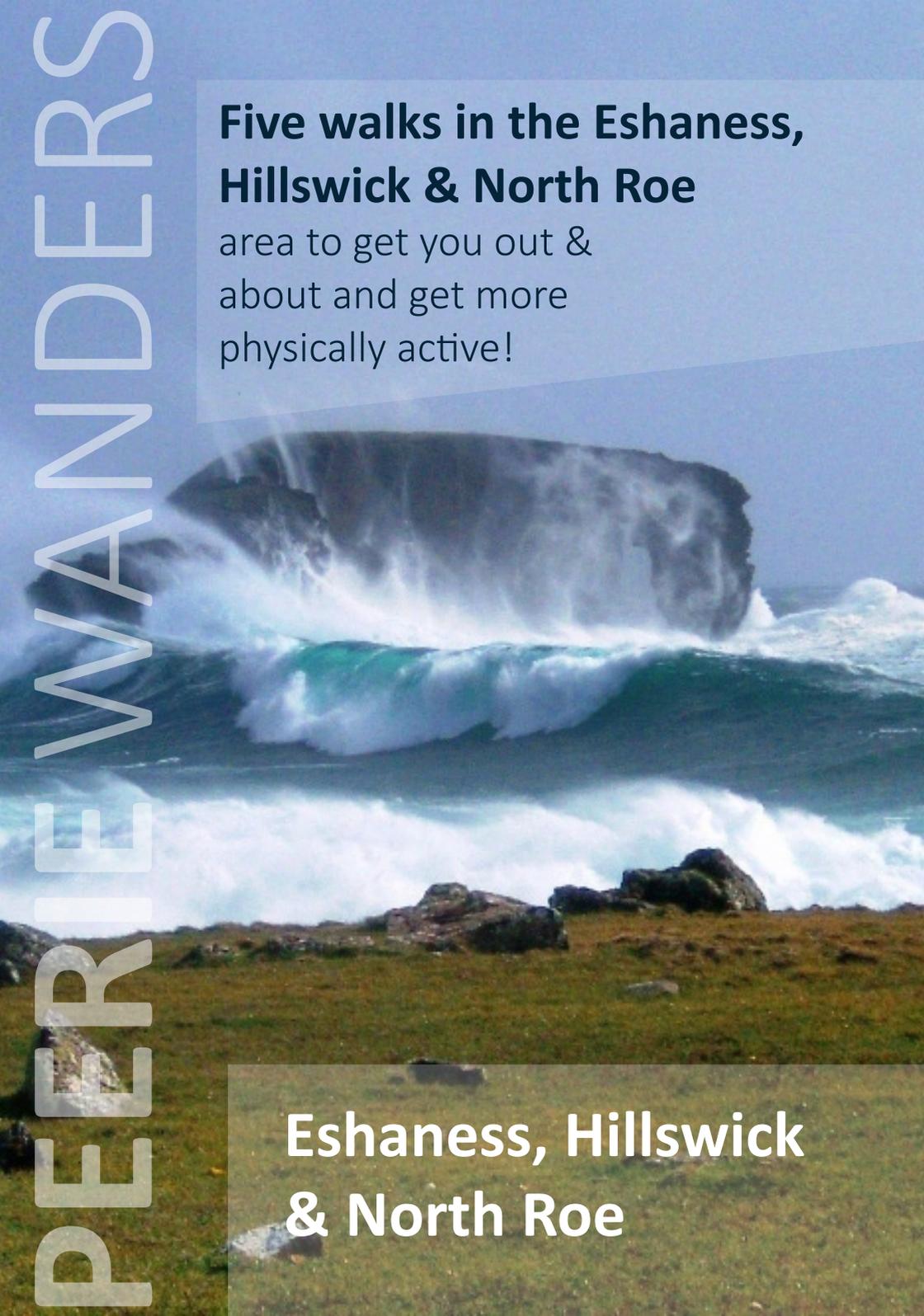


**Five walks in the Eshaness,  
Hillswick & North Roe**

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

**Eshaness, Hillswick  
& North Roe**



## 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.

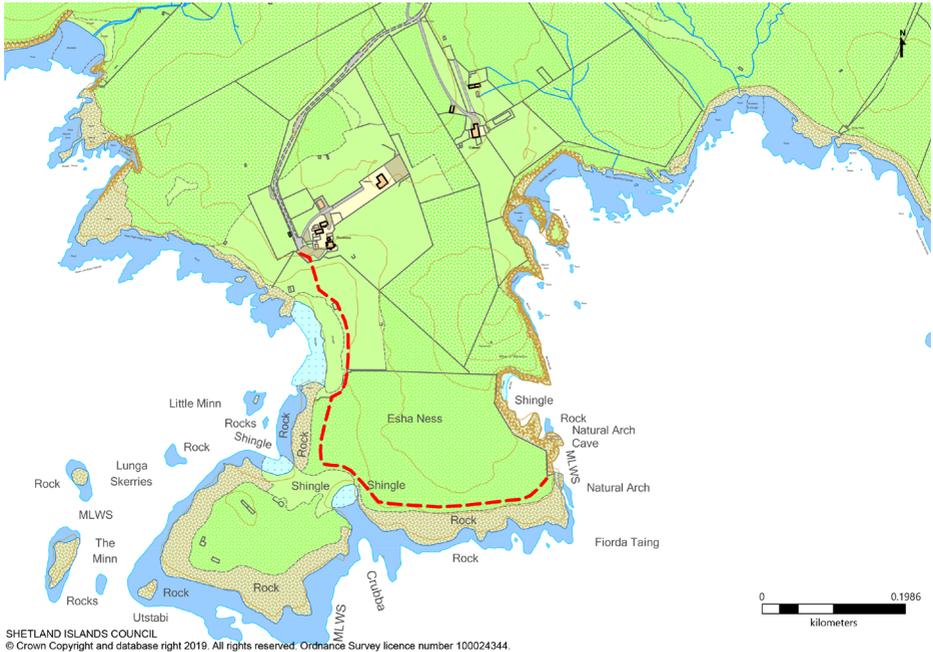
How about trying to create some of your own routes?



## 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!





## WALK 1 - Dore Holm View

Wander down the grassy terrain to the beautiful lookout point of the Dore Holm. Take a moment to absorb your surroundings and the view, why not snap a picture while you're here too.

- Length: 1.4km or 0.8mile return walk
- Estimated time: 20 minutes
- Look out for: Wildlife , caves and Dore Holm
- Terrain: off road boggy terrain
- Potential Hazards: Coastal slopes and uneven ground

As you progress you can make this route more challenging by:

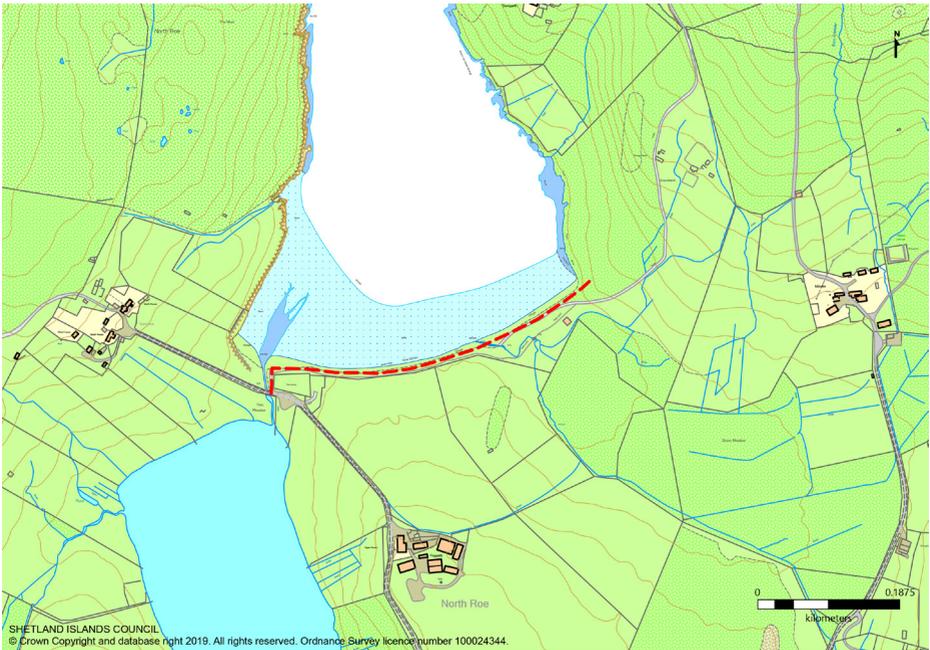
- Bear right as you leave the car park and walk the coastline until the view point. This will take you past beaches, old ruins and lovely views.



## WALK 2 - Holes of Scraada, Eshaness

Drive up to Eshaness Lighthouse where you can park your car and begin your walk. Hug the coastline on the way round, taking in the incredible views of one of Shetland's most famous spots. Look out for Geo's and caves on your way around. About 1 mile in, you will discover the Holes of Scraada, a collapsed sea cave in the rocks . Take a loop around this and head back down the other side, this time around the East side where you will pass between the Loch of Houlland and Lochs of Dridgeo and back to your car.

- Length: 3.5km or 2.2 miles return walk
- Estimated time: 45 minutes
- Look out for: Dramatic scenery, wildlife, caves and stacks (geo's)
- Terrain: Off road boggy terrain
- Potential hazards: this walk is around the cliff edge so it is advised to keep a good distance away from the edge.



## WALK 3 - Sandvoe

Head down the A970, where you will pass the North Roe Primary School. Take the 2nd left after the primary school and continue down this road until you reach the cemetery. Here you can park your car and begin your walk along Sandvoe Beach.

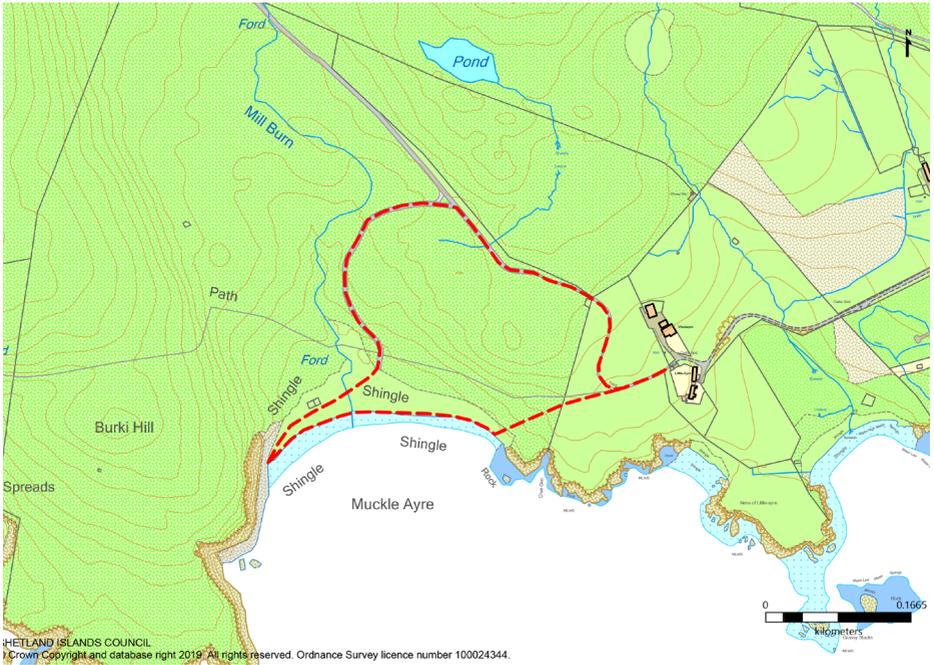
- Length: 1km return walk
- Estimated time: 10 minutes
- Look out for: Wildlife, beach
- Terrain: There is a path down to the beach, but if you choose to go along the beach, the terrain walking on will be sand
- Potential Hazards: sea nearby, take care when walking on beach



## WALK 4 - Braewick with views of the Drongs

Park up at the Braewick Cafe and caravan site and follow the path down past the cafe sticking close to the Braewick Loch. From here you can either head back, or take your time to explore the nearby beach.

- Length: 1.2km return walk
- Estimated time :15 minutes return walk
- Look out for: wildlife, beach
- Terrain: the walk down to the loch and beach is off-road so take care as may be uneven and wet
- Potential hazards: steep slope, sea and loch



## WALK 5 - Muckle Ayre to Little Ayre loop

Head towards Muckle Roe, following the Muckle Roe Road. Just before you reach the end of the road you will come across a turning point with a gate on your right hand side. Park your car and head in this gate by foot, following the route above.

- Length: 1.5km loop
- Estimated time: 30 minutes
- Look out for: wildlife, beach
- Terrain: this route is on grass, track and a beach, it also contains some short hills
- Potential hazards: the route takes you off road so take care on uneven terrain, it also takes you nearby water.

## 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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Or get us on social media:



[www.healthyshetland.com](http://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.

