

Setting off on long wet walk with Lynne by June Smith



I continue with my daily trundle, interrupted only by the weather which can, and does interrupt one's plans. I don't start out in the rain, but if it starts up whilst I am out I just carry on regardless. These walks have now become an integral part of my daily routine, and I tend to get quite miffed if I am forced to change my plans.

My walking has improved. I now proceed at a slightly faster pace especially when I start off, but can return to snail's pace the nearer I get to home!! My stance is also better - a good result overall, and I do recommend it.

I am training myself to look skyward more, and enjoy the beauty of the cloud formations. When there is a gentle breeze you can sometimes see images forming, and at other times if the clouds are scudding across the sky they appear to be racing one another. We miss so much if we don't look up at the sky.

Trundling along I gaze at all the different shades of green, and there are many to be seen. They range through the spectrum from the darkest shades to the most delicate, almost yellow of colours. Almost every garden I pass has different shades of green in the trees, shrubs, leaves and flowers. It is fascinating to observe how they change colour, even as you watch. A breath of air will turn a leaf over to reveal its under side which is always different. I dawdle in my steps as I become fascinated with nature.

Most of the roads and pavements in Ellesmere Park are in a dire state, making walking with a walker a very difficult task at times. The pavements are most uneven, tree roots pushing through the paving cause hazards and going onto the roads can be even more arduous. I have thought of asking local Councillors to be my 'Walking Buddy' for a morning so they could experience the experience, but doubt they would take me on!!

Let this not detract from the joy of walking. There is always pleasure to be had if you become aware of your surroundings, and the health benefits are enormous. I am energised, and have a great feeling of satisfaction at the benefits I get from walking out. One of the pleasures of living alone is that you can sing all your own praises and no-one tells you otherwise!

John has listed The Salford Walking Trails and they are great but a bit beyond me, so I wondered should we do a list of Ellesmere Park trails, mentioning points of interest on the way! Would more people join me I wonder? What do you think?

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