



## Dotmaker Tours to lead three London walks for the mind and the senses during National Walking Month: 15-17 May 2015

During National Walking Month this May, Dotmaker Tours will be leading three walks that encourage dawdling, listening and getting inspired.

**London In Slow Motion** invites walkers to slow down and notice the London that ticks to a different beat. This Saturday afternoon tour of the area around the Strand, Trafalgar Square and Covent Garden is led by Rosie Oliver, founder of Dotmaker Tours. Oliver will lead walkers against the flow of the hyperactive city in search of the hidden spaces of calm. Tour goers will explore the liberating and rebellious side to dawdling as London spins around them, and consider how we might transform our cities by slowing them down.

On **The London Ear**, Oliver will invite walkers to listen their way round the City. This Sunday morning stroll opens with the ringing of St Paul's Cathedral bells and ends to the cries of Petticoat Lane market traders. In-between, tour goers will find out about the history of the City through sound, make playful listening experiments and consider how London's soundscape is changing.

**A Genius Tour** explores the relationship between walking and having ideas. This after-work walk around the Embankment and Trafalgar Square is devised and led by guest Dotmaker Cathy Haynes, a London-based artist, curator and writer. Haynes will take tour-goers to places where great visionaries have had flashes of insight to find out how inspiration really works. She will guide walkers to look with fresh eyes at the creative triggers to be found in the city's backstreets and national monuments, and offer strategies to boost creative confidence.



Rosie Oliver leading *The London Ear*. Photo: Cathy Haynes, 2014

Each tour explores how walking can stimulate thoughts, trigger fresh perspectives and lead to a heightened sense of awareness. Says Oliver, *'the walks are born of my own past experience of London as a place I would rush through, oblivious to so much, with my mind on other things. I want to share the spirit of rediscovery and wonder that comes when you take time to stop, look, listen and think.'*

The walks are scheduled as follows:

- Friday 15 May: A Genius Tour, 7pm from Embankment Gardens.
- Saturday 16 May: London In Slow Motion, 2pm from Cleopatra's Needle.
- Sunday 17 May: The London Ear, 11am from St Paul's tube station.

Each walk lasts around 2 hours. Tickets are £18 (full price) and £15 (over 65s and full-time students), from [www.dotmakertours.eventbrite.co.uk](http://www.dotmakertours.eventbrite.co.uk). Booking is essential as places are limited. The walks are for adults and over 16s. Further details of each walk are available from [www.dotmakertours.co.uk/walks](http://www.dotmakertours.co.uk/walks).

## Notes for editors

1. For more information email [mail@dotmakertours.co.uk](mailto:mail@dotmakertours.co.uk) or call Rosie Oliver on 07985 464314 (number not for publication).
2. Press images for each walk are available to download at <https://www.flickr.com/photos/124061017@N07/sets/>.
3. Dotmaker Tours was founded in 2012 by Londoner Rosie Oliver. Oliver is also an environmental lawyer and producer for Tickertape Productions. Dotmaker Tours' other walks include A Rubbish Trip and A Power Walk.
4. Full dates listings for all walks in 2015 are at [www.dotmakertours.co.uk/calendar](http://www.dotmakertours.co.uk/calendar)
5. Gift vouchers are available from [www.dotmakertours.co.uk/vouchers](http://www.dotmakertours.co.uk/vouchers)
6. The walks are also available to private groups such as corporates, students, friends and clubs.
7. For more about National Walking Month, visit [www.livingstreets.org.uk/national-walking-month](http://www.livingstreets.org.uk/national-walking-month)