



## **Tim Ridley**

**Tim Ridley** who led a series of group walks across Epsom and Ashted Commons called Art Walks 2013. Tim believes that walking opens up the mind, that human perception and intellect work best at 3 miles per hour. His forecast is as much a hope as a prediction, that people will give up their cars to walk more to accomplish their everyday errands, and in turn, over time benefit from healthy exercise that enhances their wellbeing.

Notes from **Tim Ridley's 5 year walking forecast for Talking Walking**: Recorded over the telephone in December 2013 and published in January 2014 on <http://talkingwalking.net>

To mark the fifth anniversary of Talking Walking, we asked thought leaders to make their 5 year predictions about the state of walking in the fields in which they work and the places where they live. Respondents were asked to call a Skype number to leave their forecast, identifying who they were, what work they were doing that revolved around walking, and what their forecast was for walking in the next five years. We recorded these voice messages and reproduce them here: <http://www.talkingwalking.net/5-year-walking-forecast/>

### **Links to further information on topics mentioned:**

Tim Ridley's website: <http://www.timridley.co.uk/>

Art Walks 2013 on Epsom & Ashted Commons: <https://www.facebook.com/TimRidleyArtistWalks>

Epsom & Ashted Commons: <http://www.cityoflondon.gov.uk/things-to-do/green-spaces/city-commons/ashted-common/visitor-information/Pages/default.aspx>