

ISLAY JURA AND COLONSAY 40 COAST AND COUNTRY WALK Tutorial

Islay Jura and Colonsay 40 Coast and Country Walk

Embarking on the Islay Jura and Colonsay 40 Coast and Country Walk offers a remarkable adventure through some of Scotland's most scenic and diverse landscapes. Spanning approximately 40 miles, this walk combines rugged coastlines, rolling hills, ancient ruins, and charming villages, making it a must-do for avid hikers, nature enthusiasts, and history lovers alike. In this comprehensive guide, we will explore the route, highlights, practical tips, and why this walk is a standout experience in the Inner Hebrides.

Overview of the Islay Jura and Colonsay 40 Coast and Country Walk

The walk connects three iconic islands in the Inner Hebrides—Islay, Jura, and Colonsay—each with its unique character and attractions. The route is designed to be completed over several days, allowing ample time to soak in the breathtaking scenery, explore local culture, and enjoy the tranquility of island life.

This walk is ideal for those seeking a mix of coastal adventures, inland exploration, and cultural discovery. It covers a variety of terrains, from sandy beaches and rocky shores to peat bogs and forested areas, offering a comprehensive taste of the islands' natural diversity.

Route Breakdown and Key Sections

The route typically unfolds in stages, often starting from the southern tip of Islay and moving northward through Jura before reaching Colonsay. Here's a breakdown of the main sections:

1. Islay Coast and Hills

- Starting Point: Port Ellen or Port Charlotte
- Highlights:
 - Kildalton Cross and ancient churches
 - Lush farmland and coastal cliffs
 - The dramatic Machir Bay
- Terrain: Coastal paths, hill climbs, and farmland

2. Jura's Wild Highlands and Shoreline

- Crossing: Ferry from Islay to Jura
- Highlights:
 - Jura's rugged interior, including the Paps of Jura
 - Seal Bay and the shores of Loch Tarbert
 - Jura's whisky distilleries for a cultural touch
- Terrain: Mountainous tracks, peat bogs, and shoreline stretches

3. Colonsay's Coastal Trails and Village Life

- Ferry: Jura to Colonsay
- Highlights:
 - Colonsay's sandy beaches such as Kiloran Bay
 - The historic Colonsay Abbey
 - Wildlife watching, including seabirds and otters
- Terrain: Beach walks, woodland, and rural paths

Highlights and Attractions Along the Route

The 40-mile walk offers numerous points of interest, making each stage a memorable experience.

Islay Highlights

- Kildalton Cross: An ancient Celtic cross dating back to the 8th century, located near Port Ellen.
- Laphroaig and Ardbeg Distilleries: For whisky enthusiasts, touring these world-famous distilleries is a highlight.
- Machir Bay: Known for its expansive sands and stunning sunsets.

Jura Highlights

- Paps of Jura: A striking trio of mountain peaks offering panoramic views and challenging hikes.
- Seal Bay: A haven for wildlife lovers, where colonies of seals bask on the rocks.
- Jura's Distilleries: Jura's single malt whisky, less commercialized but equally renowned, offers a unique cultural experience.

Colonsay Highlights

- Kiloran Bay: Often called the "Caribbean of the Hebrides," its white sands and turquoise waters are breathtaking.
- Colonsay Abbey: The ruins provide a glimpse into medieval monastic life.
- Wildlife & Birdwatching: The island is a sanctuary for puffins, choughs, and otters.

Practical Tips for the Walk

Planning is essential to ensure a safe and enjoyable journey across these remote islands.

Best Time to Walk

- The ideal months are late spring (May-June) and early autumn (September-October), avoiding the peak summer crowds and harsh winter weather.
- Weather can be unpredictable; always check forecasts before setting out.

Preparation and Equipment

- Sturdy hiking boots suitable for varied terrains
- Weather-appropriate clothing, including waterproofs and layers
- Map and compass or GPS device
- Daypack with essentials like water, snacks, and a first aid kit
- Sun protection and insect repellent

Accommodation and Facilities

- On Islay: Hotels, B&Bs, and hostels available in Port Ellen, Bowmore, and Port Charlotte.
- On Jura: Limited accommodation; booking in advance is recommended. Options include small inns and campsites.
- On Colonsay: Limited but charming options such as the Colonsay House Hotel and campsites.
- Ferries: Regular services connect the islands, but schedules vary seasonally. Check timetables in advance.

Navigation and Safety

- The route involves remote stretches; ensure someone knows your itinerary.
- Cell service may be limited; carry a physical map.
- Be aware of tide times along coastal sections to avoid getting stranded.

Environmental Responsibility and Conservation

The islands are protected areas with rich ecosystems. Visitors should:

- Stick to marked paths to minimize environmental impact.
- Avoid disturbing wildlife, particularly during breeding seasons.
- Dispose of waste responsibly; carry out all rubbish.
- Support local conservation efforts and businesses.

Why Choose the Islay Jura and Colonsay 40 Coast and Country Walk?

This route offers a unique blend of natural beauty, cultural richness, and outdoor adventure. It's perfect for those looking to:

- Experience remote, unspoiled landscapes
- Discover ancient history and local traditions
- Enjoy diverse terrains and wildlife encounters
- Escape the hustle and reconnect with nature

Furthermore, traveling between islands by ferry adds an element of maritime adventure, enhancing the overall experience.

Conclusion

The Islay Jura and Colonsay 40 Coast and Country Walk is a captivating journey through some of Scotland's most scenic and culturally rich islands. Whether you're a seasoned hiker or a curious traveler seeking a multi-day adventure, this route promises breathtaking views, cultural insights, and unforgettable memories. Proper planning, respect for the environment, and an adventurous spirit will ensure you make the most of this extraordinary coastal and inland trek. Embark on this journey to discover the wild beauty and historic treasures of the Inner Hebrides—an experience that will stay with you long after you return home.

Islay Jura and Colonsay 40 Coast and Country Walk: An Epic Journey Through Scotland's Wild Heart

Embarking on the Islay Jura and Colonsay 40 coast and country walk offers a remarkable adventure through some of Scotland's most breathtaking landscapes. This extensive trek combines the rugged coastlines, rolling hills, and lush countryside of three iconic islands—Islay, Jura, and

Colonsay?creating an unforgettable experience for avid hikers, nature lovers, and explorers alike. Whether you're seeking solitude among unspoiled scenery or a challenging route that tests your endurance, this walk encapsulates the rugged beauty and rich heritage of Scotland?s Inner Hebrides.

Why the Islay Jura and Colonsay 40 Coast and Country Walk Is Unique

The journey spans approximately 40 miles (or kilometers, depending on your preference), weaving through diverse terrains and ecosystems. It?s a route that offers a mix of coastal cliffs, sandy beaches, peat bogs, ancient woodlands, and hilltops providing panoramic views. The walk is notable not only for its natural beauty but also for its cultural and historical significance, with connections to whisky heritage, archaeological sites, and traditional Gaelic communities.

This walk is ideal for seasoned hikers prepared for a multi-day trek or for those seeking a comprehensive exploration of the Inner Hebrides? remote and captivating landscapes. The route?s flexibility allows for customization, with options to extend or shorten sections based on your fitness level and interests.

Planning Your Journey: Essential Tips and Preparations

- Research and Route Planning

Before setting out, familiarize yourself with the route maps, local landmarks, and potential accommodation points. The full Islay Jura and Colonsay 40 coast and country walk typically involves multiple stages, crossing islands accessible by ferries and bridges.

- Timing and Weather Considerations

- The best time to undertake this walk is during late spring to early autumn (May to September), when weather conditions are milder and days are longer.

- Be prepared for sudden weather changes?rain, wind, and fog are common in the Hebrides?so pack waterproof clothing and layered gear.

- Navigation and Safety

- Carry detailed maps and a compass, especially in remote sections.

- Consider using GPS devices or smartphone apps with offline maps.
- Inform someone of your itinerary and expected return.
- Be aware of tidal schedules when crossing beaches or estuaries.

- Equipment and Supplies

- Sturdy hiking boots or waterproof walking shoes.
- Backpack with essentials: water, high-energy snacks, first aid kit, sun protection.
- Camping gear if camping overnight; otherwise, plan your accommodation in advance.

The Route Breakdown: Sections and Highlights

Starting Point: Islay

Islay is renowned for its whisky distilleries, stunning coastlines, and archaeological sites. Starting your walk here allows you to immerse yourself in the island's rich heritage.

Key Highlights:

- Bowmore Village: The island's capital, home to historic distilleries and the beautiful Bowmore Church.
- Kildalton Cross: An ancient stone cross dating back to the 8th century.
- Machrie Moor Standing Stones: A fascinating prehistoric stone circle and burial site.

Coastal Walks:

- Explore the southern beaches, such as Kilchoman and Port Charlotte, known for their rugged beauty and wildlife.

Crossing to Jura

From Islay, ferries connect to Jura, a remote island with a famously wild landscape.

Main Features:

- Lussa River and Loch Tarbert: Scenic spots for birdwatching and photography.

- Jura's Hills and Peaks: Including the famous The Paps of Jura, a trio of striking mountain peaks offering challenging ascents and panoramic views.

Walking Tips:

- Follow the coastal paths around the island's perimeter.
- Explore the island's whisky heritage at the Jura distillery.

Jura to Colonsay

The next leg involves a ferry crossing from Jura to Colonsay, a small island characterized by its sandy beaches and ancient ruins.

Highlights:

- Kiloran Bay: One of the most beautiful beaches in Scotland, perfect for a picnic or rest.
- Colonsay Abbey and Dun of Colonsay: Historic sites offering insight into the island's Gaelic past.

Walking Considerations:

- This section involves both coastal promenades and inland routes through farmland and moorland.
- Keep an eye out for seals, seabirds, and other wildlife along the coast.

Cultural and Natural Highlights Along the Route

Flora and Fauna

- Puffins and gannets nesting on cliff ledges.
- Red deer and otters in inland areas.
- Rich plant life, including heather, bog myrtle, and wildflowers.

Archaeological and Historic Sites

- Neolithic tombs and standing stones.

- Ancient forts and ruins reflecting the islands' long history.
- Gaelic heritage reflected in local traditions and language.

Whisky and Local Cuisine

- Sampling local whiskies at distilleries on Islay and Jura.
- Enjoying seafood, Highland beef, and traditional island fare at local pubs and eateries.

Practical Considerations and Tips for Success

Accommodations

- Book well in advance, especially during peak season.
- Options include cozy B&Bs, hostels, and campsites.
- Some sections lend themselves to wild camping?ensure you follow Leave No Trace principles.

Environmental Responsibility

- Respect wildlife and habitats.
- Take all litter with you.
- Stick to designated paths to prevent erosion.

Physical Preparation

- Build up your stamina with shorter walks beforehand.
- Practice navigation skills and familiarize yourself with the terrain.
- Prepare for varying weather?layered clothing and waterproofs are essential.

Conclusion: Embrace the Adventure

The Islay Jura and Colonsay 40 coast and country walk is more than just a hike; it's an immersion into the rugged soul of Scotland's Inner Hebrides. From the whisky heritage and ancient monuments to pristine beaches and wild hills, this journey offers a chance to connect deeply with nature and history. Whether you're seeking a challenging multi-day trek or an inspiring adventure through remote islands, this route promises breathtaking scenery, cultural richness, and personal achievement. Prepare carefully, respect the environment, and let the wild beauty of these islands leave a lasting impression on your soul.

Embark on this extraordinary Scottish coast and country walk and discover the untamed heart of the Hebrides?an adventure of a lifetime awaits.

Question What is the best time of year to undertake the Islay, Jura, and Colonsay 40 Coast and Country Walk? The optimal time is during late spring to early autumn (May to September) when weather conditions are generally milder, days are longer, and the landscape is at its most vibrant. How challenging is the 40 Coast and Country Walk across Islay, Jura, and Colonsay? The walk covers varied terrain, including coastal paths, hills, and rural routes, making it suitable for experienced hikers with good fitness. Some sections may be rugged and require careful navigation. What are some key highlights along the Islay, Jura, and Colonsay 40 Coast and Country Walk? Highlights include Islay's whisky distilleries and beaches, Jura's rugged landscape and wildlife, and Colonsay's sandy beaches and ancient ruins, offering diverse scenery and cultural experiences. How long does the entire 40 Coast and Country Walk typically take to complete? The complete walk can take approximately 7 to 10 days, depending on pace, rest days, and side excursions, allowing time to fully appreciate each island's scenery and attractions. Are there accommodations available along the Islay, Jura, and Colonsay route for walkers? Yes, there are a variety of accommodations including hotels, bed and breakfasts, guesthouses, and campsites on each island, many of which cater specifically to hikers and outdoor enthusiasts. What gear and preparations are recommended for undertaking the 40 Coast and Country Walk? Participants should carry sturdy hiking boots, weather-appropriate clothing, navigation tools, sufficient food and water, and a basic first aid kit. Planning routes and checking weather forecasts are also essential. Is it possible to do the Islay, Jura, and Colonsay walk as a guided tour? Yes, several companies offer guided walks and bespoke tours that provide expert insights, logistical support, and a more relaxed experience of the islands' landscapes and culture.

Related keywords: Islay Jura Colonsay walking, Scottish islands coast walk, Island hiking trails, UK coastal trekking, Isle of Jura scenery, Islay walking routes, Colonsay coastal path, Island hiking holidays, Scottish island adventures, coastal walking holidays

long walk for freedom

Long Walk For Freedom

Long Walk for Freedom: The Journey That Changed History

long walk for freedom is more than just a phrase; it is a powerful symbol of resilience,

courage, and the unyielding human spirit striving for justice. This term is often associated with the epic journey of Nelson Mandela, whose autobiography titled "Long Walk to Freedom" chronicles his life, struggles, and ultimate triumph over apartheid in South Africa. But beyond Mandela's story, the idea of a long walk for freedom resonates globally as a metaphor for the prolonged struggle many individuals and communities endure to attain liberty and equality.

Understanding the significance of this phrase involves delving into history, the personal stories behind it, and the lessons it offers today. Whether it's a literal march or a figurative path, the long walk for freedom is a narrative of hope and determination that continues to inspire activists, historians, and everyday people alike.

The Origins of the Long Walk for Freedom

The phrase "long walk for freedom" gained worldwide prominence through Nelson Mandela's autobiography, where he detailed his early life, his fight against apartheid, imprisonment, and eventual release. Mandela's journey from a young lawyer to South Africa's first black president was marked by decades of sacrifice and unwavering commitment to justice.

Nelson Mandela's Personal Journey

Mandela's story is not just about political activism; it's about the human experience of endurance. Arrested in 1962, Mandela spent 27 years in prison, much of it on Robben Island, where he faced harsh conditions. Yet, rather than breaking him, this long imprisonment solidified his resolve. His "long walk" was both literal—walking the corridors

of prison?and symbolic of the arduous path toward equality in a deeply divided nation.

The Broader Context of the Anti-Apartheid Movement

Mandela?s walk was part of a larger collective e?ort by countless South Africans and international allies. The anti-apartheid movement involved protests, boycotts, and legal battles, all aimed at dismantling institutionalized racial segregation. This collective ?long walk? was an unrelenting push against injustice, demanding freedom and human rights.

The Symbolism Behind the Long Walk for Freedom

Walking has long been a metaphor for progress and struggle. The long walk for freedom symbolizes patience, persistence, and the gradual unfolding of change. It represents the idea that freedom isn?t won overnight but through continuous e?ort and sacri?ce.

The Physical and Mental Challenges

Embarking on a long walk, whether in protest or as a form of pilgrimage, requires stamina and mental fortitude. Historically, many freedom marches involved actual walking over long distances to draw attention to causes or to unite communities. These journeys often tested participants? endurance, making the walk itself a testament to their commitment.

Freedom as a Destination and a Journey

Freedom isn?t just a physical place but a condition of the mind and society. The long walk suggests that the pursuit of liberty involves ongoing personal and collective growth. It reminds us that freedom must be continuously protected and nurtured.

Modern-Day Movements Inspired by the Long Walk for Freedom

The legacy of the long walk for freedom lives on in numerous contemporary social justice movements. Activists around the world draw inspiration from Mandela's journey and the broader concept of walking as a form of peaceful protest.

Civil Rights and Social Justice Marches

From the Selma to Montgomery marches in the United States to the global climate strikes, long walks remain a powerful tool for raising awareness. These marches bring people together to demand change, embodying the spirit of unity and endurance.

The Role of Symbolic Walks in Raising Awareness

Organizers often choose long walks because they attract media attention and foster solidarity among participants. Walking side by side creates a shared experience that strengthens community bonds and highlights the human element behind abstract political issues.

Lessons from the Long Walk for Freedom

Reflecting on the long walk for freedom offers valuable insights into activism, leadership, and perseverance that are applicable beyond historical contexts.

The Importance of Patience and Persistence

Change rarely happens quickly. Mandela's story teaches us that patience and steady persistence are key to overcoming systemic barriers. For anyone engaged in a struggle for justice, the long walk reminds us that setbacks are part of the journey, not the end.

Unity and Collective Action

No long walk is undertaken alone. The strength of a movement lies in its community.

Collective action amplifies voices and creates momentum that individual efforts cannot achieve on their own.

The Power of Hope and Vision

Maintaining hope during difficult times is crucial. The long walk for freedom embodies the belief that a better future is possible, encouraging activists to keep moving forward despite obstacles.

Practical Tips for Participating in or Organizing Long Walks for Freedom

If you're inspired to take part in or organize a long walk for a cause, there are several practical considerations to ensure the event is impactful and safe.

Plan the Route Carefully: Choose paths that are accessible and symbolic, ideally

1. passing through communities relevant to the cause.

Ensure Participant Safety: Organize medical support, water stations, and rest

2. areas to accommodate all participants.

Engage Local Communities: Involve local leaders and residents to build support

3. and increase awareness.

Leverage Media and Social Platforms: Use social media to document the walk,

4.

share stories, and reach a wider audience.

Prepare for Legal and Logistical Challenges: Obtain necessary permits and

5.

coordinate with authorities to avoid disruptions.

Foster Inclusivity: Make the event welcoming for people of all ages, abilities, and

6.

backgrounds.

The Enduring Impact of the Long Walk for Freedom

The long walk for freedom is not just a chapter in history but a living inspiration. It reminds us that the journey toward justice is ongoing and that each step taken in solidarity contributes to a larger movement. Whether through activism, education, or personal reflection, embracing the spirit of the long walk encourages us all to strive for a world where freedom and equality are realities for everyone.

Question**Answer**

What is the 'Long Walk to

Freedom' about?

'Long Walk to Freedom' is the autobiography of Nelson

Mandela, detailing his early life, education, 27 years in prison, and his role in the struggle against apartheid in South Africa.

Who wrote 'Long Walk to Freedom'?

'Long Walk to Freedom' was written by Nelson Mandela, the former President of South Africa and anti-apartheid revolutionary.

When was 'Long Walk to Freedom' published?

The autobiography 'Long Walk to Freedom' was first published in 1994.

Why is 'Long Walk to Freedom' considered an important book?

'Long Walk to Freedom' is important because it provides a detailed personal account of Nelson Mandela's fight against racial oppression, inspiring readers worldwide with his commitment to justice and reconciliation.

Has 'Long Walk to Freedom' been adapted

into any films or media?

Yes, 'Long Walk to Freedom' was adapted into a feature

film titled 'Mandela: Long Walk to Freedom' in 2013,

starring Idris Elba as Nelson Mandela.

Long Walk for Freedom: An In-Depth Exploration of a Historic Journey

long walk for freedom is far more than just a phrase; it represents a profound symbol of

resilience, courage, and the unyielding human spirit in the face of oppression. This term is most famously associated with Nelson Mandela's autobiography, "Long Walk to Freedom," which chronicles his struggle against apartheid and his journey toward becoming South Africa's first Black president. However, beyond the literary work, the long walk for freedom encapsulates the broader, ongoing global pursuit of civil rights, justice, and equality.

In this article, we delve into the significance of the long walk for freedom, exploring its historical context, its impact on contemporary society, and how it continues to inspire movements for social change worldwide. Through analytical insight and a professional lens, we will investigate the key elements that make this concept both timeless and universal.

The Historical Context of the Long Walk for Freedom

The phrase 'long walk for freedom' is inherently tied to the anti-apartheid struggle in South Africa, a system of institutionalized racial segregation and discrimination that lasted

from 1948 to the early 1990s. Nelson Mandela's life and activism epitomize this journey, as he endured 27 years of imprisonment for his role in fighting apartheid.

Nelson Mandela's Role and Legacy

Mandela's autobiography, first published in 1994, provides a detailed personal account of his early life, political awakening, and leadership in the African National Congress (ANC).

The "long walk" metaphorically represents the decades-long fight against systemic racial injustice and the arduous path toward democracy and reconciliation.

His story is not just a biography but a roadmap highlighting the sacrifices required for freedom and equality. Mandela's leadership style, characterized by his emphasis on forgiveness and unity, transformed South Africa's political landscape and inspired civil rights activists globally.

Global Movements Inspired by the Long Walk

The long walk for freedom has transcended its South African origins to become a universal emblem for liberation movements worldwide. From the civil rights movement in the United States to anti-colonial struggles in Asia and Latin America, the concept underscores the prolonged and often painful journey toward human rights.

Civil rights leaders like Martin Luther King Jr. echoed similar themes of perseverance and peaceful resistance. The symbolism of "walking" towards freedom captures the collective struggle, the endurance needed, and the hope that fuels social revolutions.

Analyzing the Impact of the Long Walk for Freedom

Understanding the long walk for freedom requires evaluating its multifaceted effects on social, political, and cultural dimensions. The journey is not just historical but continues to shape contemporary dialogues around justice and equality.

Political Transformation and Democratic Progress

The culmination of the long walk for freedom in South Africa was the dismantling of apartheid and the establishment of a democratic government. The 1994 elections marked a significant milestone, symbolizing the triumph of inclusive governance over racial tyranny.

Comparatively, other nations have experienced similar "long walks," where prolonged activism led to political reform. For example, India's independence movement, led by Mahatma Gandhi, involved decades of nonviolent protest against British colonial rule, reflecting parallel themes of endurance and moral conviction.

Social Reconciliation and Healing

One of the notable aspects of the long walk for freedom in South Africa was the emphasis on reconciliation through the Truth and Reconciliation Commission (TRC). This approach sought to address the wounds caused by decades of racial violence without perpetuating cycles of revenge.

This model has informed transitional justice mechanisms in other post-conflict societies, highlighting the importance of balancing justice with healing. The long walk for freedom, therefore, also represents an ethical framework for how societies confront past atrocities.

Challenges and Criticisms

While the long walk for freedom is celebrated globally, it is not without its critiques. Some analysts argue that the transition to democracy in South Africa left economic disparities largely intact. The 'freedom' achieved through political rights did not immediately translate into socioeconomic equality for many marginalized communities.

This complexity illustrates a broader challenge: the long walk for freedom is often only one phase in a much longer journey toward holistic liberation. It calls attention to the ongoing struggles against poverty, inequality, and systemic discrimination that persist even after formal political victories.

The Long Walk for Freedom in Contemporary Context

In today's world, the concept of the long walk for freedom remains highly relevant. Social justice movements continue to draw inspiration from historical struggles while adapting to new challenges.

Modern Activism and the Digital Age

The long walk for freedom now manifests in digital activism, where social media platforms amplify voices demanding justice. Movements such as Black Lives Matter echo the themes of resilience and sustained effort central to the original long walk, but with new tools and strategies.

This evolution presents both opportunities and challenges. On one hand, digital connectivity accelerates awareness and mobilization; on the other hand, it requires vigilance against misinformation and superficial engagement.

Education and Cultural Memory

Preserving the legacy of the long walk for freedom involves educating new generations about the history and values embedded in this journey. Museums, literature, and commemorations play crucial roles in keeping the narrative alive.

Incorporating diverse perspectives ensures that the long walk for freedom is understood not only as a singular historical episode but as a continuous struggle for justice worldwide.

Key Takeaways: The Long Walk for Freedom as a Symbol and Reality

Endurance Over Time: The long walk for freedom emphasizes that social change

1.
is rarely swift; it demands sustained effort over years or decades.

Leadership and Unity: Effective leadership, exemplified by figures like Mandela, is

2.
critical in guiding movements through complex political landscapes.

Intersection of Justice and Healing: True freedom involves addressing both

3.
legal rights and social reconciliation.

Ongoing Struggles: Political freedom is often a milestone, not an endpoint,

4.
highlighting the need for continued advocacy against inequality.

Global Relevance: The lessons of the long walk for freedom resonate across

5.

diverse cultures and political contexts.

The long walk for freedom remains a powerful metaphor and lived experience that continues to inspire and challenge societies globally. It serves as a reminder that the pursuit of justice is a journey marked by perseverance, sacrifice, and hope—a walk that is far from over.

Nelson Mandela, apartheid, human rights, civil rights, activism, South Africa, freedom struggle, political imprisonment, social justice, equality

Read the full article online: [Long walk for freedom](#)