

The Long Walk Home...

Mark Harris, Commercial Account Handler within the Exeter office comments on his charity fund raising event that's scheduled to take place later on in the year.

Another summer and another challenge, this time it's 'The Long Walk Home'. In the space of two weeks I will endeavour to walk 105 miles of the South West Coast Path from Looe to Torquay. The challenge will start at mid-day on Monday 29th June and comprise of sun, sea, sand and a lot of hard walking along some of the most beautiful coastline the United Kingdom has to offer.

All the money raised from this walk will go to SSAFA (Soldiers Sailor Airmen and Families Association), which provides an amazing array of services and support for current/retired service personnel as well as their close families. With a brother in the Royal Marines who has spent as much time in a Afghanistan and Iraq as he has at home in the last five years' as an example of the sacrifices that our Armed Forces personnel go through, I really wanted to support a charity that is there for them when they really need it.

So why 105 miles, and why the South West Coast Path?

Well I have wanted to walk the footpath ever since I moved down to Devon but just haven't found the right motivation. With 30 coming over the horizon (the end of July) I really wanted to do something memorable this year. Due to mortgage and a tight budget my options were focused on something cheap and close to home, so the South West Coast Path is perfect. It's local. It's a challenge. And it fits into a one week holiday and one reasonable sized backpack.