



## **Pam Rouquette**

Active travel and environmental activist **Pam Rouquette** has given Andrew Stuck a walk as a birthday present. The route that we take is around the city of Salisbury and links up places which are significant to Pam. 25 years ago in 1997, when she was still working as a community physiotherapist, she was a member of the Salisbury Walking Forum and became involved in a healthy walks initiative called the "Doorstep Walks".

Pam has been the driving force behind healthy walks in Salisbury, ever since. She has led hundreds of group walks for different ages and abilities, devised scores of walking routes as well as being instrumental in creating a popular walking map for the city and surrounding areas. As you will learn from this slightly unusual interview, Pam has also had a hand in maintaining foot paths and in securing spaces for wildlife.

Over the years, Andrew has tried to entice Pam to be interviewed for Talking Walking and each time she has turned him down, modestly saying that she has little to tell. However, Pam is one of the most inspirational, and quietly determined people he has ever met, so as unobtrusively as he could, he took his recorder with him on this birthday walk.

The birthday walk begins on the bank of the River Nadder, we have reached this point by passing through a narrow railing-fenced alleyway between business units on the Churchfields industrial estate. We are less than 10 minutes walk from the railway station. 28'.28" 13.6MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in on paths in and around the City of Salisbury in July 2021 and published in March 2022. <http://www.talkingwalking.net>

City of Salisbury (& Wilton) walking map: <https://www.visitwiltshire.co.uk/dbimngs/Salisbury%20Walking%20Map%20-%202015%20Update%20-%20Final%20Web%20Version.pdf>  
Salisbury walking for health - now called Wellbeing walks managed by the Ramblers: <https://www.walkingforhealth.org.uk/walkfinder/south-west/salisbury-walking-for-health>

River Nadder: [https://en.wikipedia.org/wiki/River\\_Nadder](https://en.wikipedia.org/wiki/River_Nadder)

Rights of Way are required to be mentioned on the Definitive map held by the local Highway authority: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414670/definitive-map-guide.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414670/definitive-map-guide.pdf) and Wiltshire County's definitive map: <https://wiltscouncil.maps.arcgis.com/apps/webappviewer/index.html?id=43d5a86a545046b2b59fd7dd49d89d22>

Pam set up and managed a Wildlife group for children - it's modern equivalent is: <https://www.wiltshirewildlife.org/pages/category/salisbury-watch-group>

moulinsiana snail - Newbury Bypass: <https://www.berkshirerecordoffice.org.uk/news/article/snail-and-bypass>

Harnham Water Meadows: <https://www.salisburywatermeadows.org.uk/home>

The Town Path: <https://www.streetlist.co.uk/sp/sp2/sp2-8/town-path>

Nick - is former Rights of Way officer Nick Cowen - listen to an earlier Talking Walking interview with Nick here: <https://www.talkingwalking.net/nick-cowen-talking-walking/>



Lower Bemerton and the Broken Bridges footpath - to Harnham: <https://www.bbc.com/travel/article/20160811-is-this-britains-most-beautiful-view>

Broken Bridges nature reserve: : [https://cms.wiltshire.gov.uk/Data/Southern%20Area%20Committee%20\(SDC\)/20090326/Agenda/R07-2009-03-26.pdf](https://cms.wiltshire.gov.uk/Data/Southern%20Area%20Committee%20(SDC)/20090326/Agenda/R07-2009-03-26.pdf) Salisbury District Council report from 2009

Rolator: <https://mobilityliving.co/product-category/rolator/>

Foot and Mouth outbreak in 2001: [https://en.wikipedia.org/wiki/2001\\_United\\_Kingdom\\_foot-and-mouth\\_outbreak](https://en.wikipedia.org/wiki/2001_United_Kingdom_foot-and-mouth_outbreak)

Lywood plaque on Harnham Hill: <https://www.flickr.com/photos/salisburyareaplaques/4405610863>

Bus walks: <http://www.connectingwiltshire.co.uk/wp-content/uploads/2019/07/Salisbury-Bus-Walks-guide.pdf> (Bus time tables and routes may have changed)

The Bishop's Walk: <https://www.salisburyareagreenspacepartnership.co.uk/bishops-walk> on Harnham Slope: <https://www.slow-travel.uk/post/harnham-slope-salisbury>

Ramblers 'Heavy' and 'Light' Gangs maintain and improve many rights of way: <https://www.wiltsswindonramblers.org.uk/index.php/south-wiltshire-ramblers/footpath-work/162-heavy-gang>

3 County wildlife sites in east and west Harnham: Middle Street Meadow: <https://www.middlestreetmeadow.org.uk> Harnham Slope: <https://www.woodlandtrust.org.uk/visiting-woods/woods/harnham-slope/> and Lime Kiln Down: <https://www.salisburyareagreenspacepartnership.co.uk/practical-projects>

Pyramidal orchids on Lime Kiln Down: <https://irp-cdn.multiscreensite.com/8a57ed93/files/uploaded/Lime%20Kiln%20Down%20Booklet%20new%20update%20August%202019.pdf>