



# The Journey

53° 20' 3.3180" N, 1° 47' 2.2128" W

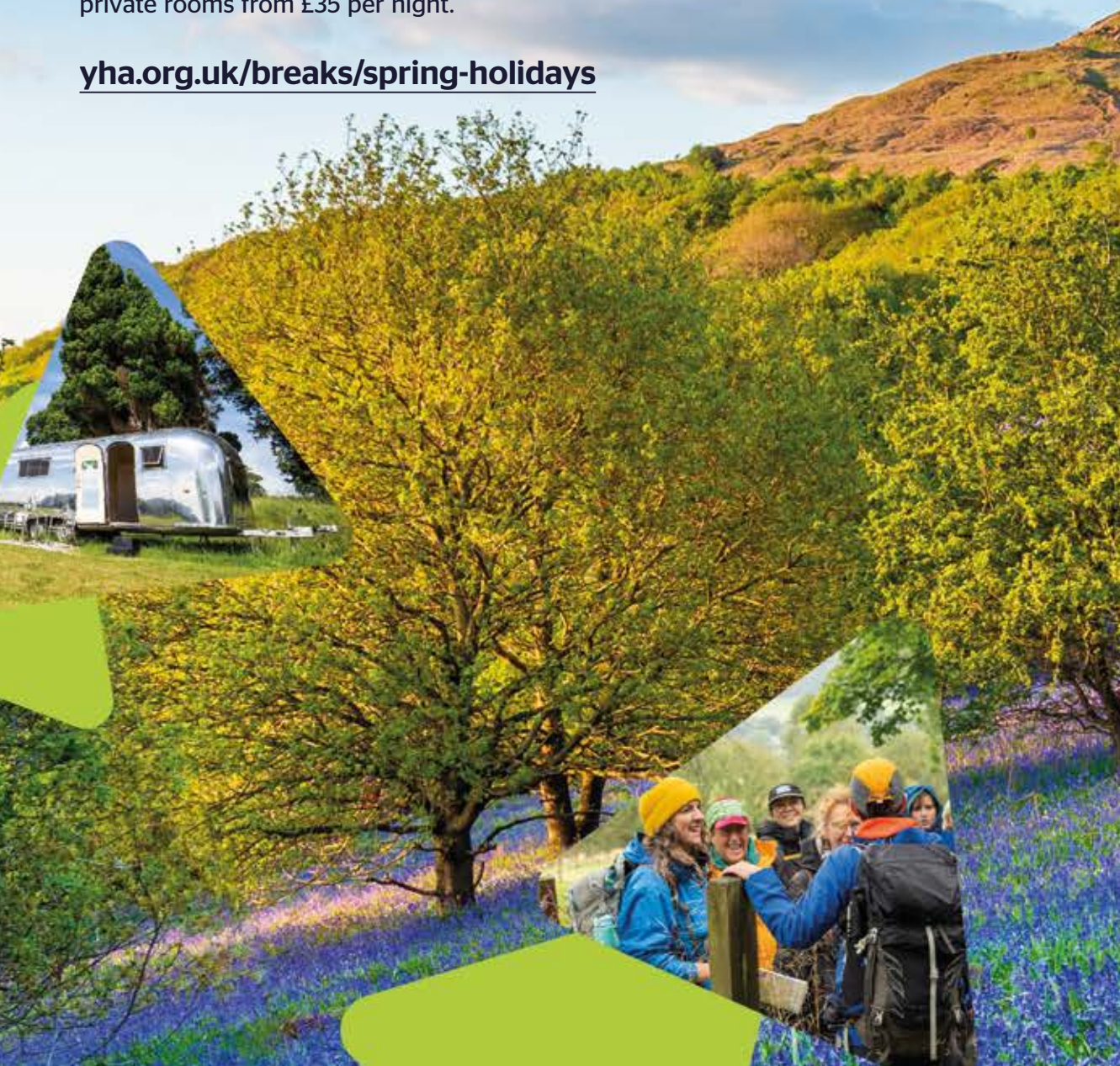
spring 25

# Spring is for exploring

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 £18 per night and private rooms from £35 per night.

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









# Hello

...and welcome to the spring issue of The Journey. This is traditionally a time of year when hope and optimism come to the fore – the flowering of the natural world seems to do something similar to the spirit – so we've aimed to pack this issue with inspiration for the months that lie ahead.

You'll find a spotlight on the back-to-basics charm of camping, which is something offered at more than 20 of our hostels, and we also highlight four properties that are perfectly placed for long weekends away. City or countryside, we've got you covered. On a related note, we speak to writer and broadcaster Ash Bhardwaj, whose book *Why We Travel* takes a look at the myriad reasons why we choose to take trips away from home.

There's another theme running through this issue. This year marks our 95th anniversary as an organisation, so history and heritage both figure prominently over the following pages. And as ever, you'll also find regular slots such as our gear reviews – including a look at how to extend the life of your outdoor kit – and our 'How to' section, as well as 'Let's go!', our four-page pull-out for young hostellers.

Happy reading and happy planning!

**9**

### **Generation Green**

An update on the work of our far-reaching initiative

**12**

### **Ash Bhardwaj**

An interview with the travel writer and broadcaster

**14**

### **Tent life**

The joys of camping and where to pitch your tent with YHA

**19**

### **Let's go!**

Four pull-out pages of fun and games for children

**23**

### **Heritage celebrations**

What's happening for our 95th birthday this year?

**26**

### **Hostels for long weekends**

Four YHA properties ideally placed for a few days away

**30**

### **Hostel recipes**

A guide to cooking regional dishes while you're hostelling

**34**

### **Hostel guide**

The definitive list of YHA hostels in England and Wales

**39**

### **Competition**

Win a pair of LOWA walking boots worth £220











## YHA on screen

Have you watched the new season of *Interior Design Masters* yet? If you have, you'll know that the programme - hosted by Alan Carr and Michelle Ogundehin - visited YHA Windermere to give one of our top Lake District properties a very special makeover.

Ten designers were tasked with transforming a room apiece in the 1920s building. "Our brief to each contestant was to create a space inspired by the stunning setting while considering our guests' practicalities," says James Blake, Chief Executive of YHA (England & Wales). "It was an opportunity to let imaginations run wild."

If you saw the transformation on TV, you'll know what a great effort the designers went to. We've since made some practical minor tweaks, such as reintroducing modern metal bunk beds, but the overall results are hugely impressive, and a credit to the creativity of the designers.

If you missed the show, be sure to check it out on BBC iPlayer.





# Generation Green 2 impact



**The figures behind Generation Green 2 — our latest dedicated project to connect young people to the outdoors — are heartwarming.**

Between September 2024 and the end of the project in March 2025, more than 4,000 young people from some of England's most deprived areas were taken on 'Connecting to nature' residentials facilitated by YHA. As well as staying overnight in a hostel — often a thrilling and unique prospect for young people — they also got to build shelters, go on 'minibeast' hunts, join guided walks, create environmental art and enjoy campfires under the stars.

This was just one part of the project. In conjunction with six other partners; The Outward Bound Trust, Field Studies Council, Girlguiding, Scouts, National Parks Authorities (via National Parks England), and the National Landscapes Association.

James Blake, Chief Executive of YHA (England & Wales) and Chair of the Access

Unlimited coalition, explains more. "Since 1930, YHA has been committed to helping young people connect with nature and the outdoors, especially those with least access," he says. "Unique and innovative programmes like Generation Green 2 give us the opportunity to work alongside major not-for-profit outdoor education partners to deliver even more life-enhancing experiences across our youth hostel network in England. This project brings the vision of a night under the stars for every child one step closer."

However, the research figures also demonstrated the size of the challenge we're tackling. Thirty-five per cent of participants said it was their first visit to the countryside and 55 per cent said it was the first time they'd had an overnight stay in the countryside. No less tellingly, 80 per cent said that it was either



'very unlikely' or 'unlikely' that they would have participated in a visit like this without the project and funding.

Twelve hostels from around the network were chosen to host the young people, each in a protected landscape and located either in, or close to, a National Park. We're delighted to say the response to the residentials was overwhelmingly positive, from both pupils and staff.

This £4.45 million project was funded by the Department for Environment, Food and Rural Affairs (Defra) as part of its ongoing support of access to nature, and was partly in response to the recommendations in the 2019 Landscapes Review by Julian Glover. This review highlighted the need to encourage more first-time visitors to protected landscapes, especially from poorer communities and ethnic minorities who have the worst access to green spaces. It's a worrying fact that the most affluent areas of the UK have five times as much green space than the most deprived 10 per cent.



The long-term hope of the project is not only to boost young people's health and wellbeing, but also to ensure that protected landscapes such as National Parks, National Landscapes and Sites of Special Scientific Interest are fit for the future by increasing their relevance to a broader audience. Research has also shown that connecting to nature is a precursor to pro-environmental behaviour. In short, projects like this are good for everyone involved, and our countryside. Plus, which young person wouldn't want to spend a night out with their friends, making dens, pond-dipping and stargazing?

# 4,073\*

## young people

from some of England's **most deprived areas** attended 'Connecting to nature' residentials.

Where they:

- built shelters
- went on 'minibeast' hunts
- joined guided walks
- made environmental art
- enjoyed campfires



---

# 35%

said it was their

## first visit to the countryside

---

# 55%

said it was the **first time** they'd had an **overnight stay in the countryside.**







# Walk of the season: YHA Cambridge circular

**Distance:** 6.7 miles (10.8km) **Ascent:** 21m (69ft)

**Time:** Allow 2h 30m to 4h 15m **Start/Finish:** OS Locate TL 460 575

Few English cities are better suited to a springtime walk than Cambridge. For somewhere with a such a weighty reputation – its realm of hushed college lawns and Gothic towers having been responsible for some of the planet's greatest scientific breakthroughs – it's a surprisingly small place. One of the advantages this brings to guests at YHA Cambridge is that everything feels within reach: you can take a 20-minute wander in one direction to arrive at the stone steps of the Fitzwilliam Museum, and a 20-minute wander in another to reach the green fringes of the city.

The route described here opts for the latter approach, heading west from the hostel to bring you to the open spaces of Lammas Land, Grantchester Meadows and the banks of the River Cam. This is a stretch of river popular with punting, a lazy-day pursuit which is these days synonymous with the city, despite its origins as a leisure activity only dating back to the early 1900s.

We may or may not be speaking from experience when we tell you that punt collisions and inadvertent, fully clothed wild swims occasionally occur, but you'll have no such worries as you wind your way south along the riverside by foot. The well-to-do village of Grantchester – said to have the world's highest concentration of Nobel Prize winners, thanks to its many resident academics – marks the rough halfway point of the route. Happily, it has a strong choice

of pitstops, including gastropub The Rupert Brooke, country inn The Green Man and the 130-year-old Orchard Tea Garden.

Suitably refuelled, you'll then head back into town, crossing the Cam at Brasley Bridge before joining the Guided Busway as it sweeps north into the city. The walk as a whole is just over six and a half miles, and essentially flat throughout, but you've got the option of covering the final couple of miles by bus if needed.

Once you're close to the hostel, you can round things off by heading to the nearby (and brilliant) Cambridge University Botanic Garden, which is open until 5.00pm daily. If you're looking for somewhere to immerse yourself in nature and relax, it's just the place – particularly in its full spring finery.

## Points of interest (see map)

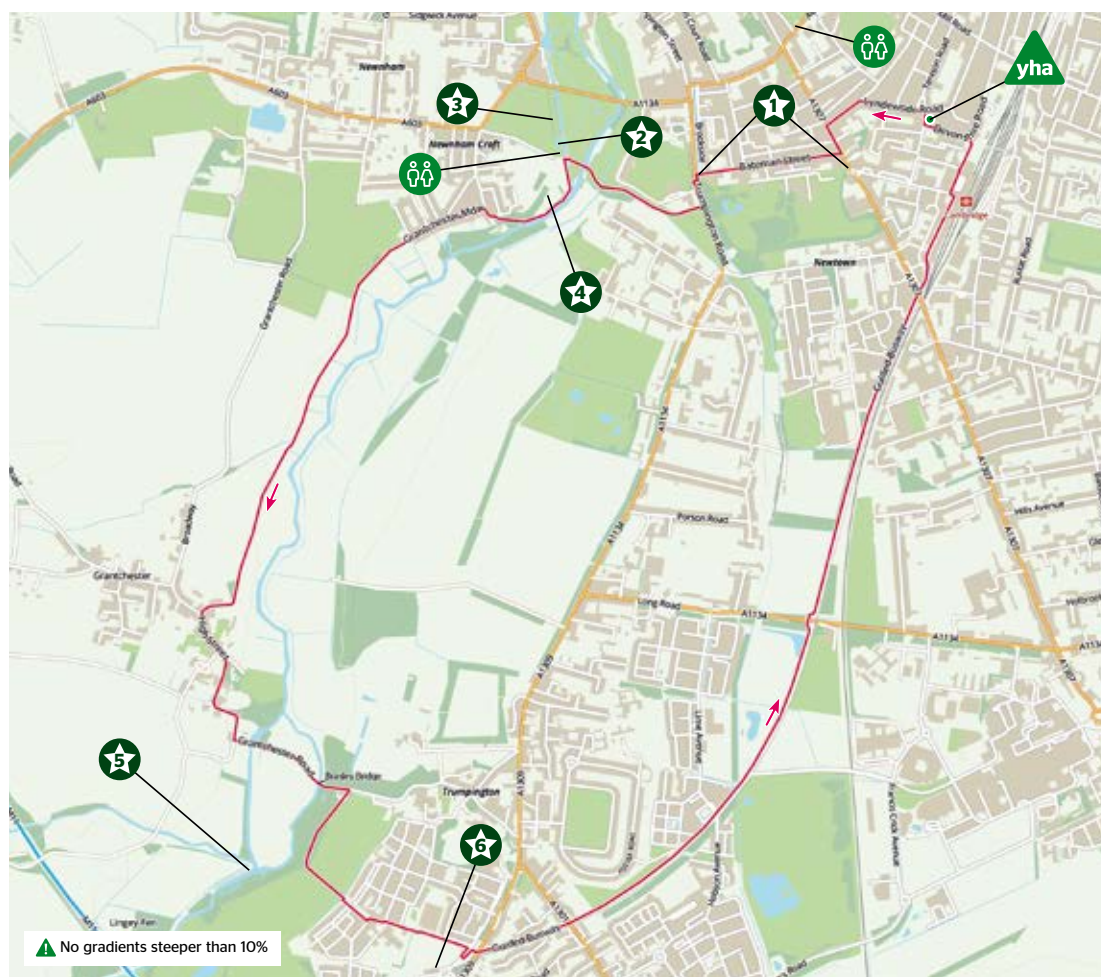
- ★ Cambridge University Botanic Garden entrance
- ★ Lammas Land paddling pool (summer only)
- ★ Play park
- ★ Paradise Nature Reserve
- ★ Byron's Pool
- ★ Guided Busway park and ride stop



**Directions:** From the hostel turn R onto Tenison Road, L onto Lyndewode Road, L onto Glisson Road, L onto Hills Road and R onto Bateman Street. Turn L and cross over Trumpington Road, then take the footpath on R, signposted Newnham and West Cambridge. Follow the brick wall and bear R at the junction. Follow the brook, bear L at the junction and cross the two bridges over the river. Immediately after the second bridge turn L along riverside path. At the small road (Grantchester Meadows) turn L. Bear L, then continue straight ahead and take footpath at end of road. Continue until sign for the Red Lion, then turn R onto High Street. Follow High Street around to the L which becomes Mill Way then Grantchester Road. Cross Brasley

Bridge then turn R onto footpath, signposted Byron's Pool. Turn L onto gravel path across Trumpington Meadows. Pass the school and car park and follow the cycle way under the Hauxton Road Bridge. Then either catch the bus on the guided busway – where the bus steers itself, or walk the 2.2 miles alongside the busway. Take care walking alongside the busway, buses travel at high speeds. From the train station cross the car park, head under the footbridge and turn L onto Devonshire Road back to the hostel. Watch out for cyclists throughout the route.

Visit [yha.org.uk/festival-of-walking/self-guided-walks](https://yha.org.uk/festival-of-walking/self-guided-walks) for full info on accessibility.



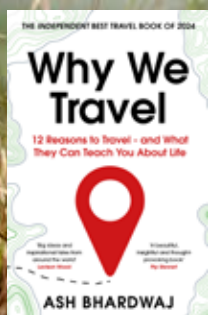
© Crown copyright and database rights 2020 Ordnance Survey 1000+99+5. For full terms and conditions please visit [ordnancesurvey.co.uk](https://ordnancesurvey.co.uk) | Route: Matt Overd & Robert Friday

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.



# Ash Bhardwaj: The power of curiosity

Writer, broadcaster and adventurer Ash Bhardwaj has spent years exploring the world, from war zones to wildernesses. In his recent book *Why We Travel*, he unpacks the motivations behind travel. In this interview, he reflects on the power of walking, exploring Britain, and how curiosity shapes the way we see the world.



Ash's book, *Why We Travel*, is out now in paperback, published by Bedford Square.

## **Q How has your relationship with travel evolved over time?**

My work had always involved a lot of travel, both as a travel journalist and a defence and security journalist. But then three major events happened. COVID, which obviously was not good for the travel industry, my mum going into a hospice with ovarian cancer, and then my daughter being born. I was suddenly going to travel less. I was also reflecting on the environmental footprint of travel, so I realised that some didn't feel rewarding at the end of it, whilst others were life-changing. I asked myself: 'What made the difference?' It wasn't distance, and it certainly wasn't expense or luxury. I figured out that it was basically the alignment between why I wanted to leave home on that particular trip and what I did during it.

This realisation led me to write my book *Why We Travel: A Journey into Human Motivation*. I identified 12 key motivations for travel: curiosity, inspiration, happiness, mentorship (which is learning), serendipity, hardship, service, empathy, healing, wonder, eroticism and hope. For example, I took my dad's ashes to India – that was travel, but it wasn't a holiday, but it was healing. And I also took my mum's ashes to New Zealand, and that was travel, but it was actually a way of transmuting grief into hope. If you spend your time thinking about the motivation first, then you'll construct a more fulfilling travel experience.

## **Q How did your upbringing shape your view of the world?**

I only travelled around Britain when I was young. I grew up in social housing and we lived in Windsor – which wasn't a bad place to live in social housing – so Mum would take us out into the Great Park all the time. We'd look at the oak trees, and we'd look at the crocuses, we'd look at the differences between a young oak tree and an old one.

## **Q How do you share your love of nature with your young daughter?**

I live in London so there's not a huge amount of easy access to wilderness, but even just taking her out in a garden or in a park, and it's pointing things out to her like, 'Look, Lyra, the blossom is starting to come out'. It's not just saying 'birds', but 'that's a crow, and that's a magpie.' Her ability to start naming things means she's noticing things.

The more curiosity you encourage in kids, the more opportunities for curiosity you build into their life. If you do more weight training, you get stronger. If you help young people be curious, they become more curious.

## **Q You've travelled the world, but what do you appreciate most about travelling in the UK?**

There's so much diversity within the UK, and within England and Wales, but we can be complacent about it. North Wales has this amazing glaciated landscape and these phenomenal mountains. And we really undervalue the cultural variation we have. The difference between Liverpool and Manchester, for example, is quite significant, despite the fact they're only 20 miles away from each other. And you can find culture and history by walking through the North York Moors National Park and seeing the way drystone walling is done, or going up to Sutton Bank and looking at the finest view in England, or looking at a valley and asking 'how was this formed?'. When you walk, you give yourself the time and space to discover stuff. In fact, walking is the best thing I have learned how to do! I find it the most rewarding experience, that ability to pass slowly through any environment. If you're standing on the Snowdon range at sunset or early morning, there's a remarkable sense of yourself evaporating away.





© AdobeStock/vet11983

# Tent life

**Sleeping bags at the ready! We offer traditional camping at more than 20 fabulous locations across England and Wales, with the extra benefit of full use of our hostel facilities.**

There's nothing quite like the simplicity of camping. The pleasure of waking up and hearing birdsong just feet away. The fact that the outdoors is only ever a zip away. The knowledge that – as soon as you've located that missing sock, and maybe tugged out your fleece from your backpack – you can start an adventure right here from your sleeping mat. It's freedom in the form of a packable sheet of canvas and a sleeping bag, and it's intoxicating.

These days, hostel accommodation

comes in many forms. There are the bricks-and-mortar buildings themselves, of course, but here at YHA we also offer all manner of specialist options, from deluxe camping pods to sleek Airstream caravans. In this feature, however, we're focusing on the more pared-back hostel-based charms of traditional camping, and the joys of minimalist travel.

More than 20 of our hostels have campsites in which you can book from £10 a night, with choices everywhere from the

valleys of the Lake District to the seaside of Pembrokeshire, and from the slopes of the Yorkshire Dales to the bays of the West Country. So if that appeals to your inner explorer – and frankly, why wouldn't it? – read on.

One of the chief perks of camping in the grounds of a YHA property is the proximity of the hostel itself. Several of our sites have dedicated camping facilities, but at those that don't you'll have use of the washing and cooking facilities in the hostel. And with full access to common areas, lounges and dining rooms, you'll feel every bit as welcome as our regular guests. What's more, the majority of our campsites are dog-friendly, meaning you can spend a night under the stars with a four-legged tentmate.

So without any further ado, here's an overview of your YHA camping options for the months ahead (campsites are typically available until October). Mallets and pegs at the ready...

## Wales

If you're looking to pitch up in Eryri (Snowdonia), YHA's longest standing Welsh hostel has you covered. Set in the dramatic Ogwen Valley in the north of the National Park, YHA Idwal Cottage has been part of the network since 1931 and still draws hikers and mountaineers. The pointed peak of Tryfan can be climbed right from the hostel door. Its campsite is set among pine woods, with space for seven tents, and there's a BBQ area at the front of the hostel.

On the craggily majestic Pembrokeshire coast, meanwhile, you'll find two great options. YHA St Davids is set on the quiet outskirts of the UK's smallest city, just minutes away from the Pembrokeshire Coastal Path, with campers getting full access to hostel facilities. Further south, the clifftop YHA Manorbier has a campsite with stunning sea views and a dedicated firepit.







## The Peak District

Only one of our Peak District hostels offers camping, but it's a corker. The gothic mansion of YHA Castleton Losehill Hall sits in 27 acres of parkland, much of which is still shared by grazing animals (if sheep are there to greet you when you unzip your door in the morning, it's all part of the fun). As elsewhere, campers have full use of the hostel, which has a licensed bar.

## The Lake District

If you're travelling with a tent in the Lakes, you're spoiled for choice. To begin in the north of the National Park, YHA Buttermere has a glorious, mountain-ringed location, with space for a two-person tent in its wooded grounds – plus its own outdoor loo and shower shacks – while the much-loved YHA Borrowdale sits in a valley with easy access to the likes of Castle Crag and Great Gable – its broad campsite is set on the banks of the River Derwent, with parking very close by.

In the heart of the park, YHA Grasmere Butharlp Howe is ideally placed for everything from hiking and climbing to cycling and watersports, with Wordsworth's Dove Cottage another nearby draw – its campsite can comfortably hold 12 people. Further south, YHA Windermere looks across England's largest lake towards Claife Heights, with a campsite that makes the most of the panoramic view, and YHA Coniston Holly How is ideal for activity breaks and can welcome four tents on a tree-shaded lawn.



## South East England

Inland from Brighton – and tucked handsomely among the South Downs – YHA Truleigh Hill has a large campsite with deep views over the sea and perks that include outdoor shower and toilet shacks. Further west, YHA New Forest is another with a stand-out location, sitting among peaceful woodland with an on-site campsite able to accommodate six people.



**Pod Village**

## South West England

Sea air, long walks, good food, open moorland... if there's a maxim for UK travel, it's that the West Country is generally always a good idea. Campers can take their pick from half a dozen YHA hostels, among them Exmoor's YHA Exford – with camping in a wooded garden next to the River Exe – and two great properties in and around Dartmoor, namely YHA Dartmoor and YHA Okehampton (Partner). The latter has a campfire area.

Scattered around the coast, meanwhile, you'll find three stunning options. On Devon's south coast, YHA Beer has a picturesque hillside campsite and BBQ facilities, YHA Penzance is a fine base for exploring Cornwall's wave-bashed west, and the wonderful YHA Treyarnon Bay has a campsite with dreamy sunset views over the county's north coast.

## Yorkshire & Durham

A walled garden and countryside views await campers at YHA Edmundbyers, on the fringe of the North Pennines near both Newcastle and Durham. Across in the Yorkshire Dales, meanwhile, YHA Hawes is situated in lovely Upper Wensleydale, with camping for up to 12 people. Also in the Dales, YHA Grinton Lodge has an unrivalled location on the slopes of Swaledale, with walks from the front door and a spacious campsite.

Further gems can be found in the North York Moors, where the rural YHA Osmotherley provides camping in the grounds of a former flax mill, and where YHA Helmsley – in the pretty market town of the same name – has a lawned campsite close to the Cleveland Way.

[yha.org.uk/camping-cabins/camping](https://yha.org.uk/camping-cabins/camping)





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

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

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

## Write your will for free

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

### To learn more

Please call our fundraising team on 01629 700 990 or visit [getinvolved.yha.org.uk/donate/gifts-in-wills](https://getinvolved.yha.org.uk/donate/gifts-in-wills)



Registered Charity No. 306122



# Let's go!



Red admiral butterfly

## Marvellous springtime mini-beasts

At this time of year, our parks, gardens and woodlands start to buzz and crawl with all sorts of wonderful insects. Let's understand why!

### Why do so many insects appear in the spring?

After the cold and dark of winter, spring brings warmer temperatures and longer daylight. Insects are cold-blooded animals, so having more warmth and sunlight lets them be more active. At the same time, lots of flowers, plants and trees are growing and blooming. This produces nectar and pollen, which for some insects means one thing... food!

### What kind of insects can we see?

Lots! Bumblebees, beetles and wood ants all start to appear. Many of them have spent the winter hibernating or resting, before coming out again in the spring to feed and breed. These creatures might be tiny, but their springtime habits are part of the great cycle of the seasons.

### What about butterflies?

Seeing these colourful winged insects is one of the joys of spring. All butterflies begin their lives as eggs, then caterpillars, before making a cocoon around themselves and – finally – emerging as butterflies! When they first appear, it usually takes them two or three hours to learn to fly.

The UK has more than 50 different kinds of butterfly. Some are shown on this page. See if you can spot them on your next walk, or in your local park.



Peacock butterfly



Orange tip butterfly

**24,000**  
insect species  
in the UK!

**NOT  
actual  
size**

Bee

actual  
size

Stag  
beetle







# Make your own nature pledge

In this issue, we're asking you to write a nature pledge (a pledge is when you promise to do something). This is your chance to make a promise that helps nature. What's yours going to be?

## Think about nature

What do you love about the outdoors? Animals? Plants and trees? Clean air?

## Promise to care

Write a promise to protect and care for nature. Use words like "I promise" or "I will."

## Be specific

Include actions like picking up litter, being kind to animals, and saving water.

## Sign your name

Sign your name at the bottom to show your commitment.

## Share your pledge

Tell family and friends about your pledge and encourage them to make one too!



## Pledges from other children



# My nature pledge



Signed by:





# What is a rainbow?

A rainbow forms when sunlight shines through water droplets in the air. It's not a physical object, like a cloud or a star. It's a pattern of light in the air.

Sometimes rainbows can look dim, and only half-formed. At other times, they shine across the sky in a perfect bright arc. This is to do with the angle of the sun and the type of water droplets in the air.

The best time to see a rainbow is in the morning or the late afternoon, when the sun is quite low in the sky. Whenever you see a rainbow, it will always be directly opposite the sun.

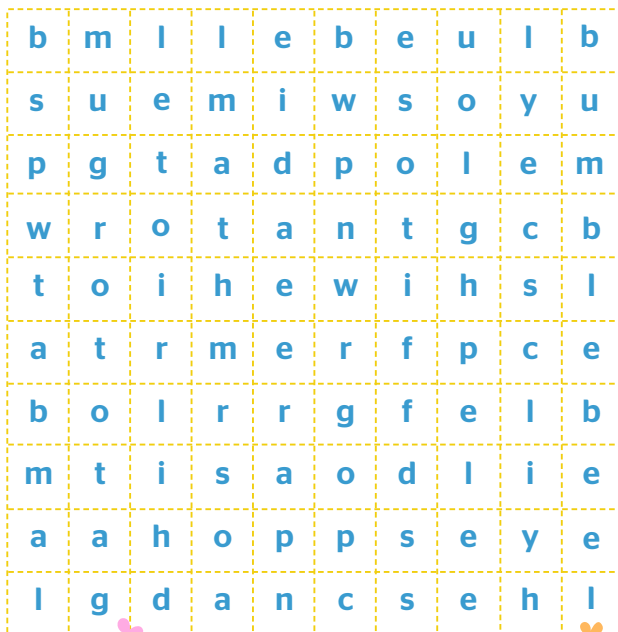
The colours in a full rainbow are (from the outer edge to the inner edge) red, orange, yellow, green, blue, indigo and violet.

Here in the UK, the spring and summer months can bring showery weather and sunshine. When you put the two together, there's a good chance you might see a rainbow!

## Wordsearch


Spring is the season when the countryside wakes up, sings loud, and shines bright with green leaves and colourful flowers. Can you find the names of these springtime features?

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butterfly | <input type="checkbox"/> Hedgehog  |
| <input type="checkbox"/> Sparrow   | <input type="checkbox"/> Tadpole   |
| <input type="checkbox"/> Lamb      | <input type="checkbox"/> Bumblebee |
| <input type="checkbox"/> Primrose  | <input type="checkbox"/> Bluebell  |



# 95 years of inspiration

**In the 95 years since the foundation of YHA, our story has been woven into social history and reform, yet the challenges young people face remain as pertinent as ever.**

A young person wearing a red helmet and a red and grey life vest is climbing a rocky stream. They are looking towards the camera with a smile. The background shows a forested area with mossy rocks and a stream.

Gently push the heavy door, just as countless others have done before you. Then, step into history. Entering a hostel isn't just about strolling into accommodation; it's about stepping into a movement. One that is rich with passion and politics, with charity and care, with unity and inclusivity. The foundations of YHA are built on a mission to encourage greater knowledge, love and care for the countryside, for all.

But the 95-year history of YHA isn't merely about the evolution of a provider of bed and board; it offers an insight into the social history throughout that period. Our organisation endured the Second World War, when a third of the hostels were requisitioned for soldiers on leave, training camps, emergency meeting rooms, and refuges for those who lost their homes to bombing. Foot-and-mouth disease forced the closure of most countryside hostels for the summer, and Coronavirus led to the closure of all of them.



Despite being pointedly apolitical, the YHA movement emerged from a desire for social reform. During the interwar period, most of Britain experienced rapid urbanisation and excruciatingly long hours. Visits to the countryside, much like today, served as a respite from the city, but for huge numbers of workers it remained out of reach. The mass trespass at Kinder Scout eventually led to the establishment of National Parks and National Trails. YHA quickly became integral to this access to the outdoors.

According to the definitive history *The Spirit of YHA* by Helen Maurice-Jones and Lindsey Porter, at a meeting of the British YHA in 1930, a public appeal stated: "We want to see the young men and women on the field paths and up the hills and mountains – youth from factories and offices, those who have not much to spend and whose little at present goes only a little way because they cannot afford to buy what is first rate in their pleasures."

It was a cause that many other organisations were on board with. During the 1930s, the movement was aided and supported by dozens of affiliate organisations. Some were non-political groups such as the Boys Brigade, Girl Guides and Cyclists' Touring Club. The Co-operative Holiday Association, Holiday Fellowship, Cyclists Touring Club, School Journey Association, and Federation of Rambling Clubs were also involved. Other professional organisations included the National Union of Students, the National Union of Teachers and the Order of Woodcraft Chivalry. Then there were organisations connected to the labour movement, including the National Clarion Cycling Club, part of the socialist Clarion Clubs born out of the urban centres of Birmingham, The Potteries, Liverpool, Bradford and Barnsley.

The early founders of YHA knew that widespread support from parties and organisations across the spectrum was essential, just as it is today.

Entering a hostel today, regardless of which one, means becoming part of that spirit and movement. Your money goes directly to charity, helping to fund young people's experiences in the outdoors, to





discover the joys of the natural world, and to find a connection with the peace and calm it brings. On page 8, you'll read about how YHA has recently provided residential stays for 4,073 young people from England's most deprived areas. You'll also see the sobering statistic that 35 per cent of participants said it was their first visit to the countryside.

While the root causes are different, as are many of the solutions, young people's issues today are not drastically dissimilar from those in 1930. Access remains a key problem, but these days it's not the land owners blocking routes; it's cultural and economic barriers.

As you run your fingers along the corridor walls of the youth hostels, you can sense the presence of those hostellers who came before you. They too peered out of the windows, wondering about the weather before venturing outside; they too gathered around the fire, played games and cooked meals. The facilities today are more modern, yet many of the buildings themselves remain largely unchanged. Many of them hold a history that predates the foundation of YHA by a long way.

YHA Black Sail, for example, is among the oldest remaining hostels in the network, a former shepherd's bothy built at the end of the 19th century. YHA Castleton Losehill Hall was a 'gentleman's residence' for a wealthy Victorian landowner. YHA St Briavels Castle was built between 1075 and 1129. It was one of King John's hunting lodges and housed a key manufacturer of arrows. Meanwhile, YHA Jordans is a former farmhouse that belonged to the Quaker Friends, who leased it to YHA in 1933.

In various hostels – among them YHA Manchester, YHA Windermere and YHA London Thameside – you can still find displays of old photos and memorabilia highlighting their respective property's eventful past. These heritage walls represent an important link to our roots, but perhaps it's the memory of all those early visitors who arrived by bicycle or on foot, with their canvas rucksacks, who serve as the best reminder of the past, and the strongest inspiration for the future.

Find out how to help YHA with its mission by visiting [getinvolved.yha.org.uk](https://getinvolved.yha.org.uk).



# Four great hostels for long weekends

England and Wales are blessed with some truly brilliant short-break destinations, whether you're yearning to explore a big city or craving a trip to the countryside. Here we've cherry-picked four of our favourite hostels for a long weekend to remember.





## YHA Conwy

Nearly 750 years ago, Edward I ordered the construction of a fortress as the centrepiece of the walled town of Conwy, close to the coastline of North Wales. Its medieval towers still loom over the region today, with the castle's imposing majesty now recognised as a UNESCO World Heritage Site. As historical attractions go, it's up there with the best.

A more modern – and rather more modest – addition to the townscape is YHA Conwy, which actually sits outside the town's ancient walls, giving it the benefit of panoramic views over the castle, and the mountains beyond.

In terms of its suitability for a long weekend, this location is key. As well as having Conwy itself on the doorstep – not to mention the sandy beaches of Conwy Bay – it's also close to both the Isle of Anglesey and Eryri (Snowdonia) National Park, meaning you can shape a few days here as you see fit, focusing on history, relaxation or the great outdoors.

And there's more to the town of Conwy than the castle. Other points of interest around the centre include the grand Plas Mawr townhouse, the busy marina and (last, and technically least, too) the Smallest House in Great Britain.

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

## YHA Hawkshead

This Lake District hostel has knock-out good looks – being set in a Grade II listed house close to Esthwaite Water – and has been part of YHA's portfolio since the early 1940s. There's a lot to love about it, from the Regency features of the downstairs areas to the greenery of the grounds and gardens, which hold everything from camping pods and premium bell tents to spacious tipis.

What really makes it special, of course, are the landscapes that surround it. Nearby Grizedale Forest is webbed with woodland trails – there are options for walkers, cyclists and even horse riders – and has this year launched a Stick Man trail for young adventurers, while Esthwaite Water offers self-drive or guided trips on electric boats to view the ospreys that take up residence here from April to October. Both Windermere and Coniston Water are also close to the hostel.

This is also Beatrix Potter country, and her farmhouse retreat of Hill Top is just a couple of miles from the hostel. Run by the National Trust, it's full of the writer's mementoes and also plays home to a cottage-style garden of flowers and vegetables. You'll spot inspiration for her books wherever you turn.

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





## YHA Liverpool Albert Dock

Liverpool's historic waterfront has few equals when it comes to heritage. Looking out across the wide River Mersey – still criss-crossed by regular passenger ferries – it's where you'll find the so-called Three Graces, a trio of period buildings that have towered over the waterfront for well over a century.

Close by, you'll come to the handsome Royal Albert Dock, where a quadrangle of 170-year-old red-brick buildings hold the likes of Tate Liverpool and the Beatles Story Museum, the most in-depth of the various Liverpool attractions dedicated to the Fab Four. Just a few minutes' walk from here, meanwhile, brings you to YHA Liverpool Albert Dock.

And as well as being the perfect base for exploring the waterfront, it's also well placed for enjoying the wider city. A number of key nightlife venues are within walking distance – including live music hub The Camp & Furnace – while elsewhere you can visit attractions such as The Cavern Club, the Walker Art Gallery and the colossal Cathedral of Liverpool.

Did someone say football? The city is also, of course, home to both Everton FC and Liverpool FC, and the latter's legendary Anfield Stadium offers tours year-round – just the thing if you can't bag a match ticket.

[yha.org.uk/hostel/yha-liverpool-albert-dock](https://yha.org.uk/hostel/yha-liverpool-albert-dock)

## YHA Snowdon Pen-y-Pass

One of the jewels in the YHA crown, this longstanding hillwalkers' hostel sits on a mountain pass more than 1,000 feet above sea level. Wander out of the front door and you're just steps away from the beginning of the Miners' Track and Pyg Track, two popular routes heading all the way to the summit of Yr Wyddfa (Mount Snowdon), the highest peak in England and Wales. Locations don't get much more plum.

The hostel itself has a rich history, having been a famed climbers' and hikers' inn long before it came under the YHA umbrella in the 1960s. Indeed, past guests include the famed George Mallory, who fatefully attempted an Everest ascent in 1924.

That said, you certainly don't need to be a hardened alpinist to enjoy a stay here. Even if you're not climbing Yr Wyddfa – or other spectacular local summits such as Glyder Fawr and Glyder Fach – there's much to enjoy nearby, from the Snowdon Mountain Railway to the dramatic Castell Dolbadarn.

And if more outdoor thrills are what you're after, take your pick from attractions such as the Plas Menai National Outdoor Centre – renowned for its watersports – and the adrenaline-heavy Zip World, which has no less than three adventure-packed sites within reach.

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



# Sleep under the stars 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](https://yha.org.uk/camping-and-cabins)



Camping pods at YHA Manorbier



Safari tent at YHA Truleigh Hill



Airstream at YHA Windermere



Tipi at YHA Hawkshead



Camping at YHA New Forest



# Easy regional recipes

Make the most of the hostel self-catering kitchen by trying these straightforward local dishes.

It's fair to say attitudes to hostel cooking have changed over the decades. "Scoop out some of the interior of a piece of Shredded Wheat and insert a cooked pork sausage, covered with tomato sauce. Place under the grill; put a slice of good ham or bacon on top and let it cook quickly." This somewhat unusual set of culinary instructions is a Sausage Roll recipe, as found in an article entitled "Shreds of Advice" in a 1936 issue of YHA Rucksack magazine.

The same feature also offers up a recipe called Scrambled Salmon and Shredded Wheat (two eggs, two tablespoons of salmon, three Shredded Wheat biscuits, one teacup of milk and salt and pepper, if you're wondering – oh, and not forgetting Yorkshire Relish.)

Now, we're not going to offer up any more synergies of breakfast cereals and dinner, but we have picked out two tasty regional recipes that are easy to cook in the self-catering kitchen of a hostel. Bon appétit.



**Where to enjoy:** YHA Alnwick, YHA Berwick, YHA The Sill at Hadrian's Wall



**Where to enjoy:** YHA Gower, YHA Port Eynon (Partner), YHA Manorbier, YHA Broad Haven

## Panhaggerty (Northumberland)

Panhaggerty is a one-pot dish originating from the coal-mining communities of Northumberland and North East England. It's comfort food at its best – simple, hearty and tasty.

### Ingredients (serves 4):

750g potatoes, peeled and thinly sliced  
2 large onions, thinly sliced  
3 carrots peeled and thinly sliced  
500ml of chicken or vegetable stock  
200g mature cheddar cheese, grated  
250g of bacon (optional)  
1 tablespoon vegetable oil  
Salt and freshly ground black pepper, to taste  
Fresh parsley or chives, chopped (optional)

### Method:

1. In a deep, oven-proof pan, fry the bacon for a couple of minutes in the oil until golden brown.
2. Starting with potatoes on the bottom, layer potatoes, onions, carrots and bacon, seasoning as you go. Repeat at least once with potatoes on the top. Pour in the stock.
3. Cover pan with a lid or foil and gently cook for 20 minutes until the potatoes and carrots are tender.
4. Generously grate cheese on top and place under a pre-heated grill for 5-6 minutes.
5. Sprinkle with chopped parsley or chives and serve with crusty bread.

## Teisen Lap (Wales)

Teisen Lap, also known as 'plate cake,' is a simple cake cooked on a plate or flat tin, particularly in South Wales. If you want to make friends in the hostel, cook this!

### Ingredients (serves 4-6):

225g plain flour  
1½ teaspoons baking powder  
115g butter, softened  
115g caster sugar (or granulated sugar)  
2 medium eggs, beaten  
100g mixed dried fruit (e.g., raisins, currants, sultanas)  
2 tablespoons milk  
1 teaspoon mixed spice  
Grated zest of 1 lemon  
Pinch of salt

### Method:

1. Preheat your oven to 180°C (160°C fan/gas mark 4).
2. Grease a round cake tin or oven-safe plate (approximately 20cm in diameter) with butter and line with baking parchment.
3. Thoroughly mix together the flour, sugar, baking powder, mixed spice and a pinch of salt, then add softened butter and rub until it resembles bread crumbs.
4. Mix in the eggs and milk and stir until you have a smooth batter, and then mix in the dried fruit and zest.
5. Pour the mixture into the tin or plate and bake for 30-35 minutes until the top turns golden brown and a skewer comes out clean.



# Hydration systems

**Staying hydrated in the outdoors is essential. We've gathered together three of the best different hydration systems to keep you safe, warm and watered.**

## 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)



## Hydro Flask Lightweight Wide Mouth Trail Series

[ellis-brigham.com](https://ellis-brigham.com)

We've found Hydro Flask bottles to be incredibly durable and versatile. Bottles in the Lightweight Trail series are 25 per cent lighter than the regular bottle but will still keep your drink hot for 12 hours, or cold for 24 hours, thanks to the double-wall vacuum insulation. They come in 32oz (946ml) and 24oz (681ml). You only need one vacuum bottle for your outdoor life, and this is the one.



## Lifesystems Water Filter Purifier Bottle

[lifesystems.co.uk](https://lifesystems.co.uk)

Firstly it's important to distinguish between filtration and purification. The former will filter out most bacteria and parasites, but a purification system is required to kill any viruses and protozoa. This Lifesystems bottle is designed for you to scoop up water anywhere and purify as you sip, without fear of getting ill. The ceramic fibre filter cartridge treats up to 600 litres of water and has a built-in life indicator.



## Osprey Hydraulics LT 2.5 L Reservoir

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

Pretty much every backpack these days is compatible with hydration reservoirs. Having a hose handy for drinking water isn't just for those on a mountain bike or running; even walking, you are more likely to drink little and regularly with a hydration reservoir. This excellent reservoir is easy to fill thanks to its 'QuickConnect Kit', simple to clean, drip-free and impressively light. It also sits relatively flat in your bag.

# How to... Extend the life of outdoor gear

Let's be honest — good outdoor gear can be expensive, and we all want to avoid more clothing going to landfill. Here we've put together a guide to looking after your apparel, and how best to repair it.



## Quality over quantity

When purchasing clothing and footwear, find items designed to be repaired, for example, jackets with replaceable zips and walking boots with replaceable soles. Many companies, including Mountain Equipment, Montane, Alpkit, Berghaus and Snow+Rock, offer repair services. Patagonia will also send you a DIY repair kit.

## Keep it clean

The best way to fend off issues is to keep your kit clean, and to inspect it before there's a problem. Regular washing moves dirt and oils that can affect its performance. Nikwax and Grangers both offer a wide range of eco-friendly detergents designed for every imaginable item of outdoor gear, as well as waterproofing treatments for waterproof jackets, fleeces, and even down jackets. Store jackets somewhere dry, and wash fleeces as infrequently as possible to avoid shedding microfibres.

## Repair on the go

Duct tape is your friend. Always carry some with you: It can fix small tears and punctures, as can specific waterproof repair

patches or tape. For wool baselayers and jumpers, get handy with a needle and thread for rips and nibbles by moths. It doesn't have to look pretty!

## Boot up

Clean your boots after every trip with a little water and a brush. For leather and nubuck boots, regularly apply leather conditioner or wax. This will keep them supple and waterproof. Choose boots that can be resoled.

## Rucksacks

Keep the fabric clean on backpacks and dry after each use — mould can appear quickly. Repair any loose stitching or worn-looking zips as early as possible.

## Careful disposal

When items are beyond repair, send them to textile recycling schemes or contact the manufacturers to see if they'll responsibly dispose of them. If there's still some life in your gear, consider donating it to charities through organisations such as Gift Your Gear and Kitsquad.



# Hostel guide



**Book now**

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

YHA All Stretton Bunkhouse	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, Staffordshire, DE6 2FZ</b>
YHA Ambleside	Waterhead, Ambleside, Cumbria, LA22 0EU
<b>YHA Bath</b>	<b>Bathwick Hill, Bath, Somerset, BA2 6LA</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 Riding of Yorkshire, HU17 0DF
<b>YHA Black Sail</b>	<b>Black Sail Hut, Ennerdale, Cleator, Cumbria, CA23 3AX</b>
YHA Boggle Hole	Mill Beck, Fylingthorpe, Whitby, North Yorkshire, YO22 4UQ
<b>YHA Borrowdale</b>	<b>Longthwaite, Borrowdale, Keswick, Cumbria, CA12 5XE</b>
YHA Borth	Morlais, Borth, Ceredigion, SY24 5JS
<b>YHA Boscastle</b>	<b>Palace Stables, Boscastle, Cornwall, PL35 0HD</b>
YHA Boswinger	Boswinger, Gorran, St Austell, Cornwall, PL26 6LL
<b>YHA Brecon Beacons</b>	<b>Libanus, Brecon, Powys, LD3 8NH</b>
YHA Brecon Beacons Danywenallt	Talybont-on-Usk, Brecon, Powys, LD3 7YS
<b>YHA Bridges</b>	<b>Ratlinghope, Shrewsbury, Shropshire, SY5 0SP</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, Kent 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 West &amp; Chester, CH2 4JP</b>
YHA Cholderton Stonehenge	Beacon House, Amesbury Road, Cholderton, Wiltshire, SP4 0EW
<b>YHA Clun Mill</b>	<b>The Mill, Clun, Craven Arms, Shropshire, SY7 8NY</b>
YHA Coniston Coppermines	Coppermines House, Coniston, Cumbria, LA21 8HP
<b>YHA Coniston Holly How</b>	<b>Holly How, Far End, Coniston, Cumbria, LA21 8DD</b>
YHA Conwy	Larkhill, Sychnant Pass Road, Conwy, LL32 8AJ
<b>YHA Cotswolds</b>	<b>New Brewery Arts, Brewery Court, Cirencester, Gloucestershire, GL7 1HW</b>
YHA Dalby Forest	Old School, Lockton, Pickering, North Yorkshire, YO18 7PY
<b>YHA Dartmoor</b>	<b>Bellever, Postbridge, Devon, PL20 6TU</b>
YHA Edale Activity Centre	Rowland Cote, Nether Booth, Edale, Hope Valley, Derbyshire, S33 7ZH
<b>YHA Edmundbyers</b>	<b>Low House, Edmundbyers, Consett, Co Durham, DH8 9NL</b>
YHA Elmscott Bunkhouse	Elmscott, Hartland, Bideford, Devon, EX39 6ES
<b>YHA Ennerdale</b>	<b>Cat Crag, Ennerdale, Cleator, Cumbria, 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>Borfa House Activity Centre, Port Eynon, Swansea, SA3 1NN</b>
YHA Grasmere Butharlp Howe	Easedale Road, Grasmere, Cumbria, LA22 9QG
<b>YHA Grinton Lodge</b>	<b>Grinton, Richmond, North Yorkshire, DL11 6HS</b>
YHA Hartington Hall	Hall Bank, Hartington, Buxton, Derbyshire, SK17 0AT
<b>YHA Hathersage</b>	<b>Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH</b>
YHA Hawes	Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ
<b>YHA Hawkshead</b>	<b>Hawkshead, Ambleside, Cumbria, LA22 0QD</b>
YHA Haworth	Longlands Drive, Lees Lane, Keighley, BD22 8RT
<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 Idwal Cottage</b>	<b>Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ</b>
YHA Ilam Hall	Ilam Hall, Ilam, Ashbourne, Staffordshire, DE6 2AZ
<b>YHA Ingleton</b>	<b>Greta Tower, Sammy Lane, Ingleton, LA6 3EG</b>
YHA Ironbridge Coalbrookdale	1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR
<b>YHA Ironbridge Coalport</b>	<b>John Rose Building, High Street, Coalport, Shropshire, TF8 7HT</b>
YHA Jordans	Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN
<b>YHA Keswick</b>	<b>Station Road, Keswick, Cumbria, CA12 5LH</b>
YHA Kettlewell	Kettlewell, Skipton, North Yorkshire, BD23 5QU
<b>YHA Kings</b>	<b>Kings, Penmaenpool, Dolgellau Gwynedd, LL40 1TB</b>
YHA Land's End	Letcha Vean, St Just-in-Penwith, 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 Liverpool Albert Dock</b>	<b>25 Tabley Street, off Wapping, Merseyside, Liverpool, L1 8EE</b>
YHA Lizard Point	The Polbrean, Lizard Point, Cornwall, TR12 7NT
<b>YHA Llangattock Mountain Bunkhouse</b>	<b>Wern Watkin, Hillside, Llangattock, Crickhowell, Powys, NP8 1LG</b>
YHA London Central	104 Bolsover Street, London, W1W 5NU
<b>YHA London Earl's Court</b>	<b>38 Bolton Gardens, Earl's Court, London, SW5 0AQ</b>
YHA London Lee Valley	Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
<b>YHA London Oxford Street</b>	<b>14 Noel Street, London, W1F 8GJ</b>
YHA London St Paul's	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, 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, Oldham, 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 Ninebanks</b>	<b>Orchard House, Mohope, Ninebanks, Hexham, Northumberland, NE47 8DQ</b>
YHA Okehampton	Klondyke Road, Okehampton, Devon, EX20 1EW
<b>YHA Okehampton Bracken Tor</b>	<b>Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW</b>
YHA Osmotherley	Cote Ghyll Mill, Osmotherley, Notherallerton, North Yorkshire, DL6 3AH
<b>YHA Penzance</b>	<b>Castle Horneck, Penzance, Cornwall, TR20 8TF</b>
YHA Port Eynon	Old Lifeboat House, Port Eynon, Swansea, SA3 1NN
<b>YHA Pwll Deri</b>	<b>Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 0LR</b>
YHA Ravenstor	Millers Dale, Buxton, Derbyshire, SK17 8SS
<b>YHA Rowen</b>	<b>Rhiw Farm, Rowen, Conwy, LL32 8YW</b>
YHA Scarborough	The White House, Burniston Road, Scarborough, North Yorkshire, YO13 ODA
<b>YHA Sheen Bunkhouse</b>	<b>Peakstones, Sheen, Staffordshire, SK17 OES</b>
YHA Sheringham	1 Cremer's Drift, Sheringham, Norfolk, NR26 8HX
<b>YHA Sherwood Forest</b>	<b>Forest Corner, Edwinstowe, Nottinghamshire, NG21 9RN</b>
YHA Skiddaw Bunkhouse	Bassenthwaite, Keswick, Cumbria, CA12 4QX
<b>YHA Snowdon Bryn Gwynant</b>	<b>Nantgwynant, Caernarfon, Gwynedd, LL55 4NP</b>
YHA Snowdon Llanberis	Llwyn Celyn, Llanberis, Caernarfon, Gwynedd, LL55 4SR
<b>YHA Snowdon Pen-y-Pass</b>	<b>Pen-y-Pass, Nantgwynant, Caernarfon, Gwynedd, LL55 4NY</b>
YHA Snowdon Ranger	Rhyd Ddu, Caernarfon, Gwynedd, LL54 7YS
<b>YHA South Downs</b>	<b>Itford Farm, Beddingham, Lewes, East Sussex, BN8 6JS</b>
YHA St Briavels Castle	St Briavels, Lydney, Gloucestershire, GL15 6RG
<b>YHA St Davids</b>	<b>Llaethdy, Whitesands, St David's, Pembrokeshire, SA62 6PR</b>
YHA Stratford-upon-Avon	Hemmingford House, Alveston, Stratford-upon-Avon, Warwickshire CV37 7RG
<b>YHA Streatley-on-Thames</b>	<b>Reading Road, Streatley, Berkshire, RG8 9JJ</b>
YHA Street	The Chalet, Ivythorn Hill, Street, Somerset, BA16 0TZ
<b>YHA Swanage</b>	<b>Cluny, Cluny Crescent, Swanage, Dorset, BH19 2BS</b>
YHA The Sill at Hadrian's Wall	Military Road, Bardon Mill, Northumberland, NE47 7AN
<b>YHA Tanners Hatch Surrey Hills</b>	<b>Off Ranmore Common Road, Dorking, Surrey, RH5 6BE</b>
YHA Tintagel	Dunderhole Point, Tintagel, Cornwall, PL34 0DW
<b>YHA Isle of Wight Totland</b>	<b>Hurst Hill, Totland Bay, Isle Of Wight, PO39 0HD</b>
YHA Treyarnon Bay	Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR
<b>YHA Truleigh Hill</b>	<b>Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB</b>
YHA Wasdale Hall	Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET
<b>YHA Whitby</b>	<b>Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT</b>
YHA Wilderhope Manor	Wilderhope Manor, Longville in the Dale, Shropshire, TF13 6EG
<b>YHA Windermere</b>	<b>Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA</b>
YHA York	Water End, Clifton, York, North Yorkshire, YO30 6LP
<b>YHA Youlgreave</b>	<b>Fountain Square, Youlgreave, nr Bakewell, Derbyshire, DE45 1UR</b>



# Readers' pics

📷📱 Don't forget the hashtags  
#YHANatureChallenge  
#LiveMoreYHA



## @Care4theCarers

Eleven young carers went away on a residential with our team recently, supported by @YHAOfficial. Partnerships like this help ensure young carers get access to breaks. This poster says it all...

## @yorkshire\_dales

Two classes of Year 5 pupils recently came on a 'Generation Green 2' residential trip to Malham, organised and hosted by the National Park.





# Win a pair of LOWA walking boots worth £220

We're giving away a pair of LOWA Renegade Evo GTX Mid walking boots. To enter, just tell us which of these mountains is NOT located in the Lake District?

- 1 Scafell Pike
- 2 Helvellyn

- 3 Great Gable
- 4 Tryfan

To enter, email your answer to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by 30th June 2025. Feel free to leave your thoughts on this magazine at the same time.

## About the prize

LOWA's latest Renegade Evo GTX Mid boots combine premium European boot-making with innovative construction techniques to offer walkers an improved fit, superior performance and optimum comfort right out of the box. Its supple, nubuck leather upper is constructed with a unique stitch design that offers maximum comfort from the very first wear, while the clever dual-layer Dyna PU midsole gives best-in-class cushioning. The LOWA Renegade Evo GTX

Mid is available in narrow and wide fit options with a broad range of colours.

For more information about this latest model, visit: [lowa.co.uk](http://lowa.co.uk)







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)

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

The Journey is published by Don't Look Down Media Ltd in Eastbourne, United Kingdom. ISSN 2514-0159