



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 http://www.amaravati.org/about_us/C10 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=84hbjcmhl3l9s8dulk7oqsbsa0>

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 Ickniel 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". http://books.google.co.uk/books/about/Food_for_the_Heart.html?id=jO_l-Vf_f3gC&redir_esc=y

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.