



yha



winter 22

# The Journey

## Rail breaks

Top train journeys for hostellers

## Winter escapes

Nine great hostels with private rooms

## Let's go!

Four pages of kids' fun and games inside

# Winter wonders

**Rooms from £29 per  
night this season**

Enjoy doorstep access to the most iconic landscapes  
and landmarks of England and Wales.

[yha.org.uk/breaks/winter-holidays](https://yha.org.uk/breaks/winter-holidays)





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# Hello

...and welcome to the winter issue of The Journey. As we settle into the new year, and even turn our antennae towards the earliest signs of spring, it's worth remembering how much there is to enjoy about the British winter. This is traditionally a time of rest, recuperation and resolution, but it's also a fine time for wrapping up, getting outdoors and enjoying the subtle, shifting beauty of the leafless landscapes and winter skies.

In this issue, we look at various ways of making the most of the UK in the colder months, picking out some of the best rail journeys in England and Wales, highlighting nine hostels perfect for winter getaways, and exploring a few alternatives to the country's honeypot hiking locations.

Elsewhere we interview Amira Patel - known as Amira the Wanderlust - and Alex Staniforth, both of whom are hugely inspiring advocates of the outdoors. You'll find the usual news and reviews, as well as Let's Go!, our special pull-out kids' section - and there's also the chance to win one of five fantastic framed YHA artworks. Enjoy the read, and we'd like to take this chance to wish you a safe and happy 2022.



## They don't make them like they used to

Rising and falling across the map from the Irish Sea to the North Sea, the 73-mile Hadrian's Wall - or at least what remains of it - can date its origins to precisely 1,900 years ago, when Hadrian himself came calling and decreed the construction of a barrier "to separate Romans from barbarians".

As well as standing within strolling distance of YHA The Sill at Hadrian's Wall, the ancient structure also forms part of the UNESCO-listed World Heritage Site known as Frontiers of the Roman Empire. UNESCO designations have made headlines in recent times, with Liverpool's waterfront controversially stripped of its status back in July, although England and Wales still boast more than 25 sites deemed to be of outstanding universal value.

These include - to name just four - Ironbridge Gorge, the City of Bath, the Lake District and Canterbury Cathedral, all of which can be enjoyed from nearby YHAs. Why not take the time this year to schedule a visit to a World Heritage Site? And if you're heading to the wonder that is Hadrian's Wall - well, enjoy the view.



# All means all: access, inclusion and the power of community

YHA has a 90-year history of quiet radicalism. Not beating down the doors, or shouting from the rooftops, but pursuing practical change with steady determination. We were founded in 1930 on a principle of inclusion: to ensure everyone can access the outdoors, nature, heritage and culture. This remains at the core of our purpose, and is the primary focus of our latest strategy: *Adventure. For the first time and a lifetime.* Our top priority is to ensure that all really does mean all.

Over two million young people faced lockdown without access to a garden or local green space. As our hostels opened up, we welcomed more people from all parts of society than ever before, but it became clear how many more we were still not able to reach.

In September we published *Outside Voices*, a unique project exploring connections between people and places. It gives a platform to the previously unheard and provides greater insight into lived experience of inequity and exclusion. It challenges us to listen more, learn more and - crucially - do more.

We have a track record of targeting support to young people and families with the least access to adventure and the most to gain from outdoor activity, but we know that we can only succeed if we work with others. We want to learn from, strengthen and support smaller groups and organisations who are working locally and nationally to support inclusion in the outdoors.

This is why I am so pleased that we are launching *Outdoor Citizens*. A community of practice focused on how we can increase our existing work with these groups. Alongside this we are partnering with Natural England to see how we can learn from and best support community leaders from a diverse range of backgrounds to have equitable access to the outdoors and nature.

Our strengths lie in our heritage, our size, supporter base and sense of purpose. But if you cannot see it, you cannot be it. So in addition to our work with partners we will be exploring ways to diversify our own workforce to help build towards a more inclusive and representative future. As a youth charity it's also crucial that we hear from young people, and I thank our first Youth Advisory Team for the difference they've already made.

Through projects like *Outside Voices*, *Outdoor Citizens*, and the 16-month-long *Generation Green* programme - which will, by its end, have provided over 100,000 opportunities that connect young people with nature - we can continue to take practical steps to overcome the barriers that exist for so many.

"We are YHA. Because where you go changes who you become." That's our saying. But we are learning that it isn't just where you go, but who you take on the journey with you, and who you meet on the way.

**YHA Chief Executive James Blake**



# Become a YHA Virtual Adventurer

Take on our charity challenge  
and help us raise vital funds

Looking for a worthwhile challenge this winter? February sees the launch of YHA's Virtual Adventurer: Pembrokeshire Edition, organised in partnership with mapping platform UltraBritain. Marking the second time we've held a Virtual Adventurer challenge - the first, in 2021, saw lots of you virtually complete the Lake District's William Wordsworth Way - it's a chance to clock up the kilometres while helping to raise crucial funds for our work.

The concept is a simple one. It costs just £15 to participate in the challenge, and once you're signed up you can pledge to walk, run or cycle 30, 100 or 300km over the course of February. The distance can be completed in chunks of your choosing, at your own pace, and there's no minimum sponsorship amount. All your walks, runs, hikes and bike rides can count towards your total.



So where does Pembrokeshire fit in? Well, no matter where you're exercising, you'll be able to register for a free UltraBritain profile. This means that every time you log the kilometres you've accumulated - either manually, or automatically through the simple process of linking a Strava account - you'll be able to watch your avatar progress along the spectacular Pembrokeshire Coastal Path. The 300km option represents the full length of the trail... cliffs, bays, puffins and all.

With UltraBritain's software, you'll pass real-life landmarks and six YHA hostels along the way. You can also add your own photos and share your progress with friends and family online. Once you've entered, we'll invite you to set up a JustGiving page - and there's a further perk, too. Anyone who raises more than £50 will be entered into a draw for a two-night break at a YHA in Pembrokeshire (terms and conditions apply).

And the very best part? All money raised supports our work in connecting people with nature, the outdoors, heritage and culture.

Sign up here: [yha.org.uk/give/virtual-adventurer](https://yha.org.uk/give/virtual-adventurer)





# Amira the Wanderlust

In August 2020, on an Instagram post, Amira Patel wrote: “Diversifying the outdoors one step at a time. Being a hiker and a Muslimah does have its struggles as it’s something not many people see, but I don’t let this stop me. I don’t let my hijab, my clothing or my niqab stop me from travelling and hiking. I believe one person can make a difference and inspire. It just takes that one step. Appreciate all the love and support we’ve received, and I’m so happy to see my group expand 🌍👭❤️🏔️”

And how this group has expanded. Amira the Wanderlust, as she is known, has grown a large and inspiring community of women through her organisation Wanderlust Women. It’s a growing group of Muslim women who hike together, paddleboard, climb, kayak, surf, and find peace in the outdoors.

“I went through a difficult few years in my life, and the outdoors was my healing space,” Amira tells The Journey. “I started doing a lot of solo walks and it helped me to connect to my religion. Islam is all about being mindful, about solitude, and about being grateful. I’d pray outside. I found a beautiful feeling that I had with the outdoors, a spiritual connection.”

Amira had always travelled. Her dad would take her and her brother on trips worldwide with work, and her mum was

always outdoorsy, taking them cycling and hiking. And then, after a few years of “being a teenager” and a university student, she took herself exploring across the UK, and then Europe.

**“I went backpacking for a month, and that’s when I truly found in myself the spark of adventure. I knew that’s what I wanted to do, that this is me.”**

That was about five years ago, when her vision for a safe space for Muslim women, for women from South Asian backgrounds, began to form. But life got in the way - and then Covid struck. Unable to work in the beauty salon she managed, she began to explore the British outdoors.

“I learnt about Wainwrights [the 214 peaks described in Alfred Wainwright’s Pictorial Guide to the Lakeland Fells] and started walking them. I also did the Three Peaks Challenge, and each time I did something I became more and more connected.”

She started putting her pictures on Instagram and soon began attracting attention. “So many people started getting

in touch saying they loved what I was doing, asking about wearing a veil, and lots of other questions.”

“I started wearing the veil at the beginning of 2020, and I did have concerns for myself. I wondered if I'd be seen differently and if I could still do the things I wanted to do. And then I put a post up saying that you shouldn't let what you wear define your purpose in life, what you can and can't do. And so many people got in touch; they resonated with it and found it inspiring. And then it hit me that there's no representation of people like me in the outdoors. That's when I realised there's a bigger purpose to this and the idea that I'd had five years ago, I decided to make it happen.”

Within a day of setting up the Instagram page (@the.wanderlust.women), she had more than 1,000 followers, tickets for her first guided walk near her home town of Bolton went in minutes, and organisations including the Kit Collective got in touch to offer help. Throughout 2020, Amira took groups of women hiking, gorge walking, kayaking, canoeing, and rock climbing. Wanderlust Women got coverage in the news, and appeared in films. She was asked to talk at the prestigious Kendal Mountain Festival.

It's not all been plain sailing of course. “It's always going to be the case that if people see something that's different, you will get questioned. You will get racism; you will get Islamophobia.”

**“Generally, the outdoor community is quite welcoming, but outside that, there's polite racism, micro-aggressions, and I think that's something a lot of women face in the outdoor industry.”**

“Things like: Where's your map? Do you know where you're going? Is this your first time here? And on social media, you do get racist comments, but that's just fuel to keep on doing what we're doing.”

Amira has ambitious plans for Wanderlust Women, including the first international trek, skills courses, and developing clusters of Wanderlust Women around the UK. She'd also love to have a Wanderlust space in the Lake District with prayer facilities, halal food and women-only facilities. On a personal level, she has plans to do the Coast-to-Coast, undertake a Mountain Leader course, complete the Wainwrights, and run a marathon to raise money for The Period Poverty Project.

But her core ethos is clear: “The work I do is to advocate for people who are underrepresented in the outdoors, to speak on behalf of Muslim women and women from South Asian backgrounds.”

**@the.wanderlust.women**





# 7 ways to enjoy the ‘Natural Health Service’ in 2022

**Alex Staniforth is a YHA ambassador and co-founder of Mind Over Mountains, a charity dedicated to restoring mental health through enjoying nature. Here, he shares seven tips for the year ahead.**

The idea of nature as a route to wellbeing is hardly novel. Most of us can relate to the stress-easing, mood-boosting process of being outside, which isn't really surprising considering it's where we are intrinsically designed to be. We know it works. With this in mind, I co-founded Mind Over Mountains, a charity to restore mental health through outdoor experiences. We do this by combining hill-walking and mindfulness in UK National Parks, offering an unhurried, unpressured setting to walk and talk with professional coaches, counsellors and mountain leaders.

## 1 Get to the start

For some, the hardest part can simply be getting to the start point. Reaching the top of a mountain under your own steam can

spark a life-changing boost of confidence. When dwarfed by mountains, sweeping valleys and coastline, we're better able to break negative thought cycles, put worries back in perspective, and address problems in a more optimistic way.

## 2 Trust the science

The science is already stacking up on the benefits of exercise for reducing our risk of depression and other mental health conditions. Add wild places and fresh air to the endorphins and the Vitamin D from sunlight, and you get an even more powerful combination. Even 10 minutes of 'green exercise' has been shown to lower blood pressure, reduce cortisol, and boost self-esteem and mood.

### 3 Practice mindfulness

It's hard not to feel more hopeful when watching the spring blossoms emerge, listening to birdsong, or noticing the unassuming routine of sunrise. In our walks we offer guided mindfulness sessions to help us practice this lost art of taking notice in our hectic lives. It's something we can all practice, just by slowing down on our walks and concentrating on the small things in nature, or even routine daily tasks like waiting for a bus or going to the shop.

### 4 Walk with people

Shared outdoor experiences help us build our resilience, manage stress, and embrace life challenges that could otherwise throw us off course. At Mind Over Mountains we find that walking side by side in the open encourages people to open up more readily, much more than they perhaps would if they were face-to-face in a room. And by sharing these challenges with others, we may go up the hill as strangers, but we come back down as friends. If joining a local walking or Ramblers group feels daunting, why not invite a friend or family member or look on Facebook community groups?

### 5 Go out in all weathers

No two days in nature are ever the same. Sometimes we enjoy dazzling blue skies from a mountain summit, sunlight creeping through forest canopies and the calming trickle of streams. But we also get the pea soup visibility, wringing rain out of our gloves, and shouting over howling wind. In these moments we learn to find appreciation and gratitude for the small things even when the clouds come in: gnarly twisted trees on the Kinder Scout plateau, singing in the rain, and hot chocolate on the summit. But please make sure you are suitably equipped and within your limits to stay safe when conditions can change rapidly.

### 6 Find green space anywhere

The benefits of green space can be found just as readily in your garden or walking around the local park, as they can in the wildness of far-flung Munros. It's not all about climbing mountains or extreme physical challenges. In the tranquil New Forest or along the Essex coastline, for example, you can make beautiful discoveries just a stone's throw away from major urban conurbations. This is especially important considering many people lack access to, or awareness of, our National Parks and mountain areas.

### 7 Go now

I started Mind Over Mountains when it took me longer to get therapy for my eating disorder as a young man than it did to cycle, walk, run and kayak more than 5,000 miles around the UK - which ironically was probably a much more therapeutic process. There's no waiting list for the Natural Health Service. Nature is a vital tool in helping to fill the gap and guide people through the anxieties and uncertainty ahead - to find time for themselves, some healing, hope, and a reconnection with what matters. The hardest part is always taking that first step but focus on these small steps, be curious and enjoy discovering the benefits of nature for yourself.

Alex Staniforth is a YHA ambassador, record-breaking adventurer, motivational speaker, author and co-founder of Mind Over Mountains ([mindovermountains.org.uk](http://mindovermountains.org.uk)).

# Riding the rails

England and Wales are both packed with memorable rail routes – lines that connect city, coast and countryside to often spectacular effect. Some are short rides that trundle through shapely landscapes, others are map-spanning journeys that cross multiple counties. Here we've chosen four of our absolute favourites, all of which have a YHA presence close by.

## 1. York to Berwick-upon-Tweed

The East Coast Main Line is one of the UK's main rail arteries, stretching from London King's Cross all the way north to Edinburgh and beyond (Dundee, Aberdeen and – pass the chocolate frogs – Hogwarts). The stretch between York and Berwick-upon-Tweed takes just 1 hour 45 minutes but passes through many places of note, including Durham (don't miss the cathedral view on the right and, a while later, the Angel of the North) and Newcastle-upon-Tyne.

Arriving into historic Berwick-upon-Tweed, the train rolls unforgettably across the 28-arch Royal Border Bridge before reaching the station. You'll find YHA Berwick less than 15 minutes' walk away. Set in a converted granary, it's unique for having a Tower of Pisa lean, and also makes a fine base for exploring not just the ancient walls that encircle the town but the pleasures of the castle-studded Northumberland coast to the south.

[yha.org.uk/hostel/yha-berwick](https://yha.org.uk/hostel/yha-berwick)

[yha.org.uk/hostel/yha-york](https://yha.org.uk/hostel/yha-york)





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## 2. Settle to Carlisle

Rail connoisseurs get a little giddy at mention of this highly scenic line through the Yorkshire Dales. Opened more than 150 years ago, it takes in 20 viaducts and passes through 14 tunnels, making it not just a feast for the eyes but an astonishing feat of engineering. The stations along the line - many of them tiny and remote - are carefully tended, while the deep views across the National Park are pure joy.

End to end, the journey takes a little less than 1 hour 45 minutes, so it's perfectly possible to travel both ways in the space of a day. But even better, perhaps, to disembark the train and set off into the Dales themselves. The high-perched YHA Hawes sits a few miles away from Garsdale Station, one of the stops along the route, while YHA Malham - which is also on the Pennine Way - is connected by bus to Settle.

[yha.org.uk/hostel/yha-hawes](https://yha.org.uk/hostel/yha-hawes)  
[yha.org.uk/hostel/yha-malham](https://yha.org.uk/hostel/yha-malham)

## Dart across to Dartmoor

New life was breathed into the UK rail network in November 2021, when The Dartmoor Line was reopened for the first time in 50 years. The route - which travels 15 miles from Exeter St David's to Okehampton, the northern gateway to Dartmoor National Park - was fully relaid, with some 24,000 sleepers being replaced in the process. The news was especially exciting for YHA Okehampton, which occupies a converted railway goods shed at Okehampton Station: so not only is the hostel a prime base for Dartmoor adventures, it's also borderline impossible for guests to be late for the train back to Exeter...

[yha.org.uk/hostel/yha-okehampton](https://yha.org.uk/hostel/yha-okehampton)

### 3. London to Penzance

The UK has only two sleeper services. One, the Caledonian Sleeper, runs from London Euston up to Scotland and makes for a brilliant way to reach the Highlands. The other, the Night Riviera, travels each evening from London Paddington to Penzance, reaching Cornwall in time for breakfast by the coast. The benefits of taking the service are numerous. Not only is it the greener option, it also means you don't have to use up daytime hours by travelling - and no less notably, it's also an adventure.

Penzance has bags of potential for travellers, being well placed for walking jaunts along the South West Coast Path and panoramic road-bike trips, although serious rail fans might also consider getting off a stop earlier, at St Erth. From here, a scenic branch line makes the short journey north to lovely St Ives, where you can wander the narrow streets, enjoy the beaches, then continue down to Penzance at your leisure.

[yha.org.uk/hostel/yha-penzance](https://yha.org.uk/hostel/yha-penzance)







## 4. Chester to Holyhead

Wales has some beautiful rail routes, among them the Cambrian Coast Line and the Heart Of Wales Line, but the charming stretch between the border city of Chester – with the newly opened YHA Chester Trafford Hall on its outskirts – and the causeway-connected island of Anglesey has plenty of its own to enjoy. The journey can take as little as 88 minutes on the express, but opt for a stopping service and you'll be able to break the journey in charismatic Conwy, home to a glorious medieval castle (and, less than 15 minutes' walk from both the station and the fortress, YHA Conwy).

Continuing west across the Menai Strait onto Anglesey, you'll then have the lexical thrill of calling at the longest-named station in the UK, the mouth-mangling Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch. The line terminates on Holy Island, at Holyhead, from where you can take a walk along the Isle of Anglesey Coastal Path – or, indeed, catch a ferry to Ireland!

[yha.org.uk/hostel/yha-conwy](https://yha.org.uk/hostel/yha-conwy)  
[yha.org.uk/hostel/yha-chester-trafford-hall](https://yha.org.uk/hostel/yha-chester-trafford-hall)



## Street on screen

In the late 1980s, presenter and former MP Michael Portillo played a key role in saving the Settle to Carlisle line from closure. His subsequent TV series, *Great British Rail Journeys*, continues to be a fixture on the BBC schedules. During a recently-aired episode of *Series 11*, while travelling between Taunton and Salisbury Plain, he stopped off at Somerset's YHA Street – the longest-standing hostel in the network – to meet YHA historian Duncan Simpson. On screen, Duncan talked him through the 1930s beginnings of YHA, the curfews and shilling-a-night policies of yesteryear, and the role hostels played in the peace process.

[yha.org.uk/hostel/yha-street](https://yha.org.uk/hostel/yha-street)

# Exclusively yours this winter

Now's the time to book a relaxing break to spend quality time with friends and family in the great outdoors.

Some of our most beloved properties are available on YHA Exclusive Hire this season, including YHA Coniston Coppermines (pictured).

Hire a whole hostel.

[yha.org.uk/exclusive-hire](https://yha.org.uk/exclusive-hire)



# Let's go!

Our pull out section for children.

## The magic of the Moon

Winter is the perfect time to wrap up warm and enjoy the wonders of the night sky. On a clear evening in the countryside you might spot hundreds of different stars, but there's one object that shines bigger and brighter than any of them: the Moon. Here are some facts about our nearest neighbour in space.

Even though the Moon is slowly spinning around us, the same side of it is always facing us.

The part of the Moon facing the Sun is much hotter than anywhere on Earth - and the part of the Moon in darkness is much colder than anywhere on Earth!

The Moon is about **four times smaller than Earth**, and about 400 times smaller than the Sun. It's also 400 times closer to us than the Sun!

The Moon is **384,400 kilometres** from Earth. It takes around three days to fly there in a spaceship.

There's no wind or water on the Moon, but there are lots of craters on the surface. These were made by comets and asteroids smashing into the surface, millions of years ago.

The first humans to walk on the Moon were American astronauts Neil Armstrong and Buzz Aldrin, in July 1969.

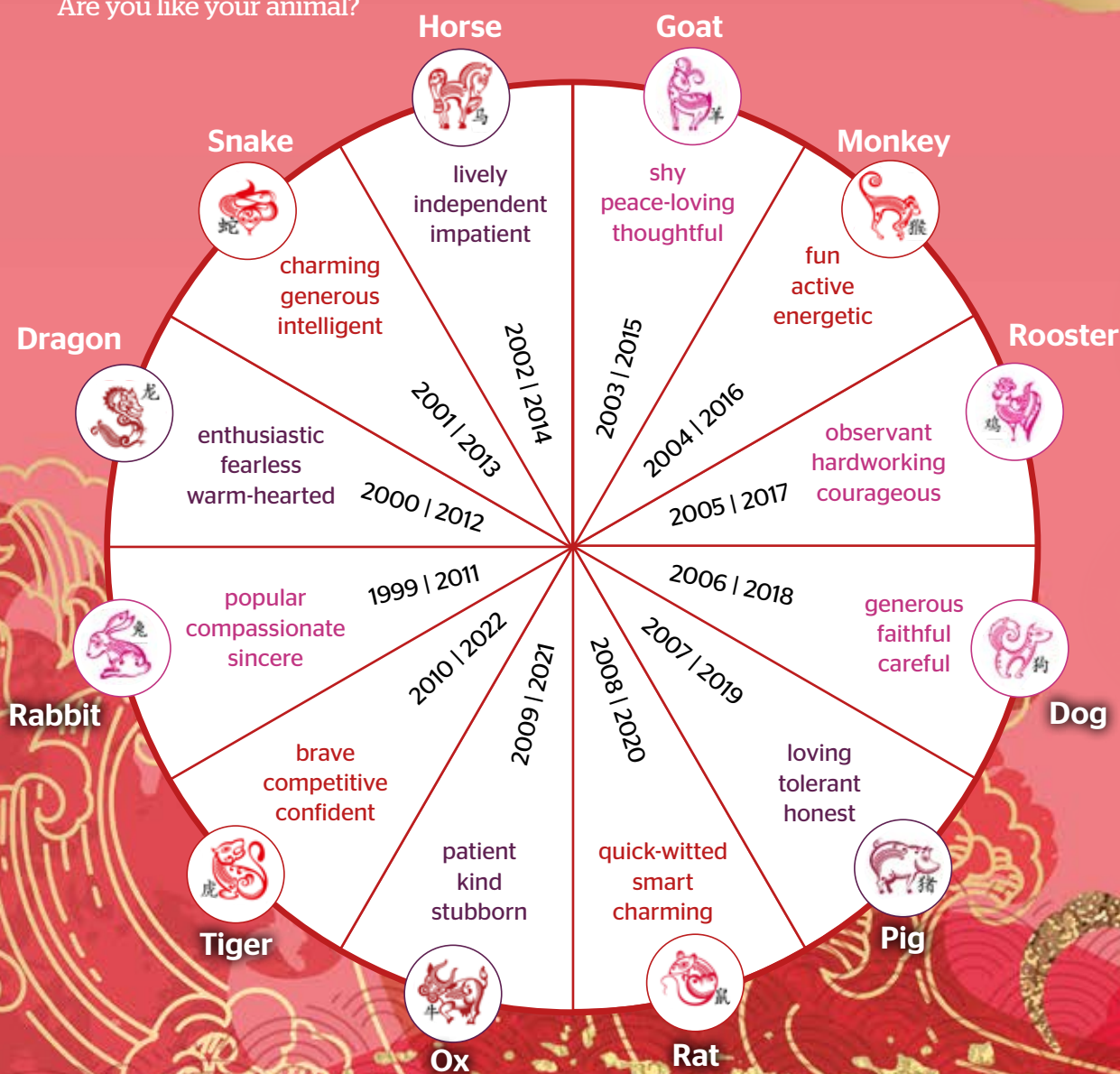
Since then, five other spaceships have carried astronauts to the Moon. The last one was way back in 1972!

Excitingly, the next Moon landing is planned for 2024. If it's successful, the crew will include the first woman to land on the Moon.

# Year of the Tiger

The Moon also plays an important role in the traditional Chinese calendar, which is based on where the Moon and Sun are in the sky. This means that Chinese New Year (also known as Lunar New Year) always takes place several weeks after our own New Year's Eve.

Each year the Chinese calendar also has a special animal connected to it. This year, between 1st February 2022 and 21st January 2023, is the Year of the Tiger. People born in the Year of the Tiger are said to be brave, competitive and confident - and their lucky colours are blue and green! Have a look at our chart below to see more about the year you were born in. Are you like your animal?



# ROMAN REMAINS

On page 6 of this issue you'll see a photo of Hadrian's Wall, a famous barrier that was built by the Romans. It stretched all the way across northern Britain, from one coast to the other, for 73 miles.



## Why did they build it?

The Roman Empire stretched all the way up to what is now northern England, so the wall was the Romans' way of stopping people from further north (in what is now Scotland) from **invading their lands**. The wall was high, thick, and hard to climb. A lot of it is still there today.



## When did they build it?

They started building it in AD122 - **1,900 years ago** this year - after Emperor Hadrian visited Britain. It took six whole years to build. One of the reasons it took so long was because the **Romans built towers** along the wall, roughly every mile, where soldiers could rest and keep watch.

## Can you visit today?

**Yes.** Many parts of the wall can still be visited - there's even a special long-distance walk that travels the full length, from one side of England to the other! **YHA The Sill at Hadrian's Wall is a hostel very close to the wall.** From here, you can visit some amazing historical sites from the Roman era.

These include Housesteads, the most complete example of a Roman fort in Britain. At one time, **800 soldiers lived here**, right next to the wall.

You'll see where they slept, where they cooked - and even where they went to the loo! Also nearby is Vindolanda, another ancient Roman base with a brilliant museum, where highlights include a 3D film, and lots of fascinating items that have been found by archaeologists.



Stay at our hostel  
whilst you explore the wall!



# Wordsearch

Can you find the animals that hibernate in winter?

- Hedgehog
- Dormouse
- Bat
- Ladybird
- Lizard
- Adder
- Bumblebee
- Frog

B G H U E I Q U M G D A  
G U L K D S R O F M D Z  
B N M A C S A D D E R E  
O N L B A T W E X A A J  
G E J A L O H D E D Z K  
H R Y H T E O L O V I E  
C O F D R I B Y D A L C  
E H R T D E C E A S O E  
R D O R M O U S E D B E  
E O G E G T O D L C O H  
L E S H **G O H E G D E H**

## Winter visitors

Every spring and summer, birds like swifts and swallows fly here from hotter parts of the world, as part of their yearly migration. But did you know that some birds only visit the UK in the colder months? Here are three of our special winter visitors.

### Whooper swan

With their long, thin necks and black-and-yellow bills, these swans are a lovely sight. They come here from Iceland to find food in our wetlands and estuaries. Their name comes from the 'whooping' sound they make.



### Fieldfare

These speckled birds normally live in Scandinavia, but they spend their winters here in the UK, where it's slightly warmer. In the countryside, they're often seen in flocks with redwings, who look very similar.



### Bar-tailed godwit

These long-legged wading birds arrive here from chilly Siberia, where they breed in the warmer months. They can be seen around the UK shoreline, and they eat worms, shrimps and shellfish.



# Alternative walking spots

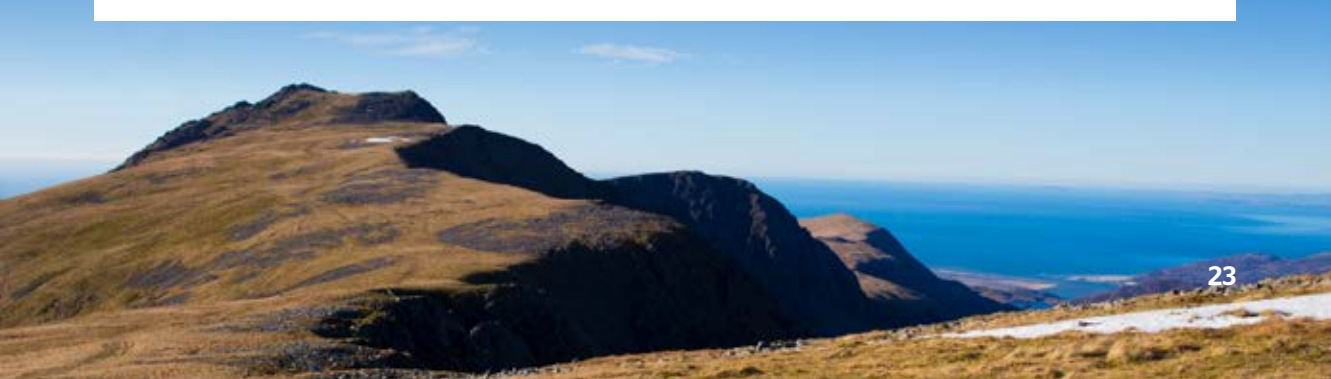
There tend to be good reasons why honeypot locations are so popular: they might be the highest, or the easiest to get to, or the most obviously beautiful. But with popularity comes crowds. Every summer, we read stories of queues to get to the top of Snowdon, or of litter on England's highest mountain, Scafell Pike. So here we're highlighting some of our lesser-visited locations, the often overlooked peaks and trails that offer experiences every bit as rewarding as their more famous neighbours.

## NORTH WALES Moel Hebog

**Alternative to:** Snowdon

**Nearest youth hostels:** YHA Snowdon Pen-y-Pass, YHA Snowdon Ranger

If the crowds on Snowdon turned their gaze southwest, eyes would rest on a quiet mountain peeking above the treeline. There wouldn't be many people on it. Very few, in fact. The mountain, still hitting a heady 782 metres, is Moel Hebog. The name also refers to the group of peaks that surround it, including the thrillingly sharp (but achievable) Nantlle Ridge, north to Mynydd Mawr. The range is a complex jumble of mountains that can offer some relatively easy walking, some fun scrambles and the aforementioned ridge walk. It also offers some of the best views over to Snowdon. One exciting route for experienced hillwalkers leaves Beddgelert to summit Moel Hebog, following the ridge over Moel yr Ogof and Moel Lefn before descending to pick up a path in Beddgelert Forest - but do make sure your map and compass skills are up to scratch. Alternatively, tread a path from Llanfihangel-y-pennant towards Beddgelert Forest. You won't see many people and the sense of remoteness is real. Again, it's one for experienced walkers.



# YORKSHIRE DALES

## Swaledale

**Alternative to:** Wensleydale, Pennine Way  
**Nearest youth hostel:** YHA Grinton Lodge

Swaledale and the subsidiary dale to Arkengarthdale are all but dead-ends, with only vast moorland, impossibly green pastures and lonely lanes beyond. For walkers, this means a wealth of places to enjoy the best of the Yorkshire Dales. One possible walk (among many) that avoids any busy stretches is to head down into the hamlet of Grinton from YHA Grinton Lodge then rise high above Reeth along the precipitous Fremington Edge. From there, a sharp descent down to Arkle Beck for a return riverside jaunt through woodland and farmland lets you experience a completely different character. It's a pretty straightforward walk and short-ish, but takes you around what could be the most beautiful dale in Yorkshire, and has a couple of cosy pubs to finish in. Very little wrong with that.

**Vast moorland, impossibly green pastures and lonely lanes**

# PEAK DISTRICT

## White Peak

**Alternative to:** Dark Peak  
**Nearest youth hostels:** YHA Hartington Hall, YHA Alstonefield, YHA Ilam Hall, YHA Sheen Bunkhouse

The loosely-defined White Peak extends over the southern portion of the Peak District. It's vast, sparsely populated and often quieter than the High Peak to the north. The walkers and climbers that can congregate along Hope Valley, and the admittedly unmissable Kinder Scout, are largely absent in the White Peak. What it lacks in the drama of gritstone escarpment of Stanage Edge or the 'shivering mountain' of Mam Tor, it makes up for in expansive rolling dales, quaint little villages - including Flash, the highest village in England - and the spa town of Buxton. The White Peak is home to four hostels: YHA Alstonefield, YHA Ilam Hall, YHA Sheen Bunkhouse and YHA Hartington Hall. From the latter, you can spend a day walking the eight-mile Manifold Way from Hulme End, branching off on the River Hamps to Waterhouses - a far quieter alternative to the tourist magnet of nearby Dovedale.





## SOUTH WALES

### Crickhowell

**Alternative to:** Brecon Beacons  
**Nearest youth hostels:** YHA Llangattock Mountain Bunkhouse, YHA Brecon Beacons, YHA Brecon Beacons Danywenallt

It's not hard to see how the Black Mountains got their name: as the sun hides behind the cloud (as it does a fair bit in these parts), the lumbering hills of the area darken to dramatic effect. Yet when the sun does appear, no matter the season, they make an inviting prospect for a hillwalker - and this is a seriously untouched area for walking. The Black Mountains lie in the eastern area of the Brecon Beacons National Park, and while they don't hold the magnetic draw of Pen y Fan in the east, they offer the chance of solitude, and probably the most magnificent views across southern Wales, letting you admire its more famous neighbours from afar. Take a walk from the lovely town of Crickhowell up to Pen Cerrig-calch, along the ridge to Pen Allt-mawr and back along Tal Trwynau. It takes in ancient burial sites and remote mountain passes.

**Probably the most magnificent views across southern Wales**

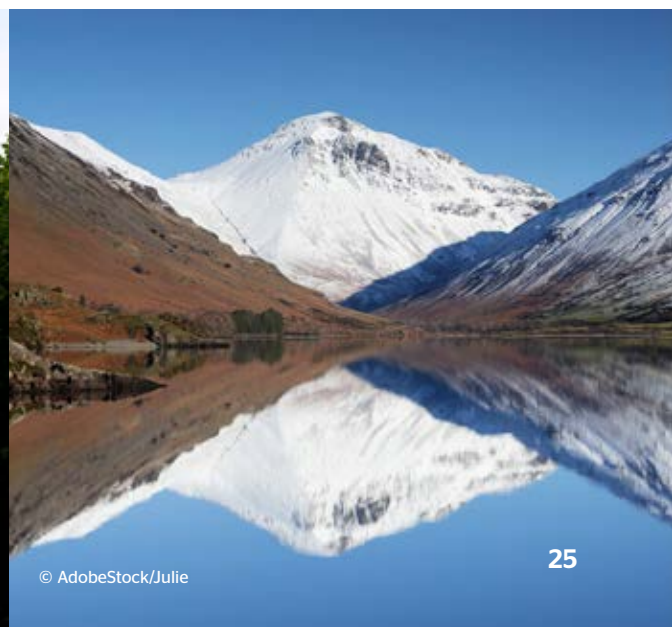


## LAKE DISTRICT

### Glaramara (and Great Gable)

**Alternative to:** Scafell Pike  
**Nearest youth hostel:** YHA Borrowdale

No one is pretending that Glaramara is a 'secret spot', but it is consistently less busy than Scafell Pike and, in every way, a more interesting mountain to visit. Leaving from YHA Borrowdale and taking in Glaramara first is - admittedly in our opinion - one of the best day walks in the Lakes. The last time we were there (in spring), the only two people we saw were fell runners on Allen Crag, and they thought they were on Great End! Start up the long, sprawling Thornythwaite Fell and along an untidy ridge up to Glaramara, with a steep scrambly pull to the top. Continue to Allen Crag and then down to the highway between Angle Tarn and Styhead Tarn. The choice here is yours... for a shorter walk back to the hostel head down Styhead Gill. For more adventure, and truly one of Lakeland's best mountains, hoist yourself up Great Gable, wonder why Scafell Pike is so much busier, and then head along the path alongside Sour Milk Gill for a quiet walk back. And then straight through the door of YHA Borrowdale, and a drink in one of the loveliest bars in the Lake District.



# 9 hostels for winter adventures

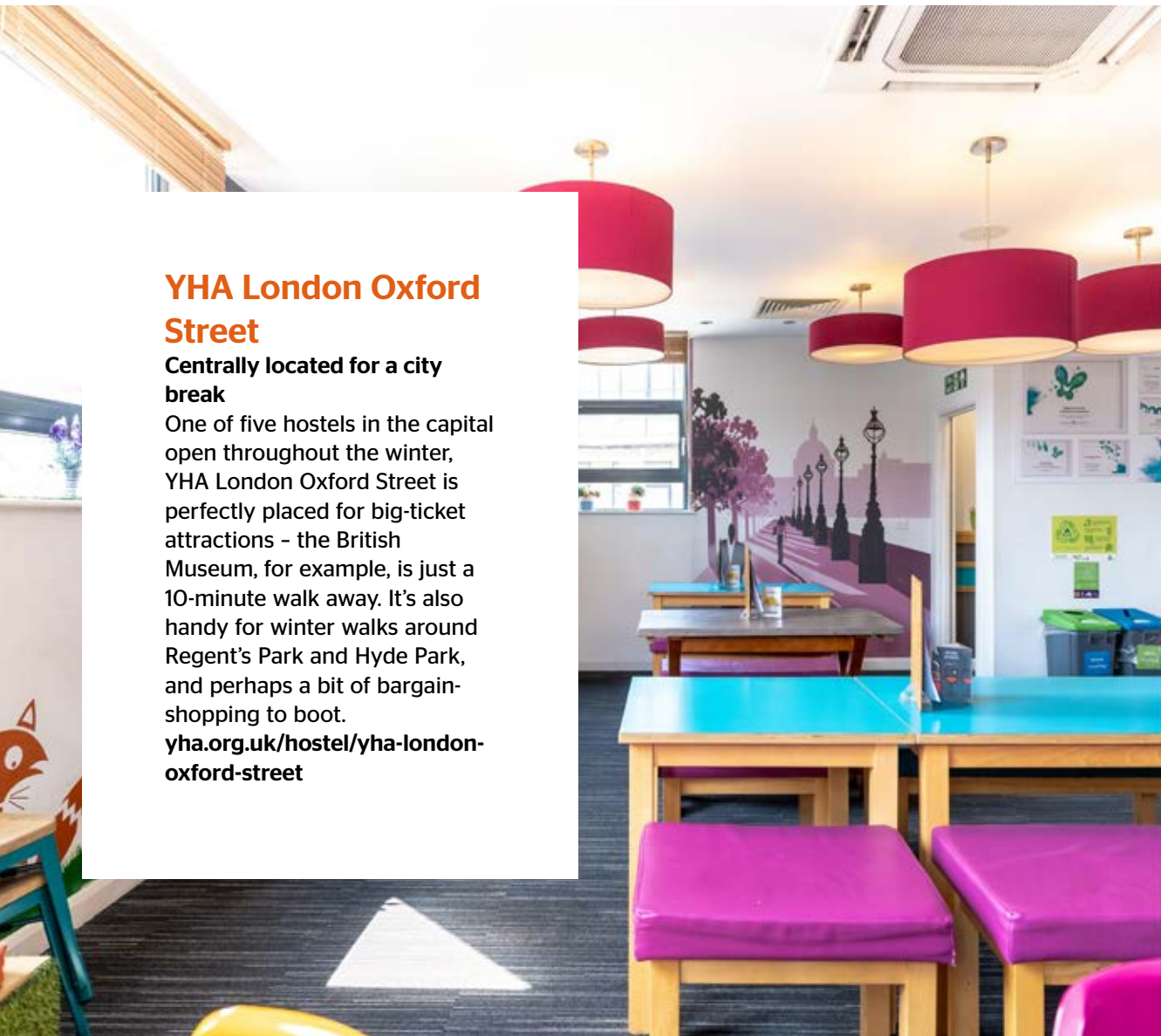
We've pulled together nine great hostels ideally placed for winter getaways. From city breaks to coastal hideaways, and from active outdoor destinations to cosy lounges with roaring fires, you'll find the perfect off-season getaway.

## YHA London Oxford Street

**Centrally located for a city break**

One of five hostels in the capital open throughout the winter, YHA London Oxford Street is perfectly placed for big-ticket attractions - the British Museum, for example, is just a 10-minute walk away. It's also handy for winter walks around Regent's Park and Hyde Park, and perhaps a bit of bargain-shopping to boot.

[yha.org.uk/hostel/yha-london-oxford-street](http://yha.org.uk/hostel/yha-london-oxford-street)





## YHA Whitby

### Evocative seaside bolthole

Blustery walks along the wild North Sea coast, moody strolls around the gothic abbey that sits next to the hostel, and cosying up in warm pubs playing board games... pretty much the perfect winter break in Whitby. This large Grade 1 listed mansion has plenty of private rooms and stunning views over the abbey and town.  
[yha.org.uk/hostel/yha-whitby](http://yha.org.uk/hostel/yha-whitby)

## YHA Grasmere Butharlp Howe

### Home among the mountains

The village of Grasmere sits deep in the valley made by the River Rothay and is surrounded by some of the most accessible hills in the Lake District: among them Loughrigg Fell, Rydal Fell and Fairfield. Bring a bike, bring your hiking shoes, bring a paddleboard... your next activity break is here. You may even spot a deer in the hostel's leafy grounds.  
[yha.org.uk/hostel/yha-grasmere-butharlp-howe](http://yha.org.uk/hostel/yha-grasmere-butharlp-howe)



## YHA Castleton Losehill Hall

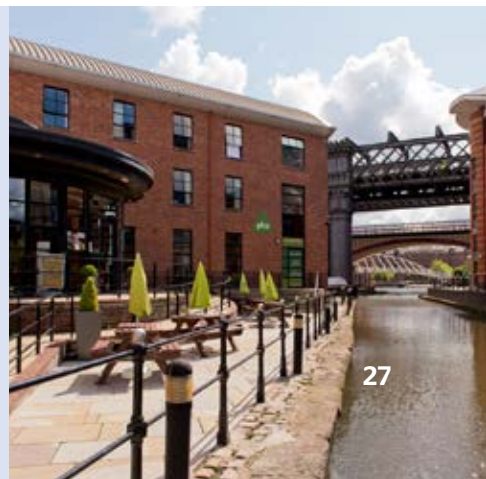
### Peak District activity centre

YHA Castleton Losehill Hall is a large gothic mansion near to some of the Peak District's greatest hits. You'll find numerous private rooms, as well as a Mews for YHA Exclusive Hire and Landpods: comfortable places to lay your head after exploring the hills, caverns and villages of the High Peak. The walk up to nearby Hollins Cross and Lose Hill, meanwhile, offers the best views in the National Park.  
[yha.org.uk/hostel/yha-castleton-losehill-hall](http://yha.org.uk/hostel/yha-castleton-losehill-hall)

## YHA Manchester

### City of music, sport and culture

The most thrilling city in England? Manchester, it seems, has it all. Music from the city defined an era, the craft beer scene is fantastic and the cultural highlights are abundant. Then, of course, there's the sport, and one of the most exciting food offerings in the country. All told, there are ample reasons to stay at this canalside hostel.  
[yha.org.uk/hostel/yha-manchester](http://yha.org.uk/hostel/yha-manchester)





## YHA Cambridge

### Explore the colleges and waterways

Come to Cambridge for the culture, the colleges, the Cam (ideal for winter punting) and – just to prove that not all its attractions begin with a ‘c’ – its world-class museums and galleries. The hostel, one of the oldest in the network, is a couple of minutes’ walk from the train station (make this a green trip), and recently enjoyed a £1.4 million makeover.

[yha.org.uk/hostel/yha-cambridge](http://yha.org.uk/hostel/yha-cambridge)

## YHA Brecon Beacons

### A remote mountain lodge

You don't really see YHA Brecon Beacons until you're upon it, and even then, this stone cottage seems to hide among the trees. The welcome inside, however, is as warm as its cosy lounge and log fire. The largest mountain in the Brecon Beacons, Pen-y-Fan, can be seen from the hostel – take the time to follow the ridge east, and away from the crowds.

[yha.org.uk/hostel/yha-brecon-beacons](http://yha.org.uk/hostel/yha-brecon-beacons)



## YHA Snowdon Pen-y-Pass

### Sat under Wales's giant

Snowdon Pen-y-Pass has a remarkable history. In its past life as a hotel, its guests included some of history's most illustrious climbers, including George Mallory, who died on Everest. These pioneering travellers were, of course, attracted to the intricacies of Snowdon, and today's hostel is perfectly positioned for walks around the biggest peak in Wales.

[yha.org.uk/hostel/yha-snowdon-pen-y-pass](http://yha.org.uk/hostel/yha-snowdon-pen-y-pass)

## YHA Treyarnon Bay

### Sea and surf on the Cornish Coast

Now, there are spectacular views from many hostels in the network, but YHA Treyarnon Bay – clinging onto a Cornish clifftop – could trump the lot. It's a mere 50 metres from the sea, overlooking the namesake Treyarnon Bay on the north coast of the county, between Padstow and Newquay. As well as private rooms, it also has a buzzing café.

[yha.org.uk/hostel/yha-treyarnon-bay](http://yha.org.uk/hostel/yha-treyarnon-bay)



# On your journey of a lifetime, what will you leave behind?

Pass the gift of adventure to future generations by leaving a gift in your will.

Thanks to YHA donors, we can create life-changing experiences for all, keep historic buildings open and maintained, deliver leading education and work experience programmes, and fund breaks for children and families with challenging lives.

## Write your will for free

As a YHA supporter, you can now create a legally-binding will for free with our will writing partners Farewill. We have a limited number available.

### To learn more

Please call Karen, our Legacy and In Memory Manager, on 01629 700 990 or visit [getinvolved.yha.org.uk/donate/gifts-in-wills](https://getinvolved.yha.org.uk/donate/gifts-in-wills)



Reg Charity Number 306122



A photograph of a person climbing an indoor rock wall. The climber is wearing a dark t-shirt, light-colored pants, and a climbing harness. They are positioned on the right side of the frame, reaching up to a hold. The wall is a warm, reddish-brown color and is covered with various climbing holds in different shapes and colors. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of height and challenge.

# How to start climbing

The health benefits of climbing are clear. It improves strength and cardio fitness. It also refines problem-solving and hand-eye coordination. However, the real bonus could be restoring mental health. This was the driver that inspired long-time friends Matt Birch and Ed Fox to open The Ordinary Climbers climbing wall near Eastbourne.

Four years ago, neither Matt nor Ed had climbed much. But for Matt, the loss of a sister, and for Ed, years of cancer treatment, combined with stressful jobs, had taken their toll. They took off across Europe and climbed as much as possible – sometimes up to five routes a day. And although new to the sport, they immediately recognised how it was helping them.

“I’ve always suffered from ADD,” explains Matt. “But when I was climbing, all the fuzz just stopped. There are so many benefits from focussing on the problem in front of you.”

For Ed, climbing helped him deal with the trauma of cancer treatment at a young age. “When I started climbing, it felt like the first time I could control fear in 10 or 15 years. It was euphoric. We were right in the moment, in nature, and we got hooked.”

After visiting a few walls around Europe, they knew they wanted to start one in their home town of Eastbourne. And now, every day, they see the benefits in others of climbing.

“We’re seeing a community of friends build, offering each other support, people overcoming their fears and their challenges,” Matt says.

“We wanted a community-led project. And if we can help sort one person’s mental health, or introduce people to some like-minded friends, then we’ve succeeded. There’s no pressure here, just safe fun and having a good time. We see people leave a lot lighter.

“And as well as being a phenomenal way to exercise, it benefits other parts of life. We see adults climbing above their potential, and they carry that into other parts of life. Then there’s peer-to-peer confidence – you need to trust someone else completely in the ‘belay’ relationship. You have to communicate, interact with people, and see powerful bonds build. You have your lives in each other’s hands, after all.”

Parents have also told them they’ve seen their kids change after a few climbing sessions, gaining confidence in their lives. Ed says: “They calm down, they trust their peers. They’re right in the moment and get so much out of it.”

“It’s not like football when you’re either Ronaldo or you’re not,” Matt adds. “Anyone at any level can achieve something almost straight away. Everyone gets their benefits.”

And then there’s the inherent thrill of climbing. Matt explains: “There are three tiers of climbing. You start with the excitement of facing the challenge and starting. Then there’s the elation of getting to the top, overcoming your goals. And finally that sense of relief of getting back to terra firma.”

The Ordinary Climbers is an indoor climbing gym in Polegate, near Eastbourne in East Sussex.

**@TheOrdinaryClimbers**

## How can I start climbing?

A climbing wall is a great place to start. Most will offer an introduction course. At the Ordinary Climbers, the instructors introduce you to a bouldering wall and then move onto the main climbing wall.

Most gyms will also offer a climbing competency course that will teach you how to belay a partner safely over a couple of sessions. After completing that course, you can climb with a partner unsupervised.

There are also climbing clubs and outdoor centres that offer a climbing course. Some outdoor instructors can help. The British Mountaineering Council ([thebmc.co.uk](http://thebmc.co.uk)) is a good place to start.

## Can I go on my own?

Most climbing walls have auto-belay devices. Simply clip your harness into these, and you can climb and lower yourself on your own.

## What equipment do I need?

For an indoor climbing wall, a harness is essential, as well as a carabiner to attach yourself to an auto-belay device if you're on your own. If you're with a partner, you'll also need a belay device (and the knowledge of how to use it!). Climbing shoes will make life a lot easier too. All of these can be hired at climbing gyms before you invest in your own.

## Can I get an instructor?

Yes, climbing walls will offer one-on-one and group sessions, and for outdoor climbing, look for accredited teachers.

## What age is it for?

All ages! From five years up. Full body harnesses are used for youngsters, but you'll see kids run up the walls.

## Do I need to be fit?

Climbing walls usually cater for all abilities, from complete beginners to experts. The walls are usually graded from 3 upwards. Most people will be able to achieve something even in one session. Climbing is more about technique than strength. Much of the power should come from your legs. Many people with physical, learning and sensory disabilities learn to climb successfully indoors and out.

## What if I'm scared of heights?

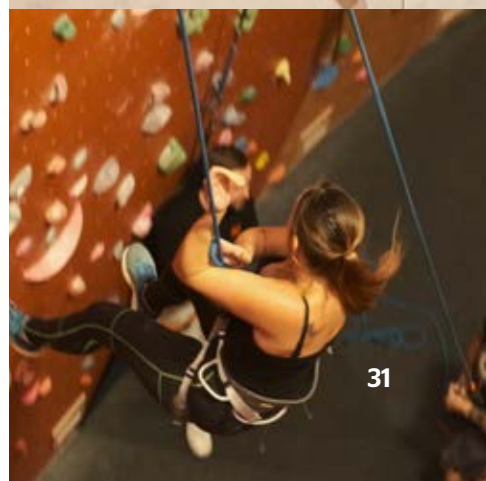
That's natural, but you can build up slowly.



© AdobeStock/ merla



© AdobeStock/ pressmaster





# Tried and tested

Outdoor items put through their paces  
by The Journey team

## Hydro Flask Insulated Food Jar

[trekitt.co.uk](https://www.trekitt.co.uk)

A long winter walk - your boots muddy, your lungs filled with ice-cold air - is a gently life-affirming experience. And there are certain things that only enhance this. Top of the list, for us, is hot food. A homemade curried soup on a mountain top? Yes please. Hydro Flask, experts in keeping things very hot or very cold, know this. The Hydro Flask Insulated Food Jar is the perfect food jar. It's leak-proof, will keep your soup hot or fruit and yoghurt cold for hours, easy to open, and has a wide mouth to eat directly from, if needed. It comes in 12oz, 20oz and 28oz.

*Daniel Neilson*

- + Leak-proof
- + Easy to open
- + Variety of sizes
- None. It's pretty perfect.

### 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](https://yha.org.uk/membership/member-benefits)







## RCA - Unisex Polartec Waterproof Jacket [elementbrand.co.uk](http://elementbrand.co.uk)

Firstly a bit of science... bear with me. Waterproof jackets generally let moisture escape in one of two ways. Firstly, for example with Gore-Tex, there are tiny pores in the jacket that let condensation out as a vapour, without allowing water in. Polartec's NeoShell, however, is air-permeable. This means that condensation can escape as a liquid. In theory, and in my experience, this means it's more breathable. It's also generally softer. This collaboration between Element (a skate brand) and Hotel Radio Paris adds style to one of the best waterproof jackets I've ever tried.

*Daniel Neilson*

- + Highly breathable
- + Soft fabric
- + Well-fitted
- A bit pricey at £350



## Hanwag Banks Winter GTX [hanwag.com](http://hanwag.com)

These high-cut winter walking boots weigh just 700g apiece, which is some achievement given their size and sturdiness. They're also extremely comfortable, thanks to a fleecy Gore-Tex Partelana lining, with further warmth being retained by the insulated footbed, which includes an aluminium layer. They coped very well in our tests - during a milder, very muddy spell - and the Vibram Icetrek soles give good grip. Bear in mind that this isn't a mountaineering boot, so won't be compatible with crampons, but as an all-weather winter option, it's a fine trail companion.

*Tom Rhys*

- + Lightweight
- + Retains lots of heat
- + Reliable grip
- Pricey, at £170+



## Jack Wolfskin DNA Grizzly Fleece [jack-wolfskin.com](http://jack-wolfskin.com)

There's more to this new Jack Wolfskin fleece jacket than first meets the eye. For starters, it makes good use of recycled fabrics, in both its quick-drying Microguard Ecosphere insulation and its windproof Stormlock Ecosphere Taffeta material (which covers the collar and shoulders). But that's not all. Other details include two protected zip pockets at the waist, an interior stash pocket, a pop-open pocket at the chest and - unusually for a fleece - venting zips under the arms. This last feature may well come in useful, because above all else, this fleece is WARM.

*Ben Lerwill*

- + Recycled materials
- + Super-warm
- + Plenty of pockets
- A tad heavier than some fleeces (595g)



YHA All Stretton	Meadow Green, Batch Valley, All Stretton, Shropshire, SY6 6JW
<b>YHA Alnwick</b>	<b>34 to 38 Green Batt, Alnwick, Northumberland, NE66 1TU</b>
YHA Alston	The Firs, Alston, Cumbria, CA9 3RW
<b>YHA Alstonefield</b>	<b>Gypsy Lane, Alstonefield, nr Ashbourne, Derbyshire, DE6 2FZ</b>
YHA Ambleside	Waterhead, Ambleside, Cumbria, LA22 0EU
<b>YHA Bath</b>	<b>Bathwick Hill, Bath, BA2 6JZ</b>
YHA Beer	Bovey Combe, Beer, Seaton, Devon, EX12 3LL
<b>YHA Berwick</b>	<b>Dewars Lane, Berwick Upon Tweed, Northumberland, TD15 1HJ</b>
YHA Beverley Friary	Friar's Lane, Beverley, East Yorkshire, HU17 0DF
<b>YHA Black Sail</b>	<b>Black Sail Hut, Ennerdale, Cleator, Cumbria, CA23 3AX</b>
YHA Blaxhall	The Old School House, Blaxhall, Woodbridge, Suffolk, IP12 2EA
<b>YHA Boggle Hole</b>	<b>Mill Beck, Fylingthorpe, Whitby, North Yorkshire, YO22 4UQ</b>
YHA Borrowdale	Longthwaite, Borrowdale, Keswick, Cumbria, Lakes, CA12 5XE
<b>YHA Borth</b>	<b>Morlais, Borth, Ceredigion, SY24 5JS</b>
YHA Boscastle	Palace Stables, Boscastle, Cornwall, PL35 0HD
<b>YHA Boswinger</b>	<b>Boswinger, Gorran, St Austell, Cornwall, PL26 6LL</b>
YHA Brecon Beacons	Libanus, Brecon, Powys, LD3 8NH
<b>YHA Brecon Beacons Danywenallt</b>	<b>National Park Study Centre, Talybont-on-Usk, Brecon, LD3 7YS</b>
YHA Bridges	Ratlinghope, Shrewsbury, Shropshire, SY5 0SP
<b>YHA Brighton</b>	<b>Old Steine, Brighton, BN1 1NH</b>
YHA Bristol	14 Narrow Quay, Bristol, BS1 4QA
<b>YHA Broad Haven</b>	<b>Broad Haven, Haverfordwest, Pembrokeshire, SA62 3JH</b>
YHA Buttermere	Buttermere, Cockermouth, Cumbria, CA13 9XA
<b>YHA Cambridge</b>	<b>97 Tenison Road, Cambridge, Cambridgeshire, CB1 2DN</b>
YHA Canterbury	54 New Dover Road, Canterbury, CT1 3DT
<b>YHA Castleton Losehill Hall</b>	<b>Castleton, Hope Valley, Derbyshire, S33 8WB</b>
YHA Cheddar	Hillfield, Cheddar, Somerset, BS27 3HN
<b>YHA Chester Trafford Hall</b>	<b>Ince Lane, Wimbolds Trafford, Chester, Cheshire CH2 4JP</b>
YHA Cholderton Stonehenge	Beacon House, Amesbury Road, Cholderton, Wiltshire, SP4 0EW
<b>YHA Clun Mill</b>	<b>The Mill, Clun, Craven Arms, Shropshire, SY7 8NY</b>
YHA Coniston Coppermines	Coppermines House, Coniston, Cumbria, LA21 8HP
<b>YHA Coniston Holly How</b>	<b>Holly How, Far End, Coniston, Cumbria, LA21 8DD</b>
YHA Conwy	Larkhill, Sychnant Pass Road, Conwy, LL32 8AJ
<b>YHA Cotswolds</b>	<b>New Brewery Arts, Cirencester, Gloucestershire, GL7 1JH</b>
YHA Coverack	Parc Behan, School Hill, Coverack, Helston, Cornwall, TR12 6SA
<b>YHA Dalby Forest</b>	<b>Old School, Lockton, Pickering, North Yorkshire, YO18 7PY</b>
YHA Dartmoor	Bellever, Postbridge, Devon, PL20 6TU
<b>YHA Dufton</b>	<b>Dufton, Appleby, Cumbria, CA16 6DB</b>
YHA Eastbourne	1 East Dean Road, Eastbourne, East Sussex, BN20 8ES
<b>YHA Edale</b>	<b>Rowland Cote, Nether Booth, Edale, Hope Valley, Derbyshire, S33 7ZH</b>
YHA Eden Project	Eden Project, Bodelva, Cornwall, PL24 2SG
<b>YHA Edmundbyers</b>	<b>Low House, Edmundbyers, Consett, Co Durham, DH8 9NL</b>
YHA Elmscott	Elmscott, Hartland, Bideford, Devon, EX39 6ES
<b>YHA Ennerdale</b>	<b>Cat Crag, Ennerdale, Cleator, Cumbria, Lakes, CA23 3AX</b>
YHA Eskdale	Boot, Holmrook, Cumbria, CA19 1TH
<b>YHA Exford</b>	<b>Exe Mead, Exford, Minehead, Somerset, TA24 7PU</b>
YHA Eyam	Hawkhill Road, Eyam, Hope Valley, Derbyshire, S32 5QP
<b>YHA Gower</b>	<b>Port Eynon, Swansea, SA3 1NN</b>
YHA Grasmere Butharlyp Howe	Easedale Road, Grasmere, Cumbria, LA22 9QG

YHA Grinton Lodge	Grinton, Richmond, North Yorkshire, DL11 6HS
<b>YHA Hartington Hall</b>	<b>Hall Bank, Hartington, Buxton, Derbyshire, SK17 OAT</b>
YHA Hathersage	Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
<b>YHA Hawes</b>	<b>Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ</b>
YHA Hawkshead	Hawkshead, Ambleside, Cumbria, LA22 0QD
<b>YHA Haworth</b>	<b>Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT</b>
YHA Hawse End	Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
<b>YHA Helmsley</b>	<b>Carlton Lane, Helmsley, North Yorkshire, YO62 5HB</b>
YHA Helvellyn	Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
<b>YHA Holmbury</b>	<b>Radnor Lane, Dorking, Surrey, RH5 6NW</b>
YHA Honister Hause	Seatoller, Keswick, Cumbria, CA12 5XN
<b>YHA Hunstanton</b>	<b>15 Avenue Road, Hunstanton, Norfolk, PE36 5BW</b>
YHA Idwal Cottage	Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
<b>YHA Ilam Hall</b>	<b>Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ</b>
YHA Ingleton	Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
<b>YHA Ironbridge Coalbrookdale</b>	<b>1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR</b>
YHA Ironbridge Coalport	John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
<b>YHA Isle of Wight Brighstone</b>	<b>North Street, Brighstone, Newport, PO30 4AX</b>
YHA Jordans	Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN
<b>YHA Keswick</b>	<b>Station Road, Keswick, Cumbria, CA12 5LH</b>
YHA Kettlewell	Kettlewell, Skipton, North Yorkshire, BD23 5QU
<b>YHA Kings</b>	<b>Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB</b>
YHA Kington	Victoria Road, Kington, Herefordshire, HR5 3BX
<b>YHA Lands End</b>	<b>Letcha Vean, St Just-in-Penwith, Penzance, Cornwall, TR19 7NT</b>
YHA Langdale	High Close, Loughrigg, Ambleside, Cumbria, LA22 9HJ
<b>YHA Langdon Beck</b>	<b>Forest-in-Teesdale, Barnard Castle, Co Durham, DL12 OXN</b>
YHA Leominster	The Old Priory, Leominster, Herefordshire, HR6 8EQ
<b>YHA Littlehampton</b>	<b>63 Surrey Street, Littlehampton, West Sussex, BN17 5AW</b>
YHA Litton Cheney	Litton Cheney, Dorchester, Dorset, DT2 9AT
<b>YHA Liverpool Albert Dock</b>	<b>25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE</b>
YHA Liverpool Central	Kansas Building, Mathew Street, Liverpool L2 6RE
<b>YHA Lizard</b>	<b>The Polbreen, Lizard Point, Cornwall, TR12 7NT</b>
YHA Llanddeusant	The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL
<b>YHA Llangattock</b>	<b>Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG</b>
YHA London Central	104 Bolsover Street, London, W1W 5NU
<b>YHA London Earls Court</b>	<b>38 Bolton Gardens, Earl's Court, London, SW5 0AQ</b>
YHA London Lee Valley	Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
<b>YHA London Oxford Street</b>	<b>14 Noel Street, London, W1F 8GJ</b>
YHA London St Pancras	79-81 Euston Road, London, NW1 2QE
<b>YHA London St Pauls</b>	<b>36 Carter Lane, London, EC4V 5AB</b>
YHA London Thameside	20 Salter Road, Rotherhithe, London, SE16 5PR
<b>YHA Lulworth Cove</b>	<b>School Lane, West Lulworth, Wareham, Dorset, BH20 5SA</b>
YHA Malham	Malham, Skipton, North Yorkshire, BD23 4DB
<b>YHA Manchester</b>	<b>Potato Wharf, Castlefield, Manchester, M3 4NB</b>
YHA Mankinholes	Mankinholes, Todmorden, Lancashire, OL14 6HR
<b>YHA Manorbier</b>	<b>Manorbier, nr Tenby, Pembrokeshire, SA70 7TT</b>
YHA Medway	351 Capstone Road, Gillingham, Kent, ME7 3JE
<b>YHA Minehead</b>	<b>Alcombe Combe, Minehead, Somerset, TA24 6EW</b>
YHA National Forest	48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD
<b>YHA New Forest</b>	<b>Cott Lane, Burley Ringwood, Hampshire, BH24 4BB</b>
YHA Newcastle Central	17 Carloli Square, Newcastle Upon Tyne, Northumberland NE1 6UQ
<b>YHA Newport Pembrokeshire</b>	<b>Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS</b>
YHA Ninebanks	Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ

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

# Drying room

This issue's Reader's Picture comes from Paul Radford, who captured this peaceful scene while on the Three Shires Head walk in the Peak District.



## @ludmotorcyclist

At @YHAOfficial Stratford-upon-Avon. Stunning property. £26 for a wonderful en suite room. Love being a member of this peerless organisation.

## @alexbrabbs

A fantastic stay with friends at @YHAOfficial #BoggleHole with wind, rain, snow and sunshine. Walked a part of the @ClevelandWayNT to Robin Hoods Bay and back along the beach at low tide #familyfun #Wellbeing #Yorkshire

## @chantryprimary

Wonderful time getting back to nature so far at the amazing @YHAOfficial Wye Valley site! Super nature walk by the River Wye with lots of fun activities, concluded by an evening camp fire. A great experience for our Yr6 pupils.

## @ClarWest (editor of BBC 5 Live)

Absolutely brilliant to hear how @YHAOfficial embeds the youth voice, and really listens. Shaping the future.

## @MrMatthewsHBK



And we're coming home! Massive thanks to @YHAOfficial for our amazing stay in Edale where many wonderful memories have been made #tremendoustrip #excitingedale

## @travelstateside

Had a wonderful mini trip to the Lake District over the weekend. We stayed at YHA Hawkshead - beautiful location and accommodation - have you stayed at a YHA before? @YHAOfficial

## @Mounta1n\_Mike

Another fantastic weekend away at @YHAWindermere staff were very helpful and made us feel very welcome as always.#camping #CUMBRIA #windermere @YHAOfficial

  Don't forget the hashtags  
**#YHANatureChallenge**  
**#LiveMoreYHA**



## WIN! One of five signed, framed A2 prints from illustrator Sam Chivers

There's a high chance you'll recognise the beautiful artworks above. These timeless posters, the work of brilliant illustrator Sam Chivers, graced the covers of *The Journey* throughout 2021. After working closely with YHA and Sheffield-based design studio 93 - and taking a visual cue from the vintage transport posters of the 1930s - Sam set about creating a series of vibrant promotional posters, loosely based on real-life YHA locations.

Sam, who also works for clients such as GQ, The Guardian and Wired, used bright colours and flowing composition to design artworks that celebrate the past while looking to the future - chiming with YHA's

ethos of 90-plus years. The project formed part of a larger collaboration between YHA and 93, which has also been responsible for some of our in-hostel displays and décor.

Now we're giving you the unique chance to win some of this artwork for yourself. We have five A2 prints to give away, and all winners will receive their choice of Countryside, Coast or City posters - framed\* and signed.

To be in with a chance of winning these superb prizes, simply send an email to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by Friday 18 March, stating your preferred artwork. Winners will be chosen at random.

[93ft.com](https://93ft.com) / [samchivers.com](https://samchivers.com)

**Last issue:** congratulations to Leo Byrne, who won a pair of KEEN Ridge Flex WP shoes.

\*Frames may be different to those shown above.

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](https://yha.org.uk)

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