



# Slow Journey South: Walking To Africa, A Year in Footsteps

*Paula Constant*

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**Slow Journey South: Walking To Africa, A Year in Footsteps** Paula Constant  
**Everywhere is walking distance if you have the time.**

When Paula Constant and her husband, Gary, attempt to break away from the conventional 9-to-5 routine, a few weeks lazing in a resort or packed in a tour bus is not what they have in mind. What starts out as an idle daydream to embark on 'a travel to end all travels' turns into something far greater: an epic year-long 5000-kilometre walk from Trafalgar Square in London to Morocco and the threshold of the Sahara Desert. Quite an ambition for an unfit woman who favours sharing cigarettes and a few bottles of wine with friends over logging time on the treadmill. But if the sheer arduousness of walking over 25 kilometres a day through the landscapes and cultural labyrinths of France, Spain, Portugal and Morocco - without a support vehicle - is overlooked in her excitement, then so too is the unexpected journey of self discovery and awakening that lies beyond every bend. Both the companions she meets on the road and the road itself provide what no university can offer: a chance to experience life's simple truths face to face. Paula's transformation from an urban primary school teacher into a successful expeditioner is a true tale of an ordinary woman achieving something extraordinary. It is a journey that begins with one footstep.

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