

Lerwick Town Centre

Walking Trails



Business directory,
event details and more at:

www.livinglerwick.co.uk



Welcome to Walking in Lerwick Town Centre

Walking is a great way to stay active and healthy – and also a great way to explore our beautiful town centre, historic lanes and nearby coastline.

Walking is suitable for almost everyone – you don't have to be fit to get started, you just have to start and fitness will follow.

These walks range in level of difficulty and length. They have been based on the stride and fitness of an average adult. All walks start and finish at the Market Cross in Lerwick town centre, and are given an effort rating out of 5, with **1** being very easy and **5** being very challenging.

If you are just beginning or have any kind of mobility challenge, please consider which walks will be suitable for you.



Walking makes us more active, reducing the risk of heart disease, stroke and osteoporosis. It can also help to strengthen and tone muscles, give us more energy and generally just feel better!

SOME TIPS TO HELP YOU ENJOY YOUR WALK:

- ▶ Wear flat, comfortable shoes;
- ▶ Be aware – of other pedestrians, traffic and potential uneven surfaces or trip hazards;
- ▶ Take care in wet weather – some ground surfaces can be slippery;
- ▶ Use handrails where provided in lanes – particularly on steps;
- ▶ Use litter bins for any rubbish – Dunna Chuck Bruck!



WALK

1

Gently Does It

We'll begin our first walk with a very gentle stroll through the town centre and along the Esplanade.

START: Market Cross → Head north along Commercial Street and continue along past Fort Charlotte → Turn down on to The Esplanade at the bottom of Harbour Street → Continue along to the Lifeboat station → Turn onto Commercial Street, using the zebra crossing → Complete the loop at the Market Cross.

EFFORT RATING: 1



**WALK
STATS**



Distance: **0.59 miles / 0.95km** • Walk time: **10 minutes**



Average steps: **1350** • Average calories used: **45**

Breath of Sea Air

A little more challenging for our second walk as we increase distance and resistance.

START: Market Cross →
 Go south along Commercial Street, crossing safely at the zebra crossing and continuing along Commercial Street and into Twageos Road → On reaching the cemetery car park, follow the coastal road round the Knab and onto the golf course until reaching Breiwick Road → Cross safely to Ronald Street and turn left along Thorfinn Street → Cross safely at Clairmont Place and proceed all the way along the Hillhead to Market Street, turning right down Harbour Street → Turn right along Commercial Street and proceed back to the Market Cross to finish.

EFFORT RATING: 2.5



Step Up

This walk incorporates the beautiful Lerwick Lanes, with the challenge of actual steps! Take your time to enjoy the surroundings on this one, or aim for your personal best time if it's a repeat attempt; but always take care when going up or down steps. Never run down steps.

START: Market Cross → Go north along Commercial Street and up Hangcliff Lane. At the top and bottom of each lane proceed along Hillhead or Commercial Street to the next appointed lane as follows: ↓ Reform Lane ↑ Pitt Lane ↓ Quendale Lane (from top of Hillhead car park) ↑ Fox Lane ↓ Hill Lane (go up through the car park to the top of the steps, *no cheating and starting at the half way point!*) ↑ Charlotte Street (steps side) → Around Market Street and down Harbour Street → Turn down on to The Esplanade at the bottom of Harbour Street and continue along to the Lifeboat station before using the zebra crossing, and completing the route at the Market Cross.

EFFORT RATING: 3



WALK

4

Rolling Hills

Similar to walk 3, we are again in the lovely Lerwick Lanes, but this time we focus on the calf burning hill climbs. This walk is ideal for a quick lunch time work out – exercise and fresh air in your lunch hour, with plenty of places on route to grab a takeaway lunch.

START: Market Cross → Walk south along Commercial Street to Church Road and follow the road to the roundabout at the top → Come back down the other side of the car park and down Queen's Lane → Turn left along Commercial Street and go up Mounthooley Street to the top → Follow Clairmont Place around to the Hillhead, then down Bank Lane → Enjoy a stroll north along Commercial Street and up the Charlotte Street hill → Turn right onto Market Street then down Harbour Street → Turn down on to The Esplanade at the bottom of Harbour Street and continue along to the Lifeboat station before using the zebra crossing, and completing the route at the Market Cross.

EFFORT RATING: 2



**WALK
STATS**



Distance: **1.27 miles / 2.04km** • Walk time: **23 minutes**

Average steps: **3000** • Average calories used: **95**

Star Stepper

This is what we have worked our way up to – or for the fitter participants, perhaps you're looking to improve your time or breathlessness on this route! The Star Stepper route takes in all the Lerwick Lanes and provides a more intensive walking workout. Are you ready? Follow the top or bottom road to your next lane in each case.

START: Market Cross → Go south to the main road and up Church Road ↓ Queen's Lane ↑ Mounthooly Street – fork right into Navy Lane ↓ Hangcliff Lane ↑ Bank Lane ↓ Reform Lane ↑ Pitt Lane ↓ Quendale Lane ↑ Fox Lane ↓ Hill Lane ↑ Charlotte Street – steps or hill, your choice ↓ Harbour Street → Turn down on to The Esplanade at the bottom of Harbour Street and continue along to the Lifeboat station before using the zebra crossing, and completing the route at the Market Cross.



As you walk through Lerwick town centre take time to notice the Small things



▶ Lane names – old and new

▶ Independent shops and businesses – each one unique to our home

▶ Quirky decorative pieces, information signs and architectural features

▶ Friendly people, fresh air, open spaces, public seating, history, heritage and community



DISCOVER LERWICK APP

Download our app to help you find additional interesting points on your walk – step back in time see the history and past lives of shops and businesses. Free to download from PlayStore and Apple Store.



Thanks to NHS Shetland for their support and assistance in creating this series of walks to explore Lerwick town centre.

www.shb.scot.nhs.uk • www.healthyshetland.com

