

Lundy

A Micro-Pilgrimage



Creating a walking
experience of place,
attention &
transformation

Jane Sharkey

01 Lundy

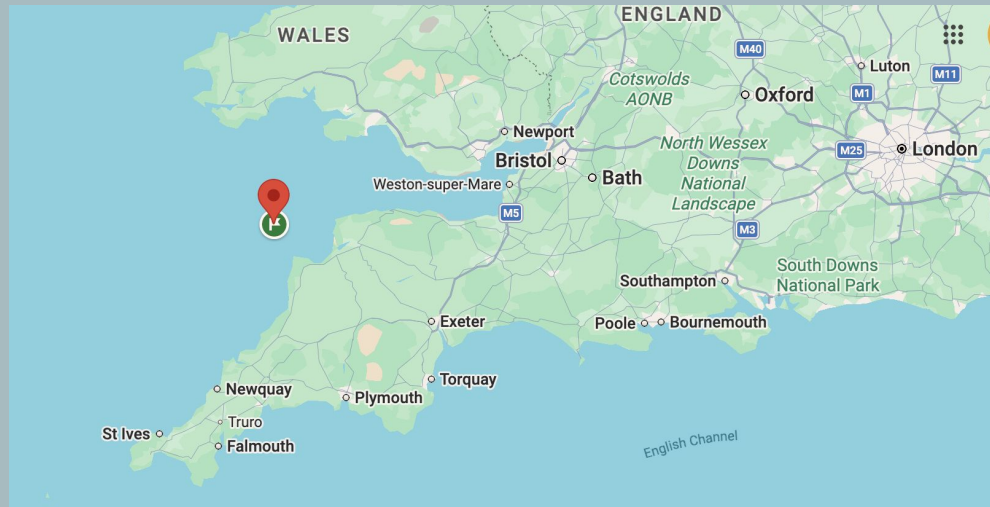
02 A Pilgrimage not a
walk

03 The Route

04 The Passport

Lundy: An island in the Bristol Channel

3 miles long - 1/4 mile wide



Can a small Island hold the experience of a pilgrimage?

There is something about Lundy that draws people back. Whether it's the remoteness, the journey, the weather, the rugged cliffs or wildlife.

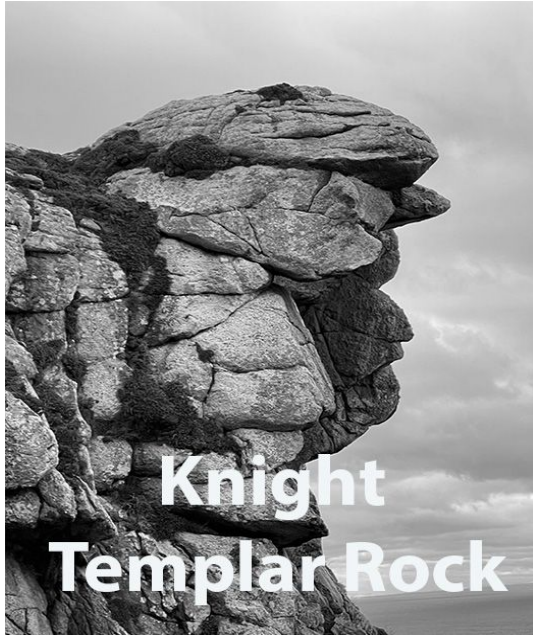


Owned by the National Trust
since 1969



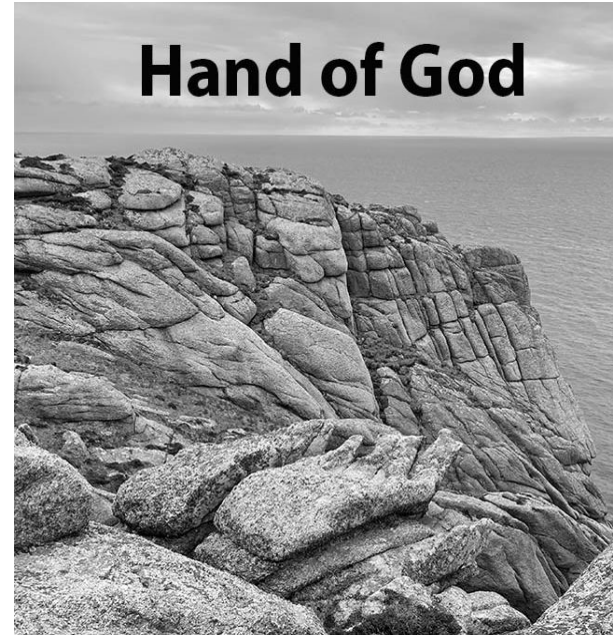
469 feet (143 metres) climb

Christian Associations



The place names on Lundy feel like gentle associations to a walk of faith.

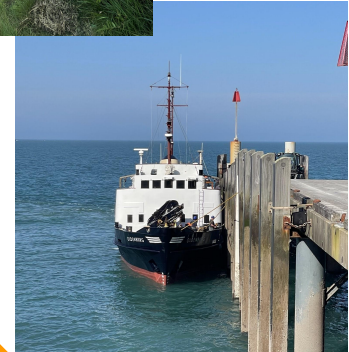
Christie's Quay, **St Helen's Copse**, Knight Templar Rock, **Virgin Springs** Hand of God, **Apostle Stones**, Beacon Hill Burial ground and **St John's Valley**, St Helen's Church.



Designing the Route

A circular walk around the island
~13 km / 4–5 hours

A route past rocky outcrops, coast paths, valleys, Lighthouses.



A Pilgrimage not a walk?

A Journey of the senses

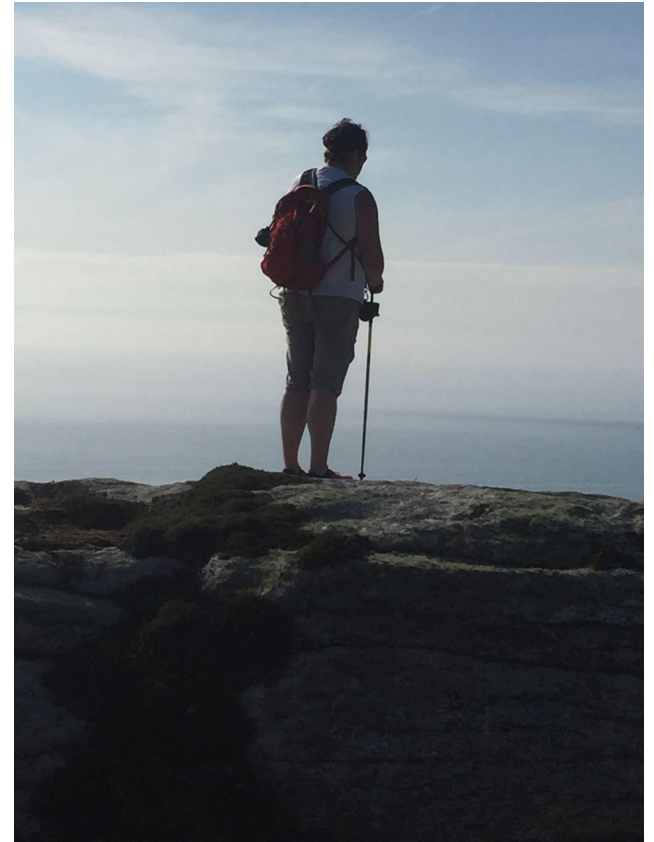
As you walk, try to tune into your senses. Hear the silence or the crunch of your feet on the gravel paths. Listen to the bird song or the sound of rain. Smell the clean air, the coconut of the gorse or the herbal smell of the yarrow. Feel the ground beneath your feet, maybe when it's safe, take off 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!



“...to be a pilgrim is a state of mind.”

— Satish Kumar

Kumar, S., (2009). *Earth Pilgrim: Conversations with Satish Kumar*. Green Books.

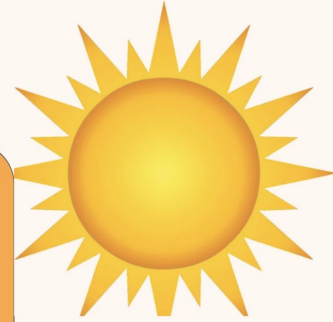


Score Cards



Solar Strides

Sometimes there is sunshine on Lundy, enjoy it, let it warm your body.



Can you see your shadow?
How warm is the sun on your skin?
See where the light hits through the trees.
Walk where there is less sunlight.
Look at the light on the water, see how it changes.

Scented Stroll

Try to use your sense of smell rather than sight.

Goats, Gorse, seabirds, Yarrow, Seaweed, Sea.
What food do you think of?



Modifications

To take into account

- Terrain
- Boat
- Schedule
- Ability

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.

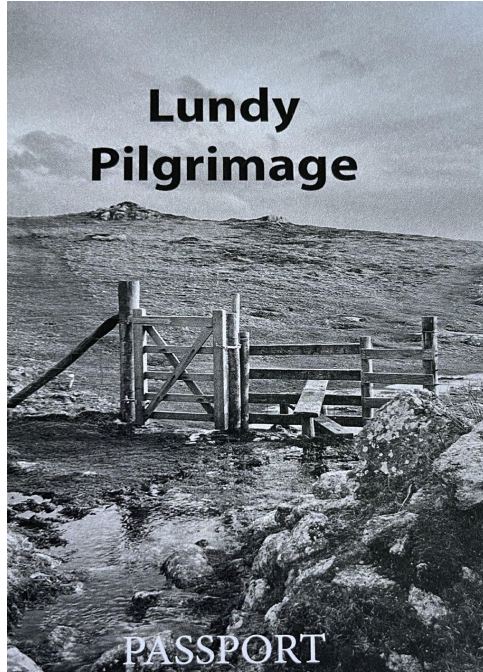
An extended Route

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



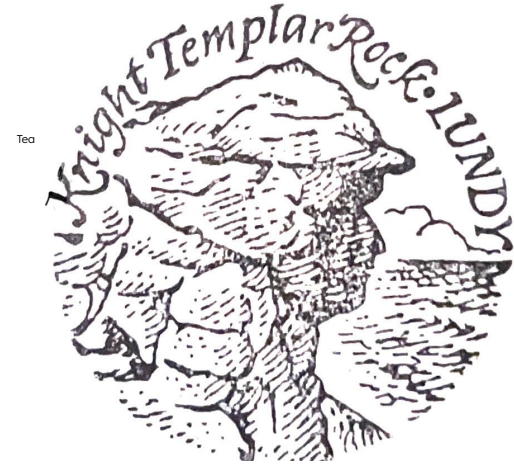
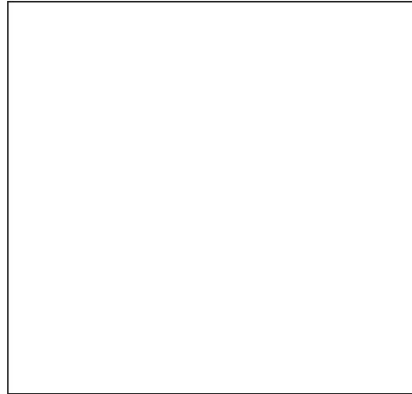


Camino Passport and Stamp



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.



The stamp which was gifted to me. Illustration by Jon Dyke

Pilgrim Prayers or Camino Blessings.

These prayers are designed to offer protection, strength, and spiritual guidance for the journey

*“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**



*“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**

The Pilgrim Passport

Practical Journey

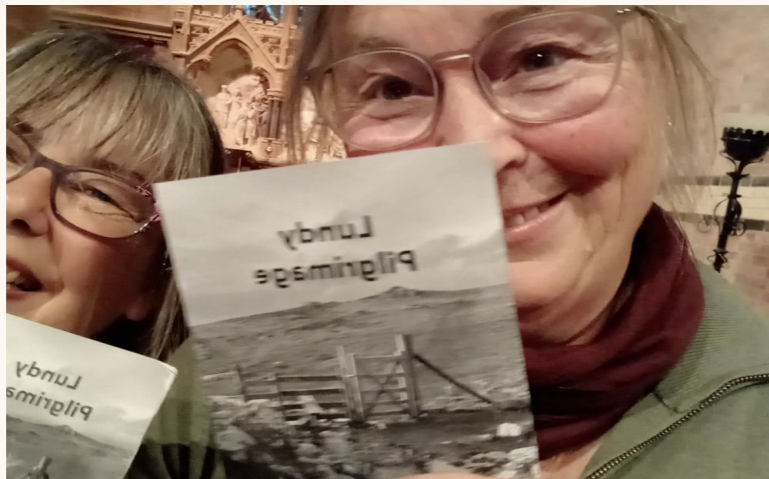
Pack a small backpack with snacks, lunch, flask with a hot drink, water in a bottle and waterproofs, camera and binoculars. Wear stout walking shoes and a hat. You might wish to take a walking pole, fashion it as your pilgrim staff! Take a note or sketchbook for journaling or drawing. Check the weather 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.



Gogerty, C., (2019). *Beyond the Footpath: Mindful Adventures for Modern Pilgrims*. Hachette UK.

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.



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.

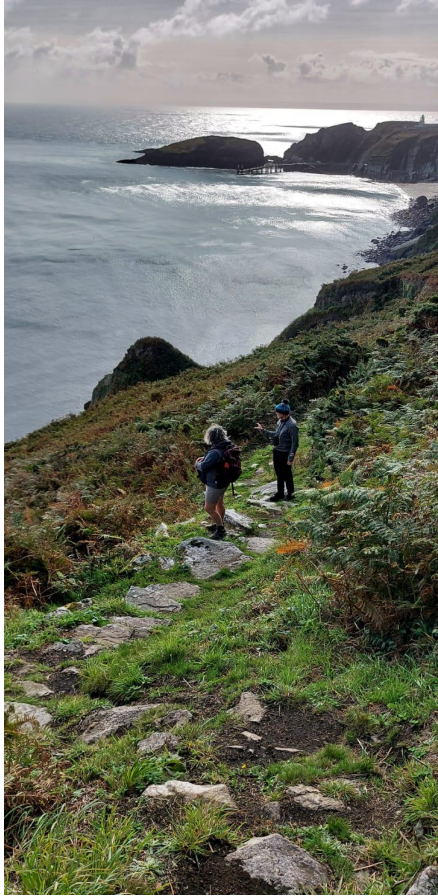
‘Souvenirs can function as an aid towards re-enacting the journey in the imagination for the pilgrim who has travelled to a particular site but also as an imaginative link with a sacred landscape or space for someone who hopes to encounter it in the future hence taking on a trans temporal dimension.’ (Barush 2021)



Votive

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.





What happens on a Pilgrimage?

An Intention

A slowing down

A sharpening of attention

Moments that stand out
as signs or thresholds



You arrive as a tourist,
and leave as a pilgrim.

Kumar, S., (2009). *Earth Pilgrim*:

