



20x20 Vision for walking in 2040 from Dee Heddon - Transcript

Hi my name is **Dee Heddon** and I am calling from Glasgow in Scotland in the top tenement flat during COVID-19, so not walking particularly far these days but still trying to get out for a walk most days. As it is so important, more so now than ever perhaps, for a sense of health and well-being, really, just taking oneself out of the four walls of this flat and the cream wall I've been looking at too much constantly every day since the end of March.

With my colleague Michelle Myers, I am running "The Walking Library" that we started in 2012 which we have created nine maybe 10 different editions of The Walking Library. The Walking Library in its simplest format is a library filled with books that have been suggested as being good to take on a walk. Recent editions of The Walking Library include a library for women walking with books suggested it would be good for women to take on a walk, which was intended to make more visible women in the urban landscape, and to write them into a space where they have often been marginalised and frequently completely invisible. Another edition of The Walking Library has been "The Walking Library for a Wild city": thinking about wildness and how it sits within the urban landscape. You don't have to look very far to see the wild. I'm walking with books suggested to be good for revealing the wild of the city, perhaps too they have been letting the book to escape from the comfy chair or the bed in which you might be reading it.

So hopefully we will continue with The Walking Library. We have "The Walking Library for forest walks" which was curtailed by COVID-19, but I am hoping "The Walking Library for forest walks" will take its inaugural walk next year at the Timber Festival in July 2021; so we keep our hopes up that we will be in a better place, then.

My vision for walking in 2040

Well, I think we folk are walking more in the UK as a result of COVID-19, and that will be sustained. I hope so, as we emerge out of COVID-19. Whether folk have found their escapes and pleasures walking can afford or whether we will be sick of the daily walking routine that we have all had to practice in these conditions of lockdown.

I'm hoping that folk will walk more. I think the climate crisis is the most significant thing in our futures and surely walking can play a significant part in how we tackle this and our consumption of planetary resources. Let's just hope that walking become centred as the alternative mode for everyday transport; that it gets us out of our cars which consume far too much fuel. Maybe they'll be cleaner forms of fuel, but walking just requires our own fuel, really It's what we eat, and gets us up on my feet. In that respect I would like to think that we are a bit more expansive in thinking about what walking can be and how people walk. So I think there is still in 2020 a very "ablelist" discourse around walking and I too have fallen into a trap at times when I think of people walking



on their two feet, as there are other ways that people can walk. We have to push collectively to make sure that walking is accessible in the fields of transport as well as in terms of culture, participation, pleasure, relaxation, health and that it's available to diverse people irrespective of class, gender, race, ethnicity, or ability, really.

So I am hopeful for walking in the future and I am hoping I can play a part in its continued vibrancy and that more folk are walking and 2040.

Thanks, bye.