



Tim Ingram-Smith

Andrew Stuck first met **Tim Ingram-Smith** back in 2015 when he came on a walkshop to reveal the lost neighbourhood of London's Kings Cross, on which Andrew had collaborated with fellow *Talking Walking* interviewee, **Tom Bolton**. Tim mentioned that he was about to embark on a 3 year expedition to discover parts of London he had never visited. He talked about how he was going to navigate his way across the metropolis, by following a set of spiral routes, beginning from Kings Cross. Andrew's curiosity was piqued and he knew at that at some point, he would need to join Tim with his sound recorder to hand.

Notes from the podcast interview by **Andrew Stuck**: Recorded in November 2016 on part of a leg of the **London Spiral**, from West Ham Park to Forest Gate station. Published in November 2016 on <http://www.talkingwalking.net>

If reading these notes before the end of 2018, why not join Tim Ingram-Smith on a leg of the London Spiral - further details here: <https://londonspiral.wordpress.com>

Tim uses an Ordnance Survey map with which to plan his route, cycling to mark up a route, that he then walks on the second Sunday of every month. Tim is using OS Explorer (1:25000) maps 161,162,173,174 which cover London. He laminates these so he can draw on the spiral route. [https://www.ordnancesurvey.co.uk/shop/maps.html?cat\[0\]=20&cat\[1\]=21&gclid=ClvOn-PxutACFUKfGwodg4wNmw](https://www.ordnancesurvey.co.uk/shop/maps.html?cat[0]=20&cat[1]=21&gclid=ClvOn-PxutACFUKfGwodg4wNmw)

Tim's idea for a Spiral walk was in part influenced by his interest in Land Art https://en.wikipedia.org/wiki/Land_art and especially Robert Smithson's Spiral Jetty: http://www.robertsmithson.com/earthworks/spiral_jetty.htm and the number of pedestrian crossings of the Thames: https://en.wikipedia.org/wiki/List_of_crossings_of_the_River_Thames

On the day of the recording, we walked from the north terminal of the Emirates cable car, via West Ham Park to Epping Forest, ending at the Eagle Pond in Snaresbrook:

Emirates "air line" cable car: <https://tfl.gov.uk/modes/emirates-air-line/>

The Crystal Building at Royal Victoria Docks <https://www.thecrystal.org>

West Ham Park <http://www.cityoflondon.gov.uk/things-to-do/green-spaces/west-ham-park/Pages/default.aspx>

Epping Forest: <http://www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest/Pages/default.aspx>

Eagle Pond: <http://www.wansteadwildlife.org.uk/index.php/the-study-area112/leyton-flats/eagle-pond>

Route of the 25 bus - passes Margery Park Road: <https://tfl.gov.uk/bus/route/25/>

Tim grew up in Wester Hailes in Edinburgh https://en.wikipedia.org/wiki/Wester_Hailes - like other Scotsmen he has an intimate knowledge of Scotland mentioning: the river Tay [https://en.wikipedia.org/wiki/River_Tay], Sutherland [<http://www.discoversutherland.co.uk>], and Lochaber (area around Fort William in the West Highlands) <http://www.lochaber.com>

Tim isn't a supporter of the London National Park City but has some sympathy with its mission: <http://www.nationalparkcity.london>

To find out more about artists involved with walking try the Walking Artists' Network <http://www.walkingartistsnetwork.org>

Iain Sinclair: <http://www.iainsinclair.org.uk> and https://en.wikipedia.org/wiki/Iain_Sinclair

An example of a charity using the London bridges as a fundraising walk: <http://www.thamespathchallenge.com/thames-bridges-trek>

Gravesend to Tilbury ferry <https://www.thurrock.gov.uk/ferry-services/tilbury-to-gravesend-ferry-service> and more on MV Pocahontas https://en.wikipedia.org/wiki/Lower_Thames_and_Medway_Passenger_Boat_Company

Tim's recommendation for a walk is to follow the route of the London Spiral - his favourite section so far:

Stage 10: *New River, New Stream*: <https://londonspiral.wordpress.com/2016/06/12/stage-10-new-river-new-stream/>