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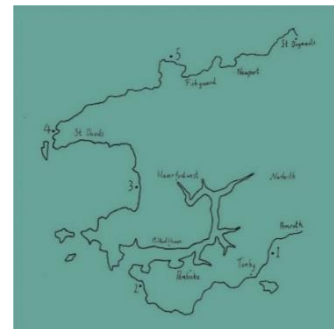
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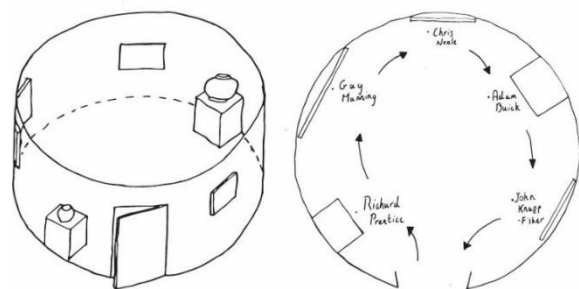
A View from the Path.

Walking has many links through philosophical beliefs, to the extent that it seems to be the one thing that philosophers have in common. "Walking and thinking intersect in the work of certain philosophers and writers" (Baugh, 2021, p.2). Whether it's long, short, urban, or natural, the act of going for a walk has influenced some of the best thinking minds. "Soren Kierkegaard, Jean-Jacques Rousseau, Friedrich Nietzsche are famous for the importance they placed on walking for their philosophical thoughts" (Baugh, 2021, p.2). To most, it is merely a way of getting out. The benefits of submersing yourself in a natural environment is felt by so many and can truly help in connecting you back with yourself "There is well established evidence for the link between physical activity and several mental health outcomes" (Kelly, Paul, 2018, p.1) In many ways we find walking can help with mental wellbeing and escaping the constant thinking we put ourselves through. In a generation where this is a common issue, a solution may be on the footpath in front of us. "Throwing off the burden of cares, forgetting business for a time. You choose to leave the office behind, go out, stroll around, think about other things" (Gros, 2014, p. 10)

The focus on this exhibition is to show the positives of walking, and its impact on our mental wellbeing. "Adults who engage in outdoor walking at light-to-moderate intensity were more likely to experience greater levels of mental well-being" (Shang-Ti Chen, 2021, p. 6) The exhibition follows the path of the Pembrokeshire coastline from south to north, displaying works from local artists in some of my favourite locations along the near three-hundred-kilometre stretch. The reasoning behind this project is that personally I have felt the positive influence that can be gained from getting out of your head and going for a trek "Increasing levels of outdoor time may result in mental health benefits" (Kirsten M.M Beyer, 2016, p.288)



For the location, I chose a place that both supports local artists, (especially when the topic focuses on people within its community) and is the gateway off the costal path into St Davids. This is Oriely Parc Gallery. Situated in the tower overlooking the courtyard of the national park visiting centre, this modest space lends itself to the exhibition perfectly. With this circular room, the exhibition will flow clockwise around the room with the five pieces of art being displayed, as if you were setting off from Amroth on the beginning of your journey.



For the artists, I have chosen people who have either lived or spent a considerable amount of time around the Pembrokeshire coastline. This is because I feel that they would have an appreciation for what the coast does to you. The act of walking is as much an appreciation of the landscape as someone creating a piece of art inspired by it.

The first artist being displayed to the left of the door is Richard Prentice of Blackbird Ceramics. Based in the seaside village of Saundersfoot, Prentice's work frequently takes inspiration from coastlines around him. Throughout his work you can see the frequent influence of rock forms and creative seascapes captured in the glazes he uses. From only moving to Saundersfoot around ten years ago, Prentice is now a solid part of the art community with his workshop/gallery located in the beautiful little village.



The second artist that is introduced in the show is Tenby local Guy Manning. Working out of his quaint studio/gallery at the top of Goat Street Tenby, Manning's work aims to capture the beauty of his surroundings. Primarily using natural pigments to create his oil paints, he commonly paints colourful urban environments, woodland areas, and beautiful seascapes. From working as an art teacher in a range of local schools for many years, he now runs his own small classes out of his studio at the top of Tenby.

The third artist we come to in the show is the exciting landscape painter Chris Neale. Despite now living up in Cowys, Neale spent over 20 years in Pembrokeshire. He's experimented with many types of media, but it seems that Pastel and Acrylics have very much been his staples. To me, Neale's approach to his work is as healthy and true as it comes. "I spend a lot of time walking with my sketchbook, camera, maps and dog" (Chris Neale, 2021) This natural process of working is so healthy for the body and the mind. It's no wonder he's produces so much work around the coastal path.



The fourth artist that is displayed at the show is the St Davids local Adam Buick. This artist has gained quite a following on the many variations of his one refined discipline, the making of the Korean inspired moon jar. Although this may seem like a great limitation, the genius of Buick comes through his many adaptations through scale, texture and the locally collected material he adds. Adam frequently talks about his inspirations in the surroundings around him and shares how he cultivates his own clays to add to the porcelain or stoneware mixes for his jars.

The fifth and final artist in the show is the legendary John Knapp-Fisher. Growing up in Kent, Fisher was exposed to the arts from an early age due to his father, Professor of architecture at the Royal College of Art. After a stint of national service, Fisher worked as an exhibition director in London. Bouncing around and painting more over a couple of years, Fisher and his wife moved to west Wales, where shortly after he'd open his studio gallery up in Croesgoch. (Trevigan Gallery, 2015) John Knapp-Fisher's watercolour paintings were displayed globally, showing the world the beauty of the Pembrokeshire coast.



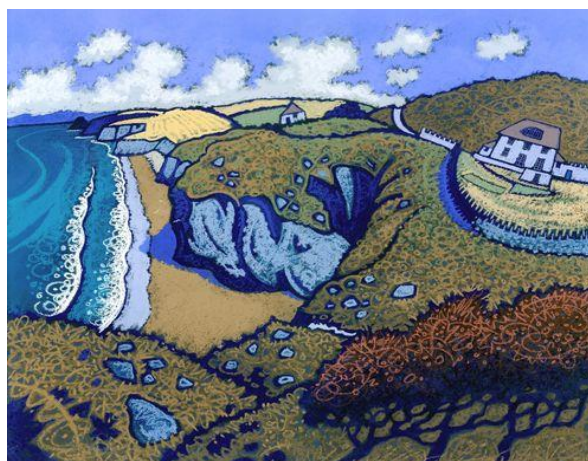
The first piece we come too is created be Richard Prentice of Blackbird Ceramics. His Turquoise, Cobalt, Black, Aventurine and Gold Sea Globe is a piece taken from a larger display of Sea Globes which have inspired by the coastlines around him. These oceanscapes captured within his earthenware vessels are directly inspired by the ocean in front of him, the ocean that you look down upon as you walk the path into the east side of Saundersfoot. The technique used for this piece is slip casting, then the globe is fired many times to create the complex glazing designs that are abstractly inspired by the coastline where he lives and works. This piece really resembles the tide as it pushes up to the rocks between Wisemans Bridge and Saundersfoot, a path once used to transport coal to the harbour, and now used as the link to the first built up town on this coastal path.



Moving along the Southcoast almost thirty-one miles, we're transported to the beach of Freshwater West in this oil painted by Guy Manning. Manning's' paintings tend to use traditional earth pigments, made from local soils appropriate to each painting. He creates this piece with small dash marks of acrylic paint creating detail and a layered depth. This painting captures a late spring evening upon the dunes, looking out to the coastline towards Angle. I have partly chosen this painting for to expose this very coastline. Between the north side of Fresh

West and angle sits one of the most difficult stretches of coast path along the coast. Other than the obvious difference in physical excursion, walking a stretch like this will affect the walkers mind state in a very different way. Unlike an easy stretch where you're able to think of the external pressures, a difficult trek will demand your whole focus and put you in a more meditative state.

Next, we venture up to the mid-point and the jewel of St Brides Bay that is Druidston Haven. This Chris Neale classic captures the dry summer colours of this scenic location using pastel on board, using simple mark making to create the textures withing the landscape. Not only does Druidston expose one of the best sunsets along the Pembrokeshire coastline but is the centre point of one of the most accessible stretches of coast path, between Broad Haven and Newgale. Thanks to the many small campsites this path gets bombarded with foot fall every year, usually ending up in one of the many pubs.





Heading up the coast we end up on the peninsular of St Davids, where we find the master ceramists Adam Buick. This piece titled Intertidal Jar was created in 2011. The materials used are a mix of stoneware and what he states as Waun Llodi clay. This is locally dug clay from the moor besides his studio just above Whitesands beach. The Waun Llodi clay gets added to the stoneware clay prior to throwing so its appearance cannot be predicted. He then adds glazes the pot, taking

inspiration from his surrounding environment of the coast. The incorporated stone and locally dug clay added to his work to create a narrative and shows focus on his coastal surroundings.

Finally, we travel to one of the northeast stretches of the coast path. John Knapp-Fisher captures the rugged landscape between Fishguard and Newport that is Dinas. The monochromatic style of watercolour doesn't shy away from showing depth in this piece. The harsh charcoal-coloured cliffs in the foreground show the rugged nature of the northern stretch of coastline. Instead of the water being imagined as this soft inviting blue, Fisher uses a mixture of greys, browns and even yellow to show its true and unforgiving nature.



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