



Quintin Lake

Photographer **Quintin Lake** set himself a daunting challenge, to walk and photograph the coastline of Great Britain. It is turning into an 8-year project, as he is now editing hundreds of photographs he has taken on the coastal walks, around what he has aptly called 'The Perimeter'. Andrew Stuck catches up with him on a bright and breezy day along the Cotswold Way, a favourite local walk of Quintin's. Although Quintin has spent five years solitarily walking, which he describes as 'oneliness', he is great company, and he tells Andrew about why walking and photography are so integral to his life, and how there is a kind of creative magic in walking more and photographing less. 26'02" 12.2MB

Notes from the podcast interview by **Andrew Stuck**: recorded in on the Cotswolds Way in November, 2021 and published in September 2022. <http://www.talkingwalking.net>

Order prints and discover more of The Perimeter walk by Quintin Lake: <https://theperimeter.uk>
Quintin's website: <https://www.quintinlake.com/index>

Guardian Photo Essay on the Perimeter

<https://www.theguardian.com/travel/2020/oct/19/i-walked-the-perimeter-coast-of-britain-photo-essay>

Canon Short film on the Perimeter <https://www.youtube.com/watch?v=qOY3xihITZ0>

Belas Knap Longbarrow: <https://www.english-heritage.org.uk/visit/places/belas-knap-long-barrow/> on the Cotswolds Way: https://www.nationaltrail.co.uk/en_GB/trails/cotswold-way/

Nick Cowen interviewed for Talking Walking: <https://www.talkingwalking.net/nick-cowen-talking-walking/>

The Cambrian Way: <https://www.cambrianway.org.uk>

Quintin walked The Thames Path: https://www.nationaltrail.co.uk/en_GB/trails/thames-path/

and photographed the water: <https://www.quintinlake.com/portfolio/C00001.3fAMKTFwY/G0000aGWkntzo8Dw>

He also walked and photographed the River Severn: <https://www.quintinlake.com/portfolio/C00001.3fAMKTFwY/G000071pAOqpQgtA>

Quintin's favourite part of the coastline was Knoydart: <https://www.visitknoydart.co.uk/about>

Quintin recommends:

1. The peninsulas - especially the Llyn in Wales, https://en.wikipedia.org/wiki/Llyn_Peninsula ,
2. The Ardnamurchan <https://en.wikipedia.org/wiki/Ardnamurchan> , and <https://en.wikipedia.org/wiki/Kintyre>
3. Wales Coast Path <https://www.walescoastpath.gov.uk/?lang=en>
4. Shorter walks within striking distance for Quintin include: The Cotswolds Way https://www.nationaltrail.co.uk/en_GB/trails/cotswold-way/, The Malvern Hills <https://www.malvern hills.org.uk/visiting/> , and Sugar Loaf at Abergavenny <https://www.breconbeacons.org/blog/the-sugar-loaf-walk-abergavenny>
5. Northumberland Coast and Holy Island and the Pilgrim's Path: <https://www.northumberlandcoastandholyisland.org/pilgrims-way/>