



Rowena Macaulay

Co-founder of *Walk Colchester*, **Rowena Macaulay** is a chair user, passionate 'walker' and community champion. Although becoming paralysed some 15 years ago, her enthusiasm for getting out and about, and encouraging others to do the same, has not been dampened. The topics in our conversation range widely, from the language of walking in the context of disability, to inclusive perspectives on access to the countryside, and the relative merits of mapping and photography as information supporting walking. We chat about how she came to devise a campus map for the University of Essex, how this led her to work on a ground-breaking 3D digital journey planner, led by local company Smart Networked Environments, that provides accessible route information both outside and within buildings. Drawing on her own research as a former student in Inclusive Design, she is currently developing phototrails as guides to accessible countryside routes, aimed at boosting the confidence of walkers new to an area. Rowena also champions walk leader volunteering, by bringing commemorative walks celebrating the life and work of North American urbanist, *Jane Jacobs*, to Colchester each May.

Notes from the podcast interview by Andrew Stuck: Recorded at Rowena's home in Colchester in November 2013 and published in April 2014 on <http://www.talkingwalking.net>

Walk Colchester: <http://www.walkcolchester.org.uk/> and <http://www.walkcolchester.org.uk/projects>

Find your Way around the University of Essex campus: <http://findyourway.essex.ac.uk/RL3/UESsexC.php>

Parklands tree tour: <http://findyourway.essex.ac.uk/RL3/Apps/Tours/index.php>
- if you are less keen on the digital and prefer something on paper, you could print off this pdf: http://www.essex.ac.uk/about/campuses/documents/tree_guide.pdf

Smart Networked Environments: <http://www.smartne.com/SNE/>

Jane's Walk - commemorating *Jane Jacobs*: <http://www.janeswalk.org/>

Jane's Walk Colchester (2014) <http://www.janeswalk.org/united-kingdom/colchester/>
and <http://www.walkcolchester.org.uk/projects/janes-walk-2014> ▲
The Colchester BOMA 7 Project: <http://www.walkcolchester.org.uk/projects/the-boma>

Rowena presented this paper on Photo-visual trail information at Walk21 conference in Munich in 2013: http://www.call.walk21munich.com/presentations/BS402_MACAULAY_ROWENA.pdf

A walk recommended by Rowena Macaulay

When asked to recommend a walk, Rowena suggested joining the round-Mersea island path, and in particular the nature reserve adjacent to Cudmore Grove Country Park <http://www.visitparks.co.uk/places/cudmore-grove/> - where you can find out more about this beautiful area. To see a photo-trail of the route <https://www.flickr.com/photos/colchesterphototrails/sets/72157626846496433/> ▲