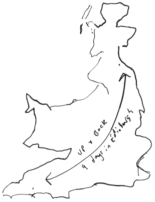
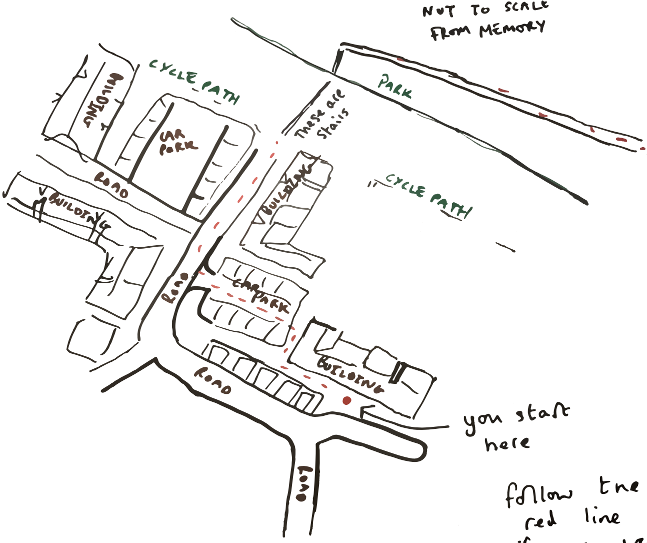
a one day sound exploration from my old flat to a really nice spot in Holyrood park

mild memory instructions


Up & Back
9 days in Edinburgh

Up & Back,
9 days in Edinburgh

VERY ROUGH DRAWING
NOT TO SCALE
FROM MEMORY


BUILDING
CYCLE PATH
CAR PARK
These are stairs
PARK
ROAD
BUILDING
BUILDING
CYCLE PATH
ROAD
CAR PARK
BUILDING
ROAD
ROAD

you start
here

follow the
red line
if you're lost

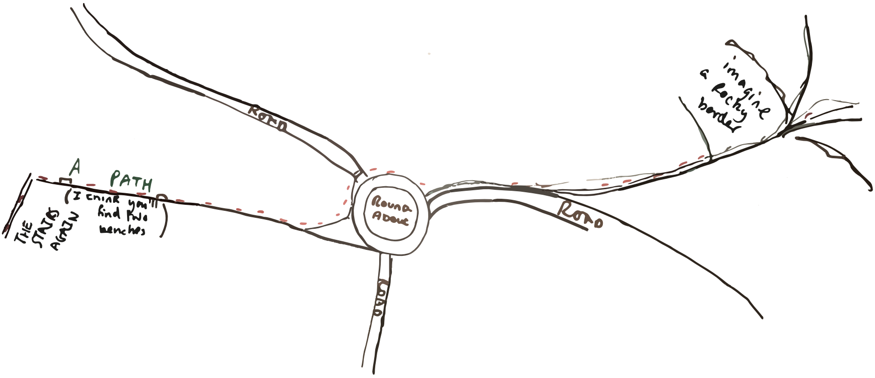
i've drawn you a map, it may help
at the start.

So lets start at my old apartment block. 42 Parkside Terrace. If you can't figure out a way to get in and hear the door close behind you when you leave again, just imagine that bit. It's a very unremarkable door. The key I had that opened it had a union jack on. Maybe it was a very patriotic door. I like to think it loved the queen. — Anyway, facing outwards away from the buildings turn right and follow the path and map until you come to the top of the big stairs. I always used to hear the noise of peoples lives around here. People coming and going. Cars stopping and starting. Doors opening and closing.

you get onto the cycle path, don't forget to look up and down. its busy, maybe you'll see a bike or two. Men and women clad in lycra with the whir of their wheels as they go around you.

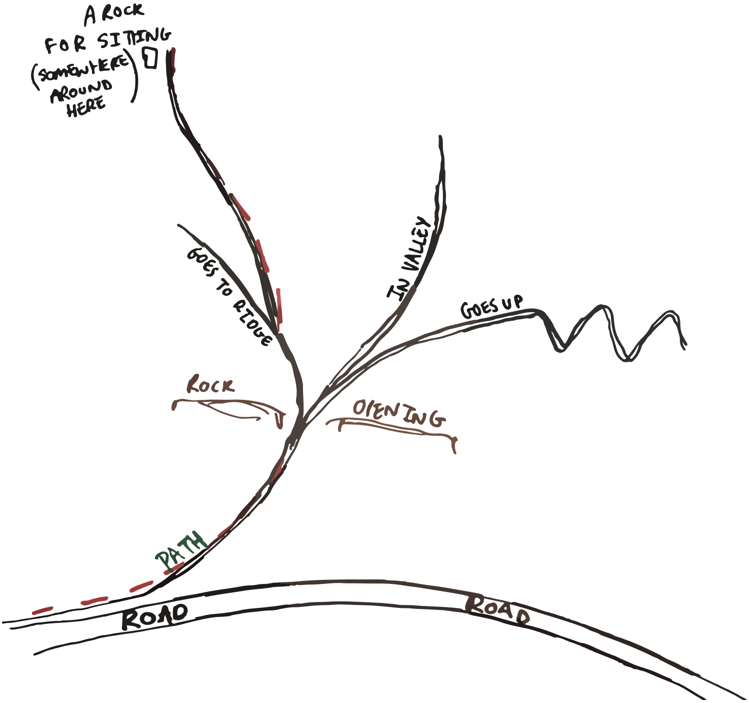
Now quickly up the stairs. You'll probably be breathing a bit heavily now, they're steep. You'll look to your right and see a very well kept garden, but you cant help but think how overlooked it is.

You're at the top and you go right, through the gate and now you're in Holyrood Park.

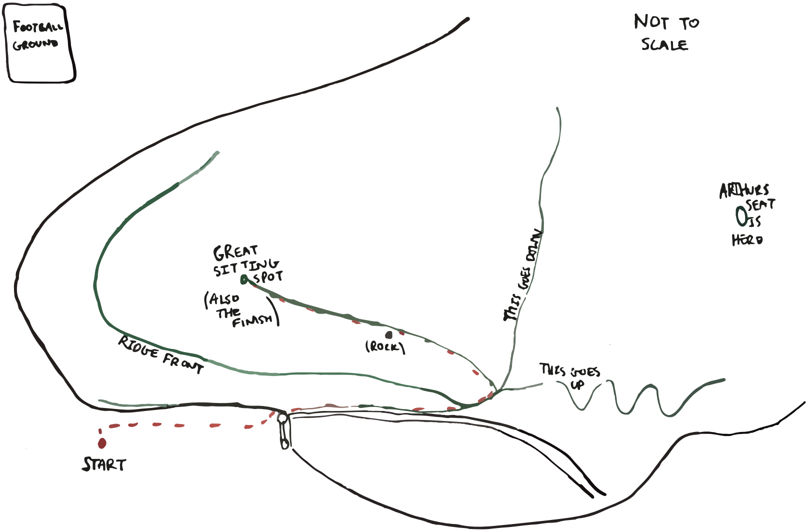

ROAD
A
PATH
(I think you'll find two benches)
THE STAIRS AGAIN
Round About
ROAD
ROAD
imagine a Rocky border

Have another badly drawn map. when you're on the path everything seems quieter for a second. I like to start ~~running~~ (walking's fine) now. You'll notice the loose gravel and rocks and how that sounds when it grinds under ~~you're~~ your feet. Slipping and moving with every footstep. Maybe there are other people on the path. Make sure to nod and say hello when you go by.

So you'll be coming near to the roundabout. At first you'll hear the hum of engines and cars breaking as they get closer. Then you'll see them. Dont get hit. Cross the road safely and follow the path up the hill. Theres a lot more people now. The car noise has gone and now its been replaced by footsteps, chit chat and heavy breathing. Now, this is important. Dont forget to keep saying hello to everyone and nod. Dont forget to nod. Always nod.


A ROCK FOR SITTING (SOMEWHERE AROUND HERE)
GOES TO RIDGE
IN VALLEY
GOES UP
ROCK
OPENING
PATH
ROAD
ROAD

As you go further up the path your breathing will get heavier. You'll hear it and definitely feel it (if you're running or walking). As you get to the rocky opening at the top of the path you'll get some hustle and bustle. People deciding where to go, taking photos, having a drink. Everyone is stiller here in comparison to the rest of the park. The sound of feet goes, replaced by voices. Anyway, back to the path choosing. Go left, but not too left. You don't want to go to far towards the ridge. Suddenly you'll find ~~your~~ yourself very alone, which is quite a strange feeling when really you're surrounded by people. You're back alone with the sounds of your own footsteps, your breathing and the voices in your own head.


FOOTBALL GROUND
NOT TO SCALE
ARTHURS SEAT IS HERE
GREAT SITTING SPOT
(ALSO THE FINISH)
THIS GOES DOWN
(ROCK)
RIDGE FRONT
THIS GOES UP
START

So if you're running, I imagine now your heartrate is high, and you can hear it in your body. Theres definelly a rock you can sit on, down the path on the left hand side. Use it, or don't.

The path is changing now. It sounds softer. Your feet glide more, as rock turns to long grass. You're cutting through paths that have barely been walked on and then you pop out on a path Turn right a little bit and there it is. You'll know it when you see it.

Lie down and close your eyes. There are so many people around you, but you're close to none. You hear nothing. Everything is, well very peaceful. Its a weird sensation to expect noise and then ~~hear~~ hear none. Just your own movements. Focus on you. Thanks for coming.

Henry Metherell

September 2019