



Tim Hagyard

Planner and urban designer, Tim Hagyard took a career break in 2013, to devise and walk a 1500 mile route through Britain, that linked places of worship with places from his childhood and those related to friends and family. "Walking Sacred Britain" also marked the 10th anniversary of his wife's death. Contemplative walking is key to Tim's way of life, providing respite from the day to day pressures of a busy local authority planning department, and as part of his practice as a Buddhist. The interview was recorded when Tim was only three days into the 112 day walk, full of anticipation and a sense of freedom. His walk began from the Sangha of Amaravati Buddhist Monastery in Hertfordshire - we join him in London, after breakfast in Swiss Cottage, and walk a short distance to the mosque in Regent's Park. Our conversation ranges widely, as Tim reveals the choice of destinations and how they relate to his life and faith.

Notes from the podcast interview by Andrew Stuck: Recorded on a walk from Swiss Cottage to the London mosque in Regent's Park, London early on a bright but chilly weekday morning in March 2013 and published in February 2014 on <http://www.talkingwalking.net>

Tim kept a blog of his journey: <http://timhagyard.wordpress.com/>

He recommends *No Destination: An Autobiography* by Satish Kumar, founder of the Schumacker College as a lovely book to read about walking: http://en.wikipedia.org/wiki/Satish_Kumar

A practising Buddhist and supporter of the Sangha of Amaravati Buddhist Monastery and its Family Camp <https://www.family.amaravati.org/> and <http://www.amaravati.org/>

Tim has travelled to Thailand several times, and has an interest in the Thai Forest Tradition practised by Buddhist monks there: <http://www.youtube.com/watch?v=Anf1yhX9VQo> also http://en.wikipedia.org/wiki/Thai_Forest_Tradition

The London Mosque in Regent's Park <http://www.iccuk.org/index.php?article=1&PHPSESSID=84hbjcmh13l9s8dulk7oqsbsa0>

To follow his whole route see here: <http://timhagyard.files.wordpress.com/2013/03/image.png>

On the day of the interview he was to follow the Regent's canal to Limehouse Basin, the northern Thames Path, through the foot tunnel to emerge in Greenwich, and walk on to a former parental home in Eltham.

Canaletto's view of Greenwich from the north bank

His walk includes Canterbury and Stonehenge, the Liverpool waterfront, a sojourn in the Lake District, where he will be joined by a monk, who will accompany him to Iona, and across the Forth. He will walk parts of the Pilgrim's Way, the Icknield Way and Offa's Dyke

Tim went to school at the John Roan school beside Greenwich Park

He tried to visit a synagogue in Hampstead Garden Suburb - a neighbourhood where his maternal grandparents lived just before the second world war.

Sila Samadhi Panya is mentioned by Tim in the interview - it is Pali and translates as Ethics (or morality) Concentration and Wisdom. These are 3 mutually supportive aspects of the teaching and the basis of Buddhist practice as outlined in the eight fold path. Ajahn Cha talks about them in a question and answer session: <http://www.fsnewsletter.amaravati.org/html/23/cha-2.htm>



Tim talks about admiring the teachings of Ajahn Chah http://en.wikipedia.org/wiki/Ajahn_Chah and recommends the book "Food for the Heart". https://www.kobo.com/gb/en/ebook/food-for-the-heart-1?utm_campaign=shopping_feed_gb_en&utm_source=google&utm_medium=cpc&gclid=Cj0KQCQiAp8fSBRCUARIsABPL6JYnyoK9RkKj9zckYv0jEGQZJ74f_L696ZysvWM6DxJ8_WSrS8_NGqEaAu3_EALw_wcB

When asked to recommend a walk or two, Tim suggested that starting from your own doorstep to discover your local area is the best way to go.

What has Tim done since our interview

TALKING



WALKING¹⁰

"After the walk, it took me a while to note certain fundamental changes had taken place in my habits and ways of thinking.

For instance after 5 months of not sitting in a car I never found the option of car travel very attractive again. My annual mileage has fallen to 2- 3000 miles a year and that includes some essential use for work.

In daily life I try to either walk or cycle journeys because I really want to be outdoors, enjoy the physical movement and exercise. I also try to use public transport as I prefer many things that this offers in terms of exercise, adventure and the ability to use the travelling time for reading etc. Car travel for me is not the quality choice.

I actually returned to complete gaps from the 2013 walk. So in 2014 and 2015 I walked another 350 miles so that finally my whole route around Britain had been done on foot, making it a complete continuous walk was important to me if not entirely logical.

When it comes to holiday planning I tend to find myself thinking of walking holidays as the most relaxing option. e.g. To keep me in touch with my young adult children we have started the South West Coast Path – walking it in stages.

Pilgrimage – I was delighted to hear about the British Pilgrimage Trust and joined them in 2017 for a weekend of walking and singing Blake's "Jerusalem" down in Sussex. I very much appreciated their joyful and inclusive approach. <http://britishpilgrimage.org/>

This was a prelude to joining "Just Walk to Jerusalem" – Organised by the Amos Trust, a walk from London across Europe to the Holy land for equal rights in Israel / Palestine to mark the centenary of the Balfour DeclarationAs soon as I was sent a link I knew I had to join it.

<http://www.amostrust.org/amos-palestine/>

So I negotiated a career break even though it was a difficult time at work with re-structuring of the planning service. I joined over 100 others and 9 of us made the 2000 mile journey across Europe with a final huge reception in Palestine. My previous experience did give me a certain inner confidence in completing the walk, although the dynamics were very different from the more personal nature of the 2013 walk. It really opened my eyes to injustices that I was poorly informed about. I also kept a weekly blog of the journey.

<https://justwalkingforpeace.wordpress.com/> "

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