

A black and white photograph of a rugged landscape. In the foreground, a stream flows through a rocky path. A wooden gate stands in the middle ground, partially open. The background shows a vast, open field leading to a distant hill under a cloudy sky.

Lundy Pilgrimage

PASSPORT

Lundy Pilgrimage

This pilgrimage has been written as part of an MA in Fine Art, in which I am researching how through walking, we might make a deeper connection with Place. During my time on Lundy, I have spoken to hundreds of visitors who return to the Island, time after time, for each of them the Island has become a magical and special place.

The route I have used for the Pilgrimage, is a journey around the whole Island. The walking route visits places, such as: Christie's Quay, St Helen's Copse, Knight Templar Rock, Virgin Springs, Hand of God, Apostle Stones, Beacon Hill burial ground and St John's Valley, ending at St Helen's Church.

Jane Sharkey
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Physical Journey

If you are coming by boat for the day, there is only time to walk this Pilgrimage on a Bideford sailing that starts early in the morning and leaves late in the afternoon. (See the Lundy Sailing timetable for details)

You could book to stay on the campsite and your camping gear will be taken up to the campsite for you. Be sure to hand carry your back pack on the boat, so that you can set off on the walk from the Jetty.

If you are already staying in one of the many Landmark properties on the Island, start at the Jetty, so you get the full pilgrimage experience.

The start of the route has a long climb, so if you are not a regular walker, get out and walk a few weeks before you embark.

Practical Journey

Pack a small backpack with snacks, lunch, flask with a hot drink, water in a bottle and waterproofs, camera and binoculars. Wear stout walking shoes and a hat. You might wish to take a walking pole, fashion it as your pilgrim staff! Take a note or sketch-book for journaling or drawing. Check the weather conditions, as there can be four seasons in a day on Lundy. There are no toilets on the route, so be sure to visit the ship's toilet before you start the walk.



Time: Allow 4-5 hours with stops.

Distance About 13 km

Emotional Journey

Have you questions that you might want answering? Will you walk alone or with someone? Walking at your own pace and with your own thoughts can be beneficial. You will no doubt have chance encounters with people you pass on the route.



I would like you to carry or collect a votive on your travels, keep it close during your walk and deposit it in the glass receptacle in the church at the end of the walk. This will become an ARTefact of the collective walks that we have all made.



A Journey of the senses

As you walk, try to tune into your senses. Hear the silence or the crunch of your feet on the gravel paths. Listen to the bird song or the sound of rain. Smell the clean air, the coconut of the gorse or the herbal smell of the yarrow. Feel the ground beneath your feet, maybe when it's safe, take off your shoes and walk barefoot for a few minutes. Feel how your body moves with the changes in terrain. Touch the granite with your hands or the side of your face. Feel the wind and recognise which way it blows. Dip your hands into a stream or the sea. Notice the scenery, the slopes of the East side compared to the rugged cliffs of the West side. Taste the salt on your lips and at the end taste the Lundy produce in the Tavern!



“One of the ancient functions of pilgrimage is to wake us from our slumber.”

-Phil Cousineau
Author of the Art of Pilgrimage



“When we let go of our sense of separation and ego and feel a connection with the greater reality, we become pilgrims - to be a pilgrim is a state of mind.”

-Satish Kumar
Editor Emeritus



As I set off
Please guide me
I have a plan to follow
but the unexpected might happen
Keep me open to what I will
see, hear, smell, taste, touch
So much to travel through
May a few things stand out as signs,
as treasure, as a window, a key
Bless me step by step.

-Jane Skinner Rector
Hartland Coast Mission Community



Notebook

Take a note or sketchbook with you, but don't be precious with it. Use it to document your journey using words and marks. You might want to draw the curves and the lines of the landscape or an occasional flower.

You might just want to let your pencil wander around the page as you move across the terrain. Write down unexpected thoughts that come to into your mind as you walk. Maybe write some poetry or a haiku.

Matsuo Basho (1644-1694) was a poet well known for the haiku form, which are short poems that engage with nature. A haiku is a poem based on three lines and represents the feeling of a scene in a few simple elements. The format of a haiku is five syllables in the first line, seven in the second, and five in the third. Maybe you could write a haiku.

The Route

The route is simple to follow and is a well-trodden path.

Points that are less obvious:

The start gate to the Lower East Path, is situated near benches at the end of the Mill-combe garden.

The path down to the Lower East is after passing through the quarries and just before you take the bend to the left. (If you miss it there is another chance, just after the bend.) You will see the path crossing the East side ahead of you and this is the one you need to follow.

The West side return route is much easier to follow as it runs mostly parallel to the coastline.



Alternative easier Route

As the East side is a slight scramble in places, you can avoid this. Instead of taking the Lower East path take the Upper East path, which starts at the top of the steps that lead from Millcombe to the village. When the East path reaches Quarry Cottages you can either head to the main track that runs up the Island or you can drop down by the Timekeeper's cottage, past the quarries and then head to the main track to the North of the Island. The Western route for your return is a wider and easier path.

An extended Route

For those that want a little more of a challenge, you can drop down to Quarry Beach, the North Light and the Battery.

Lundy Code of Conduct

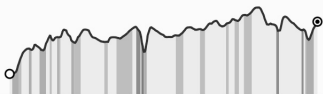
Keep a distance of at least 100m from any hauled-out seals, seal pups and/or nesting seabirds. Leave gates as you find them and use stiles where possible. Avoid sheep with lambs. Keep to obvious footpaths and watch your step as April to August – ground nesting birds conceal their nests amongst bracken and grass. Leave no trace.

13.0 km

Lundy Pilgrimage Route

England

+372 m, -268 m



At the end of your Journey

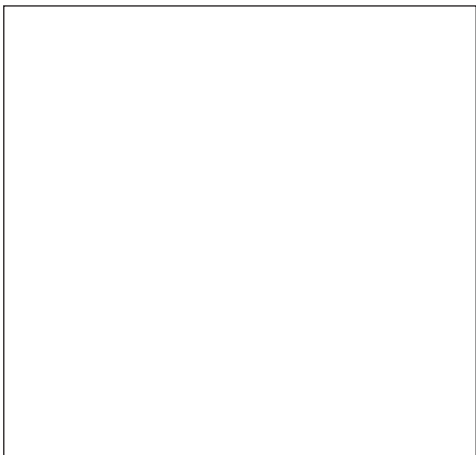
At the end of your journey, please add a votive into the designated glass jar. This might be something you have carried in your pocket or that you found on the walk. This jar will form a collective memory of the walk and will become part of my final MA exhibition.

You may have started your journey to Lundy as a tourist but you will now leave as a pilgrim. When you reach home, you may take time to reflect on your journey, maybe re-visit your journal and consider what you can take from your pilgrimage. Alternatively create a photo montage of your journey, on which you can reflect.

Now you have experienced a pilgrimage you may wish to plan a longer walk. There are many pilgrim pathways visit British Pilgrimage Trust (www.britishpilgrimage.org).

Pilgrim Stamp

There is a special stamp designed by John Dyke and is available in St Helen's Church. You can stamp this book to evidence the completion of your Lundy Pilgrimage.



Hand of God



Knight Templar Rock

