



Tamsin Grainger

Only since Covid has **Tamsin Grainger** discovered Walking art, but in that short time she's made two Soundwalks, which have been shortlisted for the Sound Walk September Award and she has made many other works.

A Shiatsu practitioner, she bartered treatments for home stays, on long-distance walks across Europe and became known on the Camino for helping with pulled muscles and tired legs. You can't help but be inspired by the story she tells. 25'40" 12MB

Notes from the podcast interview by **Andrew Stuck**: Recorded at the Walking Art Encounters (Prespa) in NW Greece in July 2023 and published in April 2024. <http://www.talkingwalking.net>

Tamsin Grainger's website: <https://www.tamsingrainger.com/> and blog: Walking without a Donkey: <https://walkingwithoutadonkey.com/>

Sound Walk September Awards: <https://walklistencreate.org/awards/sound-walk-september-awards/>

Tamsin's shortlisted pieces: No Birds Land: <https://walklistencreate.org/walkingpiece/no-birds-land/> and The Wall <https://walklistencreate.org/walkingpiece/the-wall/>

Sustrans: <https://www.sustrans.org.uk/>

RSPB (Royal Society for the Protection of Birds) <https://www.rspb.org.uk/>

Granton Harbour Development: <https://www.edinburgharchitecture.co.uk/granton-harbour-residential-development>

Tamsin is a Shiatsu practitioner: <https://www.shiatusociety.org/>

Claudia Zeiske spoke at a walk · listen · café: <https://walklistencreate.org/walkingevent/walk-listen-cafe-claudia-zeiske-on-going-the-distance/> She has also been interviewed on Talking Walking: <https://www.talkingwalking.net/claudia-zieske-talking-walking/>

Sonia Overall Distance Drift: <http://www.soniaoverall.net/events/distance-drifts/>

Camino de Santiago: https://en.wikipedia.org/wiki/Camino_de_Santiago

Try your hand at a Pilgrimage walk: <https://www.theguardian.com/travel/2019/oct/31/10-best-pilgrim-walking-routes-europe-readers-travel-tips>

Tamsin suggests two walks:

1. St Magnus' Way in the Orkneys: <https://www.stmagnusway.com/>
2. Wander walk of your choice