



Fresh Air and low carbon

a journey from southern Spain to the UK

Over about 25 days in April, I am travelling from Southern Spain back to the UK using my own two legs aided by public transport.

This indulgence is simply to have a break and attain some fitness of body and mind and see some of the more beautiful parts of Spain and France and
.. I will take my watercolours.

Starting on the 5th April in Paris I will take the night sleeper to Madrid and then onto Ronda in Andalusia. The walk will start by breaking north-west over the Sierra Ubrique for about four days to Sevilla. A train to the range of mountains to the east of Madrid called Sierra de Gregos for about three days and then again north to Ponferrada to start the final 100 or so kilometres of the Pilgrim way to Santiago. I will then move east along the northern coast of Spain taking in the fantastic Picos Europa for four days before jumping [and along a bit of] the Pyrenees into southern France at Lourdes. A day or so in the Lot with friends: and then onto the Massif Central. I expect to do a couple of chateaux on the Loire and aim for Roscoff via my brother in Brittany. Plymouth to Tiverton Parkway on a train will be required before walking home up the Culm Valley arriving on the 30th April with lunch at the Culm Valley Inn.

I have researched most of the route but walks on individual days will be decided at the time. I am going to travel extremely light with a small pack with the bare minimum sending back home maps and guides as I go. This can be achieved in the relatively good Spring weather and using small hostelryes, and occasionally friends, and to an extent the accommodation and food will dictate local routing!