



# #LiveMoreYHA

Issue 12 - Autumn 2018

## Adventures for everyone

Family fun, foodie discoveries,  
wildlife and hiking in the Peak District



### Wild man

TV's Chris Packham on  
his love of the outdoors



### Hostel love

Nine experts name their  
favourite hostels



### Two wheels

What to carry when  
mountain biking

# Welcome

Ah summer days. The sound of splashing in paddling pools, the taste of ice cream, the smell of barbecues. Sunny afternoons spent out of doors, somewhere new, on big adventures with bigger views.

We hope this summer has brought happy days for you and yours.

Before we dive into some inspiration for the autumn season, let's take a look at just a few of the opportunities we've created for young people since our last issue.

After all, shouldn't every childhood be full of adventure?



## Making a difference with **DASH**

'A trip like this just wouldn't have happened without YHA'

Earlier this year, six single-parent refugee families enjoyed a trip to YHA Mankinholes. The break was delivered in partnership with Destitute Asylum Seekers Huddersfield (DASH). The families spent time walking in the countryside, visiting a working farm and playing games. The children met the animals, learned about herbs, milked the cows and tried new vegetables. Gona, one of the mothers, said it was her happiest time in England in two years. She really appreciated the chance for her children to feel free and play in safety.

By gifting this trip, we brought joy as well as improvements to the families' health and wellbeing. We're deeply proud to do so.

# Fantastic Mr Fred's Flight for Sights

Fred is eight. He has a progressive eye condition which may eventually cost him his sight. Before that day comes, his mum is helping him fulfil a bucket list of experiences. One of Fred's dreams is to go on an adventure like the Famous Five and find treasure and fossils.

Fred's family applied for support from our Family Breaks programme and, as a result, they'll enjoy a free stay at YHA Boggle Hole later this year. The break will give Fred and his sister precious time away together and memories to treasure forever.



By supporting YHA, you're helping us make these important trips possible.

As a youth charity, we reinvest all we make so that we can continue creating horizon-broadening, confidence-boosting, skills-building, perspective-shifting, health-benefitting experiences for all young people, especially those with challenging lives.

# #LiveMore Moments

Each issue we'll be sharing some special moments we've had staying with YHA. We'd love to hear about your most memorable experiences at [livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk)



“

**Erin, Yorkshire Tots ([yorkshiretots.com](http://yorkshiretots.com))**

When my sister and nephew visited from the US, we all stayed in a family room at YHA Whitby. Set in a Grade I-listed mansion next to the ruins of Whitby Abbey, the hostel could not be more atmospheric. We spent the days at the seaside and evenings in the large garden. ”

“

**Zoe, Juggling on Rollerskates ([jugglingonrollerskates.com](http://jugglingonrollerskates.com))**

YHA Eastbourne is in a great location for easy access to the Downs. I've been really impressed with my recent YHA stays and this was equally as good. After a long day walking across the Seven Sisters and the Sussex coastline this was the perfect place to rest up and recover! ”



“

**Sophie, Sophie's Suitcase ([sophiessuitcase.com](http://sophiessuitcase.com))**

Staying at YHA Brighton provided me and my girlfriends with the perfect base for a weekend by the seaside. From our room we could look out across the promenade, smell the sea air and be on the beach relaxing with a plate of fish and chips in a matter of minutes. ”



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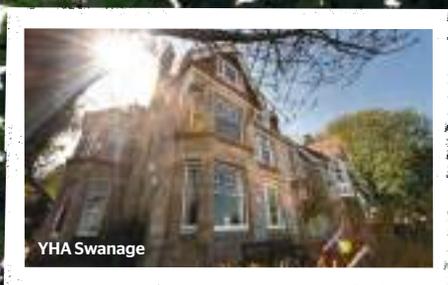
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# Hostel makeover

## A major facelift for three West Country hostels

"This Youth Hostel is one of many, both in this country and abroad, where young people, regardless of race or creed, may spend the night," state the wonderful old green plaques that still adorn some hostels. "The buildings are diverse in character but they have a common purpose: to help all, especially young people of limited means, to a greater knowledge, love and care of the countryside." This is a maxim that has little changed since our first Youth Hostels opened in 1931. Our philosophy remains the same, as does the 'diverse' character of our properties, as a glance around the network attests. It's an aspect we're proud of, but the hostels do need plenty of TLC! Since 2011, we've spent more than £40 million on refurbishments, bringing facilities up to date to meet modern needs. The latest three hostels to enjoy an in-depth makeover are all in the West Country - YHA Bath, YHA Perranporth and YHA Swanage.

[yha.org.uk/recently-refurbished/changing-spaces](http://yha.org.uk/recently-refurbished/changing-spaces)





YHA Bath

# Live More, Spend Less: Family days out



With several lighter months still yawning out in front of us, it's time to fill the days with fun activities for the kids. But they needn't break the bank - and in many cases can be free. Whether you're taking the family on a short city break or deep into the countryside, here are some (cheap) ideas.

## **YORK**

### **York City Walls**

The best way to see the city is to walk its ancient boundary. York's walls date back to 71 AD and you can still walk around most of them. It's an evocative and educational way to start your visit.

### **York Minster**

This 1000-year-old masterpiece is one of the UK's great buildings. You need to pay but the

tickets are valid for a year, which is just as well given that the depth of things to see inside is vast. Very kid-friendly too.

### **Hunt the cats**

Did you know there were 22 cat statues hidden on historic buildings around York's city centre? Pick up a trail map, with clues, from York Lucky Cats (No 34 The Shambles) and get searching. Fun and free.

## **PEMBROKESHIRE**

### **Sealife spotting**

The wild seas that hammer the Pembrokeshire coast are teeming with wildlife: dolphins, seals and porpoises can all be seen - even whales if you're lucky - as well as choughs, great northern divers and raptors.

### **Pembrokeshire Coast Path**

The 186-mile Pembrokeshire Coast Path



## Stepping Out: Family outings

National Trail runs along beaches and above cliffs, over estuaries and sandstone bays, offering one of Britain's best long-distance walks. A taster? Try the Treginnis Peninsula.

### Climb Carn Llidi

Looming ruggedly behind YHA St David's, Carn Llidi is a 181-metre high hill that offers the perfect challenge for budding hikers. The walk from Whitesands Bay is straightforward, and the summit views are massive.

## YORKSHIRE DALES

### Mountain biking

The Yorkshire Dales, particularly around YHA Grinton Lodge in Swaledale, are prime mountain biking territory, with rides suitable for everyone from berm-hungry experts to family groups. The hostel has cycle storage.

### Take a geology lesson

There's nothing boring about this bit of education. YHA Malham is close to the magnificent Malham Cove, Malham Tarn and Gordale Scar, a limestone ravine that inspires awe, and is fun for a run-around too.

### Go to the falls

The Aysgarth Falls are one of the Dales' most fetching beauty spots, with some easy walks close by. The falls even feature on screen in Robin Hood Prince Of Thieves, which brings us neatly to...

## SHERWOOD FOREST

### Explore Robin Hood country

Sherwood Forest will forever be synonymous

with the legend of Robin Hood. The 450-acre country park offers marked trails, bike hire and the famous Major Oak, the tree where the outlaw once hid.

### Get arty in Nottingham

Nottingham is one of the UK's best value cities, with free galleries such as Nottingham Contemporary and the New Art Exchange. And don't miss the 500-acre grounds, complete with deer, at Wollaton Hall & Park.

### Tread back in time

Ten miles north of YHA Sherwood Forest, Creswell Crags is a high-walled gorge studded with caves. It's packed with Ice Age history. You're free to ramble the gorge and lake, but the cave tours and exhibition are ticketed.

## WEST MIDLANDS

### Take to the river

YHA Wilderhope Manor is well placed for watersports on the River Severn. Bring a canoe or kayak, or simply enjoy a picnic on the riverbank. For walkers, the Shropshire Hills are close by too.

### Hidden histories

Deep in the green West Midlands is a former 11th-century workhouse that is now YHA Leominster. From here you can explore the Tudor magnificence of Ludlow Castle and the region's famous "black and white" half-timbered villages.

### Go museum-mad

YHA Ironbridge Coalport occupies the former Coalport China Works and is today part of the Ironbridge World Heritage Site, where you'll find no less than ten family-friendly museums. Who needs London?



# World Cup of Hostels

Which hostel lifted the cup?

While Gareth Southgate's men battled it out in Russia, we concocted a dramatic knock-out tournament of our own, pitting hostel against hostel in our inaugural #WorldCupOfHostels. The competition had it all: unexpected winners, jubilant managers, stunning victories, even bitterly contested VAR decisions (we may have made that last one up). Here's how it played out.

We picked out 48 of YHA's best and most popular hostels and split them into 12 groups of four. These plucky contenders were then whittled down via a series of votes on Twitter, culminating in a fiercely fought final between YHA Borrowdale and YHA Buttermere.



**YHA Borrowdale:**  
King of hostels

And with a dazzling last-minute goal, YHA Borrowdale clinched a narrow victory with 56% of the vote, leaving their brilliant Cumbrian counterparts crumpled on the pitch. Congratulations to all the contestants. Which hostel was *your* champion?



Our new Work Experience & Traineeships Programme launches this summer

# A helping hand

For many young people, opportunities in life can be hard to find. It's a fact we know only too well - and it's something we've always tried to change. This summer sees the official launch of our Work Experience & Traineeships Programme, which aims to offer more chances for young people to volunteer with YHA. Over the past five years, the proportion of young people among our active volunteers has risen to 25%. We'd like to see that figure keep climbing.

A work experience placement or traineeship can make a real difference to a young person, bolstering both their CV and their self-confidence. It can even be an attractive route towards paid employment with YHA. We're introducing the programme at 23 different hostels across England and Wales, from London to the Lakes and from Cornwall to Cardiff. On offer are work experience placements of one, two or four weeks (for



ages 16-25) and traineeships of between eight and 12 weeks (for ages 16-24).

Interested? We don't ask for any prior experience or qualifications - enthusiasm and commitment are far more important. And we'll give all the necessary training, as well as supplying a reference and certificate at the end of the placement. We know how vital the right opportunities can be - which is exactly why we want to provide them.

For more info, or to register interest, visit: [volunteeryha.org.uk/event/TraineeshipsWorkExperience](http://volunteeryha.org.uk/event/TraineeshipsWorkExperience)

The participating hostels are: *YHA Ambleside, YHA Bath, YHA Brighton, YHA Bristol, YHA Cambridge, YHA Cardiff, YHA Castleton, YHA Conwy, YHA Edale, YHA Eden Project, YHA London Central, YHA London Earl's Court, YHA London Lee Valley, YHA London St Pancras, YHA London St Paul's, YHA London Thameside, YHA Manchester, YHA Penzance, YHA Sheringham, YHA Stratford-upon-Avon, YHA Swanage, YHA Whitby, YHA York.*





# 8 great reasons to visit Canterbury & Kent

**There's no better time to visit the Garden of England than late summer, when the hop buds are opening, the apples are turning red and the fields are alive with birds and insects. YHA Canterbury and YHA Medway both make perfect bases to explore the county**

## **You can pick your own fruit**

Kent's nickname as the Garden of England comes from the abundance of orchards and hop gardens in the county. Throughout summer and autumn, signs appear announcing PYO, 'pick your own'. It's a fun and educational experience for families. Try Chilton Manor Farm or Pippins Farm Orchards.

## **Soak in some history**

When it comes to historical importance, Canterbury is a seriously big hitter. Its cathedral is one of the world's most important and has been attracting pilgrims for almost 1000 years. The Roman monk Augustine first brought Christianity to the city, while Geoffrey Chaucer's classic book was inspired by the place. The weight of history here is palpable.

## Stepping Out: Explore Kent

### Take long coastal walks

Kent has a vast coastline. In the north, you'll discover the traditional seaside pull of Whitstable and Herne Bay. Farther west, Margate, Broadstairs and Ramsgate have long been tourist towns, and around to the south are quieter spots such as Deal and the larger settlements of Dover and Folkestone.

### It's a foodie paradise

For chefs, Kent provides ingredients and inspiration in equal parts. There's a vast variety of apples, pears, fruit and vegetables available, and when you combine this with a vibrant fishing heritage and some of the world's best oysters, it's no wonder some of the country's best restaurants have set up here. Don't miss The Sportsman at Seasalter.

### Get arty

Kentish life, and the county's landscapes, have inspired a diverse range of artists, from JMW Turner - who brooded over the big skies and wild seas - to Tracey Emin, who grew up in Margate. Turner Contemporary in Margate is the most talked about new(ish) opening, while Folkestone's Creative Quarter has a colourful scene.



### Take a punt on Canterbury

Canterbury is, of course, an unmissable stop when visiting Kent, and you'll always find something unexpected in the city. See the sight from a different angle by hiring a boat and guide and punting through the city along the Great Stour River.

### Get locked up in a castle

Kent has an abundance of castles - this was England's front line, after all. Today, along with the grand Leeds, Hever and Dover Castles, don't miss the fortresses of Deal, Canterbury, Lullingstone, Rochester and Sissinghurst - all open to the public. All have year-round events for families too.

### Quirky shops

You'll find a vast range of independent and quirky shops across the county. In Canterbury, head to the King's Mile for ceramics, books and even a chocolate maker. In Royal Tunbridge Wells, the famous Pantiles district has lovely cafes, as well as antique shops. Rochester, Tenterden, Whitstable and Hythe are all filled with fascinating shops too.



(Clockwise, from main image):  
Canterbury Cathedral; Turner Contemporary; YHA Medway; YHA Canterbury

## Stepping Out: Hostellers' Q&A

We spoke to three outdoor enthusiasts to get their thoughts on **dorms, dinners and day-walks**

Want to appear here in the next issue? Email your interest to [livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk)



### Katherine Dixon

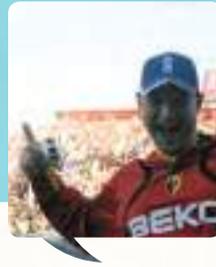
Freelance writer and proofreader at [waybeyondwords.co.uk](http://waybeyondwords.co.uk)

<b>Countryside, city or coast?</b>	Living in the heart of England about as far away from the sea as you can get, I love escaping to the coast for its invigorating sights, sounds and smells.
<b>Favourite hostel?</b>	YHA Tintagel, where the quirky quarryman's cottage provided a safe haven from the shocking weather! Lovely cosy atmosphere and the welcome from Volunteer Manager Liz was second to none.
<b>Earliest YHA memory?</b>	Getting away from it all in my early 20s to the simplicity of YHA Maeshafn in North Wales. I recently discovered its significance in YHA history, so feel privileged to have visited before its closure.
<b>Ideal overseas destination?</b>	Years ago I hostelled around Spain and Portugal, and enjoy going back for the weather, culture and food! Mallorca and Menorca are hard to beat for walking.
<b>Perfect hostel dinner?</b>	We had great fish and chips at YHA Brecon Beacons Danywenallt, with Brecon Gold beer. If self-catering, it would most likely be pasta or a bacon butty.
<b>An item to pack?</b>	I enjoy travel writing so my notebook and pencil are essential. Despite electronic gadgetry, old habits die hard.
<b>A book for a rainy day?</b>	Gloomy weather requires a bit of cheering up, so how about Bill Bryson's "Notes from a Small Island", a rib-tickling assessment of us Brits.
<b>Favourite day-walk?</b>	Any permutation from the network of varied possibilities around my Kinver base, featuring the Staffordshire Way, the Staffs & Worcs Canal and the sandstone escarpment of Kinver Edge.

## Stepping Out: Hostellers' Q&A



**Matt Bark**  
General adventurer  
and outdoor blogger  
at majaba.co.uk



**Michael Lee**  
Manager of YHA  
Youlgreave

Definitely countryside. I like the availability of coffee in cities, but I really love disappearing into the country for an adventure.

The Gatcliffe Trust hostel on Berneray in the Outer Hebrides is absolutely beautiful. Of the YHA ones, I've gone back to YHA Castleton Losehill Hall again and again.

YHA Brecon Beacons Danywenallt on my first ever trip hill walking about 15 years ago, a trip that started my love for outdoor activities.

The French Alps when they're covered in snow!

Anything at the bar at YHA Ambleside, sat looking out at the sun setting over Windermere.

A USB multi socket adapter. With a phone, GoPro, Garmin and bike lights to charge I always need more sockets!

I really enjoy the Terry Pratchett Discworld series.

The walk to Sgwd Yr Eira Waterfall in South Wales. The footpath goes right behind the waterfall. Waterproofs needed even on a sunny day!

Are you ever really on holiday unless you're beside the sea?

I spent a glorious week on the Welsh coast and YHA Pwll Deri was truly spectacular.

A visit to the Peaks at 16, braving the pouring rain all day. It clearly didn't dampen my enthusiasm for hostelling though.

New Zealand - it just has everything.

The new chicken pies are amazing. Mmmmmm... pie.

Pre-empting the next question, a good book.

Anything Scandinavian with murder in it.

The walk to Grasmere from Ambleside over Loughrigg Fell. For relatively little effort you get spectacular views of what makes the Lakes great - and gingerbread at the end of it.

# Five days out in the Peak District



**The country's oldest national park is also one of its most diverse. The Peak District crams plenty into its 555 square miles, serving up adventure for everyone from outdoor nuts and birdwatchers to school groups and history-lovers. We sampled five of its highlights. Which ones take your fancy?**

## **...for wildlife-watchers**

The charms of Dovedale are no secret: towering valleys, rolling ash woods and a chuckling river as clear as a vodka tonic. Even when we visited - on a weekday outside of the school holidays - both banks were busy with ambling pleasure-seekers. But the joy of Dovedale is that the longer you walk, the quieter it gets. And the quieter it gets, the more wildlife you spot. We found a gloriously



## Feature: Peak District

bank. In the river itself were trout and grayling, the latter so well camouflaged that they seemed to vanish in an eye-blink. But the real treat came courtesy of a little brown bird pelting silently upriver, wings beating just above the surface – and an unmistakable white plumage on its breast.

Dippers are Dovedale's signature birds, but they're not always easy to sight. We followed upriver and after ten minutes we saw it again, busying itself on the far bank – flitting here, darting there and at one point submerging itself completely. Dovedale might have its detractors – but if you give it enough time, the rewards are tangible.

### ...for day-walkers

There are ten YHAs in the Peak District, all of which hold their own on-the-doorstep treats for walkers. We used the most northerly hostel in the park, YHA Edale, as a base for a handsome yomp up onto the edge of Kinder Scout. The plateau – famed among hikers for its role in the right-to-roam movement – is notoriously hard to navigate, but this walk stuck to the fringes of the moorland. With a map, and the basic skills needed to read it, getting lost was as unlikely a prospect as running out of Jelly Babies (we were well stocked).

Our route took us from the hostel across to Edale itself, before wriggling up the long and enjoyably rocky incline of Grindsbrook Clough. Once on the plateau, we skirted around Grindslow Knoll and continued heading west  
➤ *continues overleaf*



serene riverside perch near Sharplow Dale, dangled our feet in the water and waited.

First came a pair of mallards, then a brood of six ducklings with a fussing mum. In the alder trees that shaded the river we saw a chaffinch and a fidgety coal tit, while at ground level a grey wagtail came bob-bobbing along the

## Feature: Peak District

along the well-marked trail (the key navigation tip: keep the steep downhill bit on your left). A couple of miles of scenic rim walking followed - not to mention plenty of those crazed giant rock formations that seem to have bubbled out of the moor for no good reason - before we converged with the Pennine Way, which descended down Jacob's Ladder and snaked slowly back towards Edale. A top-notch walk. Allow yourself four or five hours.

### ...for foodies

Here's the main thing you need to know about Bakewell tarts. You don't call them tarts; they're puddings. And they don't look much like the Mr Kipling variety. The market town of Bakewell - to many minds the "capital" of the Peak District - has been famous for its puddings ever since the 1860s, when a flustered cook tried to make a strawberry tart and mistakenly poured the egg mixture over the fruit. Today there are two bakeries claiming to be the "original" outlet. In the name of research, we sampled both. So which one to choose? We tried Bloomers first ("we have the original recipe," the server told us, "the other place has the original premises") before moving onto the much busier Old Original Bakewell Pudding Shop. And the verdict? We love an underdog, but as much as we were hoping Bloomers would take the honours, the OOBPS triumphed: better texture, flakier pastry, a fresher taste and a fuller flavour. More please!



### ...for prehistory

A ten-minute drive from YHA Youlgreave, tucked away on high farmland in the White Peak, you'll find one of Britain's least vaunted prehistoric highlights. Arbor Low is a stone circle which has been described as the "Stonehenge of the North", and it's estimated at around 4,500 years old. We arrived early in the morning (bring a pound to stick into a tin for access through the farmyard) and, with the exception of two other visitors who soon departed, had the place to ourselves.

**“ Arbor Low is a deeply atmospheric site. The hefty earth banks of the henge afford yawning views over the hills ”**





**Arbor Low:  
The 'Stonehenge  
of the North'**

The stones themselves are laid flat rather than standing - the theory is that they were pushed over by early Christians who found their pagan symbolism a bit too much - but it's a deeply atmospheric site regardless. The hefty earth banks of the henge afford yawning views over the hills, while the limestone slabs themselves tell silent tales of civilisations past. As we wandered, we noticed an offering of fruit, flowers and feathers on the central stone. Not many visitors make time for Arbor Low, but those that do remember it.

### **...for families**

The Peak District is full of impressive stately homes (several of them, such as YHA Hartington Hall and YHA Castleton Losehill Hall, are now hostels) but very few can match

the beauty, scale and grandeur of Chatsworth, the ancestral seat of the Duke of Devonshire. The grounds alone - sprawling acres of lawns and lakes - are enough to get you swooning, but in addition to the setting and the history, it's family-friendly too.

On our visit, we didn't know whether to prioritise exploring the house or sticking to the garden and grounds. Outdoors won. There's a Little Explorers' garden trail (taking in everything from a human sundial to a good old-fashioned hedge maze), a working farmyard (complete with donkeys, sheep and even milking demos) and a woodland adventure playground (there may or may not be trampolines, diggers and zipwires involved). Let's just say that kids are unlikely to head home with energy left to burn. ▲

# 9 'favourite' hostels *hand-picked by the YHA team*

The world would be a very boring place if we all had the same preferences. With this in mind, we asked nine of our staff to spotlight one YHA property that meant something special to them. You probably won't be surprised to hear that they didn't find the process of whittling their shortlists down to a single hostel too easy - but the results are in...

## **YHA Treyarnon Bay**

*Samantha Wragg, Digital Team*

I absolutely fell in love with YHA Treyarnon Bay when I visited on my first ever trip to Cornwall last year. It's all about the location - step outside and you're on a beautiful beach! There's also a super relaxed vibe and it's a lovely place to enjoy a drink on a sunny day overlooking the waves.

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





**YHA Rowen**

*Rosalyn Stewart, Volunteering Team*

I volunteered here for two weeks. It's an old farmhouse with bags of character, and the views across the valley are incredible. The hostel itself is really cosy – I spent my evenings in front of the open fire in the dining room chatting with the guests. The walking is amazing too.

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



**YHA Helmsley**

*Sue Williams, Central Sales Team*

There are some great walks straight from the hostel, such as along the Cleveland Way to Rievaulx Abbey, while a short drive takes you to the chalk white horse at Sutton Bank or on to the North Yorkshire Moors. And Helmsley itself is a pretty market town with a castle and independent shops to browse.

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



**YHA Keswick**

*Ben Lerwill, LiveMoreYHA writer*

In my experience there's no such thing as a bad trip to Keswick. I love the pubs in the evening when hikers spill off the fells, and the sense, year-round, that widescreen outdoor adventure is there for the taking. As a base, YHA Keswick, a fine, friendly hostel on the river, hasn't let me down yet. It's a gem.

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



**YHA Tanners Hatch Surrey Hills**

*Hannah Marsland, Marketing Team*

Sunk into the tangled woodland of the Surrey Hills, a mile on foot from where you tentatively left your car, YHA Tanners Hatch feels a sharp contrast to the M25 chaos you left moments ago. The walls bend in to welcome you, the wood burners are alight – I've barely crossed the threshold, but the day's frets are over.

[yha.org.uk/hostel/yha-tanners-hatch-surrey-hills](http://yha.org.uk/hostel/yha-tanners-hatch-surrey-hills)

## Feature: Favourite hostels



**YHA Conwy**  
*Simon Ainley, Communities Team*

YHA Conwy satisfies my soul. It's down to the views, which capture everything I love about the outdoors. Look inland up the Conwy Valley toward the mountains of the Carneddau and Snowdonia: beautiful, rugged, wild country. In the other direction, the coast and estuary, beaches and big skies. Perfection.

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



**YHA Hawkshead**  
*Gemma Glover, CEO's Office*

I love this place – the Grade II-listed building has a stunning location on Esthwaite Water, near Ambleside in the Lake District. There are lots of walks close by, and it makes a great base for exploring the rest of the Lakes too. It's so peaceful at night time – there's no signal, so you can really switch off from the rest of the world.

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



**YHA Bristol**  
*Stephane Janes, People Team*

I love the vibe and love that the hostel looks out over the canal. What great views! I love the hostel interior and design and feel it suits the customer demographic perfectly. To me YHA Bristol, a former waterfront grain house, is what modern day youth hostelling is all about: cool, modern, social and relaxed.

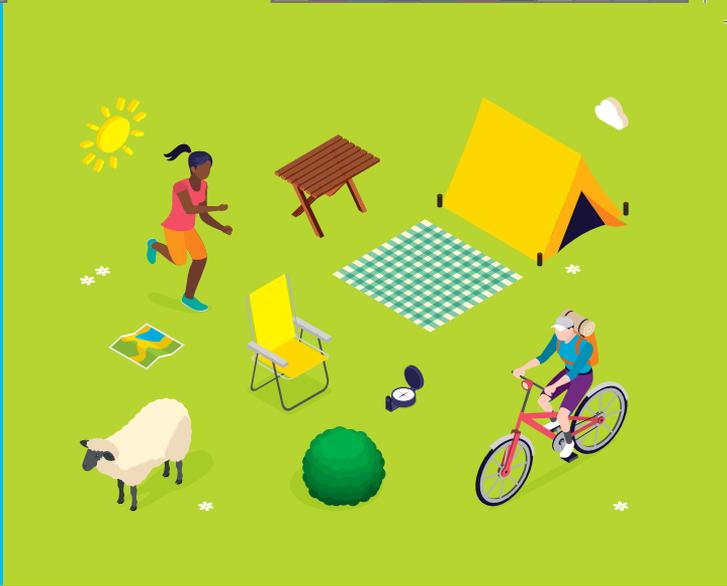
[yha.org.uk/hostel/yha-bristol](http://yha.org.uk/hostel/yha-bristol)



**YHA Brecon Beacons Danywenallt**  
*Daniel Neilson, LiveMoreYHA writer*

I've been to this marvellous hostel several times, hidden away deep in the Brecon Beacons National Park. As well as having a cosy lounge with panoramic views, and rooms based around a little courtyard, it is right at the beginning of some of the best walks in the Brecon Beacons. Stunning location.

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



# Why settle for package when you can create perfect?



Choose from over 150 stunning locations, pick from a range of unique accommodation and plan some truly unforgettable adventures.

We offer escapes of every sort, size and shape.

With YHA you can really

**Make your summer**

[yha.org.uk/make-your-summer](http://yha.org.uk/make-your-summer)

# Chris Packham

Wildlife and the outdoors have obsessed Chris Packham for half a century. As a presenter, naturalist, author and photographer, he has become one of the UK's greatest ambassadors of the natural world. In an exclusive interview with LiveMoreYHA, here he talks Hampshire, hawks and hostels

## What do you remember about your first outdoor adventures?

I grew up in the 1960s and from six or seven onwards I was allowed to explore the fields around the house. I grew up on the edge of Southampton. It wasn't a rural area, but in between the houses there were disused fields and woodland, and at that time it was quite a rich environment in terms of foxes, badgers, birds and butterflies and all that sort of stuff. My mum would say 'go out, come back by seven o'clock'. They gave me a watch, but I never wound it up, so I never knew if it was seven o'clock! Then they'd say come back by dark but I thought well, actually, interesting things happen after dark!



The next big step was when I got a proper bike. I would get home from school and think nothing of cycling to Winchester, which was 15 miles or so away. All of a sudden there was an enormous amount of countryside at my disposal. East of Southampton I had downland, if I went to the west I had heathland on the New Forest. That bike - I wish I knew how many miles it had ridden. Hundreds, if not thousands, of miles around Hampshire. My parents were never neglectful but they did allow me to roam at will.

**Why is it so important for young people to connect to the outdoors?**

To stimulate an interest in that natural environment you've got to meet it, you've got to touch it and feel it. For young people it's where they have those formative moments, where they actually have something very personal. I remember seeing my first fox cubs, and what makes the memory so precious is that I was the only one sat in the field. It felt very privileged to be able to have those encounters. It wasn't just seeing foxes, it was picking up caterpillars, catching snakes - it was all about direct contact with wildlife. It stays with you and it shapes and fuels your future interest. It's very important that young people have that opportunity.

Even if we live in cities, like I did when growing up, there's always green space there. We're very lucky in the UK. I always think with kids that it's the really simple miracles that make a difference. So go out at spring, find some tadpoles in a pond, get the kids to cup their hands and let them feel the tips of tadpoles on the palms of their hands, watching these little things wriggling around.

› *continues overleaf*

## Feature: Chris Packham

Or catch a caterpillar and feed it and watch it pupate and emerge as a butterfly – if a kid sees that happening on their dining room table it's such a miraculous thing. You don't have to go to the Serengeti, you don't have to go to Antarctica. You can sit and watch a caterpillar turn into a butterfly and that's going to make the difference.

### **You've recently spoken of an 'ecological apocalypse' in Britain. What can people do to help?**

Every one of us can make a difference. We don't have to wait for 'them' to do it, whoever 'them' are. If we wait for our government to do it, it will never happen. If we wait or hope that our NGOs might do it, that can't happen – they're brilliant, they work really hard but they don't have the resources, so we've got to do it. That's the most important thing, to get up in the morning and think 'actually, this is a mess'. If everyone did that, it would be job done. It starts at home. If you have a garden, feed your birds. Let some of it grow wild. Make sure it's hedgehog-friendly, change some of your gardening practices, put up bird boxes and insect boxes. Improve your space: you're the manager of that space, no one can tell you not to do something. Then it's about getting together in your community. It's about talking to other people and getting them to understand that we're in a crisis and that everyone can play a role. And lastly, use social media. There are a lot of problems with social media – I get nastiness every single day – but it does allow us to communicate with one another, and to start driving and demanding more positive action from the decision-makers. So sign those petitions, go on those marches, stand up for your right to exercise your voice and demand positive change in the countryside.

Below, right: Rockford Common in the New Forest



### **You have a new outdoor clothing range with Cotswold Outdoor. What made you decide to launch it?**

I was very keen to make some kids' clothing, that was the initial idea. I wanted to make some jackets which were educational and that kids might actually want to wear. So they all come with field guides, and lining with footprints on. They've got magnifying glasses and a detachable 'wet pocket' where you can put smelly stuff, so your mum doesn't have to



which in my lifetime has come back from being quite a rare bird in much of the UK. If you have small birds in your garden they'll come to eat them, but they're very quick, they're very shy, they're difficult to get to know. Every few years you get a glimpse of a sparrowhawk. I saw one earlier this spring. I was in my bedroom one morning and I heard this kerfuffle going on outside. On my lawn was a sparrowhawk attacking a blackbird. It was only there for 15 seconds but it's been the highlight of my wildlife-watching year. It's such a dashing bird, it's so beautiful and normally you just see a swish as it goes through the garden.

### **Do you have much experience of hostelling?**

When we're working it's very often that there isn't a B&B or a hotel in the right place, so from our point of view we want to get up and start working, we don't want to have to travel just to get from the nearest hotel or B&B, so we do stay in hostels while travelling round. And in the 1970s, if that was the best place to stay, that's where I would stay. I

appreciated the value of proximity to wildlife. For young people there's also a sense of community which is really important because very often the people that explore the countryside can be a little bit solitary - we like to get out in the peace and quiet, but at the same time if you come together in a hostel environment it gives you a chance to meet other people with similar interests. I wonder how many people who are walking, or exploring nature, have found equally valuable things through meeting other people in hostels as they've found in the solace of the great outdoors. I bet there's any number of partnerships formed and lifelong friendships that have been forged in that environment. ▲



wash the whole coat if you take a fox skull out of your pocket. I'm constantly trying to think what can I do to add to what the other outdoor clothing manufacturers do, but designed with the naturalist in mind (see page 31 for a review of one of Chris' products).

### **What bird or animal gives you the biggest thrill?**

There's one small predator, the sparrowhawk,

# HOW to...

Skills for outdoor living

## ... pack for mountain biking

For this issue we've asked the team at British Cycling to give their advice on what you should have with you if you're spending all day on the trails.

If you're taking your mountain bike out for more than just a quick spin - particularly if you're riding cross-country - you should always aim to be self-sufficient by having the equipment and knowledge to deal with mechanical issues and other mishaps. Try to make sure you carry the following:

### Phone

Always have a fully charged mobile phone with you and make sure you're not draining its battery by using its GPS for navigation or recording ride stats. Keep your phone in a waterproof case and protect it in the middle of your bag where it won't be damaged in a fall. Register your mobile to be able to text emergency services when the signal's weak. And for extra peace of mind, have an I.C.E (in case of emergency) number stored in your phone and keep the security lock turned off.

### Spare parts and repairs

Carry a couple of spare inner tubes, even if riding tubeless, and also some quick-stick puncture repair patches just in case you're unlucky enough to have multiple flats. A power link allows you to rejoin a broken chain without having to push pins back in.



### Tools

A quality multi-tool that includes a chain tool will allow you to cope with most trailside repairs. You should also have some basic mechanical knowledge, such as indexing your rear derailleur and adjusting your front mech (lessons online). A pump is essential for re-inflating your tyres after a puncture. You'll also need tyre levers to get the tube out. If you're riding tubeless, you may also need some pliers.

### Clothing

Always carry a waterproof and a packable warm jacket, or an extra base layer in a zip-lock bag. Take a warm hat and thick gloves in winter.

### Food and Drink

Make sure you have enough food and drink for your entire ride. It's also sensible to have a small bag of emergency rations.

### Map

It's far too easy to become overly reliant on GPS devices and trail centre way-markers. Carry a map of the area you're riding in as it'll allow you to plot a bail-out if you need to shorten a ride. You should also carry a compass and know how to use it.

### First Aid Kit

A basic first aid kit and the knowledge of how to use it should be a priority for all mountain bikers. A lightweight foil survival blanket weighs practically nothing, but could make all the difference in cold conditions.

### ID

Especially important if you're riding on your own and as a backup to the ICE stored in your phone. Wear an ID bracelet or dog-tag - or have your details on a rucksack tag.

### Lights

If you find yourself caught out after dark, a compact light or headtorch will get you back to civilisation. If you have some road sections to ride, use a clip-on red rear light to ensure you're safe and legal.

### Money

Many remote areas with poor mobile phone coverage still have coin-operated pay phones. Cash is also good for refueling stops.

### Dry Bag

Always wise. There are many types of waterproof bags to line your rucksack with.

## Pre-Ride Checklist

You may find it useful to make a copy of the list below and double check it before every ride:

- Phone
- Inner tubes
- Puncture repair patches or kit
- Emergency tyre boot
- Power link + link tool if necessary
- Spare rear mech hanger
- Zip ties
- Pump or mini pump if travelling; lightweight and CO2 inflator
- Multi-tool with chain tool
- Tyre levers
- Pliers
- Spare clothing (conditions dependent but a minimum of a waterproof)
- Food and drink (to last for the length of the ride + emergency rations)
- Map + compass
- Appropriately stocked First Aid kit
- Lightweight survival blanket
- ID
- Lights (including red rear if going on the roads)
- Money
- Dry bag

## Why mountain biking is for everyone

By **Dan Cook**

“Mountain biking is amazingly accessible - you need a bike, but not necessarily mountains! You can find great riding close to home, in urban or rural areas across the UK, whether that's a canal path, a bridleway or a purpose-built route. You can be social by riding with friends, you can explore new places, or you can be guided by a qualified Leader. See our guidance for more on how to get started, how to access a British Cycling Leader, where rides take place and what you might want to take with you.”

*Dan Cook, British Cycling's Mountain Bike Leadership Manager. [britishcycling.org.uk/getinvolved](http://britishcycling.org.uk/getinvolved)*

# Tried and tested

Four outdoor items put through their paces by the #LiveMoreYHA team



## **VANS** Ultrarange Rapidweld

This is an updated-for-2018 version of a summer shoe that was originally designed with surfers in mind, aimed at providing them with something comfortable and durable for long road trips from A to B. It's fairly well priced, coming in at well under £100, and comes with trademark Vans features such as a tough grippy tread and a vulcanized natural gum rubber outsole. This particular model employs very little stitching (the RapidWeld name refers to the heat-bonded upper panels) and sits somewhere between leisurewear and outdoorwear. Feels trusty, lightweight and comfy.

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

*Ben Lerwill*

### **The verdict**

If you're looking for a shoe to handle everything from beach visits and pub trips to coastal strolls, it does the job well.

## **AKU** Libra GTX

The other new warm-weather shoe we've looked at is this beauty from Italian company AKU. It has a higher price point - nearer £150 - but you get what you pay for. This is a cleverly engineered bit of kit, being highly breathable, waterproof (the GTX in the name = Gore-Tex) and robust enough to handle rough-terrain hiking. The real sell, however, is that alongside its stability and more rugged credentials it's also incredibly comfortable, with a soft custom-fit footbed that seems to roll with each stride, and a flexible sole. It's available in men's and women's models.

[aku.it/en](http://aku.it/en)

*Ben Lerwill*

### **The verdict**

An excellent multisport option for the warmer months. It feels high-quality from the moment the shoe's pulled on.



## Chris Packham Lutra Fleece

If you've read our Chris Packham interview on pages 24-27 you'll know he's launched a new outdoor range with Cotswold Outdoor, initially aimed at muddy-kneed kids. There's also a choice of adult garments, including this good-looking zip-up fleece. Notice the camo print on the shoulders and elbow patches? Look closely and it actually shows stags, bats, patches and more. It's a nice touch style-wise, but plenty of care has also gone into the product itself, which as well as being very warm (something of a must) also has five pockets (two inner, three fleece-lined outer) and a fitted, shaped collar. It's designed to be worn in the field but would just as well suit cooler evenings around the campsite. The women's version comes in purple.

[cotswoldoutdoor.com](http://cotswoldoutdoor.com)

*Jordan Maguire*

### The verdict

"Love life. All life," says a quote on the inner lining. A well-made and attractive fleece that feels slightly different to the usual.



## Land Rover Explore Outdoor Phone

The Land Rover Explore smartphone is explicitly designed for the outdoor enthusiast. The list of hardware features alone quite remarkable: drop proof, waterproof, wet screen tracking and usable with gloves. Key to this phone too is the 'Adventure Pack' that attaches to the phone by magnet and along with charging your phone, boosts the GPS. This Android phone is set up for outdoor activities and comes bundled with the excellent mapping app ViewRanger. The 'Dashboard' shows the weather, compass, altitude, GPS location - the widgets can be changed to the activity you're doing. There's a great camera. The cost, £599, is on a par with other phones of this calibre. A very impressive piece of kit.

[landroverexplore.com](http://landroverexplore.com)

*Daniel Neilson*

### The verdict

An amazing phone, full of handy features for adventure that will put up with whatever the British weather can throw at it.

# Hostel guide



YHA Stratford-upon-Avon

YHA Eastbourne

**To book:** Visit [yha.org.uk](http://yha.org.uk) or call 01629 592 700

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 Arnside	Redhills Road, Arnside, Cumbria, LA5 0AT
YHA Bath	Bathwick Hill, Bath, BA2 6JZ
YHA Beer	Bovey Combe, Beer, Seaton, Devon, EX12 3LL
YHA Bellingham	Demesne Farm, Bellingham, Hexham, Northumberland, NE48 2BS
YHA Berwick	Dewars Lane, Berwick Upon Tweed, Northumberland, TD15 1HJ
YHA Betws y Coed	Swallow Falls Hotel, Nr Betws-y-Coed, Conwy, LL24 0DW
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 Harbour	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 Danyenalit	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 Caldbeck	Fellside Centre, Fellside, Wigton, Cumbria, CA7 8HA
YHA Cambridge	97 Tenison Road, Cambridge, Cambridgeshire, CB1 2DN
YHA Canterbury	54 New Dover Road, Canterbury, CT1 3DT
YHA Cardiff Central	East Tyndall Street, Cardiff, CF10 4BB
YHA Castleton Losehill Hall	Castleton, Hope Valley, Derbyshire, S33 8WB
YHA Cheddar	Hillfield, Cheddar, Somerset, BS27 3HN
YHA Cholderton Stonehenge	Beacon House, Amesbury Road, Cholderton, Wiltshire, SP4 0EW
YHA Clun Mill	The Mill, Clun, Craven Arms, Shropshire, SY7 8NY
YHA Cockermouth	Double Mills, Cockermouth, Cumbria, Lakes, CA13 0DS
YHA Coniston Coppermines	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 Dimmingsdale	Oakamoor, Stoke-on-Trent, Staffordshire, ST10 3AS
YHA Dufton	Dufton, Appleby, Cumbria, CA16 6DB
YHA Eastbourne	1 East Dean Road, Eastbourne, East Sussex, BN20 8ES
YHA Edale	Rowland Cote, Nether Booth, Edale, Hope Valley, Derbys, 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 0AT
YHA Hathersage	Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
YHA Hawes	Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ
YHA Hawkshead	Hawkshead, Ambleside, Cumbria, LA22 0QD
YHA Haworth	Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT
YHA Hawse End	Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
YHA Helmsley	Carlton Lane, Helmsley, North Yorkshire, YO62 5HB
YHA Helvellyn	Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
YHA Holmbury	Radnor Lane, Dorking, Surrey, RH5 6NW
YHA Honister Hause	Seatoller, Keswick, Cumbria, CA12 5XN
YHA Hunstanton	15 Avenue Road, Hunstanton, Norfolk, PE36 5BW
YHA Idwal Cottage	Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
YHA Ilam Hall	Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ
YHA Ingleton	Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
YHA Ironbridge Coalbrookdale	1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR
YHA Ironbridge Coalport	John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
YHA Isle of Wight Brighthstone	North Street, Brighthstone, Newport, PO30 4AX
YHA Jordans	Welders Lane, Jordans, Beaconsfield, Bucks, 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 Kington	Victoria Road, Kington, Herefordshire, HR5 3BX
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 Litton Cheney	Litton Cheney, Dorchester, Dorset, DT2 9AT
YHA Liverpool	25 Tabley Street, off Wapping, Liverpool, Merseyside, L1 8EE
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
YHA Llanddeusant	The Old Red Lion, Llanddeusant, Carmarthenshire, SA19 9UL
YHA Llangattock	Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG
YHA London Central	104 Bolsover Street, London, W1W 5NU
YHA London Earls Court	38 Bolton Gardens, Earl's Court, London, SW5 0AQ
YHA London Lee Valley	Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
YHA London Oxford Street	14 Noel Street, London, W1F 8GJ
YHA London St Pancras	79-81 Euston Road, London, NW1 2QE
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 Milton Keynes	Vicarage Road, Bradwell Village, Milton Keynes, MK13 9AG
YHA Minehead	Alcombe Combe, Minehead, Somerset, TA24 6EW
MOR Lodge	Mor Lodge, 83 - 87 Mount Wise, Newquay, Cornwall, TR7 2BP
YHA National Forest	48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD
YHA New Forest	Cott Lane, Burley Ringwood, Hampshire, BH24 4BB

YHA Jordans



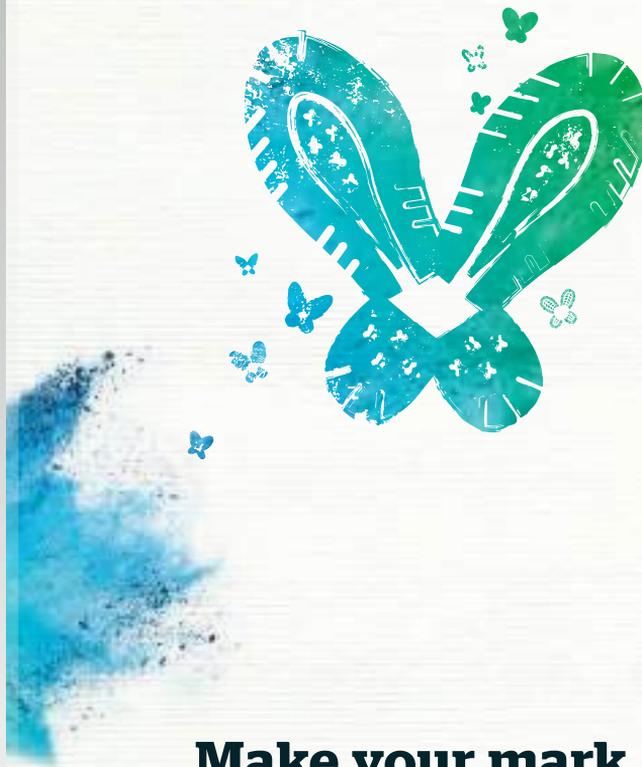
- YHA Newport Pembrokeshire Lower St Mary Street, Newport, Pembrokeshire, SA42 0TS  
 YHA Ninebanks Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ  
 YHA Okehampton Klondyke Road, Okehampton, Devon, EX20 1EW  
 YHA Okehampton Bracken Tor Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW  
 YHA Osmotherley Cote Ghyll, Osmotherley, Notherallerton, N Yorkshire, DL6 3AH  
 YHA Oxford 2a Botley Road, Oxford, Oxfordshire, OX2 0AB  
 YHA Patterdale Patterdale, Penrith, Cumbria, CA11 0NW  
 YHA Penzance Castle Horneck, Penzance, Cornwall, TR20 8TF  
 YHA Perranporth Droskyn Point, Perranporth, Cornwall, TR6 0GS  
 YHA Poppit Sands Sea View, Poppit, Cardigan, Pembrokeshire, SA43 3LP  
 YHA Port Eynon Old Lifeboat House, Port Eynon, Swansea, SA3 1NN  
 YHA Portland Hardy House, Castle Road, Castle Town, Portland, DT5 1AU  
 YHA Portreath Nance Farm, Illogen, Redruth, Cornwall, TR16 4QX  
 YHA Pwll Deri Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 0LR  
 YHA Ravenstor Millers Dale, Buxton, Derbyshire, SK17 8SS  
 YHA Rhossili Rhossili Middleton, Rhossili, Swansea, SA3 1PJ  
 YHA Rowen Rhiw Farm, Rowen, Conwy, LL32 8YW  
 YHA Scarborough Burniston Rd, Scarborough, North Yorkshire, YO13 0DA  
 YHA Sheen Bunkhouse Peakstones, Sheen, Derbyshire, SK17 0ES  
 YHA Sheringham 1 Cremer's Drift, Sheringham, Norfolk, NR26 8HX  
 YHA Sherwood Forest Forest Corner, Edwinstowe, Notts, 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 Swansea Huntington Close, West Cross, Swansea, SA3 5AL  
 YHA The Sill at Hadrian's Wall Military Road, Bardonia Mill, Northumberland, NE47 7AN  
 YHA Tanners Hatch Off Ranmore Common Road, Dorking, Surrey, RH5 6BE  
 YHA Thurlby 16 High Street, Thurlby, Bourne, Lincolnshire, PE10 0EE  
 YHA Tintagel Dunderhole Point, Tintagel, Cornwall, PL34 0DW  
 YHA Totland Bay Hurst Hill, Totland Bay, Isle Of Wight, PO39 0HD  
 YHA Treyarnon Bay Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR  
 YHA Truleigh Hill Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB  
 YHA Wasdale Hall Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET  
 YHA Wells Next The Sea Church Plain, Wells, Norfolk, NR23 1EQ  
 YHA Whitby Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT  
 YHA Wilderhope Manor Manor, Longville in the Dale, Shropshire, TF13 6EG  
 YHA Windermere Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA  
 YHA Woody's Top Ruckland, Louth, Lincolnshire, LN11 8RQ  
 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, Derbys, DE45 1UR



YHA Oxford Street



YHA Tanners Hatch



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We're here to give every young person the chance to discover, share and explore. Become a YHA supporter and give hope, adventure and opportunity to children and families who need them most.

**Give £2 a month, or fundraise with us.**  
[yha.org.uk/give](https://yha.org.uk/give)

## Volunteer

Volunteering with YHA opens doors for everyone. It's a chance to gain experience and skills, make new friends and have an enduring, positive impact on the lives of young people.

**Choose where to leave your mark**  
[yha.org.uk/volunteer](https://yha.org.uk/volunteer)

**We are YHA.  
We transform young lives  
forever through travel  
and real adventure.**



**yha**

## Drying Room: Tweets & more



Each issue we print a reader's pic that's really grabbed our attention. Want to see your photo here?

Share it on Twitter  
#LiveMoreYHA  
or email us on:  
[livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk)

This issue: a stunning shot of Fitz Park in Keswick, by Sarah Schofield.

### @jpryceart

Recent trip @YHAOfficial #poppitsands #Pembrokeshire #walking ..fabulous location for chill out time ..glorious views... great company..loving #YHA ...#sketchbook #watercolor #mentalhealth

### @SarahWatts58

Lovely walk this morning. Denbies Hillside and back via Polesden Lacey and Tanners Hatch @NorthDownsWay @nationaltrust @YHAOfficial

### @laurenpeathy

Let me please introduce to you the beautiful camping barn @YHALosehillHall (Castleton). Fell asleep to the sound of the owls and got to watch the bunnies in the field this morning... PERFECTION @YHAOfficial

### @HBlack2015

@YHAOfficial amazing weekend in #hawkshead in the #belltent Brilliant staff and a lovely venue We will be back!

Share your adventure #livemoreYHA



## WIN! A bundle of outdoor goodies worth £55

We have a fantastic collection of outdoors treats from Burton McCall. Included is a Goal Zero Flip 10, a small and portable charger designed to give up to one full phone charge. You'll also find a CamelBak Chute Mag, a Rite in the Rain Pad and a Nite Ize S Biner.

To enter, just answer the following question.

**How many YHA hostels are there in the Peak District National Park? (For a clue see page 17).**



Answers to: [livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk) by 28 September 2018.

Winner will be picked at random.

# Name the countries

## WIN one of two Lowe Alpine daybacks

Did you know YHA membership grants you discounted stays at Hostelling International properties in more than 80 countries worldwide? We've jumbled up the names of five of these countries here. Worked out what they are? Send your answers to [livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk) by 28 September 2018 to be in with a chance of winning.

AMAIDCOB (Asia)

CORMCOO (Africa)

OARSCACTI (C America)

REMDANK (Europe)

TRAQA (Middle East)

To enter simply send us an email with your four answers. The lucky winner will be drawn at random.

Answers to: [livemoreyha@yha.org.uk](mailto:livemoreyha@yha.org.uk) by 28 September 2018. Please feel free to share your thoughts (positive or otherwise!) on this magazine at the same time. Is there anything you particularly enjoy about it, or would like to see changed?

## About the prize

We have two amazing backpacks from Lowe Alpine to give away, one designed for men and one for women. The Aeon ND16 (women) and the Aeon 18 (men) are lightweight, versatile and technical daypacks perfect for hiking, mountain biking, climbing and trail running. The key to the backpack is the Flexion harness, an ultra-thin, low-profile harness that contours with your body. Both have a wide zip-entry and a durable TriShield coating.  
[lowealpine.com](http://lowealpine.com)



Last issue: congratulations to Paul Ballantine and Nicola Seguin, who both won pairs of KEEN Targhee EXP walking shoes, and Sebastian Shaw who won the Mountain Hardwear backpack.



# Where do you want to go?

There's an incredible network of over 150 townhouses, mansions, cottages and more to explore.

Make 2018 your year of adventure, and spend it in good company at YHA.

**Because where you go changes who you become**

stay | join | give | volunteer [yha.org.uk](http://yha.org.uk)

