

## Five walks in Sumburgh, Sandwick & Dunrossness

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

Sumburgh, Sandwick  
& Dunrossness

## 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 to half an hour of moderate activity on most days to try and meet the guidelines. These book lets 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 - St Ninian's Isle

From Bigton, follow the signs for St Ninian's Isle. Once there you can park your car and take a walk along one of Shetland's most famous beaches to the island. Once there feel free to explore further as your fitness allows.

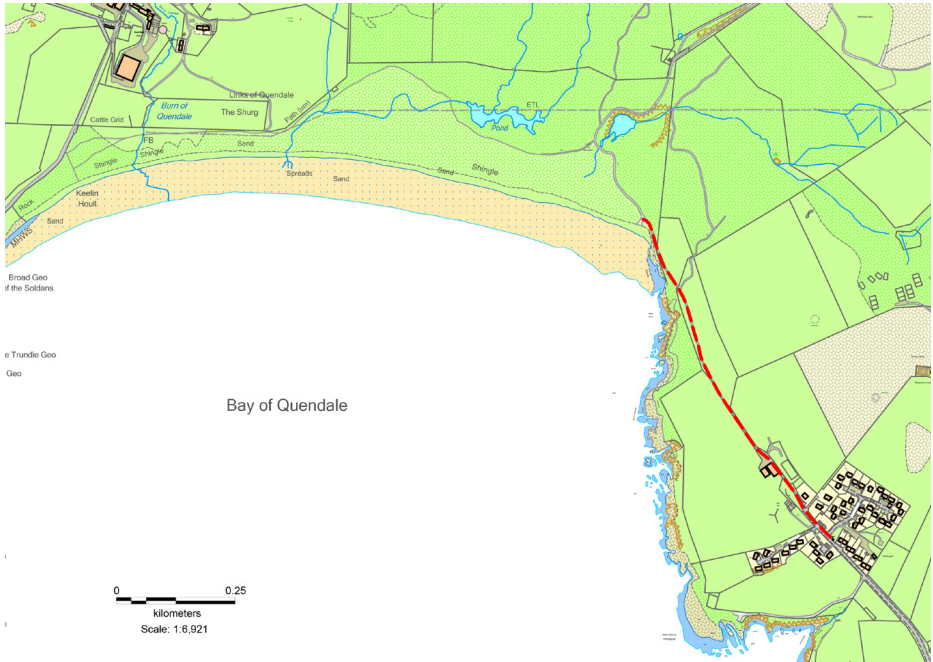
- Length: 1.7km or 1 mile return walk
- Est time: 15 minutes
- Look out for: the beautiful beach that takes you across to St Ninian's Isle and the remains of St Ninian's Church
- Terrain: the walk down to the beach is at a gradient so take care  
Once on the beach it is a flat, pleasant walk across the sand
- Potential Hazards: this walk takes you close to the sea, so take care



## WALK 2 - Sumburgh Head Lighthouse

Head south towards the airport. Just as you approach the final turning towards the airport, continue forwards following the signs up to Sumburgh Head & Lighthouse. You can park at the car park and begin your walk here.

- Length: 1km or 2/3 mile return walk
- Est time: 10 minutes
- Look out for: spectacular views, birdlife and lighthouse
- Terrain: the walk up to the lighthouse is up quite a steep terrain, stop to take in the beautiful views on the way up
- Potential Hazards: the walk takes you up near the cliff edge, although it is fenced off, still take care.



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## WALK 3 - Quendale Beach

From Toab head north west towards the Bay of Quendale and it's long beach. The walk takes you to the beach and back, but once there you can walk along as much of the beach as time and fitness allows.

- Length: 800m walk to beach, further if you choose to walk along the beach
- Est time: 10 minutes plus option of longer
- Look out for: the beautiful beach and wildlife
- Terrain: the walk down to the beach is at a gradient so take care.
- Once on the beach, it is a flat, pleasant walk across the sand.
- Potential Hazards: Uneven terrain.

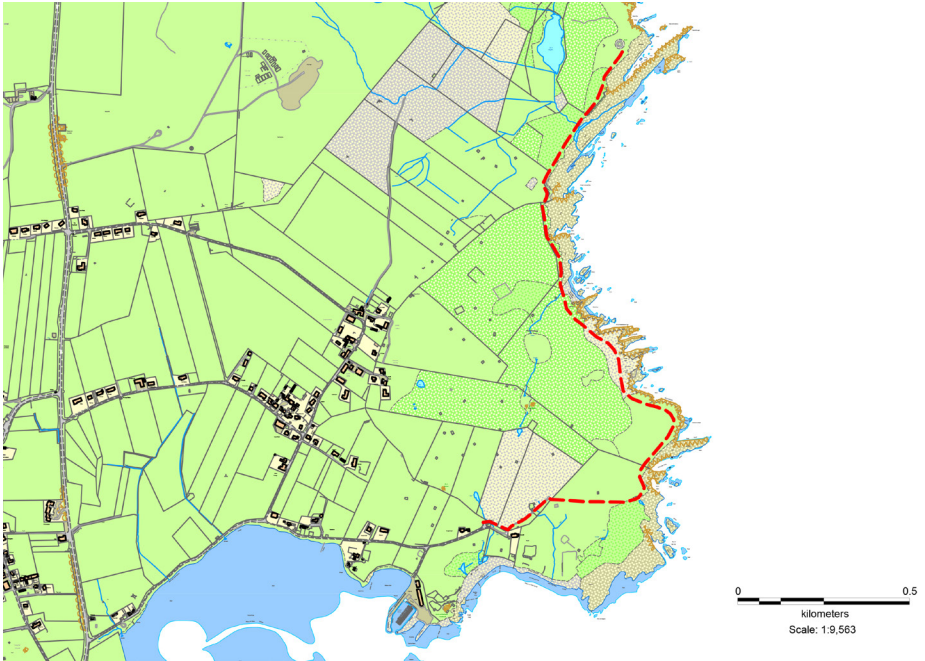




## WALK 4 - Fladdabister Lime Kilns

From the information panel at the small bridge on the Fladdabister road follow the waymarks along the field edge towards the old limekilns and beach.

- Length: 1km or 2/3 mile return walk
- Est time: 15 minutes
- Look out for: the lime kilns and the beach
- Terrain: uneven grass and some steps
- Potential Hazards: The first field often has sheep in so is best avoided with dogs



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## WALK 5 - The Cletts, Virkie

Heading south on the A970 towards Sumburgh, take the left turn just before the runway and follow the road to the end. The walk starts at the stile on the left just before the final house.

- Length: 4km return walk
- Est time: 1.5 hours
- Look out for: coastal views, “da red pool” and wildlife
- Terrain: some short hills, uneven grass, stiles and ladder stiles to get across
- Potential Hazards: take care when going over stiles



## 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. These 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.







**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](http://www.healthyshetland.com)



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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.

