

**Paisley and District u3a Press Release:
No Embargo: Tuesday 22 June 2026**

Solo walker's marathon trail to Rome entertains u3a

Those who enjoy walking and travel are in for a free treat at Paisley and District u3a. On Thursday 2 July, guest speaker, Geraldine McFaul recounts her 2,000 miles solo walk from Glasgow to Rome with local u3a members.

Remarked Geraldine: "I didn't know if I could do this, but by putting one foot in front of the other, one step and then one mile at a time, this trip shows that we are much more capable than we give ourselves credit for."

u3a chair, Kathy O'Donnell said: "Many of us enjoy travelling and have a bucket list of ideal places. Actually walking to the place we dream of visiting, as Geraldine did, is rare. She managed to achieve her goal and in the process she has raised close to £20,000 for Mary's Meals and Dementia UK. I'm sure this has been the walk of her life. Our intrepid members will be keen to find out more about this trip of a lifetime over the Alps!"



The event takes place in the Salvation Army Hall, Paisley. The presentation starts at 2pm, with refreshments available from 1.30pm. Copies of Geraldine's new book, *Walking from Home to Rome*, which fully describes her adventures will be available.

Check out u3a groups/activities and how to join at: <https://paisleydistrict.u3asite.uk/>

ENDS

Notes to the Editor

1. **Photo credit: Geraldine McFaul**
2. **Geraldine McFaul** is the guest speaker at Paisley and District u3a's monthly meeting on Thursday 2 July 2026 at 2pm in the Salvation Army Hall, Paisley, PA1 1ND. For more details or to interview Tricia McKinnon, please contact PR Advisor, Allana Parker on **M: 07483 820027**.
3. A full account of Geraldine's walk which roughly followed the Via Francigena, a historical walking trail connecting pilgrims with the Holy City of Rome in medieval times, has just been published. Copies can be bought at the u3a event, from Amazon or www.gedsjourneys.com
4. Paisley and District u3a is Scotland's 50th self-help learning organisation for people who no longer work full time. u3as are run by local volunteers freely sharing their knowledge and skills. Members are part of a UK-wide and international educational movement. The u3a motto is 'Learn, laugh, live.' Scotland has around 12,000 members in 55 u3as who enjoy the social side of new activities, interests and hobbies: <https://scotland.u3asite.uk/> Details about this nationwide peer-learning for fun movement, with more than 1,000 u3as across the UK, can be found at: <https://www.u3a.org.uk/>