



## Martyn Howe

There are 19 long distance national trails in the UK and you are about to hear from Martyn Howe, a man who has walked each of them, but he hasn't stopped walking, and he is now completing the newly designated English coast path. So what got him going in the first place, and what kept him going, and what is his advice to anyone considering walking one or more of the national trails? Andrew Stuck tries to keep up with him as they walk through Regent's Park in London, as Martyn explains his mantra of *beast, feast and yeast* and how his endeavours got published in his book, aptly called *Tales from the Big Trails*. 23'10" 11.1MB

Notes from the podcast interview by **Andrew Stuck**: Recorded over Zoom in January 2022 in Regent's Park in London and published in June 2022. <http://www.talkingwalking.net>

Martyn Howe's website: <https://trailplanner.co.uk> Purchase his book *Tales from the Big Trails* from publishers Vertebrate: [https://www.adventurebooks.com/collections/walking/products/tales\\_from\\_the\\_big\\_trails](https://www.adventurebooks.com/collections/walking/products/tales_from_the_big_trails)

- English coast path: [https://www.nationaltrail.co.uk/en\\_GB/trails/england-coast-path/route-descriptions/](https://www.nationaltrail.co.uk/en_GB/trails/england-coast-path/route-descriptions/) Martyn began in Cromer and had reached Chichester when we interviewed him.
- South West coast path: [https://www.nationaltrail.co.uk/en\\_GB/trails/south-west-coast-path/](https://www.nationaltrail.co.uk/en_GB/trails/south-west-coast-path/) Martyn will have walked it twice, most recently from South haven point to Minehead.
- The Cleveland Way: [https://www.nationaltrail.co.uk/en\\_GB/trails/cleveland-way/](https://www.nationaltrail.co.uk/en_GB/trails/cleveland-way/) and the Peddars Way & Norfolk coast path: [https://www.nationaltrail.co.uk/en\\_GB/trails/peddars-way-and-norfolk-coast-path/](https://www.nationaltrail.co.uk/en_GB/trails/peddars-way-and-norfolk-coast-path/), the North Downs: [https://www.nationaltrail.co.uk/en\\_GB/trails/north-downs-way/](https://www.nationaltrail.co.uk/en_GB/trails/north-downs-way/) and South Downs: [https://www.nationaltrail.co.uk/en\\_GB/trails/south-downs-way/](https://www.nationaltrail.co.uk/en_GB/trails/south-downs-way/) are each national trails Martyn has already walked but is walking again as part of his English coast path adventure.

It all began walking the Pembrokeshire coast path: [https://www.nationaltrail.co.uk/en\\_GB/trails/pembrokeshire-coast-path/](https://www.nationaltrail.co.uk/en_GB/trails/pembrokeshire-coast-path/) with his wife at a time when he was between jobs. And then he walked the Ridgeway: [https://www.nationaltrail.co.uk/en\\_GB/trails/the-ridgeway/](https://www.nationaltrail.co.uk/en_GB/trails/the-ridgeway/)

The Essex coast has been fascinating for Martyn with its complexity of estuaries and low lying marshes, and the industrial almost dystopian feel to the Thames estuary: [https://www.nationaltrail.co.uk/en\\_GB/trails/england-coast-path-east/](https://www.nationaltrail.co.uk/en_GB/trails/england-coast-path-east/)

Martyn is a keen cyclist too, completing tours of the North Sea and Lands End to John O'Groats via the coast of Ireland, and he is looking forward to cycling the islands of north west Scotland and also touring in Europe - check his website for further details: <https://trailplanner.co.uk>

Martyn was inspired by reading John Merrill: [https://en.wikipedia.org/wiki/John\\_Merrill\\_\(marathon\\_walker\)](https://en.wikipedia.org/wiki/John_Merrill_(marathon_walker)) - "Turn right at Land's End": <https://www.waterstones.com/book/turn-right-at-lands-end/john-n-merrill/9780907496748>

Regent's Park: <https://www.royalpark.org.uk/parks/the-regents-park>

Martyn's recommended walking trails:

1. The Cleveland Way - includes some coastal - [https://www.nationaltrail.co.uk/en\\_GB/trails/cleveland-way/](https://www.nationaltrail.co.uk/en_GB/trails/cleveland-way/)
2. The Pembrokeshire Coast Path [https://www.nationaltrail.co.uk/en\\_GB/trails/pembrokeshire-coast-path/](https://www.nationaltrail.co.uk/en_GB/trails/pembrokeshire-coast-path/) - includes some fairly rugged sections - especially walking out to St David's head - and beyond to Fishguard, stay at the youth hostels that way too. <https://www.yha.org.uk/places-to-stay/wales>

You can watch a video recording of Andrew Stuck interviewing Martyn as a guest of walk listen create's Walking Writers Salon in October 2021: <https://walklistencreate.org/walkingevent/tales-from-the-big-trails-walking-the-uk-national-trails/>