



autumn 22

# The Journey



Pictured: Brentor, Dartmoor, stay at YHA Dartmoor

# Autumn escapes

## Rooms from £29 per night this season

Layer up, pack a flask and head on out to explore the national treasures and hidden gems of England and Wales this autumn

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



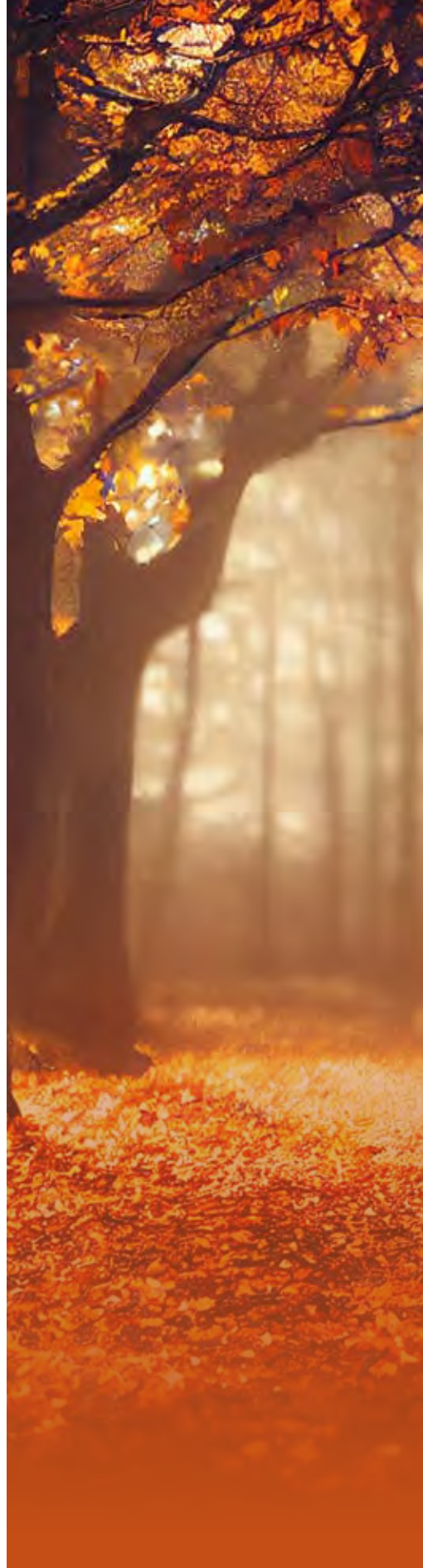
# Hello

...and a very warm welcome to the autumn issue of The Journey. It's been just three short months since our previous edition, but the shifting of the seasons has been unmistakable. Gone are the swifts and swallows of high summer – here instead are the russet leaves and cosy firesides of autumn.

This is not to be confused, of course, with a lack of activity. Us humans weren't designed for hibernation – there's always something thrilling about pulling out your cold-weather gear, unfurling the map and planning an autumn adventure, whether you're striding into the hills, jumping into the saddle or heading off on a city-break.

In this issue we take a special look at the glorious Peak District (p14) – the National Park with something to offer everyone – and also celebrate some of the mighty (and not so mighty) rivers that thread across England and Wales (p23). As the nights start to draw in, we also spotlight nine great YHA properties available for Exclusive Hire (p26). Which one would you choose?

You'll also find an exclusive interview with inspirational TV presenter Gillian Burke (p12), as well as the usual news and reviews and Let's Go!, our special pull-out kids' section. Enjoy the read – and here's to an active autumn.



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## Thank you, Your Majesty



**“Here in the middle of the capital, the young of all nations can meet. Here they may learn that mutual understanding and trust, for the lack of which their elders have so often and so bitterly suffered.”**

Queen Elizabeth II on opening the hostel at Holland House in London, 1959

YHA was deeply saddened by the death of Her Majesty The Queen, our official Patron. She opened no less than five of our hostels – including, most recently, YHA South Downs in 2013 – and truly understood the value of our role in society, becoming an influential supporter of hostelling and all that it stands for.

Many of our staff and volunteers have warm memories of meeting her over the years. The main image here shows the Queen admiring the craftwork of local children at the unveiling of YHA South Downs, while the inset photo shows her at the inauguration of our former hostel at Holland House, more than half a century earlier. Thank you, Ma'am, for all you did for us.





# The Outdoor Connection

Early autumn saw a significant first, with the staging of a brand new face-to-face gathering specifically aimed at people working to break down barriers to the outdoors. The Outdoor Connection 2022 took place at YHA London Lee Valley on 23rd and 24th September, hosted by Natural England, YHA and non-profit community network All The Elements, who summed things up perfectly by describing the event as “an opportunity for change-makers to come together, share ideas, develop skills and get inspired for what’s next.”

Running over a day and a half, the event drew 99 delegates from 49 different groups. It included a number of sessions run by expert facilitators but also gave opportunity for attendees to connect to – and learn from – each other. Offering resources, skills and funding offers, it empowered those present to continue their work, while helping larger organisations to keep delivering on their goal to create a more inclusive outdoors.

“It was an event where all were working together towards a common cause,” explains YHA Executive Director of Strategy, Engagement and Commercial Anita Kerwin-Nye.

“It built on the National Lottery Community Fund *Outside Voices* project, as well as wider work on addressing inequalities in access to green and blue spaces,” she continues. “It also responded to an ongoing failure to reflect more diverse expertise in the governance of nature, outdoor learning charities and public bodies.”

The two days caused her to reflect on other aspects, too. “The attendees ensured the core values of equity and access really shone through. Many were long-term YHA members and users, so they gave vital insight into what stops people from feeling included in our shared outdoors.”

And perhaps most tellingly of all, she was struck by the benefit of coming together with like-minded people, all passionate for change. “Allies matter,” she concludes. “And we are all allies.”



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The Outdoor Connection 2023 is already being planned. Meanwhile, the work and purpose of the event will continue year-round through Outdoor Citizens – visit [yha.org.uk/outdoor-citizens](https://yha.org.uk/outdoor-citizens) for more info.





# Walking together

It's true: there's nothing quite like an autumn ramble. The first ever YHA Festival of Walking took place across September and October, with various social walks being held across England and Wales, alongside a lively programme of challenge events and self-guided routes.

Of the dozens of trails completed and the thousands of miles covered – in places as diverse as the New Forest, the Peak District, Hadrian's Wall and the Brecon Beacons – one of the stand-out highlights included our Accessible & Sensory Walk from YHA Malham in the Yorkshire Dales, and our Connecting Leaders Walk from YHA South Downs, which brought together influential voices from outdoor, nature and heritage charities.

The latter was a prime opportunity for decision-makers to make fresh connections and discuss issues in common. “(It was) really good to catch up with colleagues across the youth, environment, countryside, heritage, access and sport sectors,” said YHA Chief Executive James Blake, “practising what we preach and getting out in nature.”

The walk from YHA Malham, meanwhile, attracted a great turn-out. The wild and wonderful scenery of the Yorkshire Dales, combined with some of the National Park's superb accessible paths, made it a day to remember. Among those taking part were a group from Zest, a not-for-profit organisation supporting people from disadvantaged areas of Leeds.

“That was like something out of Jurassic Park – I'll remember that forever!” enthused one participant at the finish line, while another said, “I'm so grateful to you – this is my first time in the Yorkshire Dales. I've never had a chance like this before.”

The seven-week event also included a number of perks for those taking part, including 25% off stays at selected hostels, 25% off group packages and a free cuppa for walkers at participating properties over the course of the festival. Watch this space for details of future events, or download free route maps to complete a self-guided walk from one of our hostels whenever you like.

[yha.org.uk/festival-of-walking](https://yha.org.uk/festival-of-walking)

# No child left behind

**YHA launches £1 million appeal to give more children adventures they'll remember forever.**

“School trips are a formative experience for pupils,” explains outdoor leader David. “They provide memories which last a lifetime. They inspire and motivate young people towards greater levels of achievement in their studies and in their personal development.”

Residential trips offer significant benefits to children. They improve their attainment, strengthen their bonds with friends and teachers, provide a safe space for them to conquer mountains, overcome obstacles, and work together on team challenges. This sort of trip is also a great leveller; the cliques of the playground tend to disappear.

They're important for all children. But for children from low income families, this could be the only chance they get for a night away from home.

**“For two days, extremely disadvantaged children were able to put behind them the worries and concerns that they live with daily,”**

Lisa, a primary school teacher, said of one trip. “To sleep in a bed with bedding, have a warm shower and eat as much as they like for breakfast was a highlight. I can't express enough the impact that the experience has had.”

But the number of children experiencing poverty is rising, and at the same time, there's less money for residential school trips, meaning they're being cancelled across





the country. According to the Children's Commission on Poverty, around 30 per cent of children missed out on these trips because their families simply couldn't afford it. Combine this with two years of cancellations because of the pandemic and many children are being denied these formative experiences. Children from low-income families are much more likely to stay at home.

Driven by this injustice, YHA is launching an appeal to ensure no child misses out.

## **If we reach our target of £1m, we can fund trips for 10,000 school pupils from the poorest areas of England and Wales.**

By donating £50 you could pay for a child from a low-income background to stay overnight at a hostel, and £100 could support their place on a two-night residential. These donations will make an adventure a reality for a child.

Matt, headteacher at West Horndon Primary School, has seen the clear benefits of residential trips over the years.

"It's 20 or so years since we began visiting YHA, and former pupils still tell me how much they learnt and how much they enjoyed it," he said. "It's so important that every child gets to take part regardless of background, finances and previous experience."



YHA is asking people to give what they can to help the children who need it most to have an adventure of a lifetime. You can find out more about YHA's urgent appeal and donate online at [yha.org.uk/child](https://yha.org.uk/child).

### **Or donate by cheque**

If you prefer to give by cheque, please send your completed cheque (made payable to YHA England & Wales) to No child left behind appeal, FREEPOST MID25028, Matlock, Derbyshire DE4 3ZA.



# Gillian Burke

**Gillian Burke is a biologist, writer, voiceover artist and public speaker but is best known as a presenter of the BBC's incomparable seasonal wildlife specials. On the eve of this year's Autumnwatch, which she presented from Wales, she spoke exclusively to The Journey.**

**Q You grew up in Kenya and Austria. What were your first formative outdoor experiences in the UK?**

I came here to study biology at Bristol University. I was studying a lot of weird and wonderful insects so I was making various short field trips to the Mendips, but the most memorable adventure was a camping trip to North Devon with some first-year friends. Predictably it was very wet and rainy and we were really ill-prepared – we had a big upright tent that blew over in the gale force wind, and had packed a tin of baked beans between us! – but it was brilliant. We had such a laugh. It challenged us, it stretched our skills, and it made us closer. It got us out of our comfort zone and built our resilience.

**Q You've spoken about the theory that, deep down, we're hardwired to connect to nature. Does modern life make that difficult?**

I think it does. So much of what we're exposed to is about holding our attention long enough for adverts to be scrolled in front of us. I'm not saying that nature is the one answer to everything – when we hear about high levels of anxiety and stress, there are all sorts of reasons for that – but if you don't have access to green spaces it's definitely going to put you on the back foot when you've got other challenges in life as well. If we see a caged animal being kept in a really impoverished environment,

with no natural light and no greenery, we instantly recognise that as something cruel. But we don't seem to recognise that for ourselves. We're animals too, and we need that connection to nature.

## **Q** You live in Cornwall. What would be your ideal autumn break in the county?

Looking at where the YHA properties are, I have to say I love Penzance. It's a really interesting town with loads of independent shops, vintage stores, cafés and old pubs. In recent years it's become my favourite place to go for a town experience, and the Night Riviera sleeper train from London is really cool – I love it, it gets me so excited. It's comfortable, clean, and a great way to get down here.

Once you're in Penzance there's a really amazing nature reserve close by, RSPB Marazion Marshes, which is great for startling murmurations in the autumn. Then of course you've got the incredible heritage of St Michael's Mount, so there's a brilliant mix of experiences in one area. I also love the north coast around the village of Zennor. It's steeped in folklore, with loads of Cornish culture, and the coastal walking is spectacular. It really feels rugged.

I'll also mention the east coast estuaries of the Lizard Peninsula, where there are pockets of Atlantic rainforest. They're ancient woodlands with twisted oaks covered in mosses and lichens. They're hugely atmospheric, particularly in autumn and winter, when the sea mists are rolling in but you still feel quite sheltered.

## **Q** You're a vocal champion of slow travel. What makes it such a good thing?

It's just a wonderful way to travel. You really get to know a place, you get to meet people. If you don't have a well-planned itinerary but just know that you want to get to a certain part of the country, when you

get there you can follow your nose, make friends, and hear about other nearby places you would never have thought to go to. It holds surprises. One of the side-benefits, of course, is that it's also low-carbon travel, but there are so many other positives.

## **Q** What do you enjoy about working on Autumnwatch, and how does it differ from Winterwatch and Springwatch?

Well, it's a filming challenge because the live action often happens after dark, so we have to be quite creative about how to tell stories. And I don't know if this is my inner hippy coming out, but I love autumn because if we tune into natural cycles, this should be the time when we start to rest, especially after the summer we've just had. Imagine the land just cooling down and slowing down. The pace of modern life is such that I really love being able to draw our attention to the fact that in the northern hemisphere at least, at this time of year, things are starting to go into hibernation.

One of my favourite metaphors is that the potential for next year's growth is already being laid down. Tree buds are being formed and seeds are going to ground – all that potential for life is just lying and waiting to spring back to life again. Nature needs to take that pause – and we all do. Personally speaking I struggle to, so having nature as a cue to rest a bit more is really valuable. We all need to make a living, of course, but after the excitement of summer, you bring a different energy to the autumn. That's what I love about this time of year, and therefore I enjoy the challenge of letting that come through in the stories that we tell, and how we present them.

**Autumnwatch is on BBC Two from the 25th to the 28th of October. Winterwatch 2023 and Springwatch 2023 will follow.**

# The YHA guide to the Peak District

**Our oldest National Park is a world-class playground for climbers, mountain bikers and hikers. It covers 555 square miles, encompasses a wildly diverse range of landscapes, and has more history than you can shake a stick (or perhaps a walking pole) at. Welcome to the Peak District.**

Broadly, the park can be divided into the Dark Peak in the north and the White Peak in the south. The dales in the White Peak are largely comprised of blonde limestone and are as gentle as a ruffled duvet, but they're in stark contrast to the moorland and jagged edges of the northern Peak District, where the landscape is covered with the millstone grit that gives the Dark Peak its name.

Autumn and winter, when the low sun shines its golden light across the frosty farmland, are perhaps the most spectacular seasons to walk the deserted footpaths. Hikers can explore Norman castles, walk bucolic valleys or perhaps take their first steps along the 268-mile Pennine Way National Trail.

Cosy country pubs, many little changed from when they served as coaching inns during the 16th and 17th centuries, offer a welcome respite from the crisp chill (who can resist a local ale or two by the fireside?).

In this feature, you'll find our pick of activities for walkers, cyclists and families. And once you've chosen your adventure, you can then choose your base – we have no less than 10 hostels within the National Park, each of which has its own distinctive vibe.





## Best for walkers

Kinder Scout is always an adventure. This great moorland plateau provides one of the best days out in Britain. The sense of adventure comes from its remoteness, the glorious northern panoramas it serves up, and the fact that – should you choose to plough straight across it – it poses the most challenging navigation in Britain.

But if you'd like to experience it in a more manageable way, one of our favourite walks is this circular hike from YHA Edale. It takes in lively terrain, offers expansive views and reaches the site of the Kinder Trespass, a moment in history that led to the opening up of the countryside for outdoor enthusiasts. And because we're not plunging across the top of the plateau, the odds of being benighted on Kinder itself are greatly reduced!

From YHA Edale, head into Edale itself, past the Old Nags Head – which sits adjacent to the official start of the Pennine Way National Trail – and follow the footpath up Grindsbrook Clough. Once you reach the plateau of Kinder Scout, follow the edge west, past Crowden Tower and Edale Head. At the junction with the Pennine Way, you can walk back down Jacob's Ladder and into Edale, but we'd recommend walking north to Kinder Downfall. As well as being

a spectacular waterfall, it's also from here that you can see Kinder Reservoir, the route where Benny Rothman and his band of ramblers changed access to the mountains forever in 1932. Their organised trespass highlighted the lack of access to regular folk and eventually led to the formation of the National Parks and Trails.

If you're feeling adventurous (and are a very confident navigator), you could follow the footpath back southeast to Grindsbrook Clough. Or return south on the Pennine Way, descend Jacob's Ladder and walk straight through the doors of the Old Nags Head.

### Three more autumn walks

**1 Dovedale** is an understandably popular spot but much quieter in autumn and winter. YHA Ilam Hall is on the footpath that leads directly through this beautiful valley.

**2 The Limestone Way** is a 46-mile trail that links up different parts of the White Peak. One of the loveliest (and quietest) sections is from YHA Youlgreave south to Matlock.

**3 The views from Stanage Edge** are some of the best in the Peak District. YHA Hathersage is well placed to climb up to Stanage Edge and Burbage Rocks.

## Best for cyclists

The vast and sparsely populated limestone White Peak extends over the southern area of the Peak District, offering solitude and spectacular countryside. The villages in this area – including the lovely settlements of Longnor, Youlgreave and Flash, the highest village in Britain at 463 metres above sea level – still feel pleasantly isolated. Linking up the villages is a network of quiet roads; perfect for two-wheeled exploration. Leaving from one of the southern Peak District hostels, such as YHA Alstonefield, YHA Ilam Hall or YHA Hartington Hall, road cyclists can climb west towards Flash, Axe Edge Moor, and Wildboarclough. Maybe stop for a coffee at the Cat and Fiddle Inn, the second highest pub in England.

### Fact file

- **The Peak District was the UK's first National Park**, set up in 1951, and covers 555 square miles.
- **Around 20 million people live** within an hour of the National Park.
- **The Peak District was first farmed 6,000 years ago.** Traces of Roman terraces can still be seen.
- **There are some 26,000 miles of dry stone wall** in the Peak District.
- **There are 1,600 miles of public rights of way** and 58 miles of dedicated off-road cycle trails.
- The Peak District National Park has **England's only population of mountain hares.**

## Four more autumn options

**1 The Pennine Cycleway** is a Sustrans-sponsored route from Derby to Northumberland. The Peak District section is 80 miles long and runs from Derby to Holmfirth through Buxton and New Mills. It links up several car-free trails too.

**2 The High Peak Trail** is 16 miles long and follows a former railway route through the Derbyshire Dales.

**3 For mountain biking, take on parts of the Pennine Bridleway.** The entire trail, which is suitable for mountain bikers, is 205 miles long and passes through the Peak District and Yorkshire Dales National Parks. The Peak District section starts at Middleton Top Visitor Centre, through Hayfield and up to Glossop.

**4 For challenging mountain bike routes, link up the bridleways and minor roads from Edale,** taking in The Roych and the formidable Jacob's Ladder descent.





## Best for families

The impossibly grand Chatsworth House and the older but no less interesting Haddon Hall both offer a fascinating insight into the history and heritage of the Peak District. Not only this, but they both have an extensive range of cultural and family-friendly events throughout the year, as well as vast grounds where you can let the kids run wild.

The Chatsworth Estate extends over two counties and encloses several villages, hamlets and mills. The centrepiece is, of course, the 'Palace of the Peak', Chatsworth House, the home of the Duke and Duchess of Devonshire. Despite all the photos, TV and movie appearances, nothing quite prepares you for the approach down the drive, past reddening trees, to the house. The 450-hectare park around the mansion is freely open to the public, as well as large roaming herds of red and fallow deer. Although seemingly wild, most of it was landscaped by 'Capability' Brown in the 1760s. A pleasant walk leads south along the River Derwent to Beeley.

Haddon Hall is another Hollywood star and has featured in dramas set in the Tudor period. The 14th-century banqueting hall still has a minstrel's gallery, and the frescoes in the chapel are a highlight. It has a gift shop, a restaurant and events throughout the year, including popular wildlife walks.

## Where to stay

### YHA Alstonefield

A remote, self-catering hostel in the White Peak.

### YHA Castleton Losehill Hall

A large, 156-bed hostel and one of YHA's main education centres.

### YHA Edale Activity Centre

A large country house below Kinder Scout with on-site activities.

### YHA Eyam

A converted Victorian folly above the historic 'plague' village of Eyam.

### YHA Hartington Hall

A cosy 17th-century manor house with log fires and oak panelling.

### YHA Hathersage

In the village of Hathersage, well placed for climbing on the Peak District's edges.

### YHA Ilam Hall

A 17th-century Gothic manor in 84 acres of National Trust parkland near Dovedale.

### YHA Ravenstor

Located between Bakewell and Buxton, in 60 acres of peaceful grounds.

### YHA Sheen Bunkhouse

A converted gritstone barn near Dove and Manifold valleys and YHA Hartington Hall.

### YHA Youlgreave

Quiet accommodation in a serene village in the eastern White Peak area.



# Outdoor education is at risk, with millions already missing out on childhood adventures.



**You can help us make sure no child is left behind.**

Please support our urgent appeal and give the gift of adventure today.

Visit [yha.org.uk/child](https://yha.org.uk/child) to donate and find out how you can make a big difference to a young life.



# Let's go!



## Wonderful worms

**Worms might be small, slimy and squirmy, but many scientists think they're the most important species in the history of the world! So why are they so special?**

**There are LOTS of them.** In 2019, scientists estimated that there were 400 quintillion (that's 400 billion billion!) worms in the top six inches of soil across the planet.

When worms tunnel through the earth, **they mix together the different layers of soil.** This helps spread nutrients underground.

There are around 300 species of worm around the world. They range from the **African giant earthworm (which can grow to more than six metres long!)** to the teeny-tiny *Chaetogaster annandalei* (measuring half a millimetre!).

**Worms are a really important food for other animals.** Creatures like frogs, birds and hedgehogs get valuable protein from eating worms.

**They'll eat anything** that was once alive and is now dead – including plants, fruits, roots and leaves – as well as all sorts of tiny living organisms.

Their **tunnels are important** for the structure of the soil, because they let water drain down from the surface and into the earth.

**They can't see or hear,** and they don't have any lungs, instead using their skin to breathe.

**Their castings, or poo, are one of the richest natural fertilisers known to humans.**

# We ♥ seals!



Seals can be seen around the coastlines of England and Wales all year, but in autumn and early winter they come ashore to breed. This gives us the chance to admire these amazing creatures and their fluffy pups – although it's very important not to get too close!



Two species of seal live in the UK. The largest is the grey seal, which can weigh up to 300 kilograms – about the same as a grizzly bear. Its scientific name is *Halichoerus grypus*, which means hook-nosed sea pig! The UK is home to almost half the world's population of grey seals.

The other species is known as the common seal, or harbour seal. These smaller seals can live for between 20 and 30 years, and experts think there are more than 33,000 of them living in the waters around the UK.



Seals are semi-aquatic. They spend some of their lives in the sea and some of their lives on land. They eat fish, eels and other sea creatures.



Visiting a seal colony during the breeding season is a very special experience, but it's very important to follow the rules. Always stay at least 20 metres away from the seals (this is about the length of two buses), keep quiet, and never walk between a mother seal and her pup. If you've got a dog with you, make sure you keep it on the lead.

Norfolk, Cornwall, Pembrokeshire, Devon and Northumberland all have seal colonies that can be visited. For more information and advice, visit [nationaltrust.org.uk/lists/seal-spotting-walks](https://nationaltrust.org.uk/lists/seal-spotting-walks)

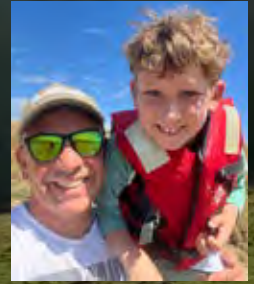






# Riverside adventures

Join us on the waterways of England and Wales



Writer Daniel, with Elliot

## River Cuckmere

It was one of those late summer afternoons, so still you could hear bees. Elliot, my seven-year-old son, and I carried the paddleboard to the bank of the River Cuckmere, just below a white horse carved into the chalk downland. Over the last few years, the Cuckmere Haven between Seaford and Eastbourne has become a popular spot for paddle-boarding. And no wonder – the oxbow lakes are often mirror-flat, while the sea, the chalk cliffs, the shingle beach, the abundant birdlife, the rare butterflies and the rarer still wildflowers combine to offer some of the most evocative views in Sussex.

I've been coming to the River Cuckmere for many years. I've walked and run along the bankside paths, kayaked and paddle-boarded on the river. I've participated in a never-to-be-repeated triathlon which included a swim in the river, and I've had many far more enjoyable dips on sunny days after a picnic. I've picked samphire and scared swans (well, they scared me). The river has become a thread through much of my outdoor life. I love the meandering nature of rivers because you're forced to meander yourself; this is not the quickest way from A to B. And on a paddleboard, you slow down even more.

Rather than stay on the lakes, busy on this warm day, we headed upriver, a decision

perhaps influenced by passing a riverside pub. We wanted a mini adventure, so I packed sandwiches and Pom-Bears in a dry bag and brought a life vest for Elliot. After pumping up the board, we squelched through the mud (a highlight for a seven-year-old) and set afloat. Elliot sat cross-legged at the front, and I pulled the paddle through the still water.

Elliot never stopped talking, pointing out swans among the reeds, buzzards and red kites overhead (the first I'd seen so far south), fish plopping out of the still water. We greeted dog walkers and kayakers. At the Plough and Harrow – just 4.5 miles from YHA Eastbourne as the red kite flies – I pulled the board onto the bank and had a pint (fizzy water and cheese and onion crisps for Elliot). It was blissful. We'd been going for a couple of hours, but with the tide, it would be shorter home. The lowering sun cast a reddening light across Friston Forest. It was quiet now. Elliot, still talking, was having a great time pulling his fingers through the water, balancing at the front, trying to catch a fish.

As we reached the end, he asked if he could jump in. I followed. The water was cool, refreshing. Elliot was whooping with delight. It had been soulful for me; for him, it was a thrilling adventure. And the river, insignificant, narrow, empty, that had provided such joy.

# River Thames

The Thames Path National Trail is a serious walk. It stretches for 183 miles from its source – a puddly field in deepest Gloucestershire – to the Thames Barrier, and while the ascent and descent involved is minimal, the sheer length of the trail can sap the legs. It runs through parts of nine counties and flows under 134 bridges. There are some gloriously beautiful rural sections along the way, with hour after hour of lush water meadows, canalboats and bird-busied woods, but its most recognisable stretches come once the river reaches the capital. Few cities are as synonymous with their waterways as London and the Thames.

The historian Peter Ackroyd has called the river “a museum of Englishness itself”, and much of this character is down to the fact that it channels past some of the most significant buildings from our national past, from Hampton Court Palace and the Houses of Parliament to St Paul’s Cathedral and the Tower of London.

On foot, then, the journey from the quiet western outskirts of the capital to its teeming inner-city heart is one to remember. You’ll pass the likes of the Globe Theatre, the O2, the Tate Modern and the London Eye, but

you’ll also get the opportunity to delve into the waterside streets of Richmond, wander the Botanic Gardens at Kew and soak up the buzzy atmosphere of the South Bank – not to mention enjoying the countless other quirks, curiosities and serendipitous encounters that make London the place it is.

And naturally, you’ll find plenty of YHA hostels to plan a trip around. We have a great selection of hostels in and around central London, several of which sit on or close to the river. One of the best things about following The Thames Path National Trail through the city in autumn? If the weather turns, you’ll never need to look far for a pub or café to duck into.

## River Thames facts

**The Thames is home to some 125 fish species, as well as otters and voles**

**Westminster Bridge is an identical shade of green to the House of Commons benches**

**The Thames Path is the longest dedicated river walk in Europe**





## Three other rivers to enjoy

### River Wye

YHA Wye Valley has a remote woodland location on the banks on one of the most handsome waterways in the UK. As it wends its way south towards its estuary on the Bristol Channel, the River Wye bends between hills, forests and historic towns, often forming the border between England and Wales. The river also occupies a special place in the story of UK tourism, being the favoured location of well-to-do British travellers when the Napoleonic Wars stopped overseas travel. These days a walking trail traces the path of the river, but most rewarding of all is to hire a kayak and paddle yourself through this peaceful swathe of countryside.



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### River Gwynant

Some of Wales' greatest gifts remain well hidden. The chuckling River Gwynant – concealed in the forested valleys of southern Snowdonia, and a tributary of the much larger River Mawddach – is one such example. The Gwynant is by no means a household name, and it measures barely more than a few miles in length, but it's one of the chief attractions of a stay at YHA Kings. The hostel is snaffled away in a wooded ravine where the unassuming presence of the river, just feet from the main building, provides a soothing soundtrack day and night. If it all sounds a little too meditative, fear not – the National White Water Rafting Centre and the mountain bike trails of Coed y Brenin are both close by.

### River Dart

By the time it reaches the sea at Dartmouth, the River Dart has become a wide, illustrious thing, full of tales of naval exploits and trans-Atlantic adventures. At its source, however, the mood is very different. It rises in the middle of Dartmoor, among lonely tors and empty, squelchy grasslands – or to be more accurate, it rises twice. The head of the West Dart is located a few miles away from the head of East Dart, and as the two streams trickle seawards they eventually convene on the fringes of the National Park to form the Dart proper. YHA Dartmoor is located a short distance from the East Dart, making it a fine base for exploring the early stages of this famous waterway.



© AdobeStock/Helen Hobson

# 9 Exclusive Hire hostels for autumn getaways

The evenings are getting cooler, the leaves are falling and, somewhere in the woods, there are kids collecting conkers. For many people, autumn is a time of year to relish, a season when nature begins steeling itself for the winter ahead. Here's a handful of hostels available for YHA Exclusive Hire over the coming weeks and months. Bring your friends and family and hire the whole hostel.

## **YHA Helvellyn**

**Lakeland base under Helvellyn**

Helvellyn is one of the great Lake District mountains, the second highest in the entire range. YHA Helvellyn is a rural 64-bed hostel and fantastically located for groups looking to walk the Lakeland giants or cycle the park's high passes – while the property's sturdy, rough-clad stone building is a fine base in its own right.

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



## YHA Newport Pembrokeshire

Converted school house in Newport

Newport is a lovely seaside town on the Pembrokeshire Coast. YHA Newport Pembrokeshire is a carefully converted Victorian school in the middle of the town, a short stride from the Nevern estuary. It couldn't be better located for bracing, sea-facing walks along the Pembrokeshire Coast Path National Trail.

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

## YHA Snowdon Llanberis

Large hostel at the foot of Snowdon

Gaze out of the window at YHA Snowdon Llanberis and you'll see the great mountains of Wales looming over you. The hostel is a short walk from the outdoorsy town of Llanberis and sits at the foot of Snowdon itself. It's a large 45-bed property with a variety of rooms and all the amenities you'd need for a large group.

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



## YHA Holmbury St Mary Surrey Hills

Woodland colour at this Surrey hostel

The Surrey Hills are an often overlooked part of the country, but walkers and cyclists in the wider southeast region flock to the area. In among it all, the 30-bed YHA Holmbury St Mary Surrey Hills sits in an Area of Outstanding Natural Beauty characterised by open fields and woodland that comes alive in autumn.

[yha.org.uk/hostel/yha-holmbury-st-mary-surrey-hills](https://yha.org.uk/hostel/yha-holmbury-st-mary-surrey-hills)

## YHA Ravenstor

67-bed hostel in the Peak District

YHA Ravenstor is a former mill owner's house set between Bakewell and Buxton and brilliantly located for autumn walks in this lesser-visited part of the Peak District National Park. The hostel has a games room, a lounge and even a dedicated classroom. The nearby Monsal Trail provides an easy walk or cycle directly to Bakewell.

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





## YHA Sherwood Forest

Modern Nottinghamshire hostel in famous woodland

If you want to see autumn leaves in full display, where better than Robin Hood's old stomping ground of Sherwood Forest? This 48-bed hostel is across the road from the Sherwood Forest Visitor Centre and a 20-minute walk from the colossal Major Oak, one of Britain's most famous trees.

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

## YHA Boscastle

Evocative north Cornwall dwelling

There's no shortage of hostels in the network with drop-dead gorgeous locations, but YHA Boscastle must surely be near the top of the leaderboard. This stone building sits at the mouth of the River Valency as it empties into the wild Cornish sea. Boscastle is a busy little fishing village near the attractions of Tintagel and Bude.

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



## YHA Windermere

Lakeside views from this Lakeland escape

You can see England's largest natural lake and some of the finest Lake District mountains from the grounds of YHA Windermere – an alluring vista for walkers, runners, cyclists and watersports lovers. The unbeatable location of this 50-bed hostel would make for a fun group trip.

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

## YHA Beverley Friary

Historical stay in Yorkshire

YHA Beverley Friary stands apart even among YHA's extensive network of singular buildings. This former Dominican Priory, near the East Yorkshire market town of Beverley, has some six centuries of history under its belt – as well as 32 beds and a princely location for exploring the countryside of the East Riding of Yorkshire.

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



# Pick a plum property for party season

Hire a whole hostel this Christmas and enjoy a great value get together on a grander scale.

YHA Exclusive Hire – for family, friends, clubs, socials and celebrations.

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



YHA Wasdale Hall



YHA Pwll Deri



YHA Tanners Hatch



YHA St Briavels Castle



YHA Wilderhope Manor

# How to ID birds on the water

The rivers of England and Wales are still busy with birdlife in autumn. To make the most of the fact, simply find a peaceful patch on a riverbank, linger, and be patient. There's something gloriously meditative about spending a couple of slow hours with a flask of coffee and a pair of binoculars – particularly with these eight characters to enjoy.



## Kingfisher

**Scientific name:** *Alcedo atthis*

The electric blue and orange flash of a kingfisher in flight never fails to thrill. Whirring fast and low across the water – there one second and gone the next – this handsome bird very much lives up to its name. Its slender, pointed bill allows it to ambush minnows, sticklebacks, tadpoles and freshwater shrimps.

**ID tips:** Kingfishers are small, shy birds. Look for them on quiet wooded stretches, and listen for a high whistled 'tzeeee'.



## Grey heron

**Scientific name:** *Ardea cinerea*

The unmistakable grey heron is one of the UK's most extraordinary resident birds. Its dagger-sharp bill seems almost precision-engineered, and to witness the bird stepping oh-so-slowly through the shallows – determined not to betray its presence to any passing fish, shortly before delivering a fatal, lightning-fast stab – is a compelling sight.

**ID tips:** A fully grown heron can stand up to a metre tall. Look for a slow, heavy wingbeat when in flight, and listen for a harsh 'kaark' call.



## Coot

**Scientific name:** *Fulica atra*

Sooty-black with the exception of its ice-white bill and high frontal shield (which gives rise to the expression 'bald as a coot'), this uncomplicated water bird is frequently seen busying itself among reeds and river plants. It dives often and has a nodding head movement as it swims.

**ID tips:** If you've never seen a coot taking off, it's quite a spectacle – the bird 'runs' along the water surface to gather speed.

## Dipper

**Scientific name:** *Cinclus cinclus*

Few birds are quite so likeable as the dipper, a white-bibbed river-dweller that takes its name from its habit of hopping into the water and diving underwater for food. It's often seen flying low along fast-flowing rivers, perching on logs and boulders and restlessly bobbing and curtsying.

**ID tips:** It's a small bird with short wings, similar in size to a house sparrow but considerably bulkier. Males and females look alike.



## Canada goose

**Scientific name:** *Branta canadensis*

The Canada goose, with its glossy black head and white chinstrap, is a familiar sight on our lakes and waterways – but as its name suggests, the species is non-native. It first came to Britain when it was introduced to London's St James' Park in the 17th century. Today we have more than 80,000 pairs.

**ID tips:** As our largest goose, it can weigh almost 5kg – and it's hard to miss its loud honking noise!



## Moorhen

**Scientific name:** *Gallinula chloropus*

Another common sight on our lakes and wetlands, this is a smallish bird with a big personality. Its tail is generally held high and gets flicked and flirited as the moorhen swims around. Pleasingly, the accepted collective noun for the species is a 'plump' of moorhens.

**ID tips:** Similar in many ways to a coot, other than its tell-tale red-orange, yellow-tipped bill. The brighter the bill, the healthier the moorhen.



## Mallard

**Scientific name:** *Anas platyrhynchos*

The most widespread surface-feeding duck in the country is the mallard. The male has an impossibly elegant plumage, complete with precisely banded colours and an iridescent green head. The female is less showy. These birds start to pair in October or November, well in advance of breeding season.

**ID tips:** The classic 'quack' sound is that of the female – the males don't quack at all!



## Cormorant

**Scientific name:** *Phalacrocorax pygmeus*

Usually (but not always) seen close to the coast, this prehistoric-looking bird is large and dark with an almost reptilian neck. Cormorants are superb fishers – and tend to be hungry eaters – so they're not wildly popular with anglers, but their hook-tipped bills give them a powerful bearing.

**ID tips:** Their feathers get waterlogged when they dive, so you'll often see them with their wings spread out to dry.





### 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)

# Tried and tested

Outdoor items put through their paces by The Journey team

## KEEN Terradora Flex

[keenfootwear.com](https://keenfootwear.com)

New for September 2022 – and feeling suitably fresh – these are women-specific hikers designed to be a natural fit for both a day in the hills and a trip into town. They're seriously lightweight and flexible, thanks to the brand's accordion-like KEEN.BELLOWS FLEX technology, and the lacing system feels really high-quality. They come in mid and low styles – I've tried the mid out on various trails and haven't found it wanting in any respect. On an eco note, other positives are the PFC-free water repellency, the pesticide-free insoles and the direct-attach build, which means no harmful glues. Thumbs up.

*Helen Williams*



- + Lightweight
- + Sturdy
- + Eco-minded
- Hard to fault





## Infinity Microlight Down Jacket

[rab.equipment](http://rab.equipment)

The insulated jacket is an essential part of the winter wardrobe – but not all jackets are created equal. What sets the Infinity Microlight Down apart? Well, the down on the inside is the warmest type of insulation for its weight, but Rab designers have paired 100% recycled down with Gore-Tex Infinium on the outside. This fabric is light and soft but made to stop any wind (and a fair bit of moisture) from getting through. This also traps more air, making the jacket very warm indeed. It's also brilliantly tailored.

*Daniel Neilson*

- + Recycled hydrophobic down
- + Lightweight
- + WINDSTOPPER fabric
- Nothing – it's a good price too!

## Lazer Strada KinetiCore Helmet

[freewheel.co.uk](http://freewheel.co.uk)

The cycle helmet is the one piece of outdoor gear you hope never to put through its paces. And so far, this helmet remains unscathed after blasts round forest trails. The Strada KinetiCore is an all-rounder, good for every type of cycling. The KinetiCore is the protection technology designed to protect the head from all manner of crashes, while still being light and with excellent ventilation. It uses a scrolling belt at the back of the helmet to find the perfect fit on the move. Light, comfortable and durable.

*Daniel Neilson*

- + Very light (280g)
- + Good ventilation
- + Comfortable
- Higher price



## Duer Denim Jeans

[trekitt.co.uk](http://trekitt.co.uk)

What, you might ask, is a jeans review doing in an outdoor magazine? Well, these aren't your standard high-street trousers. Searches for 'technical denim' on the Trekitt site have gone up more than 900% in two years, and these jeans are the product fitting the bill. They look like a regular pair, albeit a well-made one, but there's a suppleness to them when you put them on. They're specifically designed for outdoor activity, so you'll find five times the stretch of standard denim as well as reinforced seams and Coolmax® technology for moisture control. They're not for wet weather, but they're genuinely impressive.

*Ben Lervill*

- + Comfortable
- + Robust
- + Breathable
- Not waterproof



# Hostel guide



**Book now**

Visit [yha.org.uk](http://yha.org.uk)

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 OEU
<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 ODF
<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 OHD
<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 OSP
<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 OEW
<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 Jordans</b>	<b>Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN</b>
YHA Keswick	Station Road, Keswick, Cumbria, CA12 5LH
<b>YHA Kettlewell</b>	<b>Kettlewell, Skipton, North Yorkshire, BD23 5QU</b>
YHA Kings	Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB
<b>YHA Kington</b>	<b>Victoria Road, Kington, Herefordshire, HR5 3BX</b>
YHA Lands End	Letcha Vean, St Just-in-Penwith, Penzance, Cornwall, TR19 7NT
<b>YHA Langdale</b>	<b>High Close, Loughrigg, Ambleside, Cumbria, LA22 9HJ</b>
YHA Langdon Beck	Forest-in-Teesdale, Barnard Castle, Co Durham, DL12 0XN
<b>YHA Leominster</b>	<b>The Old Priory, Leominster, Herefordshire, HR6 8EQ</b>
YHA Littlehampton	63 Surrey Street, Littlehampton, West Sussex, BN17 5AW
<b>YHA Litton Cheney</b>	<b>Litton Cheney, Dorchester, Dorset, DT2 9AT</b>
YHA Liverpool Albert Dock	25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
<b>YHA Liverpool Central</b>	<b>Kansas Building, Mathew Street, Liverpool L2 6RE</b>
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
<b>YHA Llanddeusant</b>	<b>The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL</b>
YHA Llangattock	Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG
<b>YHA London Central</b>	<b>104 Bolsover Street, London, W1W 5NU</b>
YHA London Earls Court	38 Bolton Gardens, Earl's Court, London, SW5 0AQ
<b>YHA London Lee Valley</b>	<b>Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ</b>
YHA London Oxford Street	14 Noel Street, London, W1F 8GJ
<b>YHA London St Pancras</b>	<b>79-81 Euston Road, London, NW1 2QE</b>
YHA London St Pauls	36 Carter Lane, London, EC4V 5AB
<b>YHA London Thameside</b>	<b>20 Salter Road, Rotherhithe, London, SE16 5PR</b>
YHA Lulworth Cove	School Lane, West Lulworth, Wareham, Dorset, BH20 5SA
<b>YHA Malham</b>	<b>Malham, Skipton, North Yorkshire, BD23 4DB</b>
YHA Manchester	Potato Wharf, Castlefield, Manchester, M3 4NB
<b>YHA Mankinholes</b>	<b>Mankinholes, Todmorden, Lancashire, OL14 6HR</b>
YHA Manorbier	Manorbier, nr Tenby, Pembrokeshire, SA70 7TT
<b>YHA Medway</b>	<b>351 Capstone Road, Gillingham, Kent, ME7 3JE</b>
YHA Minehead	Alcombe Combe, Minehead, Somerset, TA24 6EW
<b>YHA National Forest</b>	<b>48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD</b>
YHA New Forest	Cott Lane, Burley Ringwood, Hampshire, BH24 4BB
<b>YHA Newcastle Central</b>	<b>17 Carloli Square, Newcastle Upon Tyne, Northumberland NE1 6UQ</b>
YHA Newport Pembrokeshire	Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS

**YHA Ninebanks**  
 YHA Okehampton  
**YHA Okehampton Bracken Tor**  
 YHA Osmotherley  
**YHA Patterdale**  
 YHA Penzance  
**YHA Perranporth**  
 YHA Poppit Sands  
**YHA Port Eynon**  
 YHA Portreath  
**YHA Pwll Deri**  
 YHA Ravenstor  
**YHA Rowen**  
 YHA Scarborough  
**YHA Sheen Bunkhouse**  
 YHA Sheringham  
**YHA Sherwood Forest**  
 YHA Skiddaw House  
**YHA Slaidburn**  
 YHA Snowdon Bryn Gwynant  
**YHA Snowdon Llanberis**  
 YHA Snowdon Pen-y-Pass  
**YHA Snowdon Ranger**  
 YHA South Downs  
**YHA St Briavels Castle**  
 YHA St Davids  
**YHA Stratford**  
 YHA Streatley  
**YHA Street**  
 YHA Swanage  
**YHA The Sill at Hadrian's Wall**  
 YHA Tanners Hatch  
**YHA Thurlby**  
 YHA Tintagel  
**YHA Totland Bay**  
 YHA Treyarnon Bay  
**YHA Truleigh Hill**  
 YHA Wasdale Hall  
**YHA Wells Next The Sea**  
 YHA Whitby  
**YHA Wilderhope Manor**  
 YHA Windermere  
**YHA Wooler**  
 YHA Wye Valley  
**YHA York**  
 YHA Youlgreave

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

# Readers' page

This issue's featured photo comes from runner and mountain leader Jen Scotney. She wrote:

All the years of coming to @SkiddawHouseYHA and this was my first time getting there on a bike! Magical few days off-grid biking, hiking, swimming, reading and sunrise watching #LakeDistrict



## @JillTimms

Still love youth hostelting @YHAOfficial, now with our own little ones who loved waking up in a castle @YHASTBriavels. Great stay and great #socialenterprise making adventures more accessible.

## @CllrBarryLewis

I've just rejoined the @YHAOfficial after decades of absence and I'm really looking forward to rekindling my love of youth hostelting in my dotage!

## @RadioLento

We stayed at the @YHAOkehampton right next to the beautiful Okehampton Station on the award-winning @DCRailPart Dartmoor Line. It was great to find a country @YHAOfficial hostel so easy to get to by train.

## @heritage\_lizzie

Brilliant morning organised by the @YHAOfficial as part of the #FestivalOfWalking – a networking walk for leaders across heritage, nature, landscape & access in the @sdnpa – met so many new people thinking about issues in common.

## @ReadingPETeach


Thank you @YHAOfficial for an excellent stay. Your staff were amazing and Haworth is such a beautiful part of the world. I could not be prouder of all the students that came with me on our adventure. #LPAspirit #TeamLPA @lodgeparkacad

## @GrahamKavanagh7

Over the years I've slept in all manner of guest houses, hotels, and good and bad hostels when travelling. This hostel is one of the best. Stayed here a few times over the years on potato wharf.... Manchester. Last night was a good sleep! @YHAOfficial #manchester

## @PaulRadford22

Also a couple of great nights at @YHAOfficial @YHAHawkshead and @YHAAmbleside loved the bell tent and you can never fault the location of Ambleside. #LakeDistrict #LiveMoreYHA

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

# Can you crack our dog anagrams?

**WIN! A Lowe Alpine AirZone Trek 35:45L Hiking Backpack worth £160!!**

Dog-friendly outdoor breaks have boomed in popularity in recent years. Did you know that we offer dog-friendly stays including at most YHA Exclusive Hire hostels and in our camping and glamping accommodation? Find out more at [yha.org.uk/breaks/dog-friendly-holidays](https://yha.org.uk/breaks/dog-friendly-holidays)

1. **ARBORDAL**
2. **DEBORR RETERRI**
3. **DOLLBUG**
4. **KORECC ALPINES**
5. **GUP**



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To enter, simply send us an email with your five answers to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by 23rd December 2022. Feel free to share your thoughts on this magazine at the same time. If you'd prefer to enter by post, you're welcome to write to us at our address on the magazine's back cover

## About the prize

We have one Lowe Alpine AirZone Trek 35:45 to give away. Light, comfortable and ventilated, it's the perfect mid-volume hiking backpack for long-distance hiking. It features the award-winning, fully adjustable AirZone+ ventilated carry system, with patented FormKnit™ technology for all-day comfort. Built from tough, wear-resistant fabric, it also features zipped front entry for easy access to the main compartment, plus a divider panel, front and side mesh pockets, upper and lower compression straps, axe and walking pole attachments, an integrated rain cover, a water bladder compartment, and an extendable lid for additional packing flexibility.

[rab.equipment/uk/lowe-alpine](https://rab.equipment/uk/lowe-alpine)

**Last issue:** congratulations to Pam, Rebecca and Michael, who won copies of *Islandeering: Adventures Around The Edge of Britain's Hidden Islands*, by Lisa Drewe





Please don't leave us behind!

Find our story inside  
or at [yha.org.uk/child](https://yha.org.uk/child)

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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