

Five walks in the Westside

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

Westside

PEERIE WANDERS

“Peerie Wanders” has been designed and developed by NHS Shetland Health Improvement 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.

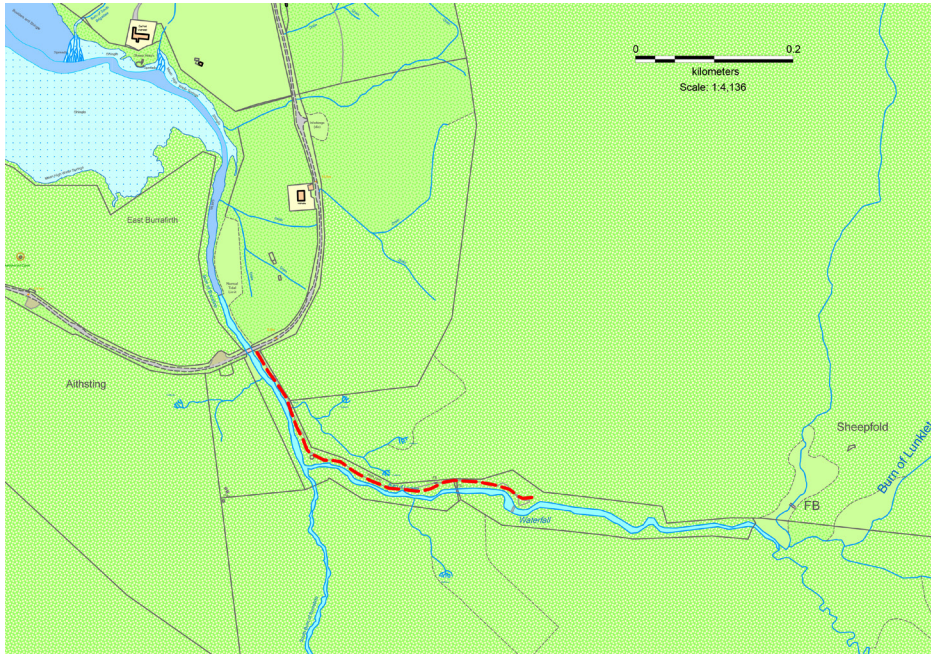
How about trying to create some of your own routes?



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!



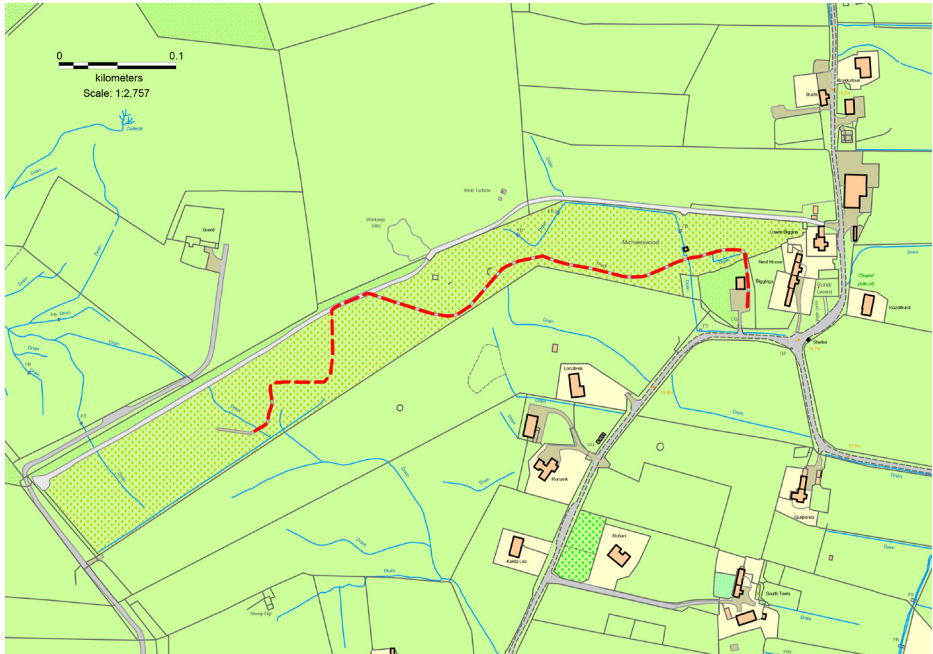


© Crown Copyright and database right 2019. All rights reserved. Ordnance Survey licence number 100024344.

WALK 1 - Burn of Lunket

Follow the road through the B9071 (locally known as “The Alps”) until you see a sign for the Burn of Lunket. There is a car park to park up and start your walk. Follow the designated path until you reach the waterfall, taking time to enjoy the beautiful scenery. Follow the path back to where you started.

- Length: 1km or 2/3mile return walk
- Estimated time: 15 minutes
- Look out for: flowers, birds, burns and waterfalls
- Terrain: sections of this walk are uneven path with steps.
- Potential Hazards: flowing water nearby

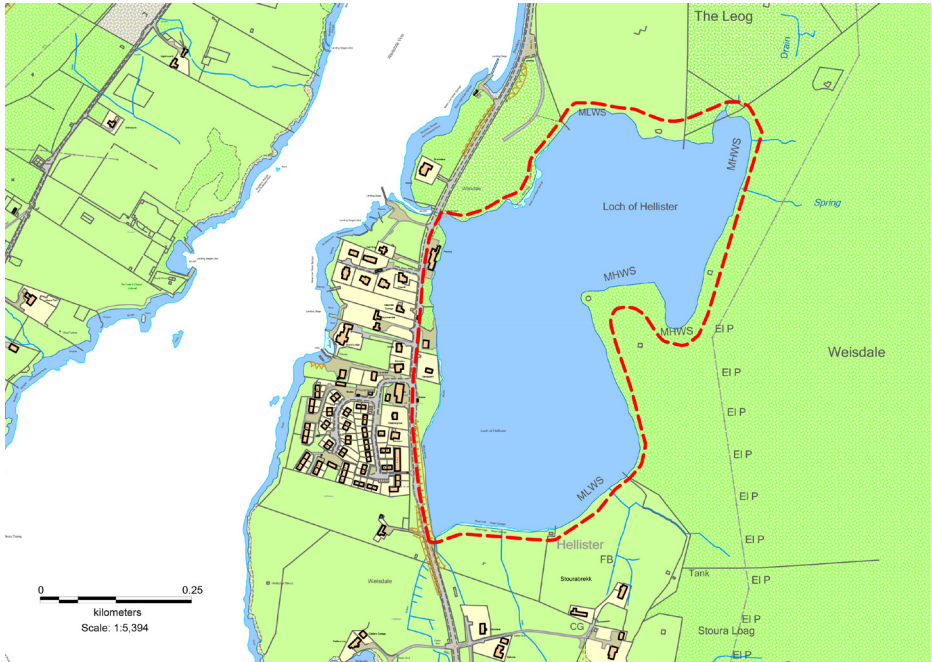


© Crown Copyright and database right 2019. All rights reserved. Ordnance Survey licence number 100024344.

WALK 2 - Michael's Wood

Make your way to Aith where you can park your car and explore what Michael's Wood has to offer. Through the rustic arch is a path waiting to be explored full of fun, interactive features. A great place to take the kids and get your walking done at the same time!

- Length: 1.5km/ 1mile return walk through Michael's Wood
- Estimated time 20 minutes
- Look out for: trees, flowers and wildlife (and of course the dinosaurs)
- Terrain— a path takes you the whole way around
- Potential Hazards: some steeper ground if you go to the top of the site



WALK 3 - Loch of Hellister

Take the A971 West following the main road until you have reached Hellister (where Shetland Jewellery is located). On your right you will see a large loch, The Loch of Hellister. Park your car nearby and begin your walk around the loch.

- Length: 2.4km/1.5mile
- Estimated time : 45 minutes
- Look out for: wildlife
- Terrain: uneven grass, boggy in parts
- Potential Hazards: slips and trips on wet ground



© Crown Copyright and database right 2019. All rights reserved. Ordnance Survey licence number 100024344.

WALK 4 - Huxter Mills

Follow the A971 until you reach Sandness. Once you get to Sandness, continue following the road until you reach a house on top of the hill with a parking area nearby. From here, lookout for the blue arrow signs which will guide you down to the Mills. Explore the area and look into the Mills.

- Length—1km
- Estimated time—30 minutes
- Look out for: flowers, birds, wildlife and explore the Mills
- Terrain: rough grass and a slope down to the mills, with stiles
- Facilities: there is a toilet at the nearby Melby Pier
- Potential Hazards: coastal slopes



© Crown Copyright and database right 2019. All rights reserved. Ordnance Survey licence number 100024344.

WALK 5 - Little Ure Burrastow

This is a longer walk with a challenging terrain, so only do this one when you are feeling fitter and more comfortable.

Head out to Walls, parking near the Burrastow pier and begin your walk. Head South, following the coast and the marked trail. This walk will require you to turn back, so just go as far as you feel comfortable, however the views at the end are worth the trek.

- Length: 5km
- Estimated time—2 hours
- Look out for: sea views of stacks and wildlife
- Terrain: uneven natural terrain and sheep tracks
- Potential Hazards: uneven paths and gradients. Coastal slopes and cliffs

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.



PEERIE WANDER WALK DIARY

[illegible]

PEERIE WANDER WALK DIARY

[illegible]

For more information contact:

Health Improvement Department
NHS Shetland
Grantfield
Lerwick
ZE1 0NT

Tel: 01595 807494

Email: shet-hb.healthyshetland@nhs.net

Or get us on social media:



www.healthyshetland.com



Healthy Shetland Facebook



@HealthyShetland

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.

