

The logo consists of a dark green triangle pointing upwards, containing the lowercase letters "yha" in a white, sans-serif font.

spring
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Spring adventures

From rugged coastlines to stunning National Parks, a YHA stay offers access to adventures in some of the most beautiful locations in England and Wales.

Dorm beds available from £15 per night and private rooms from £30 per night.

yha.org.uk/breaks/spring-holidays





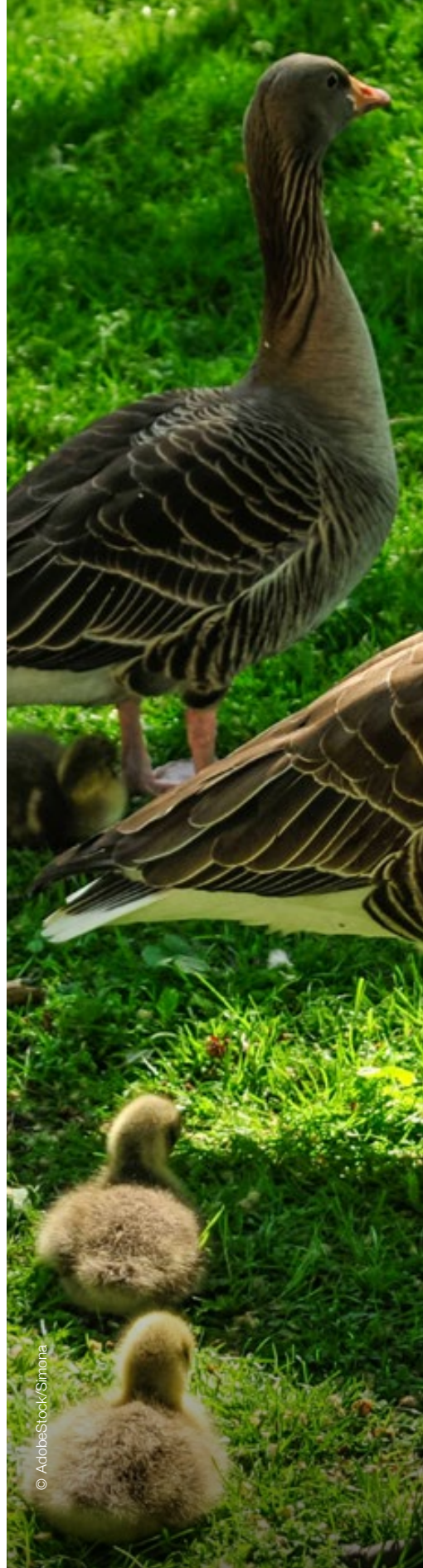
Hello

...and a very warm welcome to the spring issue of The Journey. Spring is many things – a period of reawakening for nature, of course, but also a time for many of us to reinvigorate our hopes and plans. As the days continue to lengthen and the countryside around us grows greener, the prospect of adventure always seems that much more tangible.

Keeping this front of mind, we're highlighting some of the best getaways in England and Wales for cyclists, ranging from mountain-bike challenges to hostel-to-hostel day rides. In the same outdoor spirit, you'll also find a spotlight on nine hostels ideally placed for keen wild swimmers.

With summer sidling ever closer, meanwhile, we also have a three-page special on the many joys of the Cornish coast, where some of our most uniquely located hostels can be found. There's also space for an overview of some of our most common and most colourful spring wildflowers, as well as an exclusive interview with the naturalist Nick Baker, whose passion for wildlife remains undimmed since he first appeared on our TV screens in the 1990s.

As ever, you'll also find Let's Go! – our pull-out section for young hostellers – and a look at some of the most useful outdoor gear on the market, here with a focus on trail running. Here's to a wonderful spring. Happy reading.





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"Far from the noise and smell of traffic, theirs for a day, the freedom of mountains, moor or open road. Whether one hikes or bikes, pedals or paddles, the end of the day will bring a common need: the need for rest, food and shelter."

So opens the narration of a film about YHA discovered in the Yorkshire Film Archive. The two organisations have been working on a series of films featuring a treasure trove of footage held in the Yorkshire Film Archive. The earliest films date back to 1931 and document the freedom afforded to young people by the newly founded YHA.

YHA's paper archive is held at the Cadbury Research Library, Birmingham. The full catalogue can be found at calmview.bham.ac.uk, and you can arrange an appointment to view the materials. You'll also find an online photo story of the Wellcome Trust-funded project to catalogue the YHA collection, alongside that of the YMCA ([flickr.com/photos/cadburyresearchlibrary/](https://www.flickr.com/photos/cadburyresearchlibrary/)).

Keep your eyes peeled for further releases, but you can see the first launch film on our YouTube channel:

[youtube.com/@YHAEnglandWales](https://www.youtube.com/@YHAEnglandWales).



Historical Archive

at the
Cadbury Research Library
University of Birmingham

YORKSHIRE
FILM ARCHIVE



NORTH EAST
FILM ARCHIVE

yfanefa.com





Trails by train

Rail Walks is a new resource website encouraging people to use the railway to get walking – and you can help



© AdobeStock/RamblingTog

Think of all the stops on your last train journey. Those remote places where no one gets off, or those town stations that seem to appear out of nowhere after an hour of open countryside. And how often have you looked out at them and thought, “I’d like to come back and walk here one day”? Chances are, if you’re reading this magazine, it’s happened quite a lot.

It’s an idea that also occurred to travel writer Steve Melia, who gave up his car 15 years ago and started plotting hiking routes that were accessible by public transport, often the train.

“Like most people, I thought you had to drive to reach deep, wild and remote countryside,” Steve says. “Some of my walks use buses; most use trains. That gave me the idea for a national network.”

Then someone suggested he speak to Dan Raven-Ellison, the founder of Slow Ways (slowways.org), an initiative to create a national network of walking routes connecting all of the country’s towns and cities, as well as thousands of villages. Building on the work that Slow Ways has already done, Rail Walks is building on that network to include more walks from train

stations. This is where you come in. The project is looking for people to contribute walks that start and finish at a train station, either beginning or ending at the same rail stop or linking one with another. Head to www.railwalks.co.uk/how-to-help to see how you can contribute.

“Some of the most beautiful and interesting walks start from unassuming places, the Wiltshire market towns, for example. You might not previously have thought ‘let’s go to Westbury or Melksham for a walk’, but what fantastic starting places they can be.”

During the research, Steve also found dozens of websites that already have walks plotted from rail stations. He’s since brought them together on the website as a resource, with the aim of having a single interactive map where you can find a walk anywhere in the country.

www.railwalks.co.uk



Outdoors together

Connection was the key theme at YHA Chester Trafford Hall in early March, when YHA and All the Elements delivered the second edition of a vital networking event. The Outdoor Connection – first held in 2022 – brought together community leaders from across the Outdoor Citizens and All the Elements networks, as well as other partners, funders and brands all working to support access to the outdoors.

Taking place over two days, the event saw a series of workshops, activities and seminars from expert speakers. The topics covered ranged from accessibility and inclusivity to equity and managing stress, with particular emphasis on sharing insights and expertise. On a less formal basis, there was also time for a mixed-abilities yoga class, a Nordic walking session and marshmallow-toasting around an evening firepit.

With attendees from a huge variety of different backgrounds and organisations, the event sowed seeds for future collaborations. “There is no space for outdoor leaders like The Outdoor Connection,” said one community group guest. “It’s so needed to

“There is no space for outdoor leaders like The Outdoor Connection.”

Community group guest, 2024

come together as organisations trying to support more people getting outdoors,” said one community group guest. “We can learn so much from one another, and foster long term connections, to further benefit our communities and wider society.”

Among those present was Sabrina Pace-Humphreys of the charity Black Trail Runners, who hosted a morning jog around the grounds of YHA Chester Trafford Hall. Donning his running gear alongside her was YHA Chief Executive James Blake, who was delighted with how the event unfolded. “Brilliant weekend sharing experiences of supporting communities to get outdoors, active and connected to nature,” he posted later. “Proud to host with the fab team at All The Elements, and thanks to Natural England and Sport England for support.”

Walk of the season: Regent's Park and surrounds



London wears its charms well in spring – particularly when you're on a proper wander. This seven-mile walk begins and ends at one of our key properties in the capital, YHA London Central, but steers clear of the big-ticket riverside sights in favour of some of the city's myriad other attractions. So if the idea of combining the likes of London Zoo, the Abbey Road crossing and Lord's Cricket Ground into a single walk appeals, read on.

Regent's Park, which dominates the first half of the route, was once used for deer-hunting and tenant farming until the Prince Regent – later to become George IV – turned it into a public park in the early 1800s. It's a good thing he did. Today it's one of the city's most enjoyable Royal Parks, a 410-acre spread of grasslands, lakes, formal gardens and wild meadow.

Some 120 bird species have been recorded here, but keep your eyes peeled too for wolves, warthogs and other unlikely

creatures as you pass London Zoo. Here since 1828, and part of global wildlife conservation society ZSL, it's one of the walk's first big landmarks. As the route snakes southwest along Regent's Canal and wriggles around NW8, you'll also encounter the golden dome of London Central Mosque, the watery world of Little Venice and the bastion of cricketing tradition that is Lord's.

Special mention also goes to the Abbey Road crossing you'll traverse in the second half of the walk, immortalised by The Beatles on the cover of their album of the same name. It sits just feet away from the recording studios themselves. Take care if you're planning to recreate your own Fab Four photograph, and note too that some of the other roads you'll cross along the route don't have pedestrian crossings.

A few words on access. The route follows roads, paths and parks, with flat surfaces and, in places, narrow pavements. The canal towpath is open to the water – keep your eyes peeled for bikes, too – and there are shallow steps on the route down from Blomfield Road to the canal before Little Venice basin. For step-free access to the basin continue along Blomfield Road, turn left onto Westbourne Terrace Road Bridge, cross the canal and immediately turn left.

Distance: 7 miles (11.3km)
Ascent: 40m (131ft)
Start/Finish: OS Locate TQ 289 817
 what3words ///door.hook.lanes
Time: Allow 2h 30m to 4h 15m



1 From YHA London Central, wind briefly through streets to reach St Andrew's Gate on SE corner of Regent's Park. In park, pass fountain then turn R onto The Broad Walk for 1.4 miles, eventually passing zoo. Leaving park, cross canal onto Prince Albert Road, turn R, then R again onto footpath down to canal, taking you under the bridge. Follow towpath for approx 1.2 miles.

2 After passing under two railway bridges, cross canal using metal pedestrian bridge, turn R alongside canal and pass opposite Lisson Grove moorings. Turn R onto Lisson Grove, cross canal and turn L, taking higher path alongside canal along Aberdeen Place.

3 Cross Edgware Road to Blomfield Road then take path on L to canal, signposted Little Venice. Pass under Warwick Avenue

Bridge to canal basin then take steps back onto Blomfield Road. Continue along canal, turn R onto Clifton Villas then L onto Warrington Crescent.

4 Cross Sutherland Avenue onto Randolph Avenue, turn R at Maida Vale tube onto Elgin Avenue, continue to Abercorn Place. Turn R onto Abbey Road, over crossing and continue to Grove End Road.

5 Turn L onto St John's Wood Road, pass Lords Cricket Ground and bear R onto Park Road. Cross canal, turn L into park at Hanover Gate, cross Outer Circle and turn R alongside lake, continuing to Broad Walk Gate. Leave park onto Park Square West, cross Marylebone Road onto Park Crescent and return to hostel.



© Juliette Mills

Nick Baker

Nick Baker found fame on the BBC's *Really Wild Show*, which he co-presented for a decade from 1996 to 2006. Long established as one of the UK's leading naturalists, he has authored more than a dozen books and serves as vice-president for Buglife, the RSPB and the Wildlife Trusts.

Q What do you remember about your first outdoor experiences?

My most formative years were spent in East Sussex, on the edge of the Ashdown Forest. My life was full of snakes and lizards and badgers and foxes. I explored hedges, ponds, lakes and rivers – that's all I did. I was kind of old-fashioned in that sense.

YHA has been really important for me. When I was 16 or 17, a group of us decided to do the South Downs Way and we pinned the route together with youth hostels. It was the first time I'd stayed overnight in places without my parents and I loved it. Hostels are social, you meet like-minded people. It was an empowering experience and it gave me the confidence to step over into being independent.

A few years later, when I was at university in Exeter and didn't have a bean, I used to cycle there and back from my home in East Sussex, again using hostel accommodation. YHA has been part of my life.

Q You're passionate about championing all living things, not just the cute and cuddly species. Why is this so important?

I've always been into the connectivity of everything, including ourselves. When I was still very young I realised that when an animal wasn't fluffy or feathered, lots of people didn't see it with the same level of acceptance. I was the kid that would pick up a spider or slow worm. Creatures like that were just as interesting to me but everyone else seemed to have missed the point, so I started telling their stories.

I remember watching some ants on the patio dismembering a crane fly and my nan saying "oh, that's a horrible thing to be watching". I went into a very early presenter role and justified to her why'd

I spent the last hour watching them and by the end she was saying “oh, I didn't know any of that”. That was the beginning of an ability to present these subjects – because I cared about them.

Q You're a huge advocate for introducing young people to the wonders of the natural world. What drives this for you?

Having a meaningful connection with your environment is super-vital at lots of levels. There are well-grounded scientific reasons why exposure to unstructured habitats, green space and natural sounds are really good for your noggin. It helps your ability to process information and it's giving you tools to relax and escape.

And of course, if you yourself have had a lot of exciting positive experiences outside then you're more likely to pass that onto your kids. We're in a biodiversity crisis, but if you're passing on a love of the natural world, you're more likely to value it and fight for it.

We have to be teaching this stuff at school. By that I don't mean having one teacher that's quite enthusiastic about the outside, I mean we should be teaching it like the humanities subjects are taught, so that it's impossible for people to slip the net. It's so important.

Q What does adventure mean to you?

It's pushing yourself out of your comfort zone and your current knowledge band and learning stuff, whether that's stepping into a YHA for the first time or discovering a new species of worm in the sludge of the bottom of pond. I'm currently in the process of writing a book about ponds and pond life for WildGuides, so while everyone else is chasing dolphins and mountain gorillas and birds of paradise I'm seeing just as amazing stuff in my own water butt.

Spring's an exciting time of year. I live up in the Cairngorms now and we get longer, darker winters than down south. But spring's like a firework display of life. It starts with things like the mistle thrushes singing, the herons laying their eggs, the dippers prospecting for nesting sites and the ponds filling with toads. It's the beginning of the annual cycle starting for lots of things again, so yeah, it's a favourite time.

Nick offers wildlife trips and private wildlife tours. Find out more at nickbaker.tv. His book on pond life is due out in spring 2025 with WildGuides princeton.press/wildguides



Cycle experiences for 2024



© AdobeStock/Harvey Hudson

What is that you love about cycling? The muscle-popping ascents or the white-knuckle off-road downhills? The mammoth distances you can cover in exploring Britain from a new perspective? The thrills (and occasional spills) of bike parks? Or maybe the gentle family scoots along old railway lines?

Whatever your preference, the true appeal of cycling in all its guises – mountain biking, road cycling, gravel riding or bike touring – is time in the saddle, whether you're solo or next to friends and family. There's a freedom and camaraderie that only cycling can inspire, and in this feature we celebrate how cycling and hostelling, being outside and being with friends, can benefit both soul and body. That noise you can hear? It's a bike calling your name.

Take a hostel-to-hostel bike ride

Whether it's the Peak District or the Lake District, North Wales or southern England, there are endless opportunities to connect youth hostels by bike. The beauty of staying in hostels is that you only need to carry a few essentials, which can be easily packed up in decent luggage or panniers on a mountain bike, road bike or touring bike. It makes it easy to plan a few days in the saddle without worrying about baggage transfers – simply point your tyres in the general direction of your end-goal and enjoy the freedom of the route. One great tool is the online Ordnance Survey maps (they're also a partner, meaning YHA members get a discount), which you can use to overlay the National Cycle Network.

Yorkshire biking adventures

Between YHA Malham and YHA Grinton Lodge lies some of Yorkshire's best mountain biking and touring. From YHA Malham, you could follow the Pennine Bridleway north before spilling off to Hawes (where you can break up the trip at YHA Hawes), then take the National



Cycle Network through Askrigg and across Askrigg Common, into Swaledale to arrive at YHA Grinton Lodge.

An alternative route is to follow the National Cycle Route to the east and Hebden before following Wharfedale to Kettlewell (and YHA Kettlewell) and branching off along the beautiful Coverdale to Castle Bolton. It's then a slog up to Grinton Moor before a short descent to YHA Grinton Lodge (replete with bike facilities). Or why not spend a few days doing a full round?

Lake District road rides

Plot a route between any two youth hostels in the Lake District and you're pretty much guaranteed a two-wheel adventure. Think high passes on quiet roads, long thigh-busting ascents up hills and rapid descents through valleys, all set against some of the UK's most dramatic mountain scenery. One great link-up is from YHA Wasdale Hall or YHA Eskdale, which both sit at one end of Hardknott Pass and Wrynose Pass, to reach YHA Ambleside at the other.

Further north, it's possible to ride a road bike loop along the B5289 from Keswick, a route that passes YHA Borrowdale, YHA Honister Hause, and YHA Buttermere. This challenging route climbs

Honister Pass before turning north at YHA Buttermere and heading up Newlands Hause. A longer route travels through Brackenthwaite, returning back over Whinlatter Pass and through Whinlatter Forest Park, which itself is also home to incredible mountain biking routes.

On which note, by mountain bike it's possible to connect YHA Wasdale Head over Black Sail Pass to reach YHA Black Sail. From there, a bridleway crosses Scarth Gap Pass by Hay Stacks and descends to YHA Buttermere.

Wales gravel and mountain bike routes

The secret is out... Wales is home to arguably (and it's an argument we're in favour of) the best mountain biking and gravel routes anywhere in Britain.

Traws Eryri

In numbers alone, the Traws Eryri (Trans Snowdonia) trail is thrilling enough, with 200km of off-road adventure and more than 4,000m of ascent, but when you add

in sharp mountains and rolling hills in some of the least-visited parts of Wales, you have an extra dimension that makes this route one of the best in the country. It starts in the mid-Wales town of Machynlleth and ends at Conwy Castle but incorporates the mighty Eryri (Snowdonia) mountain range. The route skirts Cadair Idris before rising to Coed y Brenin, the first mountain bike destination in the UK (see more below), then heads to Betws-y-Coed, Capel Curig and Bethesda before paralleling the coast to Conwy. It's worth taking three or four days to complete the route, taking in places such as Coed y Brenin along the way. Hostel options include YHA Idwal Cottage, YHA Snowdon Llanberis, YHA Snowdon Pen-y-Pass and YHA Conwy.

Coed y Brenin

Coed y Brenin is often described as a mountain biking paradise, something few would argue with. It was the first purpose-built mountain bike centre in the UK and has a range of routes for every level of ability. "The Beast" is a black route that extends an astonishing 35 kilometres, while the red Cyflym Coch is 12.6 kilometres of fast-flowing singletrack. The blue Minor Taur route, meanwhile, is perfect for beginners and youngsters experiencing singletrack for the first time.

Six great bike parks

There are dozens of dedicated bike parks and trail centres across the UK. Some, such as Coed y Brenin and Cannock Chase in Staffordshire, have visitor centres, cafés and bike rental businesses. Forestry England also runs more than 2,500 kilometres of signposted bike trails in dozens of forests. Here are some of the best that you'll find near youth hostels.

BikePark Wales, South Wales

The biggest location with bike uplift in the UK has more than 40 trails from green to black, as well as two pro lines. Imagine a ski resort for mountain bikers and you've got BikePark Wales.

Nearest hostel: [YHA Brecon Beacons](#)

Dalby Forest, Scarborough

In the heart of North York Moors National Park, this park has six brilliant cycle trails, including a challenging World Cup route and a cycle skills area.

Nearest hostel: [YHA Whitby](#)



Forest of Dean Mountain Biking

Lots of care has gone into creating the Forest of Dean Mountain Biking Centre, which has lovingly made trails from red down to a green family trail. There's also a beginners' area and a pump track.

Nearest hostel: [YHA Wye Valley](#)

Gisburn Forest Bike Trails, Forest of Bowland

There are three well-established trails at this Forestry England site, as well as a skills loop. The highlight is a sweeping 18-kilometre red route.

Nearest hostel: [YHA Malham](#)

Coed y Brenin, North Wales

The first dedicated mountain bike centre in the UK, and still one of the best, with long, fun trails for every level.

Nearest hostel: [YHA Snowdon Pen-y-Pass](#)

Whinlatter Forest Park, Lake District

There are four trails in Whinlatter Forest, all well maintained and suitably challenging. One of them is a 19-kilometre red trail.

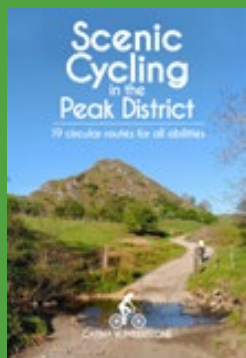
Nearest hostel: [YHA Keswick](#)

National Cycle Network

The National Cycle Network, created by Sustrans, is one of Britain's greatest assets for cyclists. The idea originated in 1979 when the Bristol to Bath Railway Path was opened along a closed railway line. Since then, the organisation has designed and waymarked hundreds of kilometres of routes across the country. Its website, sustrans.org.uk, is the best place to find quiet routes, with interactive maps and inspiration. As an overall network, we're lucky to have it.



© AdobeStock/Sabrewolf



Competition

Win... Scenic Cycling in the Peak District

We're giving away five copies of a new guide to cycling in the Peak District, written by experienced outdoor instructor and Buxton mountain rescue team member Carina Humberstone. The book *Scenic Cycling in the Peak District – 19 circular routes for all abilities* provides looped routes and advice for all levels, sticking to quieter lanes and off-road tracks.

See spiral-books.com for more information.

To enter, simply answer the following question, emailing your answer to magazine@yha.org.uk by 28 June 2024. Which is the oldest National Park in the UK?

Set up camp this spring

Bring your own tent or pick from our range of outdoorsy accommodation.

From tipis to safari tents, Landpods to Airstream trailers, you'll find the perfect pitch at our campsites. And dogs are welcome too!

yha.org.uk/camping-and-cabins



Camping at YHA Penzance



Airstream at YHA Eden Project



Tipis at YHA Windermere



Camping pods at YHA Borrowdale



Landpod at YHA Coniston Holly How

Let's go!



The wonderful world of wings!

Spring is when the natural world bursts to life. Leaves start unfurling, wildflowers start blooming – and wings start whirring! From flip-flapping butterflies and buzzing bees to speedy swallows and noisy cuckoos, our skies and gardens become busy with birds and flying insects.

For a creature to fly it needs to have WINGS, which help to lift it into the air. In the natural world, wings come in all shapes and sizes. But how much do we know about them?

The **tiniest bird wings** in the country belong to the goldcrest. Together they measure around **15 cm**, or half a school ruler!



Only **one kind of mammal has wings it can fly with** – bats! These amazing little creatures usually sleep in the day then appear at sundown, flitting through the sky like acrobats.

Butterflies are insects with big, colourful wings. **Almost 60 different kinds of butterflies can be found in the UK**, from the bright yellow brimstone to the beautifully patterned peacock.



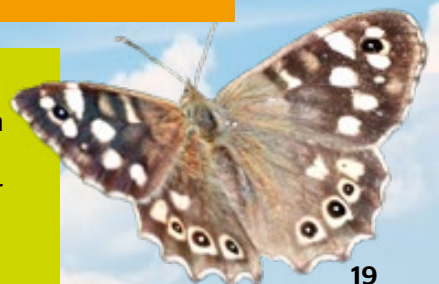
Lots of the birds that visit us in spring, like swifts and swallows, have used their wings to fly here all the way from Africa!

All bird species have wings. Even birds like ostriches and penguins have them, although their wings are **far too small to fly with**.



Here in the UK, the bird with the **largest wing span is the white-tailed sea eagle**. Its feathers stretch out for up to 2.4 metres.

Most insect species have wings – in fact, lots of them have two pairs. Amazingly, some tiny midges beat their wings as quickly as **1,000 times a second!**



A tale of two towers

It's exactly 135 years since the Eiffel Tower opened in spring 1889. Today, it still stands high and mighty in Paris, the capital city of France. But what do we know about this incredible structure, and how does it compare with London's tallest building, The Shard?



Eiffel Tower

Height: 300 metres (or 330 metres to the tip of its radio antenna!)

Year of opening: 1889

Fun facts:

- 2.5 million metal fasteners (called rivets) were used to build the tower.
- The total weight of the tower is 10,100 tons – the same as 2,000 adult elephants.
- If you want to walk all the way to the top floor, you'll climb 1,665 steps.
- After sunset each day, the tower puts on a sparkly light show using 20,000 light bulbs.
- It needs to be painted by hand every seven years, by a team of 50 people. It's a bronze colour today, but it was once yellow!

The Shard

Height: 309 metres

Year of opening: 2012

Fun facts:

- The building has 36 different lifts, which can travel at six metres a second.
- The outside of The Shard is covered in 11,000 glass panels.
- If you took out all the electric wiring in the building and laid it out, it would stretch for 200 miles – almost the exact distance to the Eiffel Tower.
- Around 1,450 workers from 60 countries helped to build it.
- Just before The Shard opened, workers found a fox living on the 72nd floor!

Remember: YHA has various family-friendly hostels in central London, and our overseas partner Hostelling International has a great hostel in central Paris!



How to... find north in the night sky

A clear spring night can be a fantastic time to stargaze. The sky is full of different constellations, but one of the easiest to spot is Ursa Major. Also known as the Plough, or the Big Dipper, it's made up of seven bright stars. It looks a bit like a saucepan! All seven of its stars have different names.

Where can I see it?

During the spring months, Ursa Major can be spotted high in the sky, almost directly overhead. Depending on when and where you're looking at it, it might appear to be upside-down.

Although all the stars in the constellation look like they're close to each other, some are much further away. Most of them are around 80 light years away, but two of them are more than 100 light years away!

How can Ursa Major help me find north?

Here's the really clever part. First, look at the two stars on the right of the constellation (or the right-hand edge of the saucepan!). Then trace an imaginary line that starts at the lower star (named Merak) and carries on through the higher one (named Dubhe). Follow this imaginary line through the sky until you reach another bright star. This is Polaris, also known as the North Star.

The North Star is always found in the sky directly above the North Pole. Other stars rotate around it during the night, but the North Star stays where it is. So when you find it in the sky, it also tells you which direction north is!

What's Ursa Minor?

Ursa Minor, also known as the Little Dipper, is the constellation that the North Star is a part of. It's smaller than Ursa Major, but it has a similar shape.

Spot the difference

Can you spot six differences between these two pictures?



Beavers are brilliant!

Hundreds of years ago, beavers were a common sight in the rivers of England and Wales, building dams and swimming through the shallows.

The bad news is that so many of them were hunted that they became extinct. The good news is that they've now been reintroduced in some parts of the UK – so these clever mammals are back in our waterways!

Beavers have thick brown fur, large orange teeth and big flat tails. They feed on water plants, twigs and leaves and live in small family groups. Baby beavers are known as kits.

Beavers are famous for building dams across rivers out of branches. They do this to make ponds of still water where they can live and feed in safety, but at the same time they're creating important wetland habitats for other creatures.

Wild beavers can be spotted in different waterways in Devon, including the River Exe, the River Otter, the River Tamar and the River Taw. They're also found in Scotland.



The YHA guide to... ...the Cornish coast

Cornwall's coastline doesn't do things by halves. The county itself might be tucked away in the corner of the UK map – parts of it being so far south that they enjoy their own microclimate – but once you get down here, the rewards come super-sized. Its coastline stretches for some 422 miles, curving around from the Atlantic-facing north to the more sheltered south and incorporating countless cliffs, coves, surf beaches and fishing villages. The potential for adventure, meanwhile, is as ever-present as the sea. Here's our pick of things to do.

© AdobeStock/Doug Armand

Explore Penzance

The Victorian promenade that stretches along the Penzance seafront lets you know you've arrived in Cornwall. The skies are big, the breeze is salty and the castle-topped tidal island across the bay – better known as St Michael's Mount – is unmistakable. The town itself gives plenty to enjoy, from an Art Deco lido and a lively food scene to the local artworks on show at the Penlee House Gallery & Museum. The longstanding YHA Penzance is based in a Georgian mansion on the western edge of town. And if you're arriving from London? Note that the Cornish Riviera sleeper train travels nightly from Paddington to Penzance.

yha.org.uk/hostel/penzance

Sample the surf

For anyone who knows their reef breaks from their riptides, Cornwall is arguably the best surfing spot in the country. The south coast offers excellent waves on its day, but most of the top spots tend to be on the more exposed northern shoreline. As long as a century ago, early surfers were using 'coffin lid' boards on the beaches around Newquay, and these days you won't have to look far for equipment hire or tuition or indeed up-at-dawn locals heading off into the surf. Not far from Newquay, YHA Treyarnon Bay sits just five minutes away from Harlyn Surf School.

yha.org.uk/hostel/treyarnon-bay

Take a (long) walk

Thanks to the presence of the colossal South West Coast Path – soon to form part of the even longer King Charles III England Coastal Path – it's possible to hike along the Cornish coast in either direction, wherever you fancy and for however long you choose. Scenery-wise, you can't really go wrong: the whole path is a never-ending series of beaches, clifftops, headlands and bays, although be aware that steep climbs often come as a given. The stretch between Land's End and Penzance makes for particularly glorious walking, as does the perimeter of the stunning Lizard Peninsula.

Hire out a clifftop hostel

Perched high above the Atlantic coast and overlooking three miles of sandy beaches, YHA Perranporth can lay claim to being one of the most enviably located hostels in the country. The clifftop hostel – once a top secret Admiralty Experimental Station and research lab – is now available on Exclusive Hire, meaning you can book it for sole use for up to 23 family or friends. The even better news for dog-lovers? Four-legged friends are welcome too. Expect tails to wag.

yha.org.uk/hostel/perranporth

Head to the Eden Project

Ever since it opened in the spring of 2001, the Eden Project has stood as one of the UK's most singular visitor attractions, its bubble-like geodesic domes making it instantly recognisable. Once a bare-earth clay quarry, the site has been turned into a verdant wonderland of indoor rainforests, outdoor greenery and one-off artworks. Barely a hop and a skip away is YHA Eden Project, the attraction's official accommodation partner. Airstreams, bell tents, wild camping and hand-crafted Landpods are all available.

yha.org.uk/hostel/eden-project



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© AdobeStock/chris2766



© AdobeStock/Lorena Tempeta



Hit the saddle

Exploring the county on two wheels is one of the best ways of getting a feel for its byways and backroads. Bike hire is relatively easy to come by – with e-bikes an increasingly common alternative for those who don't fancy the tough inclines of the interior – and there are various tried-and-tested cycle routes. The family-friendly Camel Trail follows a former railway line for 18 miles between Padstow and Bodmin, while the Mineral Tramways Trail uses traffic-free paths to delve into Cornwall's mining past. The brilliant open-air Minack Theatre, near Penzance, can also be reached by bike.

Watch for wildlife

Unsurprisingly for somewhere with hundreds of miles of coastline and close to 60 nature reserves, Cornwall plays home to a vast array of different fauna. The birdlife is exceptional, with the iconic Cornish chough – a red-billed corvid often spotted speeding above sea cliffs – often on visitors' wish-lists. Kestrels, kingfishers and breeding seabirds such as guillemots are further draws. Looking out to sea, keep your eyes peeled for seals and dolphins – and even basking sharks, if you're very fortunate – while the county's location means migrant butterflies, moths and dragonflies often blow in on the southerly winds. Elsewhere, foxes, hedgehogs and badgers all start stirring as dusk sets in.



© AdobeStock/Dave

Delve into the past

Recognised by some as a Celtic nation in its own right, Cornwall has a rich history that saw it spend several centuries as a heartland for tin and copper mining (one oft-told fact is that the crimped edges of Cornish pasties were designed to give miners something to hold onto as they ate). Remnants of the industry can be properly investigated on the UNESCO-listed, seven-mile stretch of west-facing shoreline known as The Tin Coast. Elsewhere, historical fishing villages are commonplace along the coastline: two of the best known options are Mousehole (pronounced Mowzel) near Penzance, and St Ives, which sits on the north coast but can be reached by public transport from Penzance in under an hour.



9 hostels for outdoor swimming

The rise in popularity of wild swimming has been unavoidable. It's invigorating, fun and great for our wellbeing. Few people return from a dip in a river, lake, sea or lido without rhapsodising about the joys of the experience, so grab your Dryrobe and book into these well-placed hostels.

YHA Broad Haven

Pembrokeshire hostel with a sea view

The views from YHA Broad Haven almost beg you to go swimming, with a stunning outlook over a sandy beach on the Pembrokeshire Coast, in Haverfordwest. The whole coastline is pocked with similar coves and beaches, so you can effectively take your pick.

yha.org.uk/hostel/yha-broad-haven





YHA Wye Valley

River swimming on the Welsh border

The slow-moving River Wye is a scenic place to swim, and the Lower Lydbrook stretch, right by YHA Wye Valley, is one of the best. Gently float downstream and hop out on the grassy banks. With luck you'll see kingfishers darting among the leaves.

yha.org.uk/hostel/yha-wye-valley

YHA Buttermere

Lake District hostel close to Buttermere

The Lake District, needless to say, is amazing for wild swimming and home to all manner of clubs and races. Buttermere is one of a handful of lakes that doesn't have any motorboats on it, as is nearby Crummock Water. We won't pretend it's going to be warm, mind you.

yha.org.uk/hostel/yha-buttermere



YHA Cambridge

Take a punt on Cambridgeshire's rivers

Roger Deakin, author of the seminal swimming book *Waterlog*, often swam in the rivers near Cambridge. Grantchester Meadows – an idyllic spot no matter what your mode of transport – can be wonderful if you avoid the punts. Try also the Newnham Riverbank Club and Jesus Green Lido.

yha.org.uk/hostel/yha-cambridge

YHA London Central

Capital swimming in the city

London? Unconventional, perhaps, but the city has a great many places to swim outdoors. The Serpentine Lido in Hyde Park is one star attraction, but also try the Royal Docks, in East London, which has the infrastructure for open-water swimming – and amazing views to boot.

yha.org.uk/hostel/yha-london-central





YHA Hartington Hall

Explore the Peak District's waterways

The Peak District isn't short of interesting places to swim. At Three Shires Head, on the River Dane, there are two waterfalls and shallow plunge pools for a unique, if potentially chilly, dip. There's a designated location in Youlgreave too.

yha.org.uk/hostel/yha-hartington-hall

YHA Bristol

Well-placed for West Country swimming spots

The city's most central spot is Henleaze Swimming Club, North Bristol, with a springboard, high diving and even a sauna. West Country Water Park is a nearby swimming lake, while the local Farleigh & District Swimming Club is the world's oldest river swimming club.

yha.org.uk/hostel/yha-bristol



YHA South Downs

Gateway to South Coast swimming

YHA South Downs sits on the River Ouse, and while we wouldn't suggest swimming near the hostel, it narrows around Barcombe Mills just north of Lewes, providing an attractive spot. It's also a relatively short distance from the iconic Art Deco Saltdean Lido.

yha.org.uk/hostel/yha-south-downs

YHA St Davids

For watery adventures in Pembrokeshire

YHA St Davids is located just off Whitesands Bay, one of Britain's Blue Flag beaches, but frankly you'll be spoilt for choice with the beaches and inlets around the UK's smallest city – where you'll also find guides for wild swimming, sea kayaking and coastering.

yha.org.uk/hostel/yha-st-davids



Exclusively yours this summer

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 Ennerdale (pictured).

Hire a whole hostel.

yha.org.uk/exclusive-hire



How to... identify spring wildflowers

Every year, spring arrives in technicolour: bright petals and sunny blooms appear in verges and hedgerows, dotted over clifftops and forest floors, shimmering across city parkland and steep hillsides. More than 1,000 species of wildflower can be found in the UK. Some emerge at the tail-end of winter, others not until the summer – but how well do you know them? Here are nine species that can often be spotted in the busy, buzzy days of mid-spring.

Cowslip

With its bright yellow flowers nodding softly as if having a doze, the cowslip is a cousin of the primrose and – like its relative – tends to appear early in the season.

Bluebell

From mid-April onwards, the iconic violet glow of hundreds of bluebells swathes the floor of ancient woodlands. The full display is short-lived but can be breathtaking.

Foxglove

Hugely valuable to bees, who crawl inside their dangling, tube-shaped flowers for ready supplies of nectar, this purple-pink wildflower starts to appear in May and June.



Honeysuckle

Bursting onto the scene in June comes this showy woodland flower, with creamy, trumpet-like flowers and a heady scent. It's prized by butterflies, and also a food source for dormice.



Ox-eye daisy

This giant daisy often thrives on grassland, whether that's in a thin clump of greenery on waste ground or in the floral richness of a traditional hay meadow. Emerges towards spring's end.



Red campion

Defiantly pink – despite its name – this brightly hued flower blooms in shady woodland, along hedgerows and in field verges. Its seeds were traditionally used to treat snakebites.



Cow parsley

Usually stirring to life in May, this tall plant enjoys the shady habitats of roadside verges and woodland borders. Its frothy white flowers are a common sight over the warmer months.



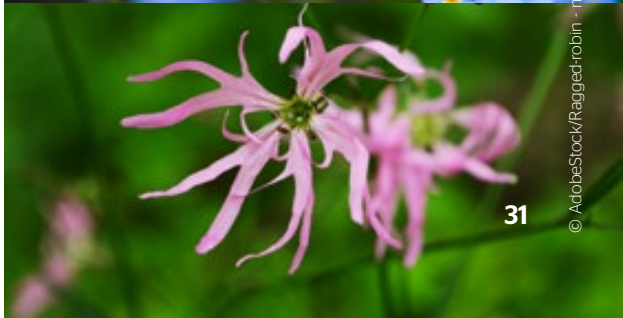
Forget-me-not

The tiny blue flowers of the forget-me-not, with five petals circling an egg-yolk yellow centre, are a familiar sight in hedgerows and woodlands. Its formal name is myosotis.



Ragged-robin

The straggly pink petals of this aptly named flower are a cheering but increasingly rare sight in the UK. It enjoys damp conditions, but our wild wetland habitats are shrinking.



Essential trail running gear



© AdobeStock/Giorgio Pulcini

Running off-road is a joy. It's also a full immersion in the vagaries of the British outdoors. As such, trail running gear needs to give you the confidence that you'll be dry and warm, that you can carry what you need, and that you'll stay on your feet when things get muddy. Here are three essentials.

Waterproof jacket

**Minimus Lite
Waterproof Jacket**
montane.com | £185

Waterproof trail running jackets are shorter than walking jackets and made to be as light as possible. Montane are experts in creating mountain running gear, and this latest version of the stalwart Minimus Lite jacket is a case in point, with zero that's superfluous. The material is light, stretchy, and thin enough to pack into a tiny bundle. It has two handwarmer pockets and a fully adjustable hood. Brilliant.



Trail running shoes

Salomon Pulsar Trail Pro 2
salomon.com | £160

Trail running shoes need to feel stable and secure, striking a balance between comfort and letting you feel the trail. The outsoles must also be grippy, with deep lugs to stick into the mud. The Salomon Pulsar Trail Pro 2 is an interesting pair of shoes. Its main point of difference is the collar with an integrated tongue, designed to keep out debris and the worst of the water. And despite being tricky to get on, they are super comfortable when they are.

Trail running shorts

Patagonia Multi Trail Shorts
eu.patagonia.com | £70

When buying shorts, you need to consider the pockets (are you taking a phone?), the material and the comfort – do you prefer them with boxer liners for more support, or are you channelling the look of the 1984 Olympics? These Patagonia shorts are lightweight summer shorts with boxer brief lining. There are two zipped front pockets and a pocket at the back with a snap. Light, breathable and comfortable.



How to pack for a camping trip

More than 25 hostels in our network will offer YHA Camping & Cabins this spring and summer. Any camping stay with YHA gives you the bonus of using the hostel facilities, including showers, restaurants, drying rooms and self-catering kitchens. Alongside spaces for your own tent, we have a variety of glamping options, from bell tents and safari tents to camping pods and Landpods. Landpods and camping pods come with beds and bedding, and our premium bell tents even have bean bags and wood-burners, but if you're going traditional, here's our short guide to what to pack.

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)



Sleeping

A tent, of course. Then think about everything you'll need for a comfortable night's sleep. This includes a sleeping mat (inflatable ones are best) and a sleeping bag. If it's winter, buy a four-season bag, otherwise we'd recommend a versatile three-season bag with a minimum temperature of around 0°C. Sleeping mats also have a minimum temperature rating.

Don't forget a pillow either. If you're hiking, then fill a stuff sack with clothes, but if you're in a car, a decent pillow can make a world of difference. You'll also need a backpack big enough to carry it all in.

Cooking

One of the advantages of camping at youth hostels is that you get full use of the self-catering kitchen. If a kitchen is unavailable, you need to think about cooking food. Making a meal plan is essential — choose easy-to-cook food, such as noodles, pasta or couscous. As well as a stove and gas, you'll need a pan or two big enough for the group, and then plates, cutlery and cups for everyone. And never forget something to make coffee in.

Safety and personal items

Other essential items include a head torch with extra batteries, a first aid kit, sun protection and insect repellent, water bottles (and treatment if required), toiletries, including toilet rolls, and bags for rubbish. Finally, don't forget to bring something to do, such as a pack of cards, games and a football. And remember, many of our hostels offer indoor and outdoor games to keep guests young and old occupied.



Hostel guide



Book now

Visit yha.org.uk

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

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

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

Readers' pics



@PaulRadford22

Another excellent **@YHAOfficial** stay this weekend on a family half term trip to Liverpool. The Albert Dock hostel is brilliantly placed for exploring the docks and near all the museums.



@adila_rose

@YHAOfficial activity staff are completing their activity training this week starting off with our environmental art session set in the beautiful grounds at Ravenstor.



@Muslim_Runners

Bright & Early!
Invigorating trail run at the **#OutdoorConnection** led by **@sabrumsiles**.
The energy is high and the scenery is breathtaking.
Running alongside like-minded individuals is truly inspiring.
#OutdoorCitizens

  Don't forget the hashtags
#YHANatureChallenge #LiveMoreYHA

WIN! The ultimate summer hiking bundle from ACAI Outdoorwear



Can you put these National Trails in order of length?

There are 16 National Trails across England and Wales, as well as the soon-to-be-completed King Charles III England Coast Path. As of March 2024, these trails cover a combined distance of around 5,800 kilometres. To be in with a chance of winning the bundle, simply put the following five National Trails in order of length, starting with the longest.

- 1 Thames Path
- 2 South West Coast Path
- 3 Pennine Way
- 4 The Ridgeway
- 5 Cleveland Way

To enter, email your answer to magazine@yha.org.uk by 28 June 2024. Feel free to leave your thoughts on this magazine at the same time.

About the prize

The winner will receive the ultimate summer hiking bundle from ACAI Outdoorwear. As well as picking a pair of shorts, a t-shirt and a mid-layer, they'll also win bamboo socks, an ACAI water bottle, and a signature weekend cap.

ACAI is on a mission to revolutionise all women's experience outdoors. As the home of women's outdoorwear – including the Original Outdoor Skinnies, made by women for women – ACAI puts performance and style first as it strives towards a sustainable future for gear.

All YHA members receive 15% off purchases of ACAI Outdoorwear. Log in to the members' area of yha.org.uk to find out more and get the discount code.

We are YHA.

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