



My 1,300-mile expedition from end to end

When lawyer Stuart Kightley was in search of a post-pandemic, mid-life climate-crisis challenge he decided to hike from Land's End to John O'Groats, raising money to help re-green Britain via the National Trust's Plant a Tree scheme. Here he recalls his adventure.

I trained by walking to work for six months: a daily nature ramble from my home in East Finchley to Camden via Little Wood, Hampstead Heath and Primrose Hill.

Then on 13 April 2022, starting from the famous Land's End signpost, I kept off-road and took the high route where possible through varied and beautiful countryside, along the South West Coast Path, over Exmoor, the Quantocks and Mendips and on to the Cotswold Way. Then the Midlands lowlands to the Pennine Way and the Scottish Borders; the West Highland Way, the Great Glen Way to Inverness and a final push up the John O'Groats Trail to arrive at the other signpost on 29 June.

Sleepless night

It was a journey of 1,282 miles and 65 walking days, with two rest days and 11 days injured. After one soggy, sleepless night under canvas I stayed at places where there was a duvet and tea and cake. I ate Cornish pasties and Scotch eggs



Start and finish: Stuart Kightley sets off from Lands End, left, and arrives at John O'Groats, right, after walking for 65 days

and nut bars with peanut butter. I took walking poles to shoo cows, and my luxury items were a pair of binoculars and my daughter's beanie rabbit called Smallest.

Highlights were, well nearly everything: it was one big

adventure. Lovely people, some I met, some I took with me, family and friends joining en route; superb springtime scenery, fascinating places, a different pub every night. Most spectacular were the start and the end: the stupendous skyline

cliff-top paths around the wild and rocky coasts of Cornwall and Scotland.

Lessons learned: there is a lot out there to explore even (especially) if you are 57, and Britain's amazing landscape is definitely low on trees. My target

was to plant a tree for every mile walked, and I currently have about 950 saplings in the bag, so any more kind donations will be gratefully received. My Justgiving page is <https://www.justgiving.com/fundraising/stuart-kightley2>



Love it or hate it: Ma Mite by Clare Roels will be on display in Crouch End

Art has wheel potential

Art works made from repurposed bicycle parts will be on show at a charity shop in support of Muswell Hill-based CPotential, which provides therapy and support for children and young people with movement disorders. The Bicycle Works art has been created by Clare Roels and will be exhibited at the charity's shop at 25 Broadway, Crouch End, on Saturday 8 October from 1pm to 6pm.

Grants for good works

The Muswell Hill and Fortis Green Association is making grants of up to £750 available to local groups and organisations for projects which will benefit the local community in Muswell Hill.

Last year, the grant scheme helped The Friends of Highgate Roman Kiln restore the most complete Roman pottery kiln found in Greater London for display in Highgate Wood where it was excavated. Grants were also given to Muswell Hill Rhythmic Gymnastics and community art programme Welcome.

For more details about this year's fund and to make an application, visit mhfga.org/fund. The deadline for applications is Monday 31 October.

Membership secretary wanted

The Muswell Hill and Fortis Green Association is currently looking for a membership secretary. The voluntary role is the first point of contact for new and existing members and includes management of the membership database. For more information, email chairman@mhfga.org.

Brush up your digital know-how for free

Free sessions are being held by the Grange Big Local team to help residents feel confident online. Four spaces are available in each 'how-to' digital session at East Finchley Library, covering topics such as how to use email, how to master a keyboard, and how to get the best out of computer software.

Each session will run on Wednesdays from 3-5pm as follows: 5 October, how to be safe online; 19 October, how to use Microsoft Excel, PowerPoint and Word; 2 November, managing money online; 16 November, how to use online video calls; 30 November, how to apply for a job online. To reserve a place, call ahead on 07402 834108 or email mariella.hill@grangebiglocal.org.

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