

# 'WALKING MAKES ME MORE CREATIVE'

Walking is a great way to get inspired creatively, according to food writer Pippa Kendrick. She tells **Rhalou Allerhand** about her love of walking, Norfolk and her walks with her pooch



*Pippa walks every day with her canine hiking companion Daisy*

**F**ood writer Pippa Kendrick is an avid walker. 'I walk every single day, without fail, for between one and two hours,' she says. 'More often than not I'll walk twice a day, for an hour in the morning and half an hour in the afternoon. I do it because I have a dog, but I also love walking.'

Pippa's hiking companion is her four-year-old Basset Hound Shar Pei crossbreed, Daisy. 'Like all hounds she loves smells, so it's great to take her to the woods, over the fields, or to the water meadows,' says Pippa. 'I didn't consciously choose such an unusual breed; I just fell madly in love with her when she was a puppy!'

'Considering her little legs are not that well suited to long distances, she does really well and we usually trot

along at a good pace. Daisy supplies the incentive. Because she needs to be walked, I have to go out, whether it's raining or sunny, every single day of the year. It's really good to have something to look after other than myself. She's a great motivation.'

Following a series of operations that left her with a damaged digestive system, Pippa has multiple severe food intolerances. She spent a long time convalescing and walking played an important role in her recuperation.

'I wasn't able to run or properly exercise, but I could walk,' she explains. 'It really helped me get back on my feet. Plus, I found walking in nature to be very restorative and calming. It's also a really simple way to build up stamina and strength. It has been a really helpful tool for recovery.'



### CREATIVE INSPIRATION

As a writer, Pippa also finds walking sets her up for the day. 'Walking is really meditative; it's a great way to clear my head, especially with Daisy as a silent companion,' she explains. 'Some of my best ideas or my most successful problem solving has come while walking. I get to really think things through. It's exercise for my brain in the morning.'

is my own, so I need to have some form of discipline to sit down and start working,' she explains. 'If I go for a walk first thing in the morning, that's a very definitive start to the day and once I'm back from walking then I start to work. It gives the day definition and routine, so it's a bit like having to be in the office by 9am, as I have to get up and walk the dog, whatever the weather.'

## 'I LOVE THE FLOW THAT WALKING GIVES YOU, THE NATURAL RHYTHM AND MEDITATION'

Pippa has easy access to numerous popular dog walking routes from her home in Norfolk. 'I love walking round the lake in Whitlingham Country Park near where I live,' she says. 'I often walk from my house down to the lake, along the broad and back. My second favourite route is Winterton beach, a beautiful stretch of coast with lots of sand dunes and there are often seals swimming in the sea.'

### DISCIPLINE AND ROUTINE

Dog walking also helps Pippa maintain a routine. 'I definitely think it enables me to focus. Because I'm a writer and I work freelance my time

Pippa has also discovered another unexpected bonus to being a dog walker. 'Out walking, you end up meeting a lot of fellow dog owners every morning, all sorts of different people you wouldn't normally get to know,' she says. 'It's a real community and often you'll introduce each other to new routes.'

Although dog walking is relatively low impact, Pippa finds it beneficial to her fitness. 'It's a good healthy base level and great for endurance; a lot of people can sprint up the road but if you asked them to walk for three hours they would be exhausted,' she says. 'Also I do walk up and down hills so it does give me



*Pippa is a huge fan of nature and loves walking outdoors*

some form of muscle tone. But it's more about being outside for two hours a day.

'Psychologically it's really good for my health to be outdoors this much because I see the sunrise and the sunset every single day. I also see the changing of the seasons. It's really beneficial for me being outside so much and getting all that fresh air.'

Pippa's also a huge fan of nature. 'I love seeing how happy the dog is and the simple pleasures, such as the sense of being outside and the belonging,' she explains. 'And I love the flow that walking gives you, the natural rhythm and meditation, and seeing the seasons change. I love feeling connected to the world in a natural sense. I know when the snowdrops come out, or when the first leaves fall, and it all feels good for the soul.'



*Pippa's cookbook, The Intolerant Gourmet, is out now (Harper Collins, £20). For delicious intolerance-friendly recipes or to read Pippa's blog, visit [www.theintolerantgourmet.com](http://www.theintolerantgourmet.com)*