



Five walks in Fair Isle, Foula & Papa Stour

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

Fair Isle, Foula
& Papa Stour

PEERIE WANDERS

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“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.

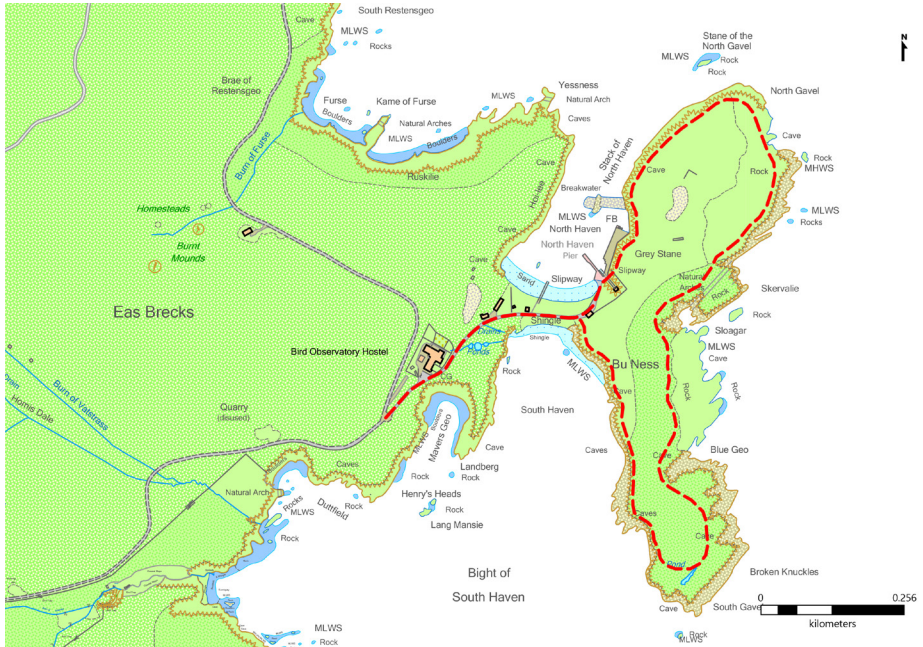
How about trying to create some of your own routes?



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!



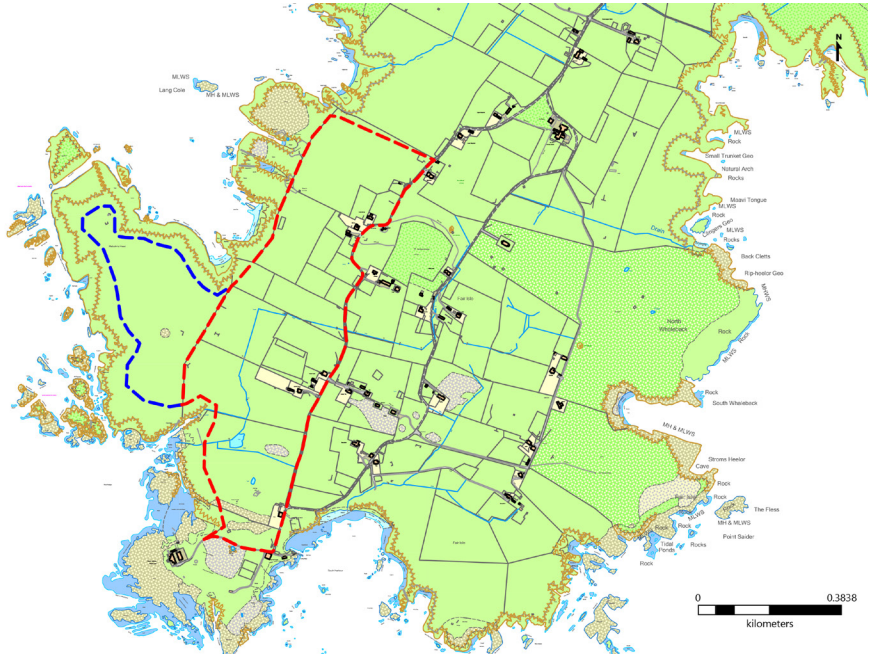


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WALK 1 - Bu Ness, Fair Isle

You can start your walk at North Haven. Follow the road down towards the pier, from here head up the banks keeping to the left. Walk the whole way around the Bu Ness until you reach the Ness pier again.

- Length: 2.4km or 1.5 mile return walk
- Estimated time 30 minutes
- Look out for: caves, stacks, sea life and wildlife—puffins can be spotted during the right season
- Terrain: most of this walk is off road with uneven terrain and gradients.
- Potential Hazards: Steep coastal slopes and cliffs.



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WALK 2 - Malcolm's Head, Fair Isle

Head towards Fair Isle Primary School where you can start your walk. Follow the road around in a loop until you come back to the school again. As an additional walk, you can follow the steep blue loop up to Malcolm's Head for some scenic views.

- Length: red route: 3km
- blue route: 3.7km
- Estimated time red route: 1 hour
- Blue route: 1.5 hour
- Look out for: caves, stacks, sea life and wildlife—puffins can be spotted during the right season
- Terrain: the red route follows a road and then uneven grassy terrain. The blue route will take you up and down a steep hill.
- Potential Hazards: Steep coastal slopes and cliffs.

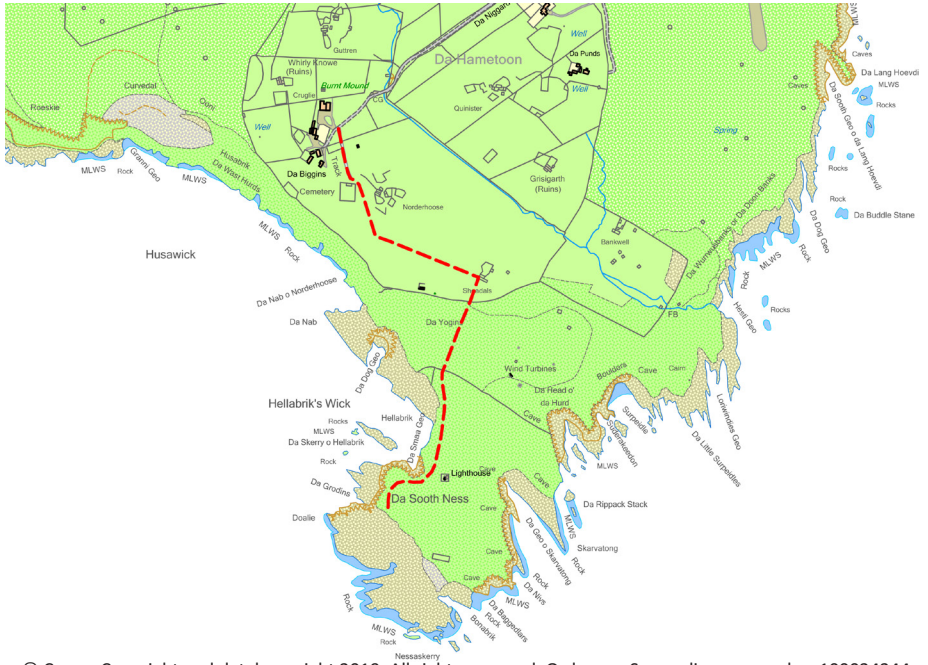


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WALK 3 - Gaada Stack, Foula

You can start your walk at the northern end of the road on Foula. From here head north to the coast and follow it to the west enjoying views of stacks and cliffs.

- Length: 1.6km or 1mile return walk
- Estimated time 20 minutes
- Look out for: caves, stacks, sea life and wildlife
- Terrain: this walk uses a track and uneven coastal grass
- Potential Hazards: coastal slopes and cliffs



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WALK 4 - The South Light Foulda

You can start your walk at the southern end of the road on Foulda at Da Biggins. From here head south towards the lighthouse enjoying views of stacks and cliffs.

- Length: 1.6km or 1 mile return walk
- Estimated time 20 minutes
- Look out for: coastal views and wildlife
- Terrain: this walk uses a track and uneven coastal grass
- Potential Hazards: coastal slopes and cliffs



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WALK 5 - House Voe, Papa Stour

Begin your walk from the Ferry Waiting room and head through the gate south across grass and down towards the beach for a walk around House Voe.

- Length: 2 km or 1.25 mile return walk
- Estimated time: 20 minutes
- Look out for: Seals and other wildlife
- Terrain: This walk is on uneven grass ground or on beach
- 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.

