



## A GLORIOUS JOURNEY

Russell George tackles the John O' Groats to Land's End trek in *Footsteps in Summer*

When early retirement beckons, Russell George decides to set off on a gruelling 950 mile solo charity walk along the length of Britain from John O' Groats to Land's End, which is about 930 miles further than he's ever walked before.

"I was desperate to embark on a tough personal challenge, so I spontaneously agreed to undertake the longest walk in Britain," observes Russell. "Having raised £18,000 for Cancer Research UK during my walk, I decided to write a book about my adventure, to enable me to continue my fundraising efforts. All royalties from the sale of this book will be donated to Cancer Research UK."

*Footsteps in Summer* is an amusing and enlightening tale of an arduous, but rewarding, journey through rural Britain during a glorious long, hot summer, depicting a slower pace of life, dramatic landscapes, an abundance of nature, and acts of kindness from complete strangers. But there's a darker theme. The rural idyll is disturbed as Russell gradually discovers that his entire route is dotted with the scenes of tragic historical events, including air and rail crashes, maritime and industrial tragedies, battles and wartime destruction, and natural catastrophes.

"Completing the walk ranks as one of my greatest achievements and has provided lasting memories," says Russell. "Above all, the adventure reinforced my love of the natural world and highlighted that a simpler lifestyle can often be more satisfying than the complicated, fast-paced lives that many of us lead." But Russell was taken aback by the many disaster scenes he uncovered en route. "The loss of thousands of lives in a succession of tragic events was quite startling and provided a stark contrast to the tranquillity of my predominantly rural journey."

**RUSSELL GEORGE** took very early retirement after working in the energy industry in senior finance roles for over thirty years. His solo charity walk from John O'Groats to Land's End raised £18,000 for Cancer Research UK. He lives with his family near Windsor.



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