



## Rick Pearson

Often uncelebrated and rarely visited, the summits of each of the London boroughs can be somewhat of a let down, by the time you reach them. However, in the company of **Rick Pearson**, even the climb to the highest point in London, becomes an enjoyable adventure. **Andrew Stuck** accompanies him to Westerham Heights, Bromley's highest peak. Andrew admits he was somewhat underwhelmed when they conquered it, yet the passion and sheer exuberance of Rick as he recounts his previous conquests, and those to come, will carry you to the top. Rick, in turn, has accompanied many others on these adventures, and you can listen to their stories on his [londons-peaks.com](http://londons-peaks.com) podcast. 23'32" 11.0MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in April 2018 on a walk to Westerham Heights, from Knockholt station. Published in August 2018 on <http://www.talkingwalking.net>

Peak bagging is not uncommon in Britain's wilderness areas, but it is certainly more unusual in metropolitan London - however, there is a handy map should you be tempted to follow in the footsteps of Rick:

If you would rather sit back and enjoy other's scrambling to the top, just listen to Rick's podcasts at <http://www.londons-peaks.com> and follow him on Twitter: @LondonPeaksPod

His first sortie was in the company of Shappi Khorsandi <https://www.londons-peaks.com/podcast/2017/3/8/01-londons-peaks-hammersmith-fulham>

Our adventure begins at Knockholt station, and we walk for several miles passing through Knockholt village to join the North Downs Way, and eventually encounter Westerham Heights on the A233 to Bromley. One of Rick's favourite long distance trails. The North Downs Way stretches from Farnham to Dover and in 2018 it is celebrating its 40th anniversary. <https://www.nationaltrail.co.uk/north-downs-way>

Rick believes that walking makes you care about your surroundings and that you grow an attachment to a place, even as large as London.

The equipment that Rick uses is: a Zoom Handy Recorder H2 <https://www.zoom.co.jp/> and Garageband (bundled with Apple computers) <https://mediacommons.psu.edu/2017/03/30/editing-podcasts-in-garageband/> / Publishing a podcast <http://rfwilmut.net/notes/podcast.html>

If you are not an Apple user, don't despair - you can use Audacity (it is free to download): <https://theaudacitytopodcast.com/tap060-how-to-record-and-edit-a-podcast-with-audacity/> / Publishing a podcast: [https://wiki.audacityteam.org/wiki/How\\_to\\_publish\\_a\\_Podcast](https://wiki.audacityteam.org/wiki/How_to_publish_a_Podcast)

Since recording this interview, Rick and Andrew have teamed up to develop a podcast training workshops on foot, in which one climbs 3 summits of adjacent boroughs, as well as getting to know how to record and edit interviews, as well as publishing them as podcasts. Here's the link to the original 3 Peaks Podcast Challenge, funded by the Mayor of London as part of the inaugural National Park City Week <http://www.museumofwalking.org.uk/events/three-peaks-podcast-challenge/> If time permits, Rick and Andrew hope to offer this podcast training workshop on future dates.

Rick was cautious about naming favourites among the many companions he has recorded but does discuss his adventures with social commentator John Rogers in Havering <https://www.londons-peaks.com/podcast/2018/3/1/22-havering-john-rogers> and poet Anthony Anaxagorou in Hackney <https://www.londons-peaks.com/podcast/anthony-anaxagorou>

## Rick's recommendation for peaks to climb:

- Croydon's peak is in the Sanderstead Plantation at 175m <https://www.woodlandtrust.org.uk/visiting-woods/wood/24563/sanderstead-plantation/> / <http://www.hill-bagging.co.uk/mountaindetails.php?qu=CoL&rf=5573>
- The Beckton Alps <https://londonist.com/london/history/when-londoners-went-skiing-on-a-toxic-spill-heap>