

If you have a recommendation, please email the name of the book, the author and a brief summary to denise@tidelinepz.com and it will appear on the updated list next week.

*A quote from **The Walker's Companion**.*

*Don't walk behind me; I may not lead.
Don't walk in front of me; I may not follow.
Just walk beside me and be my friend.*

Albert Camus

Q: Will we ever be able to walk BESIDE each other again?

A: Perhaps only when the path is wide enough.....

CORNWALL AND SCILLY ISLANDS

Rambles Beyond Railways: Notes In Cornwall Taken A-Foot by Wilkie Collins

Recommended by Susan Pester

“Patronise, I exhort you, that first and oldest established of all conveyances, your own legs!”. Thus said Wilkie Collins in his delightful book *Rambles Beyond Railways: Notes In Cornwall Taken A-Foot*. It's an account of his journey on foot through Cornwall with his artist friend Henry Brandling in 1850, before the railway came to Cornwall. Their starting point was Looe and from there they walked west avoiding most of the main towns although as a starting point for the Lizard they did visit Helston which 'appeared to have nothing to offer apart from a barbarous carnival held there on the 8th May'!

From the Lizard they wend their way slowly down to Land's End then head north east and after St Ives they "walked through the last part of the journey much faster than through the first" finally ending in Tintagel. He describes people, places and nature in wonderful detail."

Rising Ground by Philip Marsden

Recommended by Susan Pester

A description of his walk through Cornwall. The final section in Penwith would be of particular interest.

The Salt Path by Raynor Winn

Recommended by Diane Baker and Denise Belton

A couple's experiences of walking the Coast Path after they lost their home and livelihood.

Five Hundred Mile Walkies by Mark Wallington

Recommended by Moira Cassidy and Anne Tryhorn

Boogie is an unattractive but streetwise mongrel from Stockwell, used to travelling everywhere on London Transport. His two-legged companion is Mark. This is a heroic study of survival against the odds, as together they take a journey, uphill and down dale, with rucksacks full of Kennomeat, along Britain's longest coastal footpath - from Somerset to Devon, from Cornwall to Dorset.

A week at the Lizard by C A Johns

Recommended by Anne Tryhorn

This is an old book written in 1848 and reprinted in 1992 for modern readers. Describes the scenery, wildlife and plants - good one for historians and those with an interest in The Lizard.

Walking Away by Simon Armitage

Recommended by Ginnie Hignett

This is the poet the couple in the Salt Road kept getting mistaken for.

A Week at the Land's End by F B Wright

Recommended by John Rogers

These are the recollections of a well-known Victorian traveller in the extreme South West. It provides an insight into the 1850's countryside and has interesting descriptions of places through which we often walk.

A View from Carn Galver by Bob Acton

Recommended by John Rogers

A book of nine circular, typically 5 miles long, walks between St Just and St Ives. These walks could be incorporated in future walks programmes. This book is one of a series of similar books covering the western half of Cornwall.

Pub Walks in South-West Cornwall by Tricia & David Rowe

Recommended by John Rogers

Self-explanatory book of circular walks of up to 6 miles. Again, there are other themed books in the series that can be sources for further walks.

Journey to the Stones by Ian McNeil Cooke

Recommended by John Rogers

Descriptions and known history of Penwith's pre-history sites. The book has walking routes between the sites that can be modified by members to suit their personal fitness.

The Fortunate Islands by R L Bowley

Recommended by John Rogers

The sub-title of this book is 'The story of the Isles of Scilly', which says it all.

GREAT BRITAIN

The Old Ways by Robert Macfarlane

Recommended by HF.

It describes how he set off from his Cambridge home to follow the ancient tracks, drove-roads and coast paths that form part of a vast network of routes criss-crossing the British landscape and its waters, connecting them to the continents beyond.

Walking Home by Simon Armitage

Recommended by Ginnie Hignett

The author walks the Pennine way and tries to pay his way by giving poetry readings on the way. Simon Armitage is a well-known poet, on radio etc.

The January Man by Christopher Somerville

Recommended by Ginnie Hignett

A year of walking Britain. Month by month the author walks Britain and describes seasons, history, wildlife, people he meets and tells stories of his father and his generation as he comes to understand him better.

Walkers Pocket Companion by Malcolm Tait

Recommended by Elizabeth Cartwright

Full of useful and not so useful info on the word walk - can be dipped into on a long walk as I did on Wainwrights C2C some time ago!

A Bit Far for You Dear by Jannina Tredwell

Recommended by Elizabeth Cartwright

A trek around 4,500 miles of UK coastline with her 2 dogs. Came across this in local Coverack shop a few years ago as she had a holiday home in Coverack, may still have.

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce. (Fiction)

Recommended by Ginnie Hignett

Harold goes out to post a letter to a dying friend and just keeps walking. A journey of self-discovery from Devon to Berwick

WORLD TRAVEL

Travels with a Donkey in the Cevennes by Robert Louis Stevenson

Recommended by HF

Robert Louis Stevenson was not only a gifted writer; he was also an indefatigable traveller. His thirst for adventure was formed by his boyhood visits to remote Scottish lighthouses, and he spent much of his life fleeing the rigours of cold climates and social orthodoxy. The walking trip described was taken when the budding author was still in his twenties and pining for a lost love. Recommended by HF.

Clear Water Rising by Nicholas Crane

Recommended by Fred Gendall

A Mountain walk across Europe, walking the continental divide across Europe from west (Cape Finisterre) to East (Istanbul) estimated walking distance approx 10,000km in 17 months.

The Time of Gifts and **Between Woods and Water** both by Patrick Leigh Fermor.

Recommended by Ginnie Hignett

Walking across Europe in the 30s these are classics of their kind, beautifully written and giving a picture of pre-war Europe that make you want to do the same but know it would never be like that again.

As I Walked out One Midsummer Morning by Laurie Lee

Recommended by Ginnie Hignett

Spain pre-Civil War, Laurie Lee makes his way to London and then across Spain playing his violin to live. Again the joy of this book is in the lyrical language in creating a picture of a beautiful country where the signs of the coming civil war are clearly visible.

A Walk in the Woods by Bill Bryson.

Recommended by Ginnie Hignett

Not one of his best, but it gets us onto another continent as he walks the Appalachian Trail and his writing is always amusing. (Now a film with Robert Redford, not very good!)

As Far as My Feet Will Carry Me by Josef M Bauer

Recommended by Ken Sharp

Clemens Forell, a German soldier, was sentenced to 25 years of forced labour in a Siberian lead mine after World War II. Rebellious against the brutality of the camp, Forell staged a daring escape enduring an 8,000-mile journey across the trackless wastes of Siberia, in some of the most treacherous and inhospitable conditions on earth. Bauer's writing evokes Forell's desperation in the prison camp, and his struggle for survival and terror of recapture as he makes his way towards the Persian frontier and freedom.

A Short Walk in the Hindu Kush by Eric Newby

Recommended by Susan Pester

After a few days of practising rock climbing in Snowdonia, Eric Newby and his friend Hugh Carless set off in the 1950's for Afghanistan on an incredible adventure.

The Chains of Heaven by Philip Marsden

Recommended by Susan Pester

Walking hundreds of miles through a landscape of cavernous gorges, tabletop mountains and semi-desert in northern Ethiopia, the author encounters monks and hermits, rebels and farmers, people whose spiritual passions reveal a reckless disregard for the material.

GENERAL BOOKS ABOUT WALKING

In Praise of Walking by Shane O'Hara

Recommended by Mike Cox

The new science of how we walk and why it is good for us.