - TOP TIPS

- Wear flat, comfy, sensible walking shoes, particularly if the terrain of the walk is off-road .
- A walking partner can add to your enjoyment.
- If walking alone, make sure you tell someone or leave a note of where you are going and how long you plan to be.
- If visibility is poor, wear reflective clothing.
- Walk at a brisk pace to ensure you get more health benefits.
- Make a walking plan and use your diary to keep you motivated.
- If you don't manage to stick to your plan (perhaps you were ill or on holiday) don't worry—just make a special effort to get back on track as soon as you can!





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WALK 1 - Eastings Beach

Head towards Muness, turn left onto another single track road and follow the road to Hannigarth house. There is a small car park at the end of the road. Leave your car here, and walk down the hill to Easting Beach.

The open space & rolling sea make this spot idyllic, with Viking Settlement archaeological sites above the beach to explore.

- Length: 2.6km or 1.5 mile return walk
- Est time: 40minutes
- Look out for: sea life, wildlife, Viking settlements
- Terrain: sections of this walk are uneven terrain with a gradient so take care.
- Potential Hazards: Uneven ground.



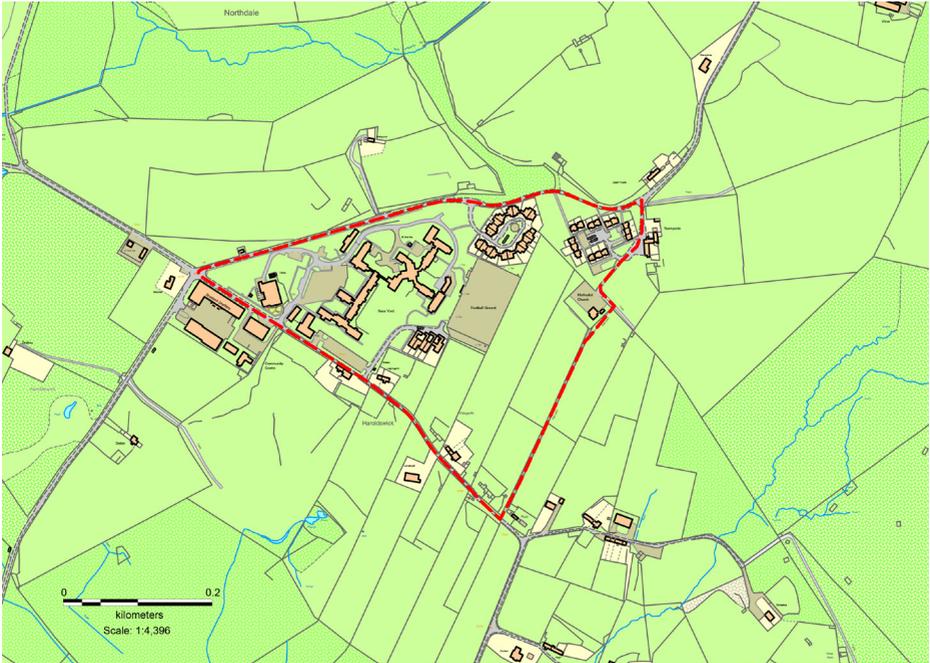
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WALK 2 - Lund Beach

To reach Lund Beach, travel towards The Westing before turning left again towards Lund and follow the road to the end. You may need to get out and open gates, please remember to close them!

At the end of the road, you will be greeted with an old kirk (church) and graveyard above the beach, before making your way down to the sand dunes and tranquillity of Lund Beach. Look out for the historic remains!

- Length: 1.2km/0.75mile return walk
- Est time 30 minutes
- Look out for: sea life, wildlife, historic remains
- Terrain: beach and dunes
- Potential Hazards: Uneven ground and access to the beach



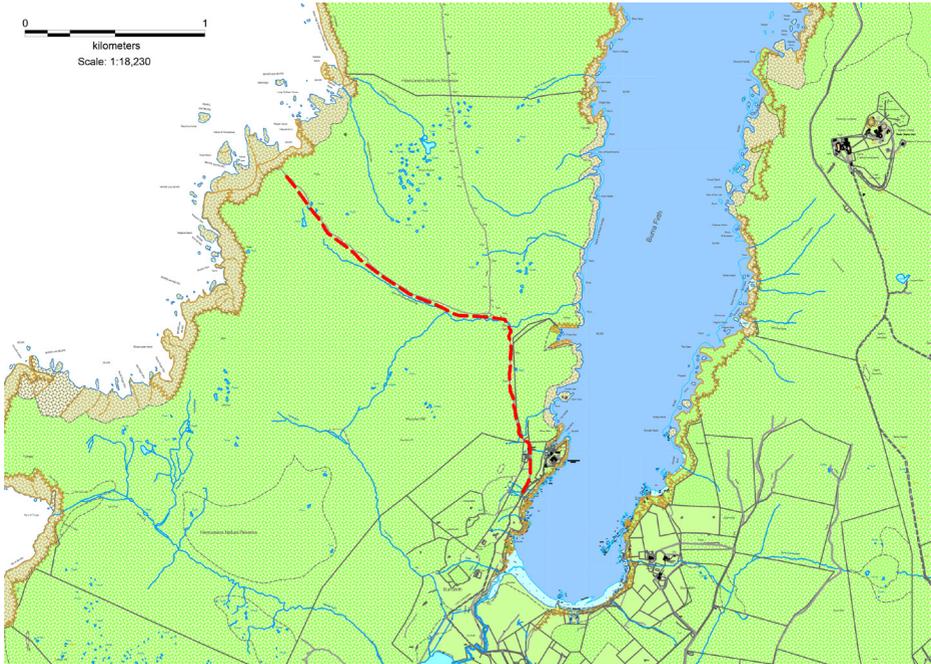
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WALK 3 - Saxavord

Begin at the Brewery where you can park up.

From here head up towards Sunnyside, take a right back down towards Skeggle and complete your circle by heading back towards the Brewery.

- Length: 1.6km or 1 mile return walk
- Est time 20m minutes
- Look out for: Wildlife and Britain's most Northerly Church
- Terrain: Mostly on quite roads with a length of grass path
- Potential Hazards: this route takes you along the road so be careful of oncoming traffic

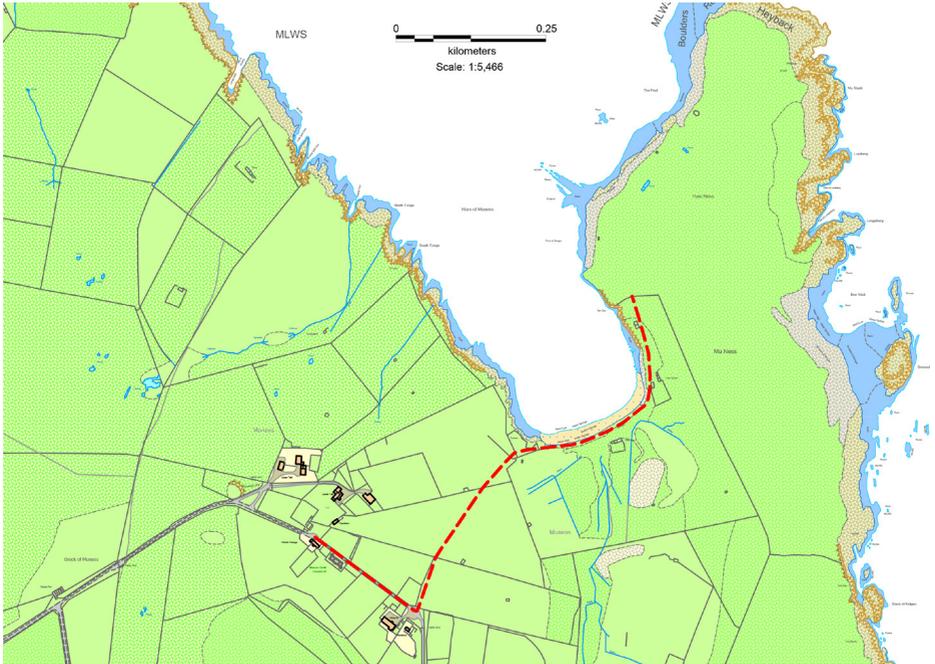


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WALK 4 - Hermaness

Head towards Burrarfirth and follow the road until you get to the Hermaness Car Park. From here follow the gravel path and then boardwalk path towards the Hermaness Cliffs and take in the scenery and wildlife.

- Length: 5km/ 3 mile return walk
- Est time : 1.5 hours
- Look out for: Wildlife (Hermaness is famous for birds, particularly close up puffins) and stunning costal scenery
- Terrain: an uphill gravel path, steps and constructed boardwalk to reach clifftop, from here some steep ground and unprotected cliff edges (could be boggy too). Take care.
- Potential Hazards: unprotected cliff edge, Great Skua "Bonxies", nest here during summer and can sometimes swoop at humans



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WALK 5 - Munness

Head out towards Munness and park up at the Castle, take a moment to explore before setting off on your walk. At the house just up from the castle, follow the arrow out left and head to the Ham of Munness for some coastal scenery.

- Length: 1.6km or 1 mile return walk
- Est time 20 minutes
- Look out for: Historic castle, wildlife and coastal scenery
- Terrain: grass with slope down to beach and stiles.
- Potential Hazards: uneven ground

TAKING CARE IN THE COUNTRYSIDE

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



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Remember– just half an hour a day of moderate activity is all it takes to feel better!

These walks have been developed by NHS Shetland Health Improvement Department in collaboration with Shetland Islands Council and the local community.

