

TAKING A WALK

I awoke one day to face the rat race
Another day of punishing grind
In need of some time, a place and space
Decided to walk out and find.

Took a train from London toward the coast
End of the line and sea bright,
Paid my fare and munched on toast
A foot passenger bound for the Isle of Wight.

My need for peace happened again
Not long after concurring Wight
Life had become a bit of a strain
This time Sussex in sight.

Starting off at Chichester Harbour
I walked around the peninsula,
Took a drink under an arbour
Life couldn't be simpler.

My next venture came in Devon
A sojourn around Plymouth
I felt truly in seventh heaven
Ending up in Teignmouth.

I should have walked the Ridgeway Path
That escape through fields and counties
Too late now, I have no wrath
As I mellow in my late fifties.

I wish I had kept a diary
And taken my Instamatic with me,
I passed castles and an old priory,
I was completely free.