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## #085:Deirdre Macleod and William Mackaness: Scale Walks (2017)

Scale Walks encourages you to walk a route that you know well, increasingly slowly. By reducing the pace at which you walk to a given destination you may become susceptible to unexpected micro-events and be exposed to the gentle intimacies which are hidden by our normal urban walking pace.

Walking increasingly slowly in a city can reveal unexpected things about the fabric of that city. Walking very slowly is also a self-reflexive act; it can reveal much to the walker about him or herself as an inhabitant of the city. Whilst slow walking sounds simple, in an urban environment it can be physically and mentally challenging.

### Method:

Choose a short route that you know very well, such as your walk to work, or to your home. You can start from anywhere, in any city, as long as the route is well known to you. While the distance walked remains the same, the fourth walk will be eight times as long as the first walk. Therefore, we suggest that the first walk should be no longer than 20 minutes.

You will walk this walk four times.

Each time, you will increase the 'scale' of the walk, and the journey time, by reducing the pace at which you walk.

1. Walk one will be at your normal pace (1:1 scale).
2. Walk two will take twice as long as the first walk (1:2 scale).
3. Walk three will take four times as long as the first walk (1:4 scale).
4. Walk four will take eight times as long as the first walk (1:8 scale).

Find a way that suits you to record what you are seeing, sensing and thinking as you walk.

You might use a sketchbook and pencil, notebook, voice recorder or camera.

-Your observations might be about your external surroundings or they might be about your internal landscape; how you feel as you begin to walk ever more slowly.

Consider asking a friend to make Scale Walks for a different route.

Meet up afterwards and share your experience.

Have the Scale Walks altered your relationships with the part of the city that you walked through?

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to [done@theconceptbank.org](mailto:done@theconceptbank.org). We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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