



BEING ACTIVE GETTING AROUND

Sustainable Travel for Modern Lives



Being Active reduces stress

Being Active boosts your productivity at work

Being Active helps you do your bit for the environment

Being Active allows you to shop locally

Being Active keeps your mind and body healthy

Being Active while you travel keeps you fit

Being Active while you travel saves you time

Being Active while you travel saves you money

**BEING ACTIVE
GETTING AROUND,**
what's in it
for me?

GETTING YOU 'Fit for the Future' WITH SRT

Get your legs peddling indoors ready for the great outdoors with...SPINNING!!!

The original and most popular group cycling class, an unmatched way to make your fitness goal a reality. With no complicated moves, top notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.

Look out for our varied classes for all ages and abilities – you can now book online at www.srt.org.uk

MAKE ACTIVE CHOICES – WALK 10,000 STEPS A DAY

- The British Heart Foundation recommends 10,000 steps a day (about 5 miles) to maintain a healthy body weight and a healthy heart.
- Small changes to your everyday routine can make a huge difference to your health and to the environment you live in.
- 10,000 steps may sound a lot but other activities that you do can be converted into steps. 10 minutes of high intensity exercise adds up to 2,000 steps, squash, netball or circuit training all count. 10 minutes of moderate intensity exercise adds up to 1,000 steps, try leisurely swimming, cycling or dancing.

Find Extra Steps in Your Day

- Walk all or part of the way to work
- Walk to meetings
- Walk to the bus stop
- Park further away
- Walk the kids to school
- Walk the dog



www.10000steps.org.au

"Children who travel actively are more active all round."

- Walk There! You'll be amazed at how much better you feel and, it will count to your **10,000 Steps!**
- Why not try a walking bus? Fun Free and Environmentally Friendly.
- Need advice or ideas? Contact Eco Schools or Active Schools co-ordinators.
- Parents! Encourage your kids to be active – it will improve their concentration and ability to learn.
- Get on your bike! Make the most of new cycle racks at schools.
- Active schools can provide opportunities for out of school cycling: Why not try mountain biking?

Have a Go!

With SIC Road Safety

Get involved in a Walk to School Week! Travelling Green, don't let the weather spoil the fun - **FREE** Waterproofs! Cycle Training, **FREE** Cycle Kits!



GETTING TO WORK – WALK IN TO WORK OUT

GIVE IT A GO BY BIKE!

- Feel good, reduce stress, relax.
- Cycling all or part of your journey is an option and counts to your **10,000 Steps!**

WALKING?

- A quick and easy way to travel, to keep fit and reduce carbon emissions.
- All the short journeys will soon add up to **10,000 Steps!**

IF YOU CARE SHARE

- Share your car journey and make the roads quieter, the air cleaner and journeys quicker: clearly a good idea!

TAKE THE BUS

- Let someone else do the driving for a change, take the bus.
- A chance to wake up in the morning and to unwind on your way home from work.

EMPLOYERS

- Encourage Active Travel and get your Healthy Working Lives Award.
- ZetTrans can help with developing work travel plans.

Have a Go!

In 2006, NHS Health Improvement encouraged small to medium enterprises to cycle to work. Those with an interest were provided with cycling vests, information packs and tokens for a cycle safety check at the Shetland Community Bike Project.

Best foot forward

Calculate your minutes into miles and walk around the world in your workplace! For more information contact NHS Health Improvement on 01595 743085



HEALTHY
WORKING LIVES

WHAT BETTER WAY TO BUILD
PHYSICAL ACTIVITY INTO YOUR DAY?

Get to know your local area – Walk there.

Stay Healthy – Walking is an easy and effective way to keep fit while you travel.

Walking is for everyone; Walking is free; No specialised equipment needed – Give it a go!

Explore new places with Shetland Core Paths and Walk to Health routes; build up to **10,000 Steps** a day!

Stunning coastal scenery, quiet inland lochs, wonderful wildlife and ancient historical sites.

Whatever your interest, walking in Shetland will not disappoint.

Be inspired, visit www.walkshetland.com and find challenging, moderate and easy walking routes.

Walking publications? Guides? Maps? Let VisitShetland give you a helping hand.

Visit the Tourist Information Centre at the Market Cross in Lerwick.

Have a Go!

With Shetland Ranger Guided Walks

Hermaness National Nature Reserve – Visit Shetland's finest seabird cliffs and view the UK's most northerly lighthouse

Keen of Hamar National Nature Reserve – Discover some of Shetland's rarest flowers

Noss National Nature Reserve – View the island's spectacular seabird colony and the Pony Pund

Mousa RSPB Reserve – Look for wild flowers, breeding birds and seals, and visit the ancient Mousa Broch

Burn Of Lunklet to Scallafield and Cruti Field – A moorland walk

For more information contact Shetland Amenity Trust







ATLANTIC OCEAN



OUT SKERRIES

PAPA STOUR

Sample Routes

		Distance metres	Walking Time mins	Calories burnt * Est.9 13st.8		Co2 Saving (kg)
ANDERSON HIGH SCHOOL	▶ ISLESBURGH	827 m	8.5	27	43	0.17 kg
ANDERSON HIGH SCHOOL	▶ LIBRARY	732 m	8	26	40.5	0.15 kg
LIBRARY	▶ LERWICK HEALTH CENTRE	785.7 m	8.5	27	43	0.17 kg
LERWICK HEALTH CENTRE	▶ ANDERSON HIGH SCHOOL	1154m	11	35	56	0.24 kg
MUSEUM & ARCHIVES	▶ SOCIAL WORK (STOLAF ST)	448.9 m	5.5	18	28	0.09 kg
ISLESBURGH	▶ LERWICK HEALTH CENTRE	593.4m	5.5	18	28	0.13 kg
CLICKIMIN LEISURE COMPLEX	▶ SOUND SCHOOL	1312m	14	44	71	0.3 kg
LERWICK HEALTH CENTRE	▶ BELLS BRAE SCHOOL	137.5m	3.5	11	18	0.02 kg
LERWICK HEALTH CENTRE	▶ CLICKIMIN LEISURE COMPLEX	462.9 m	5.5	18	28	0.1 kg
LERWICK HEALTH CENTRE	▶ SOUND SCHOOL	1156 m	11	35	56	0.24 kg
TOLL CLOCK	▶ ISLESBURGH	804.7 m	8.5	27	43	0.17 kg
TOLL CLOCK	▶ TOWN HALL	753.9 m	8	26	40.5	0.16 kg
ERIC GRAY CENTRE	▶ LERWICK HEALTH CENTRE	786.3 m	8	26	40.5	0.17 kg
MUSEUM	▶ TOLL CLOCK	768.9 m	8	26	40.5	0.16 kg
TOLL CLOCK	▶ CLICKIMIN LEISURE CENTRE	701.6 m	7.5	24	38	0.15 kg

WALKING IT? ...

LERWICK



Go by bike! Use local shops and services.

Go by bike! Save money, especially on short journeys.

Go by bike! Ease traffic congestion and avoid parking hassles.

Get closer to nature. You'll be amazed at how much more you will see cycling in Shetland.

Be part of the bigger picture. Cycle part of the National Cycle Network or the North Sea Cycle Route in Shetland.

Cycle socially. Shetland has over 1,000 miles of delightfully quiet smooth roads, perfect for cycling.

Use the pull out map or pick up a **Cycling in Shetland Guide** from Visit Shetland.

Shetland Core Paths provide excellent opportunities for off road cycling in some of Shetland's most scenic and unspoilt places.

Remember: When cycling, be bright and be seen! Stay safe on the road.

Have a Go!

With the Community Bike Project

A bike will work better and last longer if you care for it properly. Get into the habit of checking your bike regularly. Why not try bike maintenance classes? Give it a go!



Get Confident on Your Bike!

- Join a Spinning Class
- Find a cycling buddy
- 'Have a go' in bike week
- Contact the Shetland Wheelers cycling club

THERE'S A GOOD REASON WHY YOU NEVER FORGET HOW TO RIDE A BIKE

CHOOSING PUBLIC TRANSPORT

Make a greener choice: choose the bus or share your car.

Enjoy stress free commuting. Take the bus. Make time for yourself – read a book or enjoy the views.

Get smart – start small. Leaving your car at home for even one day a week makes a big difference.

Where to park? Let someone else do the worrying, and never mind about those long queues.

Find a car-share partner at:
www.ifyoucareshare.com

Explore Shetlands countryside by bus. By not having to concentrate on the driving you too can enjoy the stunning scenery.

Support your community. Buses provide an important lifeline to many rural communities: use it or lose it.

Choose Public Transport: a stressfree way to reduce your carbon emissions and protect the environment.

Have a Go!

New to Shetland or just visiting? Check out ZetTrans journey planners, useful to anyone with a limited knowledge of the transport opportunities available. For bus, ferry and dial a ride services contact www.zettrans.org.uk

'Bike it to Bus it'

Cycle shelters are available at various locations, marked on the centrefold cycle map.

These shelters provide a secure place to leave your bike whether you are cycling all or part of your journey.

If you have any suggestions for cycle shelter locations, contact SIC Roads Service on 01595 744 866.



Ten Tips For Safer, Greener, Stress-Free Driving

1. Check your revs – change up before 2,500rpm (petrol) and 2,000rpm (diesel)
2. Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. This saves fuel and reduces accident rates
3. Use air conditioning sparingly as it significantly increases fuel consumption
4. Drive away immediately when starting from cold – idling to heat the engine wastes fuel and causes rapid engine wear
5. Remove roof rack when not in use – they increase drag significantly
6. Avoid short journeys – a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective
7. Stick to speed limits and make your fuel go further – the most efficient speed depends upon the car in question but is typically around 55-65mph. Faster speeds will greatly increase your fuel consumption
8. Plan your journeys – to avoid congestion, road works and getting lost
9. Check your tyre pressure regularly – under-inflated tyres are dangerous and can increase fuel consumption by up to 3%
10. If you're stuck in a jam, switch off – cutting the engine will save fuel and stop emissions

If you care share

Visit www.ifyoucareshare.com and find people to share your journeys to work, shopping or just on special occasions.



TWO'S COMPANY - SHARE YOUR CAR, SAVE MONEY AND REDUCE YOUR CARBON FOOTPRINT.

INTERESTED?

For Cycle Hire in Shetland Contact: **Grantfield Garage** 01595 692709

For information regarding walking and cycling opportunities in Shetland contact:

Visit Shetland

VisitShetland

Market Cross

Lerwick

Shetland

ZE1 0LU, UK

08701 999 440

info@visitshetland.com

www.visitshetland.com



Explore Shetland, bed down in a böd! For more information contact:

Shetland Amenity Trust

Garthspool, Lerwick, Shetland, ZE1 0NY

01595 694688

infor@shetlandamenity.org

www.camping-bods.co.uk

**SHETLAND
AMENITY TRUST**

www.ifyoucareshare.com
ifyoucareshare
Encouraging Shetland to Car Share

If you care share. For more information on car sharing or public transport contact:

ZetTrans

20 Commercial Rd,
Lerwick, Shetland,
ZE1 0LX

01595 744868

www.zettrans.org.uk

Ze Trans
SHETLAND'S TRANSPORT PARTNERSHIP

Get Fit to do Active Travel with Shetland Recreational Trust. For more information on classes and facilities contact:

Shetland Recreational Trust



Diane Leyland

Health & Fitness Manager

Shetland Recreational Trust

Clickimin Leisure Complex

Lochside, LERWICK, Shetland

Tel: 01595 741000

www.srt.org.uk

Get involved with The Community Bike Project.

For more information contact:

The Community Bike Project

The Cellar, Peterson Kloss, 90

Commercial Street, Lerwick, Shetland,

ZE1 0ES

01595 690077

shetlandbikeproject@ukfsn.org



FIND OUT MORE

BE SAFE, BE SEEN.

For more information on Road Safety Services and Supplies contact:



Road Safety
Road Safety Officer
Safety and Risk Services
4 Market Street
Lerwick
01595 744560
road.safety@shetland.gov.uk

<http://www.sic.gov.uk/services/safety-risk/RoadSafety.asp>

Know your local area! For more information on walks and cycle routes in Shetland Contact:

Core Paths

Outdoor Access Officer
Infrastructure Services
Grantfield
Lerwick
Shetland
01595 744864
www.shetland.gov.uk

SHETLAND CORE PATHS PLAN



Active Schools team

Hayfield House, Lerwick, Shetland
01595 744043

ECO SCHOOLS

Mary Lisk
Environmental
Management Officer
Infrastructure Services, Grantfield
Lerwick, Shetland
01595 744 800

For more information on how NHS Health Improvement can help you and your workplace contact:

Shetland NHS Health Improvement

Brevik House,
South Road,
Lerwick,
Shetland
ZE1 OTG

01595 74 3085

www.shb.scot.nhs.uk



FOR **BIKES** AND EQUIPMENT GO TO:

Harry's Dept. Store

Esplanade
Lerwick
SHETLAND
ZE1 0LL
01595 693097

Eric Browns Raleigh Cycles

North Road
Lerwick
Shetland ZE1 ONP
01595692709

Useful websites

www.10000steps.org.au; www.healthyworkinglives.com;
www.itsscotland.org.uk/healthpromotingschools; www.activetravel.org.uk ;
www.outdooraccess-scotland.com ; www.ecoschoolsscotland.org
www.keeperscotlandbeautiful.org; www.walkshetland.com; www.ifyoucareshare.com
www.sustrans.org.uk; www.northsea-cycle.com ; www.energysavingtrust.org.uk



20 Commercial Road, Lerwick, Shetland, ZE1 0LX
Tel 01595 744868 www.zettrans.org.uk