



THE BEST OF THE YEAR

summer
24



Summer of adventure

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/summer-holidays





Hello

...and welcome to the summer issue of The Journey. We've had the Euros, we've had the election – now it's time for the really important stuff. Summer is often a season for pausing and recharging, a chance to feel the sun on your face, an opportunity to get out there and immerse yourself in the great outdoors.

In this issue, fresh air and al fresco adventure take centre stage. We give an overview of the many incredible reasons to visit North Yorkshire – home to not one but two National Parks, complete with a glorious coastline – and spotlight four of the best hostels in the network for mixing history with outdoor exploration, whether you're heading to the countryside or the city.

Elsewhere, we speak to inspirational writer Rachel Hewitt, whose book *In Her Nature* examines the barriers women have faced in accessing trails, mountains and green spaces. Our walk of the season, meanwhile, details a memorable route from YHA Hawkshead in the Lake District.

You'll also find a guide to finessing your compass skills, a round-up of some of the best sustainable outdoor gear and an overview of the latest YHA news, as well as Let's Go!, our regular four-page pull-out for younger hostellers.

Wherever you go this season and beyond, we hope the following pages provide some insight and inspiration. Happy reading.



6

Walk Together Pathway

A new project to broaden participation in the outdoors

12

Rachel Hewitt

An exclusive interview with the award-winning author

14

North Yorkshire

Our guide to discovering England's largest county

19

Let's go!

Four pull-out pages of fun and games for children

23

A shared space

How spending time in hostels can be a special thing

26

Hostels for history and adventure

A quartet of YHA properties for heritage and outdoor fun

30

Compass skills

How to navigate properly using a compass

34

Hostel guide

The definitive list of YHA hostels in England and Wales

39

Competition

Win a Fjällräven Kånken Outlong backpack worth £150

Walk Together Pathway launched

The Walk Together Pathway is a new project that aims to make access to the outdoors more inclusive by supporting people currently underrepresented in the sector to become qualified walk leaders. Over the next three years, 100 new walk leaders will be trained. There have already been 24 aspiring leaders that have completed the first stage of their training.

This is an important step forward in inspiring people from more diverse backgrounds to explore landscapes with greater confidence and reap the many benefits of connection to nature. YHA is proud to contribute to the project through the offer of accommodation and locations for training.

Trainee walk leaders have been put forward by the eight community groups taking part in the project: Black Girls Hike, Black2Nature, Bristol Steppin Sistas, Mosaic Outdoors, Muslim Hikers, NYCE (Nature, Youth, Connection, and Education), Peak District Mosaic and Sheffield Environmental Movement. Several of these community groups have also organised walks for the YHA Festival of Walking.

The project is funded and coordinated by the National Trust, with support from YHA, Beyond The Edge, Mountain Training, Ordnance Survey, Plas Y Brenin, The Ramblers and Sport England.







Festival of Walking returns

Between 13th September and 13th October 2024, walkers of all levels are being invited to join YHA's Festival of Walking, now in its third year. The festival provides the opportunity to explore trails from more than 50 hostels across England and Wales, through social or self-guided walks. Social walks are led by experienced leaders who bring local knowledge to the hike, whether they're wandering the dales of the White Peak near YHA Hartington Hall, following in Roman footsteps from YHA The Sill at Hadrian's Wall, or taking in wildlife on a cliff-top tour from YHA Boggle Hole. You'll even get a free cuppa and cake back at the hostel afterwards!

Alongside these social walks, which are updated on the website, you can also download free maps and instructions for self-guided routes, all starting and ending at a YHA hostel. Each has an Ordnance Survey map, a description, and a list of points of interest. To get a taster, flick to pages 10 and 11 for a route from YHA Hawkshead in the Lake District.

The festival also has a range of accessible walks, working with local partners including Access the Dales, West Wales Walking for Wellbeing, Miles Without Stiles and Explore Devon, all offering accessible routes close to YHA hostels.

All participating properties hosting activities during the festival are offering an exclusive 20% off your stay, including group bookings. This is a great opportunity to save while enjoying the festival – just use the code WALK-24 at the checkout.

YHA's Festival of Walking is designed to boost the health and wellbeing of all involved, teaching new skills and connecting people with nature and the outdoors. Special thanks goes to our partners, who include the British Mountaineering Council, Cotswold Outdoor, Ordnance Survey, The Ramblers and Sport England.

Discover more here:

yha.org.uk/festival-of-walking

4,000 more Generation Green stays secured

Between spring 2021 and autumn 2022, Access Unlimited's Generation Green project created opportunities for 115,000 young people across the country to connect to nature. We're excited to announce that we will once again be able to offer residential places to young people in protected landscapes, through funding from Defra as part of Defra's ongoing support of access to nature.

YHA will provide more than 4,000 fully funded one and two-night "Connecting to Nature" residentials at youth hostels in England to young people aged 7 to 15 from areas of social disadvantage, with the first guests joining us in September.

Research* shows that 18% of children in the most deprived areas never spend time in any kind of natural space. Those living in the most deprived areas of the UK were often less likely to spend time outside compared to those in more affluent areas, and spent less time visiting the countryside, coast and urban green spaces. This is something Generation Green sets out to address.

We are once again working with our Access Unlimited partners: The Outward Bound Trust, Scouts, Girlguiding, Field Studies Council, the English National Parks, and National Landscapes.

We can't wait to get started and look forward to all we'll achieve together.

"Generation Green is a story of collaboration," writes Alison Stevens, Generation Green's Programme Director, "a collaboration of a not-for-profit coalition – Access Unlimited – which has made the vision of introducing new voices to England's national landscapes a reality."

James Blake, Chief Executive, YHA (England & Wales), adds: "Access for all, especially young people, has shown us that change can only be achieved through collaboration."

For more information, visit yha.org.uk/generationgreen



Generation Green in numbers so far

39,476

Young people experienced a facilitated day or residential trip, or self-led experience in nature



33%

Of young people undertaking a day or residential trip were from an ethnic minority background



115,000

Opportunities delivered to enable young people to connect to nature

91%

Of young people reached through Generation Green said that they felt more connected to nature



767

Professional or skilled volunteer outdoor leaders trained

Walk of the season: Tarn Hows from YHA Hawkshead

The Vikings were precise with their language. Tjörn means "a small mountain lake without tributaries". Our modern version of the word is "tarn". The term "fell", meanwhile – as Lake District mountains are usually referred to – comes from the Old Norse word "fjall", meaning, you guessed it, "mountain". Similarly, beck (stream), dale (valley), howe (hill or knoll), ghyll (ravine), seat (summer pasture) and thwaite (clearing) all derive from Old Norse words. You'll find Holme Fell, Howe Farm, Black Beck, Randy Pike and Tilberthwaite within a few kilometres of YHA Hawkshead, as well as the end-goal of this walk: Tarn Hows. Your starting place, the village of Hawkshead, takes its name from a corruption of Hovkesete or Haukesset, meaning Haukr's mountain pasture. Evidence of the Norse people, who lived in this area between 800-1100 CE, is rich across the Lake District, particularly around Hawkshead.

Our walk begins from the hostel itself, with views over Esthwaite Water, then meanders gently before rising slightly to Hawkshead Hill. From there, it's through forested land to emerge at Tarn Hows.

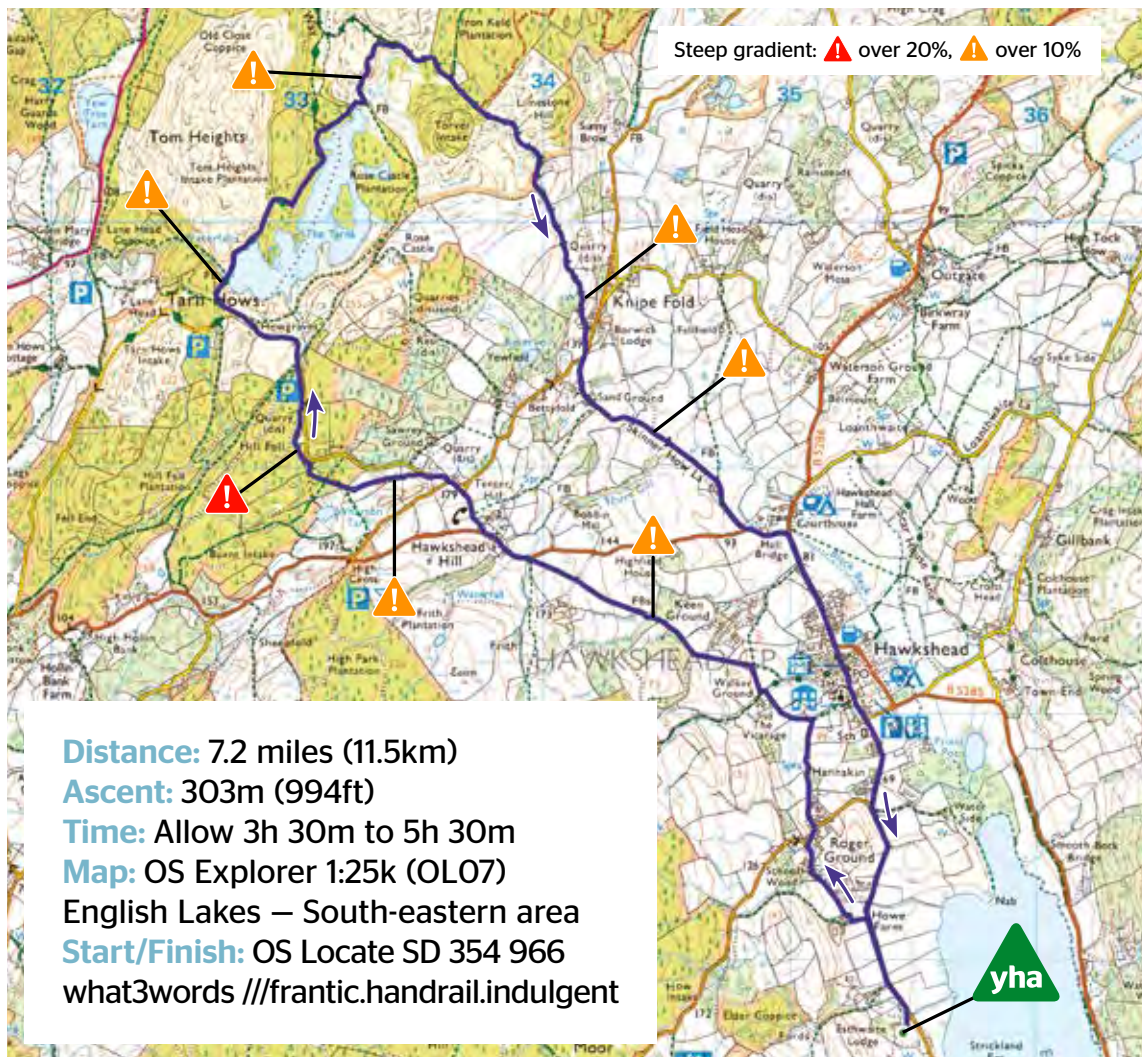
The fell has been a popular beauty spot since at least 1899 when local author H.S. Cowper wrote: "Tarn Hows, beloved by skaters in winter and picnic parties in summer. Here comes every day at least one charabanc load of sightseers from Ambleside or Windermere".

There were originally three tarns at this location, but landowner James Garth Marshall consolidated them around 1865, damming them to power his sawmill. He also developed an arboretum of sorts, planting larch, spruce and other conifers that still dominate the views today (well, we doubt he personally planted them, but you get the picture). In 1930, the land was acquired by the National Trust, including parts bought from Beatrix Potter, who even managed the land for a while.

After circumnavigating Tarn Hows, you'll pass through Knipe Fold to Hawkshead Courthouse, all that remains of a medieval grange. From there, it's a short hop into the charming surrounds of Hawkshead itself.

And now, a quick poser. Tarn Hows puts together two Old Norse words – how would they be translated into modern English?





Distance: 7.2 miles (11.5km)
Ascent: 303m (994ft)
Time: Allow 3h 30m to 5h 30m
Map: OS Explorer 1:25k (OL07)
English Lakes – South-eastern area
Start/Finish: OS Locate SD 354 966
what3words ///frantic.handrail.indulgent

- 1 From the hostel, turn L along the road, L to Howe Farm, then take footpath on the R across a field. At the road bear R, then L onto a track and continue via Walker Ground to the road at Hawkshead Hill.
- 2 Follow the road uphill, bear R at the sign to Tarn Hows, bear R again at another sign to Tarn Hows and shortly after, take the footpath on the L, which follows around the road.
- 3 After a short section of the road, take the path to the western side of the tarn to join the Cumbria Way momentarily, leaving it on the path at the north end of the tarn.
- 4 Follow the track downhill to towards Knipe Fold. Follow Skinner How Lane and pass through Hawkshead back to the hostel.

To download this route and view the many other walking routes from YHA hostels visit yha.org.uk/festival-of-walking

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.



Rachel Hewitt

Rachel Hewitt is a best-selling, award-winning author of non-fiction. Her latest book, *In Her Nature*, is about women breaking boundaries in the great outdoors, through history and into the present day. She is a long-term YHA member and a devoted trail-runner. She lives in Yorkshire.

Q What are your earliest memories of YHA?

When I was about 15 or 16, I organised a hiking and youth hostelling holiday for a group of friends in the mid-90s. We went off across the Yorkshire Dales for a week, from hostel to hostel, hiking about 20 miles a day. It was a really formative experience. Totally glorious.

Those kind of big outdoor experiences are so important on a number of levels. It taught me the logistical aspect of planning a long-distance trip, which has definitely stood me in good stead as a runner. Navigation is such a key skill too, and I feel a bit sad that we now tend to devolve

a lot of that responsibility for navigation onto our phones. It gave me so much confidence to be able to read a map, and to know that if we did get lost we could find our way back.

Then there's all the physical stuff that comes from long-distance hiking. It's so important for teenagers to feel comfortable in their own bodies, especially teenage girls. Learning to inhabit one's body from the inside as something that's strong and active – to be aware of how it feels as you're going up mountains or down scree – is such an important counterpoint to the way a lot of teenage girls have been brought up, to see themselves from the outside, as objects.

Q What inspired you to write *In Her Nature*?

Around 2017 I started long-distance trail running. I thought I knew myself and my body quite well, but it taught me so much about myself and the social experiences of hiking and running. I became acutely aware of two things. One was how important that adventuring kind of endurance exercise can be for women, in terms of feeling comfortable in your body, but I also became aware of the cultural barriers that women face in accessing the outdoors.

I'm talking about the lack of disposable income and disposable time, but also more starkly, the attitude of a lot of men towards women outdoors. As I started doing more running, I was being catcalled, sometimes chased by men in white vans yelling obscenities. That sort of thing became a really normal part of my running experience, even at races. I had a race where a man ran up to me, being very cheery, then just pushed me off the path like I was some sort of gate that was in his way.

Q How common is this sort of behaviour?

It's so normal. I posted something on social media a couple of years ago saying 'female runners – tell me your experiences' and had around 2,000 replies in a few hours. Running and outdoor adventure are things that it's really important for women to fight for, but at the same time there's quite a lot standing in our way.

Harassment isn't necessarily a conscious attempt to drive women out of public life, but I think it often has that effect. 'Go back to the kitchen, go back to the house. The outdoors, the public sphere, the world of work, money and sport – this is men's stuff.' In the book, I'm looking at the turn of the 20th century, where that sort of sexualised abuse intensifies in a similar way. There had been all sorts of legislative wins for women,

giving them more power financially and within their own families, and I think men often react to that by using culture, and sporting culture in particular, to fight back.

Q What are some of the solutions?

In terms of outdoor education, I'm really interested in the effectiveness of female-only classes and sessions. A lot of girls and young women experience the outdoors as a male terrain. They feel like interlopers, so it's really important to challenge that misconception. In a way, we need to teach girls more entitlement.

Another thing that really hinders women from exploring outdoors is going to the loo. We've closed loads of public toilets in the last few decades. Outdoor education classes need to tackle that head on, but we very rarely talk about it.

On a broader level, having role models like the Lionesses, or trail runner Jasmin Paris, helps massively. That visibility of women being out there is so, so important – what young girls need is to see is women participating in a huge variety of different sports.



***In her Nature: How Women Break Boundaries in the Great Outdoors* is out now, published by Chatto & Windus rachelhewitt.org**



The YHA Guide to... North Yorkshire

Welcome to England's largest county. Covering 3,480 mostly rural square miles – and packing in everything from rolling dales to towering sea cliffs – North Yorkshire is a gift for adventure-seekers. Whether you're looking for moorland walks or market towns, spooky ruins or seaside fun, traditional pubs or towering hills, it's a destination to be visited time and time again. And with a fantastic selection of YHA properties sprinkled across the map, you won't have to search far for accommodation.

Exploring the landscape

The sweeping scale of the region means you're never far away from first-rate outdoor scenery. The Howardian Hills and Nidderdale – two of the UK's finest National Landscapes – are both within easy reach of York, offering big fells, meandering rivers and sheep-dotted farmland.

Top billing, however, goes to the county's spectacular duo of national parks. The first, the North York Moors, is a glorious, super-sized swathe of heather moorland, ideal for cycling, walking and horse-riding. Dalby Forest, in the heart of the park, offers biking options for everyone from first-time families to downhill experts. In terms of fantastic day-walks, meanwhile, the three-mile countryside wander from the market town of Helmsley to the dramatic remains of Rievaulx Abbey is both memorable and manageable.

Something longer? Adventurous bikers can take on the 150-mile Moor to Sea Cycling Network or the quieter 171-mile North York Moors Cycleway, while long-distance hikers can tackle the superb, 109-mile Cleveland Way National Trail, which not only incorporates the park's horizon-wide moorland but traces its romping, roller-coaster coastline, too.

The region's other national park is, of course, the wonderful Yorkshire Dales. Dotted with picture-book villages and proper pubs, it's also somewhere with oodles of options for outdoor-lovers. The Tour de France passed right through the park in 2024, so you'll find all manner of tough climbs and hulking scenery. The Swale Trail is an easy-ish 12-mile mountain-biking route, and at the other end of the cycling spectrum, the steep Rosedale Chimney is a notorious uphill challenge for experienced riders.

On foot, meanwhile, the Dales come into their own. Try the 4.5-mile Malham Tarn circular for a straightforward walk,

make an ascent to the handsome heights of Ingleborough for wraparound views of the surrounding valleys, or opt for the classic all-day Three Peaks hike for more of a test. And don't forget the much-loved Pennine Way, which stretches right through the park.

Both national parks also list various 'miles without stiles' accessible walks on their websites.

northyorkmoors.org.uk
yorkshiredales.org.uk



Rail adventure

The 73-mile-long train journey between Settle and Carlisle is one to send rail-lovers weak at the pistons. The town of Settle lies among some of the mightiest and most remote scenery in the Dales, which makes it all the more remarkable that this line was ever built at all – let alone 150 years ago in the 1870s. To adapt to the contours of the land, it passes through 14 tunnels and crosses no less than 22 viaducts, most notably the iconic, 24-arch Ribbleshead Viaduct. The service takes around 1 hour 40 minutes end to end, with the views barely letting up, and the regularity of the timetable makes it simple to do a return journey in a day.

settle-carlisle.co.uk



Enjoying the coast

There's far more to North Yorkshire than those quintessential views of green fells and drystone walls. The county also has a magnificent coastline, with the 36-mile section stretching south from Saltburn-by-the-Sea to Scalby defined as a Heritage Coast by Natural England.

This is largely to do with its natural beauty. You can expect towering pink cliffs – including the highest on the country's east coast, at Boulby – as well as fossil-rich beaches, bobbing seals and picturesque coves. Factor an assortment of historic port villages into the mix, plus some frankly outrageously good fish and chips, and you're left with somewhere that ticks all the right sort of bucket-and-spade boxes.

The broad sandy beach at Robin Hood's Bay is a dream for families, not least because it's also a fruitful spot for finding ammonites and other prehistoric fossils. It also happens to be on the front doorstep of the ever-wonderful YHA Boggle Hole, which in turn sits just a few miles south of YHA Whitby. The half-day coastal walk between the two is a joy, while the chance to see Whitby Abbey – which stands a mere flick of a vampire's cloak away from the hostel – is an enticement in itself.

yha.org.uk/hostel/yha-whitby

yha.org.uk/hostel/yha-boggle-hole

Time in the city

North Yorkshire is scattered with all manner of large, character-rich settlements, but topping the pile is surely the cathedral city of York. Founded by the ancient Romans – and still boasting the 2,000-year-old walls that evidence the fact – it's somewhere that manages to blend a heady sense of history with a distinctly 21st-century urban buzz.

Head to the Jorvik Viking Centre for a battleaxe-wielding look at the city's Viking past, visit the soaring York Minster to be wowed by its Gothic architecture, then lick your lips for a trip to York's Chocolate Story, this being the hometown of both Terry's and Rowntree's. Elsewhere, you can wander the medieval laneways of the Shambles, while away a few hours at the excellent National Railway Museum or even take a ghost tour to uncover some of York's grislier secrets. And with YHA York as a base – within walking distance of both the station and the city centre – you're well placed to explore.

visityork.org

yha.org.uk/hostel/yha-york

Did you know? If Yorkshire were a country, it would have placed 12th in the medal table at the 2012 Olympics!



© AdobeStock/Timi Hill

National Park Fact File

North York Moors
Established: 1952

Area: 554 square miles
(1,430 sq km)

Highest point: Urra Moor,
1,489 feet (454 metres)

Did you know? The park's number 840 bus route has been voted Britain's most scenic.

Yorkshire Dales
Established: 1954

Area: 841 square miles
(2,178 sq km)

Highest point: Whernside,
2,415 feet (736 metres)




Did you know? The park was officially designated an International Dark Sky Reserve in 2020.

Dog-friendly days out

Many of our hostels offer dog-friendly stays in camping areas – the Yorkshire Dales' YHA Grinton Lodge among them – giving the perfect excuse to bring your four-legged friend on a trip to the county. From pooch-welcoming pubs and restaurants to wide open walks in the fresh air, you'll find plenty to keep those tails wagging.

visitnorthyorkshire.com/dog-friendly yha.org.uk/breaks/dog-friendly-holidays

© AdobeStock/Ian Webb



Help us to ensure no child is left behind, give the gift of adventure today.

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

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

Visit yha.org.uk/child to donate and find out how you can make a big difference to a young life and share your first memories of YHA.



Let's go!



How to... organise a mini Olympics

It's an Olympic summer, so why not have your own sporty competition? All you need are friends, family and a park, beach or garden (lots of our hostels have them!). If you have any footballs, tennis balls, a rope, a frisbee or even a hula hoop – then even better.

Create a list of different events. You can make your Olympics as long or short as you want it to be. Some fun and easy things to include are running races, obstacle courses, long jumps, tennis-ball throws, tug-of-war contests or even who can make the quickest sandcastle on the beach!

If you really want to turn it into an occasion, you can even hold an opening ceremony at the start, with each person introduced to the crowd – to a deafening round of applause, of course!

If you're playing with people that are older or younger than you, try to make it fair. You can let really young participants start further ahead in a running race, for example, to help everyone have fun.

If you're feeling super-creative, you could even try making your own medals out of whatever crafty things you've got nearby.

Five things you might not know about...



Cornwall

Summer is the perfect time to visit Cornwall, the county at the very tip of England. It's famous for its beaches, its surfers and its delicious pasties, but holds all sorts of interesting secrets, too. And with YHA hostels dotted right around its coastline, you can have your very own Cornish adventure.

It has its own language

Cornish is a very old language which used to be spoken right across the region. Many years ago it almost died out, but these days lots of locals are keeping it alive. Some children in Cornwall learn the language at school, and speak both Cornish and English! The phrase for 'hello' is 'dydh da' (pronounced 'dith da') and the Cornish word for 'Cornwall' is 'Kernow'.

It's a land of legends

All sorts of myths and stories have come out of the county. The most famous of them is about King Arthur, a legendary king of ancient Britain. According to folklore, he was born here in Cornwall, in a place called Tintagel. It even has a hostel: YHA Tintagel!

Its ice cream is special

If you've got a sweet tooth, you'll love Cornish ice cream. The land here is good for grazing cows, so the farms produce thick, rich clotted cream – which is an ingredient in the ice cream!



It has the longest coastline in Britain

Cornwall is surrounded by the sea on three sides, which gives the county a huge coastline. It snakes for more than 420 miles, or almost 700 kilometres. The same coastline – full of coves,

cliffs and beaches – forms part of the biggest fully opened National Trail (long-distance walking path) in the UK: the 620-mile South West Coast Path.



It has the world's largest indoor rainforest

The Eden Project is an incredible visitor attraction with giant, bubble-shaped enclosures full of amazing trees and plants. The temperature inside the bubbles is hotter than the air outside, which gives them a tropical climate. One of these bubbles holds the biggest indoor rainforest on Earth!



All about ants



They're tiny, they're tough – and they're everywhere! Ants might be small, but they're fascinating creatures. Here are some of the reasons why they're worth a closer look.

- An ant can lift **50 times its own body weight**. That's like an eight-year-old child carrying a fully grown rhino.
- An ant colony is a busy place. A single colony can often have more than 5,000 ants in it, and like bees **they're led by a queen**, who lays all the eggs. The other ants are workers, who have different jobs to help keep the colony healthy. For ants, teamwork is everything.
- They often **follow each other** in a line. They do this by leaving a special scent on the ground, which helps guide other ants towards food, or a new nest.
- Ants, like all insects, are **invertebrates**. This means that they don't have backbones. They have six legs for scuttling around and two sensitive antennae, which they use to 'listen' to vibrations on the ground. They don't have actual ears.
- It's been estimated that the planet has **15,000 different ant species**. If you took every single ant in the world, they would number around 10,000 trillion and they weigh about 40 billion tons.
- Ants can be a really important **part of a healthy ecosystem**. As they move through the soil, they help to create gaps for water and oxygen to reach plant roots. They're important predators of other insects, and also act as food for bigger creatures.
- They have **larger brains** for their size than any other insects.
- Several hundred years ago in Scotland, it was believed that mixing ants' eggs with onion juice was a cure for deafness. Don't try that at home!



Matching

Which one of these beach items doesn't have a pair?



Fossil finds

Earlier this year, it was confirmed that a jawbone segment found by an **11-year-old girl** in Somerset belonged to an ichthyosaur, a marine reptile that lived in the age of the dinosaurs. The ichthyosaur that the bone came from would have been more than 25 metres long!

And it wasn't the first time that amazing fossils had been found in the UK. Two hundred years ago, in 1824, an Oxford University expert named **William Buckland** gave a speech to talk about the strange bones that had been found by miners in a slate pit near Oxford. They belonged to an animal that Buckland called a 'megalosaurus', making it the first ever dinosaur to be discovered and named – even though the word 'dinosaur' wasn't even invented until 1842!

Today, fossil-hunters are **still finding incredible prehistoric remains on beaches** and in rocks. Parts of the coast in place like Dorset, North Norfolk and North Yorkshire can be brilliant for finding age-old treasures of your own, so keep your eyes peeled and your mind open!

Cetiosaurus was the largest dinosaur to live in what is now the UK

Fossil Hotspots! North Yorkshire

The word 'dinosaur' wasn't even invented until 1842!

Dorset

North Norfolk



A shared space

Daniel Neilson celebrates the traditions and timeless appeal of meeting fellow travellers in hostels

YHA Black Sail seemed unreasonably far away. A little hut, more of a speck, far down in the valley. Was that a wisp of smoke rising out of the chimney? It had been a long day already, hiking up Scafell Pike from Wasdale, then trekking across to Great End, Great Gable and Windy Gap. Now I was exhausted, ready to sit down. The weather was quintessential Lake District, serving up everything at once: sun, showers, wind, clouds passing overhead at speed.

It was a distance of around two kilometres from Windy Gap – the mountain pass just below Great Gable, one of Lakeland’s most pleasingly pointy mountains – down to Ennerdale’s YHA Black Sail, but I wanted to be there as quickly as possible. I had only the vaguest idea what to expect from the hostel, but I was at least hoping for a roof and a kettle.

YHA Black Sail is one of those places that members often mention first in the “Have you been to this or that hostel?” conversation. Other than it being inaccessible by vehicle, I didn’t yet know why.



The rain began lashing again as I approached the hostel. Through a little pane of glass, I could see people and light. This was a good start. As I opened the door in a rather loud fashion, ably assisted by a gust of wind, a blast of heat hit me. Then a blast of song. Wiping my glasses, I saw full tables and someone playing on a guitar. The song briefly stopped. We exchanged hellos, then they started up again.

I’d missed dinner, but the hostel warden calmly gave me a seat and asked if I wanted some leftover stroganoff and garlic bread.



“YES PLEASE!” I wondered briefly if I’d walked back into 1937. The semblance would have been uncanny, if it wasn’t for the fact that the songs being sung were Oasis covers rather than [*refers to the official YHA Songbook from 1952] “What shall we do with the drunken sailor?” or “Wha’ll buy caller herrin?” which is a ditty perhaps best left in the past.

As well as the singers, there was a family from Sweden playing Uno and a couple of lads hiking from one coast to another. I made friends that night. Beers were drunk, songs were sung, email addresses exchanged.

Fast forward a decade or more. My most recent hostel evening experience – at YHA Brecon Beacons – didn’t involve a guitar, but did focus on a game of Trivial Pursuit (with questions from about 20 years ago, naturally) in front of the fire. Before long, everyone in the lounge was answering the questions. I’m always struck by the range of reasons people have for staying in hostels. Myself and a friend had just run a trail marathon across the nearby hills (blustery, hard, wonderful), while others were here to hike, or catch up with old acquaintances. There were families on long weekends away, exploring somewhere new. Everyone had a story. And everyone shared.

I first stayed in youth hostels walking the South Downs Way as a 10-year-old, back in the days of stamps, chores, and sheet

sleeping bags. For someone from a small northern industrial town, brought up in a world of steelwork closures and picket lines, they were places that offered a wild sense of freedom.

While I’ve got my rose-tinted spectacles on, these hostels also offered the first chance to meet people from other countries. This is something echoed by the actor and YHA supporter Larry Lamb. “It made me realise there was much more of the world out there,” he said of his first hostel experience, when he was interviewed for an issue of *The Journey* last year.

This is also a sentiment that’s apparent in the letters and emails this magazine often receives. It’s now been almost 95 years since our first hostel opened its doors, but some things remain constant. YHA is a charity with the mission “To enrich the lives of all, especially young people, by providing brilliant hostel stays and experiences that improve physical health, mental wellbeing and life skills.” The health benefits of being outside in nature are now well-researched and documented, but what is perhaps less recognised are the mental health benefits of simply being around other people, often really friendly people.

Over that recent stay at YHA Brecon Beacons, it struck me that there are relatively few times in life that give you the chance to meet so many new people. No matter their reason for staying, hostellers



have a common sense of purpose, by the simple nature of being a member or guest of YHA. It's a shared community in the truest sense.

Friendship and fellowship have always been at the heart of YHA. In an early letter soliciting support for the organisation's foundation, Tom Fairclough wrote that its mission was "to organise holiday making... to provide for the healthy enjoyment of leisure, to encourage the love of the open air and to promote social and international friendship."

This approach was an immediate success, and the vision of the founders was clearly realised, as this 1933 report in the the Daily Express expresses after a night spent by its reporter at Derwent youth hostel. "After supper, tweeds begin to mingle with the shorts, ties appear and afternoon frocks. A circle of flushed, healthy faces gathers round the fire in the rafted common-room. Tiredness of limb is forgotten. The ping-pong table is never silent, nor is the piano. There is singing, laughing and dancing."

Tweeds and ties aside, my experiences at places like YHA Black Sail, YHA Boggle Hole and YHA Brecon Beacons show that the spirit of these beginnings still resounds loudly today. It's just more likely to be Wonderwall rather than Way down upon de Swanee Ribber that is heard.

The YHA Songbook

"Many a common room sing-song is marred because a few of the hostellers know more than the first verses of the songs, and all too frequently the item that begins as a rousing chorus ends as a faltering solo." So read the introduction to the first edition of the YHA Song Book (price: "one shilling"). "To overcome these hindrances to hostel harmony, this Y.H.A. Song Book is published."

The editors then explain the difficulty of choosing the songs. For example, those tunes "unsuited to performance by untrained choirs" were omitted.

The first edition of the songbook was published in 1952, and it was subsequently reprinted regularly. The 94 songs were broken down into 'General', 'Rounds' and 'Welsh', and included songs such as Frère Jacques, Aw went to Blaydon Races, 'twas on the ninth of Joon, and the undeniably timely What's the use of wearing braces.

"It is hoped that the Y.H.A. Song Book will add to the enjoyment of common room sing-songs," the editors wrote.

They would have been pleased to know, no doubt, that YHA common rooms across the country are often still places of life, conversation and music.



Four hostels for history and adventure

What makes the perfect hostel? Situation counts for a lot, of course, as do a tangible sense of heritage and the potential for nearby outdoor adventure. Here are four YHA properties that hit all three sweet spots.





YHA Snowdon Pen-y-Pass

It's hard to top a hostel that has a path leading up the tallest mountain in England and Wales directly from its front door. The property in question is YHA Snowdon Pen-y-Pass, which sits at the highest point of the Llanberis Pass, on a road originally built for ore miners in the 1830s.

Some twenty years after this date, in the 1850s, a coaching inn named the Gorphwysfa Hotel was constructed here, and having being rebuilt and expanded over the years, its solid stone walls still form the core of today's hostel.

Past guests include many famous climbers. George Mallory, who died in 1924 attempting to climb Mount Everest, was a regular, as was Geoffrey Winthrop Young, who later became the President of the British Mountaineering Council.

It became a YHA property in 1971, and remains famed for its location at the foot of both the Miners' Track and the Pyg Track, which also gives the option of diverting across the knife-edge arete of Crib Goch. Be aware that the latter should be attempted by highly experienced – and nerveless! – scramblers only, and is easy to avoid if you'd rather steer clear.

yha.org.uk/hostel/yha-snowdon-pen-y-pass

YHA Penzance

This greenery-shrouded hostel stands less than a mile from the Cornish coastline on the outskirts of lively Penzance – but it has more to shout about than its salty-aired location. Set in a Grade II-listed Georgian manor house, it's been helping hostellers to explore the West Country for almost 75 years.

The appeal is straightforward. Penzance is a fantastic adventure base – reachable by overnight train from London, and sitting only 40 minutes by public transport from St Ives on the north coast – so the hostel makes a great option for a few days of coastal discovery.

What is there to do? The South West Coast Path runs close to the property, and the scenic stretch heading west towards Land's End – via the likes of Mousehole, the Minack Theatre and Porthcurno – serves up glorious walking. Open-topped buses and hire bikes add to the options for discovering the peninsula. In the other direction, meanwhile, the historic island of St Michael's Mount is one of Cornwall's most iconic sights.

Trail running, rock-climbing and kitesurfing are all further draws, and don't forget the Jubilee Pool, Penzance's famous saltwater Art Deco lido.

yha.org.uk/hostel/yha-penzance



YHA Bristol

The docksides of Bristol ooze maritime history. Its taverns are rich with tales of pirates and shanties, its cobbles have seen vast cargoes of everything from ivory to rum and its yards still clank to the sound of ship maintenance. Its museums, meanwhile – most notably M Shed – don't ignore hard truths about the city's past involvement in the slave trade.

Amid all this, the five-storey YHA Bristol sits right on the waterfront and occupies what was once a large goods warehouse. The building later became a nightclub in the 70s and 80s, before opening as a youth hostel in February 1990.

Hip cafes, slick restaurants and arty shops all stand within easy walking distance, but with more than 400 parks and outdoor spaces, this is also a city with a green side. It was named the UK's first Cycling City more than 15 years ago, and you'll find plenty of options for cycle hire. Try the 13-mile rural cycleway from Bristol to Bath, or for something shorter opt for the three-mile Bristol Docks Loop, which passes SS Great Britain.

Rather be on two feet? Join the Blackbeard to Banksy Ultimate Bristol Walking Tour for an upbeat insight into the city.

yha.org.uk/hostel/yha-bristol

YHA London Thameside

YHA London Thameside marked its official inauguration on 24 March 1993 when it was opened by none other than Her Majesty Queen Elizabeth II. As a purpose-built hostel, the property doesn't have a lengthy past, but what it lacks in age it makes up for in historic surrounds. The district it forms part of, Rotherhithe, was home to shipyards and working docks for hundreds of years, while the Brunel Museum – dedicated to the first tunnel to be built under the Thames, in 1843 – is mere minutes away by foot.

Passing almost right next to the property, meanwhile, the Thames Path National Trail can be followed as far as the Cotswolds – or, more manageably, along the river into the heart of London, passing Tower Bridge, St Paul's Cathedral, the Tate Modern, the London Eye, Big Ben and more. If this sounds too much like hard work, be aware that there's also a River Bus that plies the water (the nearest served pier is at Doubletree Docklands).

The property has a restaurant and licensed bar, but if you're keen to keep up the historical theme, however, try strolling to the nearby Mayflower pub, said to be the original setting-off point for the famous America-bound ship of the same name.

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

Set up camp this summer

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

How to use a compass

Navigating using a map and a compass is a great life skill and complements any GPS device. Our friends at Ordnance Survey have put together a step-by-step beginner's guide to using a compass, allowing you to learn the basics of how to navigate with a paper map.

© AdobeStock: moodboard



Step 1: Line up your points

To start with you need to know where you are on the map (point A) and where you want to go to (point B). You'll also need a compass with a base plate, in the style shown in images on next page.

Get the map flat – a stiff map case, flat rock or your knee works.

Line up points A and B with either the side of your compass or one of the black lines running down the base plate, making sure that the direction of travel arrow is pointing in the direction you want to go in (so towards point B).

A compass with a larger base is useful here for covering longer distances, but you can use a straight edge with a smaller compass.

For the moment, don't worry about the north arrow.

Step 2: Align to grid north

Now, hold the compass still and turn the compass housing bezel so that the "N" on the bezel and the orienting arrow point to grid north (the top of the map). To help do this, make sure that the orienteering lines (the parallel lines on the base of the compass dial) are lined up with the vertical lines (known as easting lines) on the map.

Try to get this as accurate as possible – and if you have folded your map, check which way is north!

Again, ignore what the compass needle is doing at this stage.

Step 3: Adjust for magnetic variation

Now you need to allow for the difference between magnetic north and grid north.

We're lucky in the UK that this variation is small, but where accuracy is important, it's always best to adjust for it.

The adjustment varies across the country and you can generally find the precise figure printed on your map in the key. Look for "magnetic north". Ignore any references to "true north" as we don't need them. At the moment, British magnetic variations are between -1° and 4° . Pick up your compass and turn your compass bezel anticlockwise to ADD the positive magnetic variations, or clockwise to SUBTRACT negative variations.

Many compasses have a smaller scale inside the compass housing to make this easier, or alternatively you can use the outer scale. Most compasses only show a marker for every 2 degrees.

With such a small variation for Britain, you can often ignore it, but it can become critical in some parts of the world or in featureless areas.

Step 4: Line yourself up

Now put the map away. Be careful you don't move the compass bezel.

Hold the compass flat and near your body, with the big "direction of travel" arrow pointing straight ahead. Turn yourself and the compass around slowly until the red end of the needle lines up with the orienting arrow, as in the picture.

The direction of travel arrow should still point straight ahead – that's the way you are going, towards B.

Look up, and pick an object in the distance that's in exactly the right direction. It could be a distinctive tree, rock, hill peak or similar. Don't use sheep, as they tend to move!

Try to avoid looking at the compass all the time as you walk, as this is less accurate than using a more distant target. Once you reach the target you are aiming for, check the compass again, pick a new target object and carry on until you reach your next waypoint.



Don't move the bezel

The two biggest errors by beginners are moving the bezel – it's set and should not be changed at this stage – and not holding the compass pointing directly away from the body. Also, be aware of any magnets or metal near the compass: mobile phones, magnetic buttons, metal belts and similar can deflect the compass needle, making it inaccurate.

Visit getoutside.ordnancesurvey.co.uk for more map-reading skills.

YHA members can save 30% on an annual subscription to OS Maps Premium. To claim go to yha.org.uk/membership/member-benefits



Best new sustainable gear

The single most sustainable approach to outdoor gear is to keep it going as long as you can. If and when it does finally give up, however, try to choose gear produced with minimal impact.

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

Best waterproof jacket

Rab Namche GTX Jacket
rab.equipment | £290

Waterproof jackets are made from plastic and then covered in chemicals. They are not generally environmentally friendly – or at least they haven't been. This new jacket from Rab brings together several new technologies. It's one of the first jackets to use Gore-Tex ePE, which is 100% recycled, with a fluorocarbon-free membrane and an energy-efficient dye. It's as good as any Rab waterproof jacket, which is to say: very good. This high-performing jacket not only keeps you dry but also keeps the environment in mind, giving you the confidence that you're making a sustainable choice.

Best footwear

Hanwag Blueridge Lady ES hanwag.com/uk | £185

Shoes and boots are somewhat left behind when it comes to sustainability, but German brand Hanwag has upped the game for everyone. The Blueridge ES is constructed entirely from lower-impact materials. The upper is 100 per cent recycled, and the outsole uses 15 per cent recycled rubber. They are produced in Europe with fully traceable components and are PFC-free. No less importantly, they are also incredibly comfortable hiking boots.

Best insulated jacket

ACAI Cloud Jacket
acaioutdoorwear.com | £140

ACAI is on a mission to revolutionise all women's experiences outdoors. At the heart of what they do is protecting the environment we all enjoy. The light-weight Cloud Jacket is insulated with a filling made from recycled plastic bottles, and finished with a PFC-free DWR coating to keep off light showers. We particularly love that it packs away into the front pocket reducing the need for packaging.



Best outdoor apps

While the sight of hikers on the mountain with their heads down in their phones may send some people apoplectic with rage, the fact is the digital realm is now an undeniable part of our relationship with exploring the great outdoors. It can open up a world of enjoyment, inspire youngsters, and get you out of any “navigationally challenging” moments. Here’s our choice of the most useful outdoor apps.



OS Maps

As you'd expect, the official app from Ordnance Survey is one of the best out there, even more so now it's just undergone a rather lovely makeover, simplifying the design. You're able to plot your routes on your phone or desktop and discover millions more routes. YHA members get 30% off a subscription.



First Aid by British Red Cross

This is the app you hope you'll never need, but in an emergency this general first-aid app has simple step-by-step guides for more than 20 first aid skills and is available without internet. It's also packed with videos, interactive quizzes and tips, so you can be prepared before you head out.



OS Locate

This free app is an essential addition to any phone. It's a compass and, most importantly, a grid reference location app. Open the app and it will find your location in seconds, offering you the grid reference, eastings and northings, as well as your altitude. It gives the possible variation in accuracy, too.



Met Office Weather App

A key feature of this app, especially for hillwalkers, is the mountain area forecasts, with gales and wind chill forecasts. You'll also find daily and hourly forecasts, but we particularly like the map views that can be filtered for rain, cloud cover and surface pressure. It does require phone signal.



Komoot

If you're looking for inspiration, sign up for the Komoot app. It's great for walkers and cyclists of all abilities. Need a two-day gravel route in Wales? It's here. A family-friendly three-hour walk in the Surrey Hills? Also here. It allows you to plan and log your routes too. Love Komoot!



Merlin Bird ID

A genuinely amazing piece of tech. This free app is basically Shazam for birdsong. Hit the big green sound button and it will, usually, identify any bird within earshot. It's immediate and almost magical. There's also a great bird identification wizard that asks just three questions and is very accurate.

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 0EU
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 0DF
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 0HD
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 0SP
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 0EW
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 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

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 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 0XN
YHA Leominster	The Old Priory, Leominster, Herefordshire, HR6 8EQ
YHA Littlehampton	63 Surrey Street, Littlehampton, West Sussex, BN17 5AW
YHA Liverpool Albert Dock	25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
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 0TS

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 Penzance	Castle Horneck, Penzance, Cornwall, TR20 8TF
YHA Perranporth	Droskyn Point, Perranporth, Cornwall, TR6 OGS
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 0TZ
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 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 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 Youlgreave	Fountain Square, Youlgreave, nr Bakewell, Derbyshire, DE45 1UR

Readers' pics





Yvette Earl is an illustrator based in the north of England. We saw this beautiful illustration of YHA Black Sail on her Instagram page ([@yvetteearlillustration](https://www.instagram.com/yvetteearlillustration)). It was drawn as a gift for a friend who hired it out for a weekend for her birthday. See more of her work at yvette-earl.com.

EYST – Ethnic Minorities & Youth Support Team Wales @eystwales

Amazing to be a part of the #outdoorcitizens #outdoorconnection at @YHAChester this weekend. With new connections, learning and support options and some inspiring & passionate speakers



  Don't forget the hashtags
#YHANatureChallenge #LiveMoreYHA

WIN! A Fjällräven Kånken Outlong backpack worth £150

Can you order the following UK rivers by length, from longest to shortest?

England and Wales play home to some wild, wandering waterways. But can you put the following five rivers in order of length?

- 1 River Thames
- 2 River Severn
- 3 River Trent
- 4 River Wye
- 5 River Great Ouse

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



© AdobeStock/ Helen Holson

About the prize

The winner will receive the latest addition to the iconic Fjällräven Kånken family, the Outlong. A slightly more spacious version of the classic backpack, Kånken Outlong is ideal for short hikes and other outdoor activities, as well as active commutes to work and school. This active new edition features supportive, padded shoulder straps combined with an air-mesh back system and a handy chest strap. Other new additions include a sleeve pocket with a padded base for your laptop and a zipped internal pocket that makes keeping contents organised a breeze. The bag's pièce de resistance is an extra bottom compartment.

For more information, visit the Fjällräven website. fjallraven.com/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

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