

Five walks in Voe, Vidlin, Whalsay & Skerries

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

**Voe, Vidlin, Whalsay
& Skerries**

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.

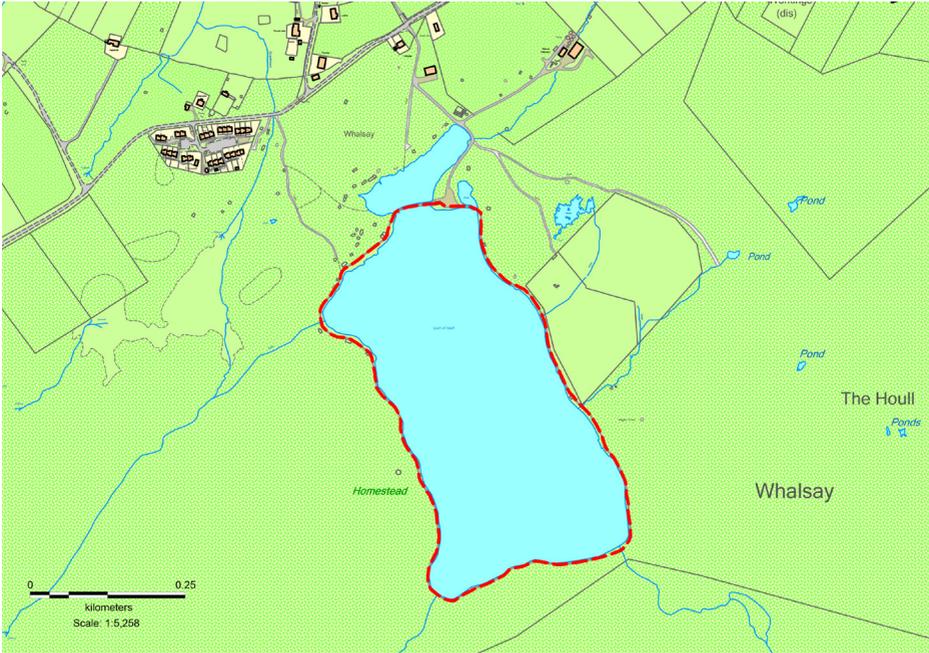
How about trying to create some of your own routes?



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 - Loch of Houll loop, Whalsay

Head to the area of Brough in Whalsay where you will see the vast Loch of Houll to begin your walk. If you are driving, there is an area nearby where you can park.

Around the loch there is a path to follow making this an accessible walk.

- Length: 1.8 km/1.1 mile circular walk
- Estimated time 30 minutes
- Look out for: wildlife
- Terrain: off-road, grassy uneven terrain
- Potential Hazards: this route takes you alongside a loch.



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WALK 2 - Bruray, Skerries

From the Skerries ferry begin your walk along the road towards the air-strip. From here turn off following the signs up along side the reservoir. Look out for some amazing views and wildlife.

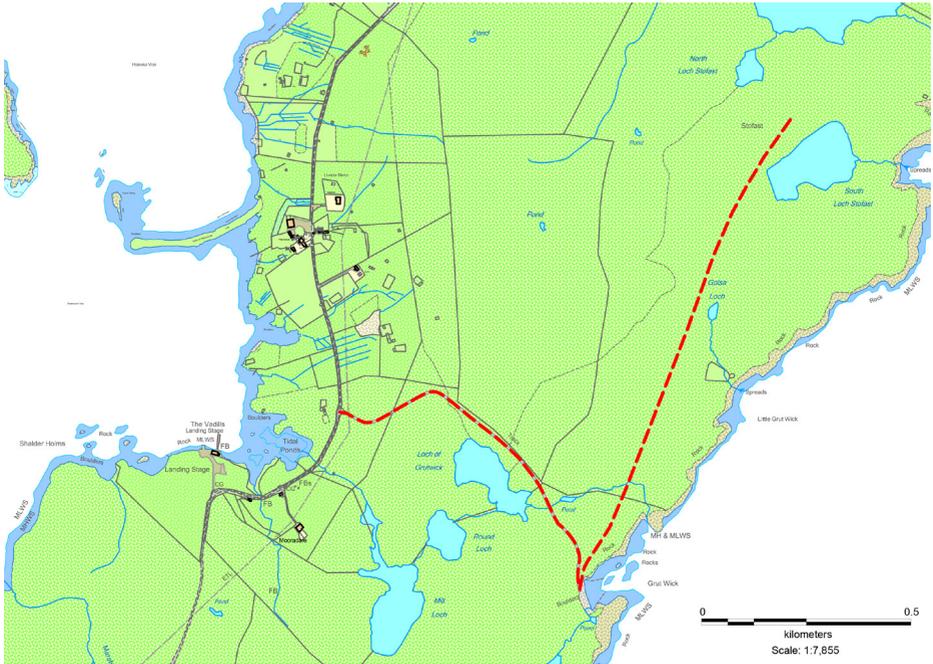
- Length: 3.6 km/2.25 mile circular walk
- Estimated time: 1 hour
- Look out for: wildlife, coastal scenery.
- Terrain: off-road, grassy, uneven terrain
- Potential Hazards: this route takes you by the cliffs and crosses the end of the airstrip, so take care.



WALK 3 - Lower Voe, Voe

From the marina carpark opposite the Pier Head Inn head towards Lower Voe and along the lower track hugging the coastline round towards the Church as seen in the route above.

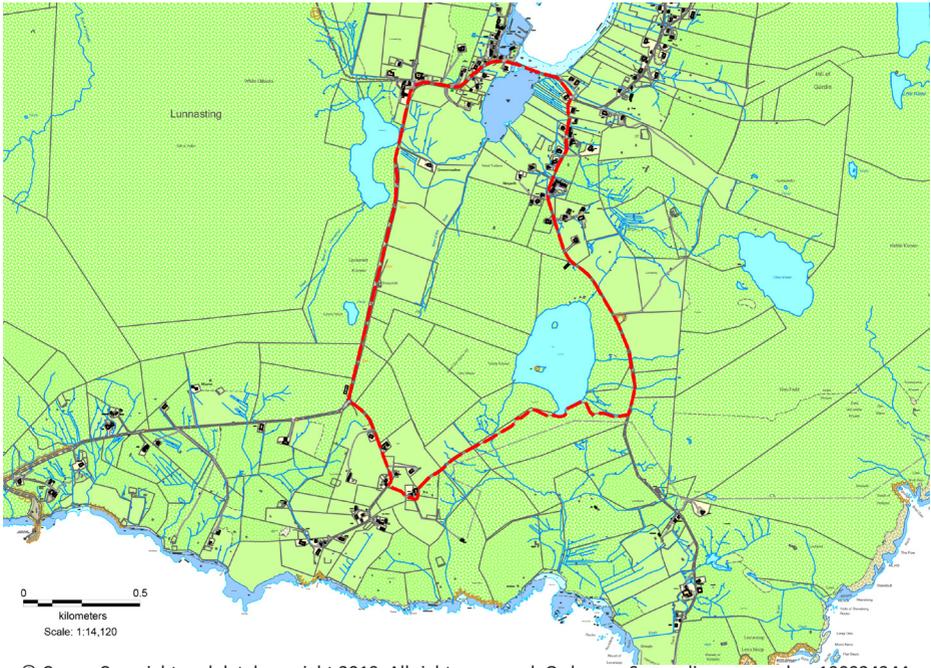
- Length: 1.8 km return walk
- Estimated time 30 minutes
- Look out for: wildlife
- Terrain: road, track and grass
- Potential Hazards: this route takes you alongside the coast with some uneven terrain near the church.



WALK 4 - Stanes of Stofast, Vidlin

A walk for the more advanced. Head on the B9071 North towards Vidlin and past Lunna House, once you pass the fish farms look out for a sign/track on your right hand side, this is the start of the walk.

- Length: 4km return walk
 - Estimated time 1 hour 30 minutes
 - Look out for: wildlife
 - Terrain: this route takes you along a track and open moor, uneven boggy ground in parts with stiles to climb over.
- Potential Hazards: Uneven ground and gradients



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WALK 5 - Vidlin Circular, Vidlin

This is a walk for the more advanced, make sure you are feeling fit and able for the longer distance. Begin your walk at the Vidlin Hall following the road down until you reach the bottom of the Burga Water. Cut along the grass until you reach Skellberry and back onto the main road until you get back to the hall.

- Length: 4km return walk
- Estimated time: 1 hour 30 minutes
- Look out for: wildlife
- Terrain: road, grassy and uneven terrain.
- Potential Hazards: the road in to Vidlin can be busy at times so keep an eye out for traffic.

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.

