



Alastair Humphreys

Andrew Stuck has agreed to meet adventurer Alastair Humphreys at Swanscombe station and walk with him towards the Thames estuary to talk about his new book "Local". To be honest, Andrew has never been to Swanscombe station, and as he found out later, neither had Alastair. It is an area of the estuary that is less well trodden. They certainly didn't encounter many people on foot, however, Andrew was fairly confident that in Alastair's company they wouldn't get lost, as Alastair has walked the Empty Quarter, cycled round the world and rowed across the Atlantic. So surely a walk of a couple of miles to the river wouldn't be their undoing? 21'57" 10.3MB

Notes from the podcast interview by **Andrew Stuck**: Recorded close to the Thames estuary at Swanscombe in Kent in March 2024 and published in June 2024. <http://www.talkingwalking.net>

Alastair Humphreys website: <https://alastairhumphreys.com/>

Order a copy of "Local - A search for nearby nature and wildness" <https://alastairhumphreys.com/product/local/>

Swanscombe railway station: <https://www.southeasternrailway.co.uk/travel-information/more-travel-help/station-information/stations/swanscombe>

The Empty Quarter: https://en.wikipedia.org/wiki/Rub'_al_Khali

The M25 Motorway: https://en.wikipedia.org/wiki/M25_motorway

The Holy Kaveri river in India: <https://en.wikipedia.org/wiki/Kaveri>

'As I walked out one midsummer morning' by Laurie Lee: https://en.wikipedia.org/wiki/As_I_Walked_Out_One_Midsummer_Morning Inspired Alastair to try a similar route for himself: <https://alastairhumphreys.com/adventures/as-i-walked-one-midsummer-morning/>

Further adventures that Alastair has undertaken can be found here: <https://alastairhumphreys.com/adventures/>

Ordnance Survey Explorer maps: <https://shop.ordnancesurvey.co.uk/maps/>

Alastair suggests two walks:

1. Walk around where you live - walk the parish boundary or work out a route around your town or city
2. With a map in front of you, centred on where you live, close your eyes and point your finger at the map, choosing that point as the destination of your next walking adventure