

▶ MIKE PENNOCK'S POD ALONG ENGLAND'S SOUTH - WEST COAST PATH: -



▶ STARTING 5th MAY 2019: - FROM POOLE HARBOUR IN DORSET.

1st WEEK TO 11th MAY : 87 MILES TO LYME REGIS, STILL IN DORSET.

2nd WEEK TO 18th MAY : 86 MILES TO EAST PRAWLE, DEVON'S SOUTHERNMOST VILLAGE.

3rd WEEK TO 25th MAY : 81 MILES TO FOWEY, IN CORNWALL.

4th WEEK TO 1st JUNE : 55 MILES TO FALMOUTH, IN CORNWALL. (FAMILY FAMILIAR GROUND)

5th WEEK TO 8th JUNE : 88 MILES TO ST. IVES, (ROUNDING LAND'S END) IN CORNWALL.

6th WEEK TO 15th JUNE : 64 MILES TO PADSTOW, IN CORNWALL. (FORMER FAMILY FAMILIAR GROUND)

7th WEEK TO 22nd JUNE : 81 MILES TO APPLEDORE, IN NORTH DEVON.

8th WEEK TO 29th JUNE : THE FINAL 88 MILES TO FINISH IN MINEHEAD IN SOMERSET.

→ 630 MILES TOTAL DISTANCE OF PATH: - WITH 8 NIGHTS IN YOUTH HOSTELS, 25 NIGHTS IN B & B ESTABLISHMENTS, 14 NIGHTS WITH VARIOUS FRIENDS & FAMILY, 7 NIGHTS 'LIGHTWEIGHT' BACKPACKING WITH JOHN BULL, & 2 NIGHTS NOT SURE YET!

→ ALL UNDERTAKEN AS A MEMORIAL WALK TO MY WIFE ROS WHO SADLY NEVER GOT TO FINISH THE CORNISH SECTION OF OUR WONDERFUL COASTLINE, HER "SPIRIT" WILL BE WITH ME.

→ ANYONE DOWN IN THE WEEKLY AREAS IS WELCOME TO JOIN IN THE WANDER, SIMPLY FEEL FREE TO GIVE ME A CALL: HOME, BEFORE MAY, 01423/561981. OR MOBILE 07565110240 ONCE I GET GOING. AND WE COULD WORK SOMETHING OUT.

ANY DONATIONS TO GIRD MY PROGRESS WOULD BE PASSED TO THE MOTOR NEURONE DISEASE ASSOCIATION SO THEY CAN HELP OTHERS DIAGNOSED WITH THIS AWFUL DEMISE.

→ ONCE ALL DONE I WILL HAPPILY TELL YOU ABOUT THE TRIALS AND TRIBULATIONS FACED, WITH THE UNFOLDING PICTURE RECORD, IF ANYONE IS INTERESTED? - PERHAPS IN THE CLUB, AFTER A TUESDAY RAIN, WHEN THE DARK NIGHTS ARE BACK WITH US.

(I WILL ALSO ENDEAVOUR TO PROVIDE A WEEKLY PROGRESS BULLETIN AS I GO.)