



Henry Fletcher

Andrew Stuck is on Sutton Heath in Suffolk with Henry Fletcher, author, way finder and wilderness guide turned walking artist. He is fairly confident that he is not going to get lost as Henry has more than a decade's experience in guiding people in Iceland in much harsher conditions than they are encountering on a Spring day in May.

With the help of Jay Simpson a fellow trail maker and workshop facilitator they authored the Banff Mountain Literature Award-winning "Wayfinding in the Westfjords" along with a companion trails map and two other guides to the local ecology and walking conditions. The books include reflections and responses from scores of participants who have taken part in artistic residences and trail restoration workshops that Henry and Jay devised and led. By raising money for the publication through a kickstarter crowdfunding campaign they were able to hire a book designer, a botanical illustrator, as well as translating the books.

It turns out that although they have created far more than a walking guide with a book filled with beautiful photographs and artwork, Henry as a self-proclaimed way finder is not someone inclined to use a guidebook or to follow a well marked trail, so Andrew is intrigued how in creating this suite of books and map may have modified Henry's own practice. Similarly Henry is an enthusiastic supporter for the world trails network, for which he created a film festival and a series of artist talks.

32'31" 15.2MB

Notes from the podcast interview by Andrew Stuck: Recorded on Sutton Heath, Suffolk UK in May 2024 and published in February 2025. <http://www.talkingwalking.net>

To order "Wayfinding in Westfjords" by Henry Fletcher & Jay Simpson <https://wayfinding.guide/>
Designed by Bonnie Bryant, Ecological illustration by Jón Baldur Hlíðberg. Funded through Kickstarter campaign: <https://www.kickstarter.com/>
<https://www.kickstarter.com/projects/806401069/walking-and-wayfinding-in-the-westfjords-of-iceland>

Banff Mountain Literary Festival Guidebook Award: <https://www.banffcentre.ca/film-fest/competitions/book>

Henry worked for The Wilderness Foundation: <https://wildernessfoundation.org.uk/> and joined the International Wilderness Guide programme in Finland: <https://iwgfinland.org/> and studied for a Masters in Marine Management and Conservation in Iceland: <https://www.uw.is/en/study/masters-programs/coastal-and-marine-management>

Henry and Jay created several workshops for the Icelandic SEEDs Volunteer Trail management programme: <https://www.seeds.is/workcamps>
funded by The European Outdoor Conservation organisation: <https://www.eocaconservation.org/>

Drystone Wall Association: <https://www.dswa.org.uk/>
Unnsteinn Elíasson - Icelandic Stone Worker

Popular tourist destination within the Westfjords is the nature reserve, Hornstrandir <https://www.westfjords.is/en/place/hornstrandir>

Ecopsychology: <https://en.wikipedia.org/wiki/Ecopsychology>
Thomas Rosak book: <https://www.amazon.com/Ecopsychology-Restoring-Earth-Healing-Mind/dp/0871564068>
Goldsmith's MA in Art & Ecology: <https://www.gold.ac.uk/pg/ma-art-ecology/>

Integral Movement and Performance Studies: <https://www.arthaus.berlin/TPC.html>



On Trails book by Robert Moor: https://www.trailgroove.com/blogs/entry/342-on-trails-by-robert-moor-book-review/?srsltid=AfmBOor9MnDsFt_7b16i0AxNVrgtuwDWobPoizUZOVGDfWmziFxO2zMT

World Trails Network: <https://worldtrailsnetwork.org/about/>

Cultivating the Diviner Within: <https://animate-earth.org/>

Henry's recommended walks:

1. Látrabjarg Sea cliff walk in north west Iceland: <https://www.outdooractive.com/en/route/hiking-trail/iceland/walk-the-precipitous-birdcliffs-latrabjarg-to-the-community-owned/42176430/#caml=8hk,-4177t7,atysd7,0,0>

Hotel Breidavik: <https://breidavik.is/>

2. Divination Walk Directions: choose a track within the vicinity of where you live; locate 5 points along this track; greet the track, walk the track; stop at each of the 5 points to take in as much information from the physical and non-physical realms; use all your senses; repeat daily; use this practice as a way of becoming permeable with the track, while allowing the track to speak its own language in response; keep track of details, offer your libations, compose poetry praising your track, enjoy the conversation.