

1930
2020



spring 20

The Journey

Active ideas

2020: the year you try something new?

Secret London

Lesser-known treats in the capital

Let's go!

Four pages of kids' fun and games inside

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Snowdonia National Park



YHA Manchester



YHA Treynon Bay



YHA The Sill at Hadrian's Wall



YHA Tanners Hatch Surrey Hills



YHA Hawkshead

Hello

...and welcome to the first issue of 2020 of The Journey. Bring out the bunting! This year is a special one for us at YHA, marking nine decades since our formation as a national organisation. Various celebrations will be taking place to tie in with our 90th anniversary, including a bumper souvenir issue of The Journey in early summer. Plenty has changed in the years since we first came into being, but our core aims and values - inclusion, wellbeing and access for all to nature and culture - remain the same. On which note, we hope the following pages bring you some inspiration for your travels over the next few months. We visit London, speak to Paralympian Steve Bate and take a look at some of the most family-friendly hostels in the network. Happy reading!

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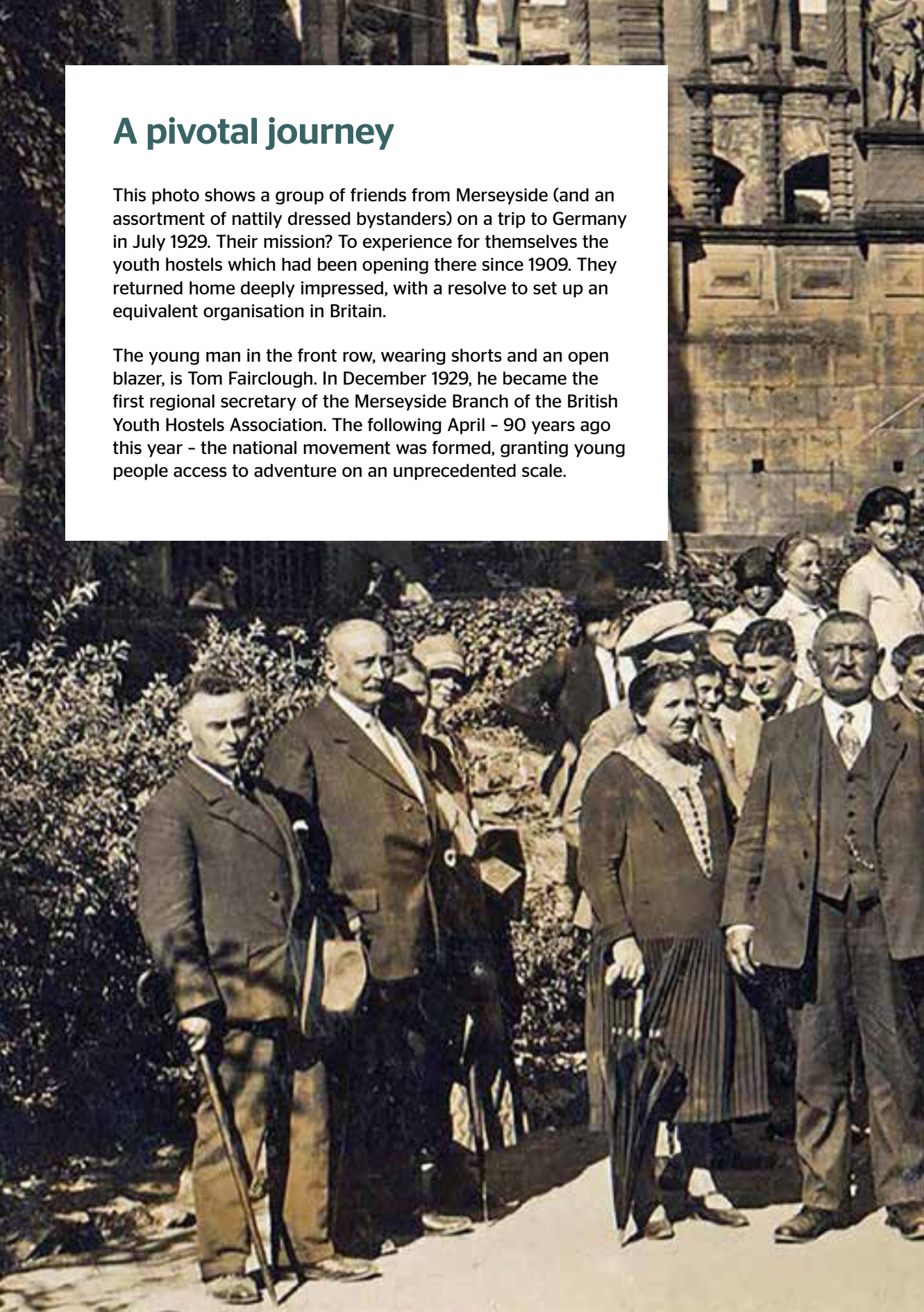
Competition

Win a KEELA Belay Pro jacket

A pivotal journey

This photo shows a group of friends from Merseyside (and an assortment of nattily dressed bystanders) on a trip to Germany in July 1929. Their mission? To experience for themselves the youth hostels which had been opening there since 1909. They returned home deeply impressed, with a resolve to set up an equivalent organisation in Britain.

The young man in the front row, wearing shorts and an open blazer, is Tom Fairclough. In December 1929, he became the first regional secretary of the Merseyside Branch of the British Youth Hostels Association. The following April - 90 years ago this year - the national movement was formed, granting young people access to adventure on an unprecedented scale.





Your YHA discoveries

Each issue we'll be sharing some special moments you've had while staying with YHA. We'd love to hear about your most memorable experiences at magazine@yha.org.uk

"I wouldn't let the frosty, icy cold morning put me off my cycling around the Cotswolds on my few days off work. Staying at YHA Stratford-upon-Avon for the night, staff welcomed me with open arms. The next morning, a hearty English breakfast set me up for my circular 150-mile cycle ride around the Cotswolds via Mickleton, Chipping Campden, and Broadway. I finally made my way to YHA Cotswolds in Cirencester. Then it was a return journey the next day to YHA Stratford-upon-Avon." [Christopher Matthews](#)



"After reading The Journey during our stay at YHA Boggle Hole, my friend immediately joined as a member as she was so impressed by what YHA has to offer. I've always loved YHA and am so pleased and impressed about the quality of accommodation, and the friendliness and professionalism of all your staff, that I can't wait to visit as many locations as I can. Thank you everyone and keep up the fantastic work you do. Your reputation is recognised all over the world." [Debbie Gill](#)

"My boyfriend and I stayed at YHA The Sill at Hadrian's Wall in Northumberland in January and had a great time. The weather was cold and windy but it didn't stop us getting out. The Wall is just a short walk away. Unfortunately the clouds meant we couldn't stargaze, but we will be back to take full advantage of the dark skies." [Paula Gardner](#)



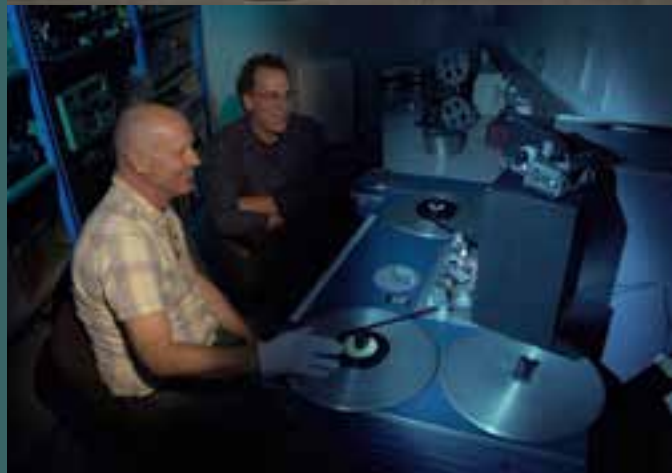
Spotted on screen

Lights... camera... action! Our landmark 90th anniversary isn't passing unnoticed. In mid-February, the BBC's Inside Out East Midlands dedicated a 10-minute prime-time slot to the history and evolution of "one of our best-known British institutions": YHA (England & Wales).

Presenter Mike Dilger, best known as The One Show's wildlife expert, visited us in the Peak District to shoot the section. Interspersing modern footage with vintage recordings of 1970s hostellers, he also interviewed CEO James Blake and YHA historian Duncan Simpson, as well as joining a group of inner-city schoolchildren on their first activity break.

James spoke about the devastating impact of foot-and-mouth disease in the early 2000s, highlighting how well our organisation has been able to bounce back. Duncan, meanwhile, pointed out the ways in which hostels had modernised to suit today's needs (a reminder to be grateful, perhaps, that there's no longer an obligatory lights-out curfew!), while underlining the fact that YHA's underlying ethos and ambitions have stayed the same. And as for the schoolchildren? Their smiles said it all.

You might also have spotted Duncan on another recent BBC programme. In January, an episode of Michael Portillo's Great British Railway Journeys saw the broadcaster call in at the recently refurbished YHA Street in Somerset, where Duncan talked him through the many ways in which the organisation continues to make a meaningful difference to young people around the country. Staying on track, if you'll excuse a rail pun...



Four days, three nights, 386 miles in the saddle

A Business Intelligence Developer with YHA for the past three years, Rob Abrey set himself a mammoth fundraising challenge in late 2019: a self-supported cycle across England and Wales. He's this issue's hostel hero.

Rob Abrey knows plenty about staying on the move. Growing up as the son of a railwayman, he was born in South Africa but has since lived all over the UK, as well as in Paris. He developed a love of hiking from his parents and - thanks to a bike built from spare parts and gifted to him by a great uncle - has been cycling since he was seven.

But even for a lifelong bike nut, the ride he decided to undertake in the autumn of 2019 was something remarkable. "I love

to challenge myself," he explains. "The route for this particular challenge was a combination of two routes, the Trans-Cambrian Way and Coast to Coast mountain bike routes. Both of these are typically completed in three days and two nights, but I decided to do them both in four days and three nights, self-supported, carrying everything I'd need for both day and night."

Put another way, he would be tracing a wriggly, west-to-east route across the



entirety of Wales and England, camping on any piece of flat, dry land he could find. "The total route distance was 386 miles, with 43,339 ft of climbing," he says. "It made perfect sense to raise money for YHA, to support the great things we do as an organisation - particularly for young people with challenging lives. This was actually the second time I've done a challenge like this for YHA. For me, a bike is the perfect adventure tool, allowing you to cover a good distance while still really getting off the beaten track."

His training regime was helped by the fact that he frequently cycles to work at our Matlock national office - a 30-mile round trip - but the ride itself was still an epic test of stamina. "It was some of the toughest days' riding I've ever endured, but it wouldn't have been a challenge if it was easy!" he recalls. "I loved the feeling of exploration and adventure from not knowing what might be around the next corner: a tearoom, a really hard climb or a herd of cows blocking the route?"

Naturally, the ride didn't go without its hitches. "The hardest part was having to trudge through a Lakeland bog for five miles in the rain. Wheeling a bike caked in mud through conditions you can barely walk in was really tough. But at the end of that

section I was welcomed by a committee of sheep and some sunshine. Now this might seem silly, but when you've been walking for about two hours and not seen a solitary creature for some time, sheep and a touch of sunshine are a truly wonderful thing!"

And the highlights? "There were so many. Riding through the mist at sunrise in the Cambrian mountains, making fresh tracks in the dew and dreaming of bacon sandwiches. Forging the River Duddon in the Lake District and living to tell the tale. Overall, it was just great to be able to get out and have an adventure. It taught me that a human being can endure a lot and still come back for more, and also that we have so much on our doorstep. You don't need to travel far to really take a break from it all and enjoy what wonderful England and Wales have to offer."

After close to 50 hours in the saddle, he arrived on the Yorkshire coast weary but ecstatic. "The elation of completing the challenge was just great. After reaching Robin Hood's Bay I cycled along the beach to YHA Boggle Hole for a beer and a burger. I think I'd earned that, right?"

Sponsor Rob at [justgiving.com/fundraising/rob-abrey](https://www.justgiving.com/fundraising/rob-abrey)



YHA is 90!

It's going to be a monumental year for YHA (England & Wales), as we celebrate 90 years since the organisation was founded. That's a lot of candles - but the year ahead isn't about cake (at least, it's not just about cake). We want to use our 90th anniversary year to help us raise the bar in all that we do: focusing on giving more people, particularly young people, more access to life-changing experiences that improve health, wellbeing and life skills.



1930
2020

CELEBRATING

90
years

TOGETHER

To achieve this, we've launched our Project90 appeal, to take 90 vulnerable young people from each of the 10 regions of England and Wales on an epic adventure. That's 900 children being given transformative two-day experiences that they'll treasure forever - trying activities like kayaking, mountain-walking and abseiling, in some of the UK's most spectacular corners. They'll have the chance to grow their confidence, build their social skills and gain truly happy memories.

We have set an ambitious fundraising target. To help us reach the £250,000 required, we're hosting exciting events up and down the network. From the spring, we'll be kicking off a wide series of celebrations and fundraising activities - not to mention some good old-fashioned birthday parties! We'd love for you to get involved.

All the details for local and national events can be found here: yha.org.uk/90

Birthday parties

Many of our hostels across England and Wales will be holding anniversary birthday parties, throwing their doors open to the local community and raising funds for Project90. These events will range from garden parties and open days to barbecues and picnics - with the common theme of being open to all-comers.

Some examples to give you a flavour? YHA Hartington Hall is holding a festival on Saturday 23rd May, with live music, a bouncy castle, face-painting and much more; YHA National Forest is hosting a dog show on Saturday 6th June, with a pet boutique, a mobile dog-groomer and various other canine activities; YHA Ironbridge Coalport is putting on a birthday party on Saturday 15th August, with workshop activities, live music and static bike time trials, and other exciting things; while on Saturday 11th July, YHA St Briavels Castle is offering overnight stays with a ticket to a live performance of Shakespeare's *The Tempest*.



Walk YHA

Meanwhile, Walk YHA events are also being organised across England and Wales, with guided walks to suit all abilities, from fossil hunts and family strolls to more challenging walks and treks. These events are more than just a great way to get together and take in the surroundings of your local hostels - you'll also get some fresh air and exercise while raising funds for Project90.

Two to be aware of? On Thursday 28th May, YHA Ravenstor is holding a geology walk led by former YHA Chair Chris Darmon and botany expert Helen Leaf, taking in the nearby wilds of Bellamy Bank, named after the late David Bellamy, who visited the hostel, while YHA Boggle Hole is running a guided fossil hunt on Saturday 12th September.

Keep a look out for updates as the year goes on.

Visit yha.org.uk/90 to find out more.

P.S. TeamYHA is participating in a series of challenge events in aid of Project90, from skydives and marathons to open-water swims and endurance bike rides. Fancy joining us, and raising money for a fantastic cause in the process? Find your event at yha.org.uk/challenge

P.P.S. If you like your beer, keep your eyes peeled for our bespoke anniversary brew, created by the multi-award-winning Purity Brewing Co., in rural Warwickshire. Cheers!

Q&A: **Steve Bate**

Steve Bate was diagnosed with Retinitis Pigmentosa in late 2011 and officially registered blind. In 2013, he became the first visually impaired person to solo-climb the mighty El Capitan in Yosemite, California. At the Paralympic Games in Rio 2016, he won two gold medals and a bronze alongside his tandem pilot Adam Duggleby. We spoke to Steve (pictured on left, above, and in the rear seat) during his training to compete in three events at this year's Paralympic Games in Tokyo.



Q Which parts of England and Wales do you enjoy training in, and why?

I'm based in Hebden Bridge in West Yorkshire, so I spend most of my time riding the local roads here. It's pretty savage terrain around here as it's so hilly, but I love it. I live at the bottom of Crag Vale, England's longest continuous climb, so most of the rides I do average about 500 metres of climbing every hour. But the landscape around here is really beautiful, and I love exploring it on different bikes.

Q Can you describe the buzz you get from being outside and in the saddle?

Most of the riding I do is on my own, which I really enjoy. You can go anywhere you want and head out on days with no fixed route or goals. I love riding in all weathers - I guess I've got used to spending hours riding in challenging conditions. When it's your job, and you get paid to do it, you can't say 'I can't ride today because it's raining or too windy', you just embrace it for what it is, and remind yourself that there are plenty of people who would love to do what I do. I just love the movement, being free and having my heart beating in my chest and the fresh air in my lungs. It makes me feel alive.



Q You've climbed El Capitan in Yosemite and won Paralympic golds - what are the lessons these incredible achievements have taught you?

It's crazy to think I've done both of those things now, as they are worlds apart. I think El Cap taught me if you train really hard for something, and you want it really badly, you can achieve whatever you put your mind to. The Paralympic Games taught me it's never a straight line from where you are to success, and failure is a big part of success. You will have good days and bad days - it's about keeping an eye on the end-goal on those bad days and never giving up. Everyone says 'it's not how many times you fall, it's how many times you stand back up.' That's how you are measured. Standing back up and trying again is the real success.

Q Was climbing your first love?

Climbing was definitely the first thing that really grabbed a hold of me, which became this obsession. I wasn't very good at it, but there was just this strange draw to it. It scared me to death most of the time I tried to climb hard routes, and I would quit several times during a climb before I got to the top. But then I would have this amazing feeling of achievement and self worth, so I would just keep doing it. It was like a bad drug, I just wanted more and more, but it was terrifying at the same time. I started climbing under bridges in London, because I was too scared to go to a climbing wall in case everyone laughed at me. I soon got over that, but it wasn't until I moved to Scotland where it became this crazy obsession. The thing I love most about climbing is it's all consuming, once you leave the ground, nothing is in your head, it's like meditation, you're just moving across a rock face with an empty mind. It's magic.

Q Has your training schedule for Tokyo been intense? Can you describe your typical day?

Training now is very scientific, so it depends what race I'm training for, and where I'm at in that cycle of training. I ride my bike seven days a week, and I guess it can average 18 to 30 hours of ride time. Then add two to three hours a week for the gym, and a bit more for mobility stuff. I'm just trying to get healthy before we start the long build-up to the games, and having been through it before, I know I need to be 100% fit and well to cope with the training demands I'll put on my body over the coming months.

Little-known London

Buckingham Palace? Westminster Abbey? Pah! Getting the most out of London means enjoying some of its lesser-known treasures – here we've handpicked 10, all within walking distance* of one of our six city hostels.



Grant Museum of Zoology

Perhaps best known for its Instagram-trending jar of moles (improbably, 18 specimens are preserved in the same glass vessel), University College London's Grant Museum of Zoology stands as a veritable Noah's Ark of creatures great and small. Its 68,000 zoological items represent one of the UK's oldest and most eccentric natural history collections, with highlights including dodo bones and the now-extinct Tasmanian tiger. Entrance to the museum is free, but be aware that it's only open from 1pm to 5pm, and closed on Sundays. **Where is it? 21 University Street (13 mins walk from YHA London St Pancras)**

Sister Ray Records

The comeback of vinyl records has been one of the biggest music industry stories of recent years, and committed crate-diggers will be well served by Soho's near-legendary Sister Ray Records. Self-billed as "the world's most visited record store", and also selling CDs, it nonetheless retains the feel of the kind of tucked-away music store you'd only stumble across by chance. It's named after a 17-minute-long Velvet Underground song, which tells you plenty about the pleasingly off-kilter approach it takes to the titles in stock. **Where is it? 75 Berwick Street (2 mins walk from YHA London Oxford Street)**



Barbican Conservatory

Mention the Barbican, and most of us would think of its brutalist architecture and its busy performing arts schedule. Less celebrated is its large conservatory – the second biggest in London, no less – which plays home to more than 1,500 species of plants and trees, as well as exotic fish and a general aura of having stumbled into the sub-tropics. Opening times are notoriously restrictive (mainly Sunday afternoons, with some Saturdays too) but it's well worth factoring into a weekend itinerary. Guided tours begin again in April. **Where is it? Silk Street (19 mins walk from YHA London St Paul's)**



Stave Hill Ecological Park

A fine example of how an urban area can be sculpted for the benefit of nature, Stave Hill Ecological Park is a 5.2-acre site which is part nature reserve, part educational facility, part research area and part recreational space. Woodlands, grasslands, wetlands and scrub are all incorporated, which in turn help to attract wildlife. The park is kept in good nick by volunteers, and you're welcome to bolster their efforts – they usually meet on the second Saturday of the month from 11am to 3.30pm. **Where is it? Timber Pond Road (5 mins walk from YHA London Thameside)**

Word On The Water

London has plenty of bookshops where you'd happily fritter away an hour – from Notting Hill's charming Lutyens & Rubinstein to the cornucopia of maps and travelogues that is Covent Garden's Stanfords – but Word On The Water is up there with the best of them. Occupying a restored 1920s Dutch canal barge, its shelves are piled high with new and second-hand books. Expect dark wooden floorboards, burbling music and an urge to leave with a bag full of new reads. **Where is it? Regent's Canal Towpath (12 mins walk from YHA London St Pancras)**



Vertical Chill

Who needs the Alps? Taking the notion of an indoor climbing centre then plummeting the thermometer to minus five degrees, Vertical Chill offers real ice-climbing at its eight-metre indoor ice wall in central London. Aimed at beginners and experts alike, it provides tuition (generally in one-hour sessions) and all necessary equipment. It's at the back of the Ellis Brigham store in Covent Garden. Very cool, in more senses than one.

Where is it? 10-12 Southampton Street (18 mins walk from YHA London Oxford Street)



Design Museum

The wider Earl's Court area plays home to some great little attractions - examples being the Tardis-like blue police box outside the Tube and, on Cromwell Road, Alfred Hitchcock's former home - but they're dwarfed by the appeal of the not-so-little Design Museum. Voted European Museum of the Year in 2018, its extensive collection is devoted to contemporary design in all its forms, from graphics and architecture to fashion and everyday products. Permanent displays are free - temporary exhibitions are ticketed.

Where is it? 224-238 Kensington High Street (18 mins walk from YHA London Earl's Court)

Pollock's Toy Museum

A remnant of the 1960s, and still going strong in its quiet location in Fitzrovia, Pollock's Toy Museum squeezes a widespread display of mainly Victorian toys into six small rooms and two winding staircases. The collection is very much a labour of love, and is still family-operated, with tin soldiers, dolls' houses, teddy bears and puppets all getting a look-in. It's child-friendly, needless to say, but is best suited to slightly older kids - who might be flabbergasted that there are no tablets or smartphones on show.

Where is it? 1 Scala Street (8 mins walk from YHA London Central)





Sky Garden

You'll likely be familiar with the irregularly shaped 38-floor tower at 20 Fenchurch Street, which has passed into common parlance as The Walkie Talkie, but it's more than something to point at. It's also something to point from, thanks to the glass dome and wraparound views at its summit. Sky Garden describes itself as London's highest public garden, with observation decks, landscaped gardens and an open-air terrace to back up the claim. It's free, but you'll need to book your tickets ahead of time.

Where is it? **20 Fenchurch Street (16 mins walk from YHA London St Paul's)**

Brunel Museum

It was back in the 1820s when a young Isambard Kingdom Brunel started work on his first major project, overseen by his father: a tunnel underneath the Thames. Fast forward to today and the space has been repurposed as a museum that tells the story of one of the most famous engineering families of all time. Highlights include the Grand Entrance Hall, a subterranean chamber that was turned into the world's first underground theatre, and an exhibition on the SS Great Eastern, the first modern ocean liner.

Where is it? **Railway Avenue (7 mins walk from YHA London Thameside)**



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Visit yha.org.uk/donate and support Project90 today.

PROJECT 90

Let's go!



How to... help hedgehogs

This is the time of year when hedgehogs start to appear again, after their winter hibernation. But how much do you know about these adorable spiky mammals - and how can you help them?

Five hedgehog facts

- 1 Hedgehogs are solitary, which means they spend their time alone. They sleep during the day and feed at night.
- 2 They're very good walkers, and can travel up to 12 miles in a single night searching for food and drink.
- 3 They like eating creepy-crawlies such as worms, beetles, slugs and earwigs.
- 4 Baby hedgehogs are called hoglets - and a group of hedgehogs is called a prickle!
- 5 Hedgehog numbers are getting lower, so it's important we do all we can to help them.

Five ways you can help them

- 1 Turn your garden into a 'hedgehog highway', by making sure there are gaps in the fence for them to get in and out.
- 2 Leave out piles of leaves and fallen logs for hedgehogs to nest in.
- 3 If you have a pond, put rocks or netting around the edge so that hedgehogs can get out easily.
- 4 Don't give them milk - leave out water instead.
- 5 Ask grown-ups to check for hedgehogs in the long grass before mowing, and in bonfires before lighting them.

Wildflower spotting checklist

Spring is when wildflowers start to appear in our woodlands, gardens and hedgerows. They're very important, because they help provide food for pollinators like bees. Here are five of the most common - how many have you spotted this year?

Daisy

Usually appears: late spring to summer.

Facts: This cheery white and yellow flower is always easy to recognise. Its name comes from the expression 'day's eye', because its petals close at night, then open again in the morning.



Daffodil

Usually appears: from late winter onwards. **Facts:** The appearance of the daffodil, with its nodding head, bright petals and yellow trumpet, is one of the clearest signs that the seasons are changing. It's also the national flower of Wales.



Bluebell

Usually appears: mid-April to late May. **Facts:** One of the best known wildflowers to be seen each year, the bluebell appears in huge numbers, usually in very old woods. Its sap is so sticky that people once used it to bind books!



Wood anemone

Usually appears: between March and May
Facts: A low-growing flower that enjoys the dappled shade of forests, the wood anemone has large white petals and a reddish stem. It's also known by the names thimbleweed and smell-fox!



Primrose

Usually appears: from late February
Facts: This pale yellow flower is one of the earliest to emerge each spring. It loves cool, damp places. Its name comes from the Latin word 'primus', meaning 'first', because it appears early.



You can visit the Grow Wild website for lots more information on wildflowers - as well as tips on how to grow your own. growwilduk.com

How to... climb trees safely



Are you a tree-climber? Follow these tips to make sure you stay safe!

- Choose the right sort of tree, always using a grown-up to help you. The best climbing trees are healthy, with strong trunks and lots of thick branches close to the ground. Don't climb if you see nests or rotten branches.
- Climb slowly, putting your feet and your hands in places that feel secure. Choose branches which are close to the main trunk. On your way up, always have at least three points of contact with the tree - two hands and a foot, or two feet and a hand.
- Don't climb too high! The best tree climbers know when it's the right time to stop. Always make sure you can get down safely - it's best to come down the same way you went up.

Why are lambs born in the spring?

Many animals, such as cats and dogs, can have their babies at any time of year. But sheep are different. In this country, most lambs are born in the springtime, although some can arrive as early as December and as late as June. So why are they only born at this time of year?

It's all to do with when female sheep, known as ewes, become pregnant. Ewes are only 'in season' once a year, in the autumn. This is the time when male sheep, known as rams, can make them pregnant. Five months later, in the spring, the ewes' lambs are ready to be born.

By having their babies at this time of year, it also means the ewes have lots of fresh grass to eat, which helps them make milk for their new-born lambs.



COMPETITION!

We have three copies of the National Trust's new 50 Things To Do Before You're 11¾ to give away to lucky readers. Published by Nosy Crow and updated for 2020, the book features handy tips, nature facts and dozens of exciting outdoor activities.

Win this great book!

To enter, just answer the following question:

Which of these things DOESN'T appear on the book's cover?

- a kite
- a bike
- a cat

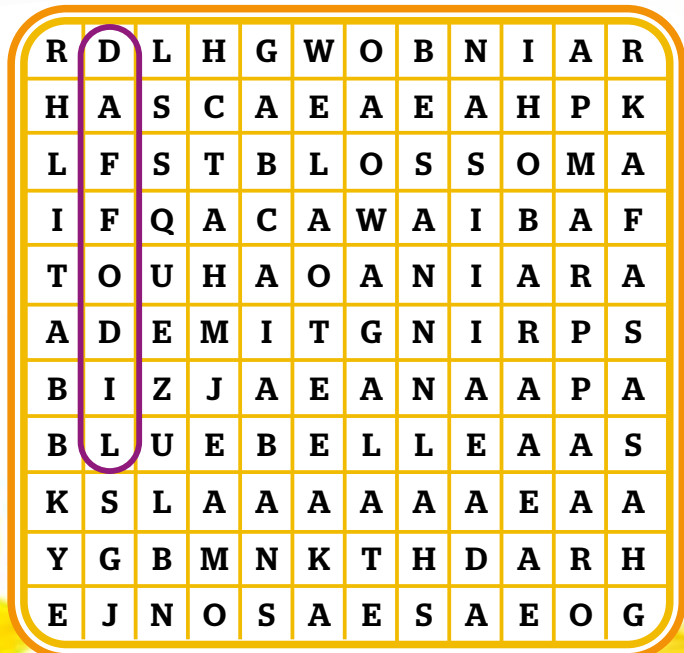
Email your answer to magazine@yha.org.uk (ask a grown-up to help if needed), including your name and age, by 31st May 2020. **Good luck!**



Wordsearch

Can you find these spring-themed words in the grid?

- Daffodil
- Hatch
- Rainbow
- Blossom
- Springtime
- Bluebell
- Green
- Season



2020: Your year of adventure

Getting into a new outdoor activity can be utterly life-changing. You may already be a fan – or even a devotee – of one or more of the five activities included here, but the benefits of trying something new can be extraordinary. Why not make 2020 the year you broaden your hobbies? You may never look back.

Hillwalking

Little prepares you for the feeling you get when you first stand on top of one of the Lake District's large fells, a Welsh mountain or a Peak District hill. It's a combination of awe-striking views (if the weather is forgiving) and a great sense of achievement. So great, in fact, that it often leads to a lifetime of seeking out new mountains and routes, perhaps ticking off summits such as the 214 Lake District 'Wainwrights', or the 14 3,000-metre peaks of Snowdonia. Other hotspots include the Brecon Beacons, and the Peak District around the Hope Valley. YHA has plenty of hostels in all these areas and is often filled with hillwalkers heading up the hills, rain or shine! Even better, you can walk between many of them: three prime examples are YHA Brecon Beacons to YHA Brecon Beacons Danywenallt, YHA Hathersage to YHA Eyam in the Peak District or YHA Buttermere to YHA Honister Hause in the Lake District.





Mountain biking

The thrill of the downhill turn and the carving burn are what make people life-long fans of mountain biking.

Once you start, weekends begin to be dominated by mud-splattered lycra, new singletrack routes and well-deserved coffee and cake after the ride.

The best places to start are at dedicated mountain bike centres, such as Coed y Brenin in Snowdonia, BikePark Wales near the Brecon Beacons, or Swinley Bike Hub in Berkshire. You'll be able to find bike and gear hire, as well as tuition and easy runs to build your confidence. Some of our more rural hostels are ideally located for getting into the wilderness, whether you're looking for long days across mountains, blasts through a forest or downhill kicks. Many properties have cycle storage facilities, and some even have cycle repair, maintenance and cleaning stations. YHA Perranporth in Cornwall and YHA Snowdon Llanberis in north Wales are both well located for great trails. If you fancy tackling the Coast to Coast route, YHA Alston in the North Pennines is one of the most cyclist-friendly hostels along the route.

Trail running

The sense of freedom that comes from off-road running is wonderful. There are few better ways to spend a couple of hours than taking to the trails across mountains or through forests, downland or just around the park. Trail running simply means running along off-road paths and routes rather than along the pavement, and it can be done anywhere and to any level. The benefits are evident from a health point of view, but most trail runners point to their pure love of being outside. It's also easy to get into, you just need a pair of trail running shoes (they have more grip than road running shoes), a pair of shorts or leggings and you're off.

Start simple on paths that you may know, and soon you'll be poring over Ordnance Survey maps planning your running weekend getaway.

YHA Edale Activity Centre in the Peak District is one example of a hostel surrounded by numerous paths and trails, or for the more experienced, head to the fells of the Lake District around YHA Ennerdale or YHA Coniston Coppermines.



Road cycling

Road cycling's popularity shows no signs of abating. Every British tour win or Olympic gold (fingers crossed) inspires a new generation to jump on a bike with curly handlebars. Even within road cycling, there are different disciplines, from short sprints to long-distance tours, and everything in between. One factor that most cyclists point to is the distances that can be covered through some of the most beautiful scenery in the country. You don't have to be a serious cyclist on a bike that weighs less than a teapot - as long as you have a well-maintained bike (or can hire one) and a helmet, you can begin exploring quiet roads, gentle trails and cycle paths.

The National Cycle Network on [sustrans.org.uk](https://www.sustrans.org.uk) is a great place to start and find routes for all levels and abilities.

Again, many of our hostels have bike storage facilities, repair and cleaning stations, and dry rooms, of course. YHA Helmsley in North Yorkshire is one pick for challenging routes, YHA Dartmoor is popular with cycling groups, and YHA Holmbury St Mary Surrey Hills, in an Area of Outstanding Natural Beauty, is well-located for the cycling magnet that is Box Hill.

Stand-up paddleboarding

Granted, getting on the thing, for the uninitiated, may be as graceful as a particularly ungainly walrus hauling itself onto a precarious bit of ice, and the endpoint usually finishes with a slip, a splash and a surprisingly loud involuntary yelp, but the bit in between is pure bliss.

With the notable exceptions of getting on and getting off, stand-up paddleboarding is one of the more meditative activities to try this year.

Its popularity is exploding as more and more people realise just what a fantastic way it is to travel the waterways and coastlines of Britain. It's at once muscle-defining, core-strengthening and utterly relaxing. Newbies should find the flattest bit of water - ideally a lake or a river - and always start with a guide who'll teach safety. The sea (less predictable, stronger tides and currents) is more complicated. Fortunately, there are guides at activity centres across the country. Active Buzz on the idyllic Cuckmere Haven near YHA Eastbourne is a perfect location.

9 family-friendly hostels

Wide-open spaces and curious ruins. Hidey-holes, beach gates and secret passageways. Buildings loaded with myth and legend. YHA's hostel network always feeds the imagination of children, and when you add in a wide range of activities, proximity to world-class attractions and some of the most beautiful landscapes in England and Wales, you're left with endless possibilities for adventure. Here are a few of our family favourites.

YHA Broad Haven

If this modern, 77-bed hostel was any nearer the beach, it would need to be able to float. It is located beside a broad expanse of award-winning beach on a sheltered part of Pembrokeshire's spectacular coastline, near Haverfordwest. There's also a games room and bell tents. yha.org.uk/hostel/yha-broad-haven





YHA Swanage

Rain or shine, summer or winter, show a beach to a child and you have hours of activities right there. The Victorian villa that houses YHA Swanage, along Dorset's Jurassic Coast, overlooks the sea and is only a five-minute walk from a Blue Flag-certified beach. yha.org.uk/hostel/yha-swanage

YHA Stratford-upon-Avon

As much as we'd love our children to critique Othello and recite half a dozen Shakespeare sonnets, chances are they'd prefer to be running around the acres of land surrounding the Grade II listed mansion. Kids especially love the bell tents and camping pods. yha.org.uk/hostel/yha-stratford-upon-avon



YHA Whitby

Whitby sells itself with tales of seafaring and a particular gothic spookiness, as well as stretches of some of Britain's most dramatic coastline. The location of this Grade I listed building, high above the town and right next to the abbey ruins, couldn't be better. yha.org.uk/hostel/yha-whitby

YHA Canterbury

This towering red-brick mansion has 72 beds as well as, particularly popular with children, rustic six-sided deluxe cabins that can comfortably sleep four or five. Canterbury itself has plenty of attractions for families, and sits close to both the coast and swathes of countryside. yha.org.uk/hostel/yha-canterbury





YHA Borrowdale

Reached through the dramatic-sounding Jaws of Borrowdale and surrounded by mountains, woodland and streams, YHA Borrowdale is one of the Lake District's most atmospheric hostels. Ever popular with families, its sleeping options include an 86-bed hostel, camping pods and a campsite.

yha.org.uk/hostel/yha-borrowdale

YHA Castleton Losehill Hall

Just arriving at this gothic mansion is a thrill for eager-to-explore kids, with sprawling mews, a camping barn and cabins, as well as 27 acres of grounds. That's before you factor in the Peak District National Park that surrounds it, and the castle and caverns of Castleton.

yha.org.uk/hostel/yha-castleton-losehill-hall



YHA Alnwick

If a certain story about a boy wizard has ever captured your child's imagination, make YHA Alnwick your next destination. The namesake castle in this medieval Northumberland village doubled as Hogwarts in the early films. Its location near the coast also makes it unmissable. yha.org.uk/hostel/yha-alnwick

YHA Boswinger

The pleasingly rural YHA Boswinger, on the southern Cornish coast, is perfect for active families. There are countless options nearby, including road cycling and mountain biking, walking and kayaking, as well as the salty-aired draw of the nearby coast. Evenings can be spent playing board games in the lounge.

yha.org.uk/hostel/yha-boswinger



Stay under the stars

Check out our complete camping range and pick your perfect pitch this spring.

yha.org.uk/camping-and-cabins



Camping at YHA Patterdale



Tipi at YHA Hawkshead



Camping pods at YHA Borrowdale



Landpod at YHA Coniston Holly How

What to look for when... you're identifying trees

Ever been frustrated by whether you're looking at a beech or a birch? You just need to know what to look for. This quick guide to tree identification – from Louise Hackett, Treescape Development Lead at the Woodland Trust – will give you a few basic hints and tips.

The UK has at least 50 species of native trees and shrubs, and many more species of introduced non-native trees. At the Woodland Trust we have a free 'Tree ID - British Trees' app with an A-Z guide of trees, and a way to identify them by feature. Here are the key features that can give clues as to what species it is.

Overall appearance, size and shape

Some trees have a distinctive look that can be used to identify them, especially from a distance.

Compare a silver birch, with its narrow shape and light and airy crown, to the broadly spreading crown of an oak.

Overall shape is also useful when identifying conifers. The layers of horizontally spreading branches of a mature cedar of Lebanon contrast with the sparsely branched Scots pine or densely bushy yew.

Look for signs of management which can affect the shape. Trees like hazel, hornbeam, beech and willow may have been coppiced or pollarded which can create a tree with many stems, rather than a tall, single trunk.

Bark

Take a closer look at the appearance, texture, markings and colour of the bark. All these can help to identify which tree you're looking at.

- Does it have a pattern of ridges or depressions, peeling flakes, or is it fissured, smooth or shiny?
- Is it grey, white, red or green?
- Remember that bark develops over time as a tree ages.

Leaves and needles

Leaf type, shape, appearance, texture and colour are all key characteristics when identifying trees.

They are also often the most obvious feature, particularly in spring and summer. The needles and scales of conifers are also considered types of leaves.

Flowers

Many trees only bloom at a particular time during the year but if you can see flowers, usually in the spring, it can be helpful with tree identification.

Fruits and seeds

At the right time of year, fruits and seeds are great characteristics to help with identification. They vary in shape, appearance and size from hard nuts to soft berries. Look at the colour and feel the texture of the outer surface of the fruit. Is it smooth, hairy, prickly, rough or papery, soft, hard or dry?

Consider opening fruits up to reveal the seeds inside, which can also be a useful identifying feature. Take note of whether fruits or seeds appear singly, such as crab apples, or in groups like the umbrella-like clusters of elderberries.

Leaf buds

In winter you'll find that there aren't many features to help with the identification of deciduous trees, but leaf buds can reveal some distinctive clues.

Twigs

Look at the texture of the twigs and whether they are smooth or hairy. Spines could indicate you're looking at hawthorn or blackthorn, and if it has corky ribs you may be looking at alder.

The Woodland Trust's free 'Tree ID - British Trees' app is available on Android and iOS. Download it now and brush up your identifying skills.





Tried and tested

Four outdoor items put through their paces by The Journey team

KEEN

Explore Vent

keenfootwear.com

Once the warmer months arrive, there are days when your faithful trekking boots can get cumbersome and clammy. These new lightweight hiking shoes offer a solution. Designed with a sturdy tread, a high-traction grip and anti-odour insoles, they also come with a meshed upper for ventilation. There's no ankle support, but on the plus-side they're good-looking enough to fit in everywhere from the mountain trail to the hostel bar. Comes in men's styles (five colour choices) and women's styles (eight colour choices).

Tom Rhys

- + Great for warm-weather walks
- + Attractive
- + Sturdy soles
- Season-specific

Did you know?

All YHA members receive discounts at gear stores including Cotswold Outdoor, GO Outdoors, Snow+Rock, Runners Need and Cycle Surgery

yha.org.uk/membership/member-benefits





Smartwool Women's Merino Sport 150 Tee

smartwool.co.uk

Launching in April as part of Smartwool's More Active campaign, this Merino Sport 150 Mountain Reflection Tee is several cuts above your average t-shirt. Its fabric is a combination of merino wool (which regulates temperature and resists odour) and quick-dry polyester. As an outdoor garment, the difference this blend makes, when compared to a standard tee, is pronounced. It's been put together with intense outdoor exercise in mind, and looks good too. Versions are available in men's and women's styles.

Louisa Williams

- + Designed for high-output exercise
- + Made for comfort
- + 56% merino wool
- Pricey for a tee



Opticron Savanna R PC 8x33 Binoculars

opticron.co.uk

In a market where the best models retail for multiple thousands of pounds, it's always a boon to find binoculars that do a sterling job without breaking the bank. This pair has the added advantage of being lightweight (it comes in at just over 400 grams), with a compact, easily packable design. Crucially, the clarity is very good too, functioning well for birdwatching and wildlife-viewing. The Opticron brand turns 50 this year - so it's fair to say they know their stuff.

Helen Kane

- + Excellent clarity
- + Light and packable
- + Well priced
- Less advanced than top-end bins



BAM Zip Detail Bamboo Sweat

bambooclothing.co.uk

Bamboo is the one of the world's most sustainable crops, and also happens to produce quality, super-soft clothing. This partly zipped sweatshirt is a fine example. Its main selling point, other than being extremely cosy, is its versatility: it has all-season, moisture-managing properties, making it a good option for day hikes and other light exercise, but it's also a solid bet as a good-looking top to wear around town. And an aesthetic perk: unlike many outdoor brands, use of the logo is pleasingly subtle.

Ben Lerwill

- + Sustainable material
- + Temperature-regulating
- + Soft and comfortable
- Needs more care than cotton

Hostel guide



Book now

Visit yha.org.uk or call 01629 592 700

YHA All Stretton
YHA Alnwick

YHA Alston
YHA Alstonefield

YHA Ambleside
YHA Bath

YHA Beer
YHA Bellingham

YHA Berwick
YHA Betws y Coed

YHA Beverley Friary
YHA Black Sail

YHA Blaxhall
YHA Boggle Hole

YHA Borrowdale
YHA Borth

YHA Boscastle Harbour
YHA Boswinger

YHA Brecon Beacons
YHA Brecon Beacons Danywenallt

YHA Bridges
YHA Brighton

YHA Bristol
YHA Broad Haven

YHA Buttermere
YHA Cambridge

YHA Canterbury
YHA Cardiff Central

YHA Castleton Losehill Hall
YHA Cheddar

YHA Cholderton Stonehenge
YHA Clun Mill

YHA Coniston Coppermines
YHA Coniston Holly How

YHA Conwy
YHA Cotswolds

YHA Coverack
YHA Dalby Forest

YHA Dartmoor
YHA Dufton

YHA Eastbourne
YHA Edale

YHA Eden Project
YHA Edmundbyers

YHA Elmscott
YHA Ennerdale

YHA Eskdale
YHA Exford

YHA Eyam
YHA Gower

Meadow Green, Batch Valley, All Stretton, Shropshire, SY6 6JW
34 to 38 Green Batt, Alnwick, Northumberland, NE66 1TU

The Firs, Alston, Cumbria, CA9 3RW
Gypsy Lane, Alstonefield, nr Ashbourne, Derbyshire, DE6 2FZ

Waterhead, Ambleside, Cumbria, LA22 OEU
Bathwick Hill, Bath, BA2 6JZ

Bovey Combe, Beer, Seaton, Devon, EX12 3LL
Demesne Farm, Bellingham, Hexham, Northum, NE48 2BS

Dewars Lane, Berwick Upon Tweed, Northumberland, TD15 1HJ
Swallow Falls Hotel, nr Betws-y-Coed, Conwy, LL24 ODW

Friar's Lane, Beverley, East Yorkshire, HU17 ODF
Black Sail Hut, Ennerdale, Cleator, Cumbria, CA23 3AX

The Old School House, Blaxhall, Woodbridge, Suffolk, IP12 2EA
Mill Beck, Fylingthorpe, Whitby, North Yorkshire, YO22 4UQ

Longthwaite, Borrowdale, Keswick, Cumbria, Lakes, CA12 5XE
Morlais, Borth, Ceredigion, SY24 5JS

Palace Stables, Boscastle, Cornwall, PL35 OHD
Boswinger, Gorran, St Austell, Cornwall, PL26 6LL

Libanus, Brecon, Powys, LD3 8NH
National Park Study Centre, Talybont-on-Usk, Brecon, LD3 7YS

Ratlinghope, Shrewsbury, Shropshire, SY5 OSP
Old Steine, Brighton, BN1 1NH

14 Narrow Quay, Bristol, BS1 4QA
Broad Haven, Haverfordwest, Pembrokeshire, SA62 3JH

Buttermere, Cockermouth, Cumbria, CA13 9XA
97 Tenison Road, Cambridge, Cambridgeshire, CB1 2DN

54 New Dover Road, Canterbury, CT1 3DT
East Tyndall Street, Cardiff, CF10 4BB

Castleton, Hope Valley, Derbyshire, S33 8WB
Hillfield, Cheddar, Somerset, BS27 3HN

Beacon House, Amesbury Road, Cholderton, Wiltshire, SP4 OEW
The Mill, Clun, Craven Arms, Shropshire, SY7 8NY

Coppermines House, Coniston, Cumbria, LA21 8HP
Holly How, Far End, Coniston, Cumbria, LA21 8DD

Larkhill, Sychnant Pass Road, Conwy, LL32 8AJ
New Brewery Arts, Cirencester, Gloucestershire, GL7 1JH

Parc Behan, School Hill, Coverack, Helston, Cornwall, TR12 6SA
Old School, Lockton, Pickering, North Yorkshire, YO18 7PY

Bellever, Postbridge, Devon, PL20 6TU
Dufton, Appleby, Cumbria, CA16 6DB

1 East Dean Road, Eastbourne, East Sussex, BN20 8ES
Rowland Cote, Nether Booth, Edale, Hope Valley, Derbyshire, S33 7ZH

Eden Project, Bodelva, Cornwall, PL24 2SG
Low House, Edmundbyers, Consett, Co Durham, DH8 9NL

Elmscott, Hartland, Bideford, Devon, EX39 6ES
Cat Crag, Ennerdale, Cleator, Cumbria, Lakes, CA23 3AX

Boot, Holmrook, Cumbria, CA19 1TH
Exe Mead, Exford, Minehead, Somerset, TA24 7PU

Hawkhill Road, Eyam, Hope Valley, Derbyshire, S32 5QP
Port Eynon, Swansea, SA3 1NN

YHA Grasmere Butharlyp Howe	Easedale Road, Grasmere, Cumbria, LA22 9QG
YHA Grinton Lodge	Grinton, Richmond, North Yorkshire, DL11 6HS
YHA Hartington Hall	Hall Bank, Hartington, Buxton, Derbyshire, SK17 OAT
YHA Hathersage	Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
YHA Hawes	Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ
YHA Hawkshead	Hawkshead, Ambleside, Cumbria, LA22 0QD
YHA Haworth	Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT
YHA Hawse End	Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
YHA Helmsley	Carlton Lane, Helmsley, North Yorkshire, YO62 5HB
YHA Helvellyn	Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
YHA Holmbury	Radnor Lane, Dorking, Surrey, RH5 6NW
YHA Honister Hause	Seatoller, Keswick, Cumbria, CA12 5XN
YHA Hunstanton	15 Avenue Road, Hunstanton, Norfolk, PE36 5BW
YHA Idwal Cottage	Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
YHA Ilam Hall	Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ
YHA Ingleton	Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
YHA Ironbridge Coalbrookdale	1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR
YHA Ironbridge Coalport	John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
Isle of Wight Brighstone	North Street, Brighstone, Newport, PO30 4AX
YHA Jordans	Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN
YHA Keswick	Station Road, Keswick, Cumbria, CA12 5LH
YHA Kettlewell	Kettlewell, Skipton, North Yorkshire, BD23 5QU
YHA Kings	Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB
YHA Kington	Victoria Road, Kington, Herefordshire, HR5 3BX
YHA Lands End	Letcha Veau, St Just-in-Penwith, Penzance, Cornwall, TR19 7NT
YHA Langdale	High Close, Loughrigg, Ambleside, Cumbria, LA22 9HJ
YHA Langdon Beck	Forest-in-Teesdale, Barnard Castle, Co Durham, DL12 0XN
YHA Leominster	The Old Priory, Leominster, Herefordshire, HR6 8EQ
YHA Littlehampton	63 Surrey Street, Littlehampton, West Sussex, BN17 5AW
YHA Litton Cheney	Litton Cheney, Dorchester, Dorset, DT2 9AT
YHA Liverpool Albert Dock	25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
YHA Liverpool Central	Kansas Building, Mathew Street, Liverpool L2 6RE
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
YHA Llanddeusant	The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL
YHA Llangattock	Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG
YHA London Central	104 Bolsover Street, London, W1W 5NU
YHA London Earls Court	38 Bolton Gardens, Earl's Court, London, SW5 0AQ
YHA London Lee Valley	Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
YHA London Oxford Street	14 Noel Street, London, W1F 8GJ
YHA London St Pancras	79-81 Euston Road, London, NW1 2QE
YHA London St Pauls	36 Carter Lane, London, EC4V 5AB
YHA London Thameside	20 Salter Road, Rotherhithe, London, SE16 5PR
YHA Lulworth Cove	School Lane, West Lulworth, Wareham, Dorset, BH20 5SA
YHA Malham	Malham, Skipton, North Yorkshire, BD23 4DB
YHA Manchester	Potato Wharf, Castlefield, Manchester, M3 4NB
YHA Mankinholes	Mankinholes, Todmorden, Lancashire, OL14 6HR
YHA Manorbier	Manorbier, nr Tenby, Pembrokeshire, SA70 7TT
YHA Medway	351 Capstone Road, Gillingham, Kent, ME7 3JE
YHA Milton Keynes	Vicarage Road, Bradwell Village, Milton Keynes, MK13 9AG
YHA Minehead	Alcombe Combe, Minehead, Somerset, TA24 6EW
YHA National Forest	48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD
YHA New Forest	Cott Lane, Burley Ringwood, Hampshire, BH24 4BB
YHA Newcastle Central	17 Carliol Square, Newcastle Upon Tyne, Northumberland NE1 6UQ

YHA Newport Pembrokeshire	Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS
YHA Ninebanks	Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ
YHA Okehampton	Klondyke Road, Okehampton, Devon, EX20 1EW
YHA Okehampton Bracken Tor	Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW
YHA Osmotherley	Cote Ghyll, Osmotherley, Notherallerton, North Yorkshire, DL6 3AH
YHA Oxford	2a Botley Road, Oxford, Oxfordshire, OX2 0AB
YHA Patterdale	Patterdale, Penrith, Cumbria, CA11 ONW
YHA Penzance	Castle Horneck, Penzance, Cornwall, TR20 8TF
YHA Perranporth	Droskyn Point, Perranporth, Cornwall, TR6 OGS
YHA Poppit Sands	Sea View, Poppit, Cardigan, Pembroke, SA43 3LP
YHA Port Eynon	Old Lifeboat House, Port Eynon, Swansea, SA3 1NN
YHA Portland	Hardy House, Castle Road, Castle Town, Portland, DT5 1AU
YHA Portreath	Nance Farm, Illogen, Redruth, Cornwall, TR16 4QX
YHA Pwll Deri	Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 OLR
YHA Ravenstor	Millers Dale, Buxton, Derbyshire, SK17 8SS
YHA Rhossili	Rhossili Middleton, Rhossili, Swansea, SA3 1PJ
YHA Rowen	Rhiw Farm, Rowen, Conwy, LL32 8YW
YHA Scarborough	Burniston Rd, Scarborough, North Yorkshire, YO13 ODA
YHA Sheen Bunkhouse	Peakstones, Sheen, Derbyshire, SK17 OES
YHA Sheringham	1 Cremer's Drift, Sheringham, Norfolk, NR26 8HX
YHA Sherwood Forest	Forest Corner, Edwinstowe, Nottinghamshire, NG21 9RN
YHA Skiddaw House	Bassenthwaite, Keswick, Cumbria, CA12 4QX
YHA Slaidburn	King's House, Slaidburn, Clitheroe, Lancashire, BB7 3ER
YHA Snowdon Bryn Gwynant	Nantgwynant, Caernarfon, Gwynedd, LL55 4NP
YHA Snowdon Llanberis	Llwyn Celyn, Llanberis, Caernarfon, Gwynedd, LL55 4SR
YHA Snowdon Pen-y-Pass	Pen-y-Pass, Nantgwynant, Caernarfon, Gwynedd, LL55 4NY
YHA Snowdon Ranger	Rhyd Ddu, Caernarfon, Gwynedd, LL54 7YS
YHA South Downs	Itford Farm, Beddingham, Lewes, East Sussex, BN8 6JS
YHA St Briavels Castle	St Briavels, Lydney, Gloucestershire, GL15 6RG
YHA St Davids	Llaethdy, Whitesands, St David's, Pembrokeshire, SA62 6PR
YHA Stratford	Hemmingford House, Alveston, Stratford-upon-Avon, CV37 7RG
YHA Streatley	Reading Road, Streatley, Berkshire, RG8 9JJ
YHA Street	The Chalet, Ivythorn Hill, Street, Somerset, BA16 0TZ
YHA Swanage	Cluny, Cluny Crescent, Swanage, Dorset, BH19 2BS
YHA The Sill at Hadrian's Wall	Military Road, Bardonia Mill, Northumberland, NE47 7AN
YHA Tanners Hatch	Off Ranmore Common Road, Dorking, Surrey, RH5 6BE
YHA Thurlby	16 High Street, Thurlby, Bourne, Lincolnshire, PE10 OEE
YHA Tintagel	Dunderhole Point, Tintagel, Cornwall, PL34 ODW
YHA Totland Bay	Hurst Hill, Totland Bay, Isle Of Wight, PO39 OHD
YHA Treyarnon Bay	Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR
YHA Truleigh Hill	Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB
YHA Wasdale Hall	Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET
YHA Wells Next The Sea	Church Plain, Wells, Norfolk, NR23 1EQ
YHA Whitby	Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT
YHA Wilderhope Manor	Manor, Longville in the Dale, Shropshire, TF13 6EG
YHA Windermere	Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA
YHA Wooler	30 Cheviot Street, Wooler, Northumberland, NE71 6LW
YHA Wye Valley	Near Goodrich, Ross-on-Wye, Herefordshire, HR9 6JJ
YHA York	Water End, Clifton, York, North Yorkshire, YO30 6LP
YHA Youlgrave	Fountain Square, Youlgrave, nr Bakewell, Derbyshire, DE45 1UR

Drying room

Our reader's picture this issue comes from Paul Howlett:

"I'll be using this stunning bike for my Everesting and 1,200 mile seven-day challenges. I wish I was as photogenic!"

Do you have a great picture you'd like to see here? Share your adventures by emailing magazine@yha.org.uk or tweeting using #LiveMoreYHA



@Pam_Tester

At the ripe old age of er, *mumbles* 21 *coughs*... I've become a YHA member. Not bad benefits for £20 per year. Coast to coast planning in hand @YHAOfficial @YHA_Lakes

@fionaell

Staying at @YHASTBriavels is blowing my mind. The thought that we are staying in the same place that King John stayed in 1212 is doing my head in @YHAOfficial

@Ali_Stevens

Not a bad day at the office... Holmbury Hill tucked away not far from home, lovely walk from @YHAOfficial Holmbury hostel #holmburystmary with a group of year 5 students... Special agents in training! #alexrider #stormbreaker

@VeganOlive1

Hungry at #Waterhead #Ambleside @YHAOfficial @YHAAmbleside Lakeside Restaurant is a lifesaver with loads of #Vegan options... Falafel panini, salsa & sweet potato fries & chips is just the ticket #Veganfoodshare #PlantPowered

@AnitaNicholson

Absolutely loved my 3 years working for @YHAOfficial at hostels in Shropshire and Yorkshire in my late 20s and early 30s so becoming a member is long overdue but done at last, ready for some adventures!

#LivemoreYHA



WIN! Darn Tough socks

We have one women's and one men's pair of the amazing Darn Tough Light Hiker Micro Crew Cushion socks to give away. All Darn Tough socks are made with the finest merino wool.

To enter, just answer the following question:

True or false? YHA celebrates its 90th anniversary this year.

Answers to magazine@yha.org.uk by 31st May 2020.



Name the countries

WIN! a men's or women's KEELA Belay Pro jacket worth £90

It's shaping up to be an unforgettable year of sport. The Olympic and Paralympic Games take place in the summer, but before then it's the turn of football's Euro 2020. Both England and Wales have qualified - can you unscramble the names of five other countries in the tournament?

1. RUTASIA
2. LENTWIZARDS
3. MANGREY
4. AKINRUE
5. RAGPLUTO

To enter simply send us an email with your five answers to magazine@yha.org.uk by 31st May 2020. Feel free to share your thoughts on this magazine at the same time.



About the prize

KEELA is giving away one men's and one women's Belay Pro jackets. The Belay Pro is wind and water-resistant, and utilises PrimaLoft Gold Insulation to provide versatile warmth in a lightweight package. This thermal jacket is ideal for squashing into your pack to throw on when it gets cold. It can be used as a mid-layer to provide extra warmth, or an outer layer to throw on over your other layers when you stop for a break or it gets colder. keela.co.uk

Last issue: congratulations to James Brook, who won a Berghaus Trailhead rucksack, and to Shaun Gill and one other, who both won copies of Lily Dyu's Fantastic Female Adventurers.



We are YHA.

We transform young lives forever through travel and real adventure.

Because where you go changes who you become.

stay | join | give | volunteer yha.org.uk

YHA (England & Wales), Trevelyan House, Dimple Road, Matlock, Derbyshire DE4 3YH

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