

## **Walking quotes- many submitted by members of the Walking Artist network.**

***The road offered a journey into the unknown that could end up allowing us to discover who we were.***

John Brinckerhoff Jackson Writer, Publisher, Sketch Artist

***For paths run through people as surely they run through places.***

Robert Macfarlane, Author

***We are adept, if occasionally embarrassed, at saying what we make of places; but we are far less good at saying what places make of us.***

Robert Macfarlane, Author

***An absolutely new prospect is a great happiness, and I can still get this any afternoon. Two of three hours walking will carry me to a strange a country as I expect ever to see.***

Henry David Thoreau American, Author, poet, philosopher

***Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.***

Mary Anne Radmacher, Author, Artist

***Home is everything you can walk to.***

Jerry Spinelli Stargirl

***But the beauty is in the walking -- we are betrayed by destinations.***

Gwyn Thomas - Welsh writer, dramatist

***Walking . . . is how the body measures itself against the earth.***

Rebecca Solnit - Author

***Many people nowadays live in a series of interiors...disconnected from each other. On foot everything stays connected, for while walking one occupies the spaces between those interiors in the same way one occupies those interiors. One lives in the whole world rather than in interiors built up against it.***

Rebecca Solnit - Author

***If I could not walk far and fast, I think I should just explode and perish.***

Charles Dickens

***I would walk along the quays when I had finished work or when I was trying to think something out. It was easier to think if I was walking and doing something or seeing people doing something that they understood.***

Ernest Hemingway, A Moveable Feast

***I have walked myself into my best thoughts and I know of no thought so burdensome that one cannot walk away from it.***

Soren Kierkegaard, Nineteenth century existentialist philosopher

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***If I am walking with two other men, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself.***

Confucius

***As people are walking all the time, in the same spot, a path appears.***

John Locke

***Beauty surrounds us, but usually we need to be walking in a garden to know it.***

Rumi

***Walking is the best possible exercise. Habituate yourself to walk very far.***

Thomas Jefferson

***All truly great thoughts are conceived by walking.***

Friedrich Nietzsche

***Walking is man's best medicine.***

Hippocrates

***There's something about the rhythm of walking, how, after about an hour and a half, the mind and body can't help getting in sync.***

Bjork

***My father considered a walk among the mountains as the equivalent of churchgoing.***

Aldous Huxley

***Before supper take a little walk, after supper do the same.***

Erasmus Dutch Renaissance humanist,

***I can only meditate when I am walking. When I stop, I cease to think; my mind works only with my legs.***

Jean Jacques Rousseau, Confessions Genevan philosopher, writer, and composer

***The longest journey begins with a single step.***

Lao Tsu, Tao Te Ching

***The sum of the whole is this: walk and be happy, walk and be healthy.***

Charles Dickens

***Walking is good for solving problems - it's like the feet are little psychiatrists.***

Pepper Giardino

***All truly great thoughts are conceived by walking.***

Friedrich Nietzsche

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***I have become direction.***

Stanley Brouwn This way Brouwn Artist

***Walking is not simply therapeutic for oneself but it is a poetic activity that can cure the world of its ill.***

Bruce Chatwin What I am doing here

***An active line on a walk moving freely, without goal. A walk for a walk's sake.***

Paul Klee Allegorizing drawing

***A walk can exist like an invisible object in a complex world.***

Hamish Fulton

***Walking is the best possible exercise.***

Thomas Jefferson

***I have two doctors, my left leg and my right... I know that I shall have only to call in my two doctors and I shall be well again.***

George Macaulay Trevelyan Cricketer

***I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.***

Soren Kierkegaard Danish Philosopher

***I've been through every diet under the sun, and I can tell you that getting up, getting out, and walking is always the first goal.***

Oprah Winfrey

***Me thinks that the moment my legs begin to move, my thoughts begin to flow.***

Henry David Thoreau

***All truly great thoughts are conceived while walking.***

Friedrich Nietzsche

***In every walk with nature, one receives far more than he seeks.***

John Muir Scottish-American naturalist, author, and early advocate of preservation of wilderness in the United States.

***It is not talking but walking that will bring us to heaven.***

Matthew Henry Welsh Non-Conformist minister.

***If you are seeking creative ideas, go out walking.***

Raymond Inmon Teacher and Coach

***Meandering leads to perfection.***

Lao Tzu Philosopher and Poet

***Happy is the man who has acquired the love of walking for its own sake!***

W.J. Holland The Butterfly Book: A Popular Guide to a Knowledge of the Butterflies

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***Walking is the exact balance between spirit and humility.***

Gary Snyder, Poet

***Nothing like a night time stroll to give you ideas.***

J.K. Rowling, Author

***The best remedy for a short temper is a long walk.***

Jacqueline Schiff, Writer

***Of all exercises walking is the best.***

Thomas Jefferson

***It is good to collect things; it is better to take walks.***

Anatole France

***Walking is good for solving problems - it's like the feet are little psychiatrists.*** Pepper Giardino,  
Argentine guitar virtuoso

***A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.***

Paul Dudley, American physician and cardiologist

***My grandmother started walking five miles a day when she was sixty. She's ninety-three today and we don't know where the hell she is.***

Ellen DeGeneres, American comedian

***If you've ever stood, in the early hours of the morning, and watched a city fill with snow, you will know that the first walker changes everything. Walking disrupts space. Suddenly the landscape has a person in it. Or two. Or a multitude. How and where and with whom we walk...makes a difference.***

Wrights & Sights

***I can't remember how I found my way through so many yards. It was evening and I'd become lost in an unfamiliar neighbourhood. I walked in one direction up boulevards that had wall after wall and when I could see no end to them I walked back down in the opposite direction as far as some square or other. There I began to walk along one street and passed other streets that I'd never seen before, and still more of them. Sometimes electric trams with their lights too bright raced up raced past amid a harsh clanging of bells. But their destination signs carried names I didn't know. I didn't know what city I was in or whether I lived hereabouts, or what I had to do so that I wouldn't have to do any more walking.***

Rainer Maria Rilke

***The body and mind can work together, so that thinking becomes almost a physical, rhythmic act" and "each walk moves through space like a thread through fabric, sewing it together into a continuous experience.***

Rebecca Solnit

***Early one morning, any morning, we can set out, with the least possible baggage, and discover the world.***

Thomas Clark: In Praise of Walking