



spring 19

The Journey

Free wheeling

Nine great hostels for cycling breaks

Soak up history

We pay a visit to Bath's thermal waters

Your 2019 planned

The best events to look out for this year

Your YHA discoveries

Each issue we'll be sharing some special moments you've had while staying with YHA. We'd love to hear about your most memorable experiences at magazine@yha.org.uk

"The bell tent at YHA Stratford-upon-Avon was perfect for our first family break with our new puppy. Both Buddy and the boys loved exploring the grounds and running around in the neighbouring field. It was also the perfect location for exploring the local area and enjoying a boat ride on the River Avon."

Terri, thestrawberryfountain.com



"I'm a Canadian and I recently took my first trip to the Lake District, staying at YHA Coniston Holly How. We climbed through the fog to the top of the Old Man of Coniston and we were greeted with a cloud inversion, the giant peaks of Lakeland sprouting through. It was a beautiful moment and one I'll never forget. It's always like this in the Lakes right?"

Cat Scully, reader

"The remote woodland setting of YHA Tanners Hatch was the perfect location for den building and putting smiles on children's (and adults') faces! We enjoyed some cycling on the Surrey Downs, followed by a cosy roaring fire (and a cheeky whiskey). Tanners Hatch is my new favourite YHA! "

Neil Allart, reader



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Hello

...and welcome to the new issue of The Journey. Springtime is always a time of fresh plans and new adventures, as the country shakes off its winter shackles and (with luck!) the temperatures start to rise. You may well notice we've given the magazine itself a bit of a rebirth, with a cleaner look, extra kids' pages (see p16-17) and a brand new name. At YHA we work hard to provide the kind of experiences that trigger transformation, particularly where young people are concerned. The Journey therefore seemed a perfect fit.

We hope the following pages provide you with some inspiration of your own. You'll find news, competitions and a bagful of ideas for the year ahead. We also speak to presenter Michaela Strachan about her love of the natural world, and travel to Bath to learn more about this most graceful of English cities. Happy reading - and please feel free to send in any thoughts or feedback. We love hearing from you.



Heritage hostels

The joy on their faces is infectious. This merry group is shown at the official opening of Bellever Hostel - now known as YHA Dartmoor - on 10th June 1934. Perfect kilt weather, it seems. Opened in the same year were two other much-loved properties: YHA Hartington Hall and YHA Borrowdale. Throughout 2019, the staff at YHA Borrowdale are asking for your recollections of past visits, so if you have any colourful stories of time spent at the Lake District hostel - or any of our early properties, not least YHA Dartmoor - please email them to magazine@yha.org.uk.





Stock.com/Jan-Otto

Capital idea

London will become a National Park City in 2019

What comes to mind when you think of London? Buses and beefeaters? High tea and Harrods? Pigeons and Portobello Road? Or perhaps something a little... greener. Around 18% of the capital is made up of public parks, and approximately 47% of Greater London is physically green, whether through gardens, golf courses or areas of natural growth.

A new initiative aims to push these figures even higher and, in the process, change the way we think about the city. By July this year, London will become the world's first National Park City - not an official designation as such,

but rather one intended to create an awareness of the benefit and value of green space. Long-term, it hopes to combat pollution and encourage "urban greening".

Backed by the Mayor, Sadiq Khan, the idea was the brainchild of former geography teacher Daniel Raven-Ellison. "Just like a rural national park, the London National Park City is a place you can explore, a vision you can share and a community you can join," he tells The Journey. "To get a good sense for it, why not make plans to join us for the first London National Park City Festival, starting on 19th July, or even go for a 78-mile hike around the Capital Ring?"

Six of London's best green spaces

[Richmond Park: wild deer & jogging routes](#)

[Crystal Palace Park: history & dinosaurs](#)

[London Fields: hip crowds & barbecues](#)

[Hampstead Heath: big views & swimming](#)

[Hyde Park: the Serpentine & bird life](#)

[Battersea Park: river views & an art gallery](#)

Inspirational reads

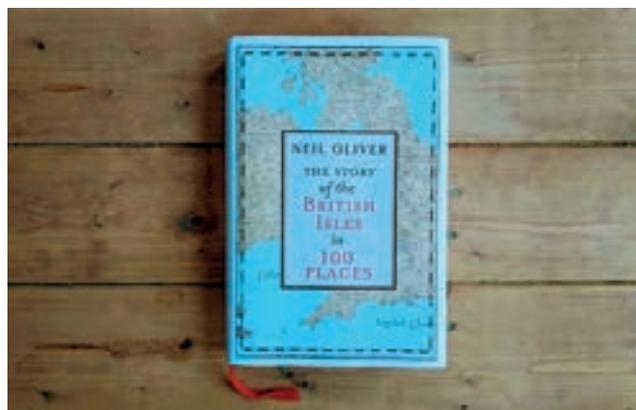
Four of the best recent releases to galvanise your travel plans



Wild Women

Edited by Mariella Frostrup

A sparkling through-the-ages anthology of some of the greatest women's travel writing. It includes celebrated names such as Dervla Murphy and Isabella Bird alongside lesser known but equally astute travellers, and the writings span the world.



British Isles in 100 Places

By Neil Oliver

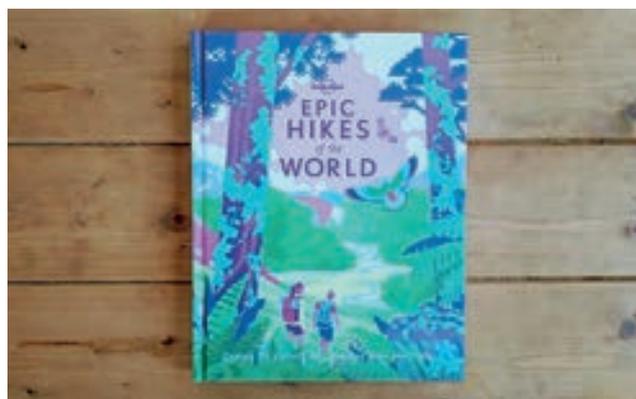
A beautifully rendered love letter to the British Isles, as told through 100 different places and leading from the primordial footsteps of early man to the present day. Oliver has a poet's gift for conjuring up a sense of wonder around the past.



The Wilderness Cookbook

By Phoebe Smith

Had it with bad camp-stove meals? Wilderness wanderer Phoebe Smith's newest book is a packable 224-page guide to cooking well in the wild. The recipes are tasty, simple and largely veggie - and could translate easily to a hostel kitchen.



Epic Hikes of the World

By the Lonely Planet team

Lonely Planet has assembled its roving band of travel experts to write about 50 of the best walking routes on the planet. The result is a hefty collection of stirring first-person narratives, alongside practical info for your own journeys.

The Adventure Effect

While one of the country's best-known adventurers was locked up, five children were let loose in the mountains. Here's what happened

We called it The Adventure Effect - but it was an imprisonment of sorts. We invited professional adventurer Al Humphreys to the heart of the Lake District - then gave him a stay he wasn't expecting.

"I suspected that there was some sort of mischief afoot," Al tells us. "I knew it was going to be something out of the ordinary. I arrived at the hostel loaded with bags full of mountain gear, wetsuits and the like, getting excited about spending some time outdoors."

And then... he was locked in 'The Lab', a small white hut in the wilderness, for 72 hours. To pass the time, he was given a series of 'non-adventures' (example: walking in a figure-of-eight until being told to stop). Meanwhile, we took five children into the mountains for the first time and gave them the greatest adventures of their lives: canyoning, canoeing and hiking to a fell summit.

We asked Al what the hardest moments were. "The first couple of hours! I was SO bored! My mind was racing, going crazy. It was like a detox from my addictions to conversation, screen time and feeling that I always need to be DOING something! As time

passed I settled into it, and appreciated that it was a fascinating and useful experience to be going through (although certainly not fun)."

“

They soaked in the outdoors like a sponge, almost visibly growing

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"I came away feeling so spoiled with all that I take for granted. But the kids soaked in the outdoors like a sponge, almost visibly growing and expanding as they absorbed the space, the silence, the scale of the landscape, and the growing sense of their own potential and capabilities as they tested themselves in those landscapes."

Watch how the children (and Al!) fared at yha.org.uk/adventureeffect

2019: the adventurers

Alastair Humphreys

Adventurer, author and keynote speaker.

“My aim this year is to do the smallest adventures I’ve ever done. I’m going right back to basics - which is sort of linked to the point of the YHA Adventure Effect - revisiting things that I take for granted. My first one was to take a camping stove up a hill and have a cup of tea.”



Jenny Tough

Adventurer, writer and speaker

“In 2019 I am going to attempt to tick off two mountain ranges in my global challenge to run solo and unsupported across a mountain range on every continent: New Zealand’s Southern Alps will be my fourth continent, Oceania, and the Caucasus in Europe will be my fifth.”



Alex Staniforth

Adventurer and YHA Ambassador

“In 2019 I’ll be busy releasing my new book but I’d love to return to Cornwall, explore the Northumberland hills and the Pennines in my running shoes! Along the way I’m hoping to create opportunities to help others with their mental health through outdoors experiences, too.”



Alan Hinkes OBE

Mountaineer and YHA Ambassador

“This year I’m looking forward to enjoying walking, scrambling and rock-climbing, as well as ice-climbing if there’s a freeze in the fells. My plan is to finish the Wainwrights, possibly do the Coast to Coast Way too. YHA will feature in my challenges and I’d hope to visit some new locations.”





Hostel heroes

In a new series, we take a look at some of the remarkable stories of the people who work for YHA. First up is Mick Blamires, manager at YHA Eskdale and a previous nominee for the Learning Outside the Classroom Advocate award.

YHA Eskdale is not an easy place to get to. It sits at the foot of the notorious Hardknott Pass on the quieter western side of the Lake District. It's a beautiful place for hiking. Visitors here love the hills, the nature, the escape. Mick Blamires joined YHA in 1997 and has been the hostel's manager for the majority of that time. His vision has always been to share this remarkable place with those at the very centre of YHA's ethos: young people.

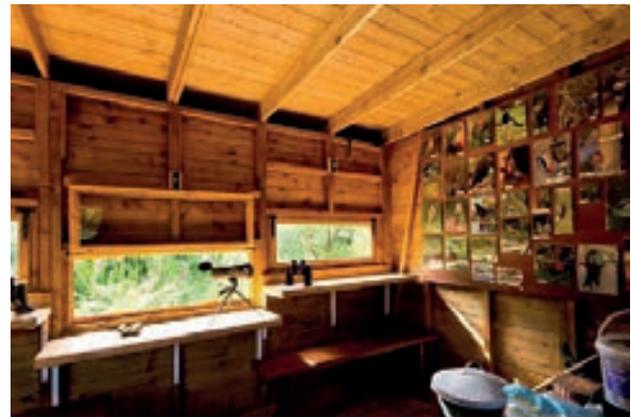
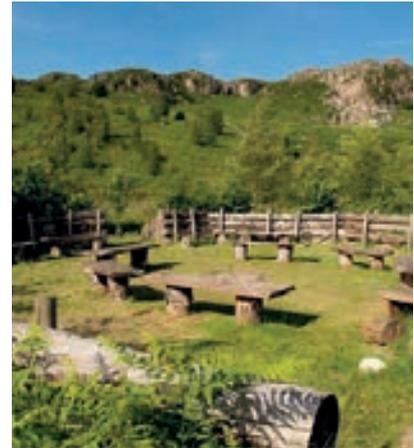
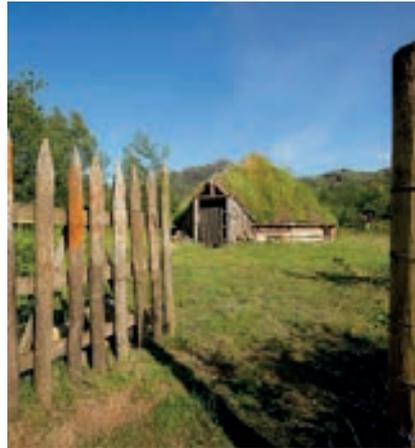
"I think young people are naturally more engaged out of doors, where the soft boundary between play and learning enables educational opportunities to be fun," he tells *The Journey*. "Young people particularly respond to a sense of adventure, and in Eskdale this is amplified by

the encircling crags and mountains."

Walking into YHA Eskdale today, you'll see Roman shields and Celtic crosses celebrating the history that can be found locally. The grounds of the hostel are a giant outdoor classroom - there's a reconstructed Celtic roundhouse, complete with a functioning clay oven, an enclosed storytelling circle and even a mock archaeological dig.

His wish has always been for the hostel - which uses renewable energy - to take schools on a learning journey. One school, for example, booked in for a YHA-led history Roman package which included Roman banquets and marching drills on an ancient parade ground.

"4,000 years of settlement in Eskdale have



left an amazing array of archaeological lumps, bumps and structures,” he says. “We’ve tried to bring all this history a bit closer to the hostel, to make studying easier. Although after a day or two of activities in the hostel grounds you can’t beat the real thing, and a walk up to Hardknott Roman Fort is an exhilarating finish.”

Mick’s passions extend way beyond history. Under his management, the hostel now also has a mapped nature trail, a bird hide and a nature pond. And to bring the whole story full circle, it transpires that he found his inspiration early on in life. “I was inspired to become a hostel manager by my own school trips to the Lake District,” he remembers. “My father was a teacher at my school and took us on a field trip to YHA Borrowdale. The intense memory of that trip gave me an understanding of the value of these experiences in terms of confidence, new ways of thinking and expanding horizons.”

Gold award

YHA’s ethos from the very beginning, almost 90 years ago, has been to create opportunities for people. We exist to impact and transform young lives. Last year we welcomed 425,000 guests under 26. Yet our work wouldn’t be possible without our amazing staff - people like Mick. This is why we’re over the moon to retain our Investors in People Gold accreditation. YHA has retained the award every year since 2013, after rigorous and objective assessments in recognition of people management. If you’re interested in working or volunteering for us, check out jobs.yha.org.uk for available opportunities.



Stepping Out: Q&A

“
It’s been proven that
connecting with the outdoors
improves your stress levels
”

Photo: Adam White

Michaela Strachan

Michaela Strachan is what has become customary to describe as a national treasure. Starting out as a presenter in the 1980s on Saturday morning TV, she's now best known as one of the faces of the BBC's flagship nature programmes. With *Springwatch* looming, she shares her thoughts on safaris, stress release and sticklebacks.

How did you first get into nature?

Most of my outdoor early experiences were abroad. We weren't a family that went on walks or went camping - I cannot imagine my mother in a tent! But we went on amazing holidays, and the one that got me interested in wildlife was to Kenya. We're talking 1979, when I was 12 or 13, so it had a big impact on me. In those days it was more of an unusual holiday than it would be now. I remember my brother and I just sitting on top of this jeep with cheap binoculars and looking at the wildlife. I just thought I was in heaven. I remember reading the *Born Free* books and wanting to be (legendary naturalist) Joy Adamson, and at 13 years old that was the nearest I was going to get!

Why is it so vital for people of all ages to feel in touch with the natural world?

It's been proven now that for your stress levels you have to connect with the outdoors. We all know that. I know if I'm behind my laptop all day, sitting in a chair with my shoulders all hunched, when I get out and walk the dog - if I spend a bit of time outdoors, breathing - I feel instantly better. The way we sit when we're at a computer or texting on a phone, it's not very nice for our wellbeing. People laugh at me when I say it but the way we sit, you're hunched - your stomach is hunched. One of the things that yoga teaches is to breathe deeply, and when you're outside walking you're naturally doing that. When kids play a game like *Fortnite* it's exciting and addictive. As parents, and I am a parent, it can be hard work.

Springwatch is following in Winterwatch's footsteps and heading to the Cairngorms for 2019. Excited?

I love it up there, I absolutely love it. When you think of wilderness in the UK, that's where most of us think of. I think I've become quite a mountain person. I live on the slopes of Table Mountain in Cape Town and I always really enjoy being out on the mountain.

What I love about *Springwatch* is the unpredictability. We go with a plan, but that plan often changes when we get there. You don't know until you're there, for instance, that there might be a little owl and a blackbird nesting in the same barn, which is what happened in the Cotswolds last year. It was absolutely fascinating, and very sad at the end because the little owl ate all the chicks.

So the dramas that unfold on screen and pull in viewers are the attraction for you too?

Absolutely. It's one of those things. You hope to get certain birds and in actual fact you get something very different when you get there, and I love that. Nature writes its own stories and we just follow them as they happen. Sometimes you put a camera on a bird and think this is going to be fascinating and then it's eaten the next day. Some weeks end up as *Deathwatch* - everything's getting eaten!

My absolute *Springwatch* highlight over the years is *Spineless Simon the Stickleback*. I've got to be honest, some of the team were less than enthusiastic about filming stickleback, but we learnt so much about them - that it's the male that looks after the nest, for example. And the dramas that went on in that nest!

Kids' pages

Springtime spotting list

Every year, the countryside changes as the weather gets warmer. Springtime brings more colours, more wildlife and more daylight. It's a brilliant time to be outdoors and getting close to nature - try seeing how many of these things you can spot this spring.



Bluebells

Bluebells are wild flowers that grow on the forest floor. They usually appear in April or May, and you can sometimes see thousands of them in the same woods!



Lambs

Unlike human babies, almost all lambs are born in winter or early spring. Now is a great time to try and spot them taking their first steps in farmers' fields.



Great spotted woodpeckers

You often hear woodpeckers before you see them. They communicate by making a fast tap-tap-tap sound by hammering their beaks against tree trunks.



Orchids

Orchids are colourful wildflowers that usually start flowering in April. The one pictured is a tongue orchid - can you guess how it gets its name?



Swallows

These looping, swooping flyers spend the winter in Africa and return to the UK when the weather warms up. They're speedy enough to catch insects in mid-air!



Butterflies

When butterflies start appearing, flapping brightly over hedges and fields, it's a sign that spring has arrived. Look out for tortoiseshells (pictured) and peacocks.



Bumblebees

Spring also brings bumblebees buzzing back into the open air. Often, the first bees you see at this time of year are queen bees looking to start a new nest.

Use your senses

One of the best things about exploring England and Wales is the variety of different places to discover. Coast or countryside, city or forest - everywhere is special in its own way, and the more we notice about a place, the more interesting it becomes. When you find yourself out somewhere new, try concentrating on these four things for 30 seconds at a time.

What...

...can you see close by?

...can you see in the distance?

...can you hear?

...can you smell?

Play the blindfold game



This simple game can be played indoors or out. Take it in turns to be blindfolded, then hold your hands out while the rest of the players bring items for you to guess by touch. An oak leaf, a teaspoon, a feather, a room key, a snail shell, a soggy teabag - the choice is yours!



Would you like to appear here?
Send an email to: magazine@yha.org.uk

Meet this issue's young hosteller

Name: Clara

Age: 8

Favourite YHA: YHA South Downs

Perfect hostel meal: A pizza of course - it's my favourite food and the ones at the hostel were yummy.

Best bedtime book: I love *Good Night Stories for Rebel Girls*. There are some amazing stories in there.

Superhero name: I'm not sure. My little brother is always Spiderman so maybe I'm Spidergirl.

Dream adventure: I really love Flamenco, and I'm going to Seville later in the year for a proper Flamenco class. That's a dream come true!

Bath: The water of life

Ben Lerwill packs his swimming costume for a visit to the South West





The past bubbles up around you in Bath. I'm wallowing in what must surely be the country's most unique rooftop pool, staring out at the Mendip Hills and soaking myself in water that originally fell as rain during the Stone Age. More than a million litres of 46°C spring water still pour from the ground here every day, having undergone a multi-millennia-long process of filtering far underground, heating up geothermally then rising again to city level at precisely the temperature that makes you reluctant to ever get out and fetch your towel. It's called Bath for a reason.

When the Romans arrived at this spot, in the middle of the first century AD, they saw the steaming, bubbling waters flowing from the earth and fancied there must be a higher power at work. Before long they'd built a grand colonnaded bathhouse for soaking purposes, and an adjacent temple for giving thanks to the goddess thoughtful enough to pump in the H₂O. For anyone that saw themselves as a social climber, this rural, far-flung corner of the Roman Empire became the place to be seen.

The original Roman Baths can still be visited today. You can't swim in them anymore - that's a pleasure reserved for the nearby Thermae Bath Spa, where the rooftop pool and a series of other indulgences provide a distinctly 21st-century version of taking the waters - but they provide a phenomenal window into the past.

Roman treasures

You don't need to be a historian to be wowed by the skeletons and coin hoards on display, and you don't need to be a scholar to linger over the extraordinary remains of the temple. But as ever with visitor attractions like this, it's the little details that offer up just as many riches. Don't miss the curse tablets, little squares of lead engraved by disgruntled Romans then thrown into the waters, to be dealt with by deities. "May whoever stole my gloves," reads one furious request, "lose his mind and his eyes". Two thousand years on, you can still feel the rage.

The classical period is just one chapter in Bath's story, of course. As you walk down into the centre from YHA Bath's hillside perch, spread out before you is a city shaped largely by the prim-and-proper Georgian era. Almost



every building is made from the same warm Bath Stone, a locally excavated limestone the colour of set honey. If you chance upon a sunny day - and you never know your luck - to walk along Great Pulteney Street is to imagine top-hatted gentry and parasol-twirling heiresses dabbing their brows and making plans for high tea.

Literary luminaries

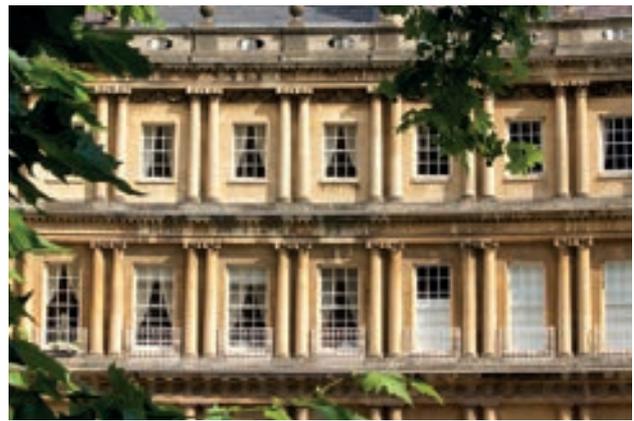
The sardonically brilliant Jane Austen set two of her six novels here in Bath and spent several years of her own life, from 1801 to 1806, living in the city. Just as the warm mineral waters had attracted Roman settlement, their perceived health benefits also drew the high society of the 18th and 19th centuries. "Oh, they all came here, right enough," one local tells me. "There's history behind every window." The city today has a dedicated Jane Austen Centre (a diverting hour if you know your Catherine Morland from your Colonel Brandon, but otherwise a little slim) and just minutes away are two of Bath's grandest architectural set pieces, both of them aglow with Austen-era majesty.

The first is The Circus, a perfect circle of tall townhouses looking out onto five mighty plane trees. It's well worth wandering out to the trees and staring back at the houses, imagining the endless stories lived out in their drawing rooms and parlours. But even The Circus pales next to the Royal Crescent, which I reach a little further uphill, where a vast arc of stately residences gazes out towards the countryside. Keep an eye out for the yellow front door at No 22, which sticks out its tongue at the establishment by being the only non-white door on the Crescent. It's successfully seen off a public enquiry. Jane Austen would doubtless have approved.

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To walk along Great Pulteney Street is to imagine top-hatted gentry and parasol-twirling heiresses

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Not far away, it's free to enter the Upper Assembly Rooms, where dances and other entertainments were held at least twice a week when Bath's reputation was at its height. The bunkbed-sized chandeliers give some sense of the money that was flying around the city. In the same building is the highly rated Fashion Museum, where I follow a chronological journey that leads from Tudor shirts and embroidered petticoats to Dior T-shirts and Nike trainers. I'd recommend a visit if you like that sort of thing, partly because it's beautifully done and partly because it's just the right size to fit into a morning or afternoon.

Cakes and crescents

Bath has various other visitor magnets. I enjoy going to the finely decorated Abbey, where they're currently redoing the underfloor heating to make use of the thermal waters (what took them so long?). And I head along to the tourist-focused Sally Lunn's Eating House convinced it's going to be gimmicky but end up devouring one of the historic café's signature buns with jam-and-cream-powered gusto. They suggest using a knife and fork. Not a chance.

Regardless of whether or not you've got the calories of a Sally Lunn bun to burn off, meanwhile, make sure your Bath visit includes time for the Skyline Walk. It begins, very conveniently, a couple of minutes downhill from the hostel and follows a six-mile loop around the hills above town. The views from the open meadows are cracking and there are some atmospheric woodland sections. It's just the thing for adding a blast of the outdoors to a city break.

I'm midway through the walk when I find a bench to settle onto. I look back down at the town, its pale stone streets and crescents cupped in a natural bowl-shaped valley. Somewhere down there, among the city's steeples, rooftops and rugby posts, is the warm spring that Bath was born from. They knew a special place when they found one, the Romans.

Recently refurbished YHA Bath makes for superb low-cost accommodation in this pretty city. For more information visit: yha.org.uk/hostel/yha-bath

9 hostels tailor-made for cycling breaks

Whether you're a fan of muddy mountain biking or long, challenging days on country roads, whether you have bike-mad mates or a three-year-old who's a master on the balance bike, these hostels offer great potential for cycling getaways. They're just nine of the many YHA hostels set up for cyclists with secure stores and other facilities. Where's your next trip?

YHA Castleton Losehill Hall

Lovely Peak District property

Deep in the Hope Valley of the Peak District is this 146-bed refurbished gothic mansion. It's set among 27 acres of parkland, but it's the land beyond that pulls cyclists. Some of the country's best mountain biking is almost literally on its doorstep, and the 205-mile Pennine Bridleway passes nearby too, offering further adventure. yha.org.uk/hostel/yha-castleton-losehill-hall



YHA Berwick

Well-located for national cycle routes

Cycling opportunities out of the ancient town of Berwick are diverse - international, even. Head north over the Scottish border, with Edinburgh a six-hour coastal ride away, or pedal south towards history-rich Lindisfarne along National Cycle Route 1. The hostel has cycle storage on site.

yha.org.uk/hostel/yha-berwick



YHA Conwy

North Wales bolthole for MTB breaks

Not only is the mountainous Snowdonia landscape crisscrossed with thrilling mountain bike trails, but National Cycle Network Route 5, linking Reading to Holyhead via Oxford and Colwyn Bay, goes right by the hostel. Gwydyr Forest, an MTB hub worth checking out, is ten miles away.

yha.org.uk/hostel/yha-conwy

YHA Dartmoor

For quiet lanes and family holidays

Some call Dartmoor bleak. We don't. With an expansive network of designated cycling routes along quiet back-country roads and more than 210 miles of bridleways, the National Park is a top option. The venerable YHA Dartmoor is particularly well suited to groups.

yha.org.uk/hostel/yha-dartmoor



YHA Eastbourne

Gateway to the South Downs NP

A pedestrian seaside town? Pah! Eastbourne has great road cycling and mountain biking routes, whether it's deep into the Weald's country roads or on the the South Downs. YHA Eastbourne sits on the route of the South Downs Way, stretching to Winchester 100 miles away.

yha.org.uk/hostel/yha-eastbourne

YHA Grinton Lodge

Perfect for Yorkshire Dales rides

It's no coincidence that this former hunting lodge, set in Yorkshire moorland, was one of our first hostels to install cycle stores and facilities. Mountain bikers and road cyclists flock to Swaledale for some of the county's best trails. There's a high chance of finding like-minded cyclists at the lodge.
yha.org.uk/hostel/yha-grinton-lodge



YHA Helmsley

Family fun in the North York Moors

Beloved of tourist brochures, the little market town of Helmsley sits on the fringes of the North York Moors National Park. Its cosy hostel draws cyclists of all abilities. The property is kitted out with a cycle store and repair station, and the park has family-friendly forest tracks.
yha.org.uk/hostel/yha-helmsley

YHA Ironbridge Coalport

Ideal base for the Shropshire hills

A former china factory on the banks of the Severn - and now part of the Ironbridge Gorge World Heritage Site - this atmospheric Shropshire hostel has proper cycling credentials. Cyclists can follow routes 45 and 55 straight out of the door, while mountain bikers can take on the hills.
yha.org.uk/hostel/yha-ironbridge-coalport



YHA National Forest

Perfect for cycle-mad families

This eco-friendly Derbyshire hostel in the heart of the National Forest is nicely set up for cyclists. There's a well-equipped bike shed, various trails lead from outside the front door and the close-at-hand National Forest Cycle Centre has some great paths for families.
yha.org.uk/hostel/yha-national-forest



Eleven good reasons to make 2019 unforgettable

If your calendar's looking a little bare for the months ahead, heads up - we've picked 11 upcoming events from around England and Wales to help you make your 2019 a memorable one

1. Tour de Yorkshire

When: 2nd - 5th May

God's Own County loves a bit of Lycra. Early May sees the fifth edition of the Tour de Yorkshire take place, and it's testament to both the prestige of the event and the natural beauty of the backdrop that last year's race was televised in 190 countries. This year both the men's and women's events have stages along the stunning coast.

Where to stay: Both races pass near YHA Boggle Hole and YHA Whitby, with the men also riding close to YHA Beverley Friary.

2. Brighton Festival

When: 4th - 26th May

Brighton is a cultural perennial but May sees the seaside city at its kaleidoscopic best, thanks to its now widely reputed annual three-week arts festival. This year's guest director is African singer-songwriter Rokia Traoré, and visitors can expect a schedule covering everything from dance, theatre and debate to comedy, film and contemporary music. The opening parade is a spectacle in itself, featuring thousands of local schoolkids.

Where to stay: Where else but YHA Brighton?



Photo: Copyright Steve Ashworth

3. Keswick Mountain Festival

When: 16th - 19th May

Outdoor gear? Check. Festival glad-rags? Check. The Lake District knows how to combine time on the fells with a party feel – not least when the Keswick Mountain Festival's in town. Returning to the banks of Derwentwater in mid-May, the four-day event packs in live music, inspirational speakers and numberless opportunities to make the most of the outdoors.

Where to stay: There's on-site camping at the main Festival Village – or book a bed at YHA Keswick.

4. York Festival of Ideas

When: 4th - 16th June

Running low on inspiration? You know where to come. Launched in 2011, York's award-winning Festival of Ideas serves up a stimulating whirl of mostly free events, ranging from talks and exhibitions to guided walks and family-friendly activities. The festival is founded "on a passionate belief in the power of education and ideas to transform lives" and

draws audiences of more than 40,000. Events take place in the city centre.

Where to stay: YHA York is a short walk from the centre.

5. Great North Swim

When: 7th - 9th June

Goggles at the ready. Europe's biggest open-water swimming event now draws around 10,000 swimmers to England's largest lake, the ever-lovely Windermere, for a long weekend of watery workouts. Take your pick from six distances, ranging from a family-friendly 250-metre course to a tough 10k. **Where to stay:** YHA Ambleside, YHA Windermere or one of our other many Lake District properties.

6. Manchester International Festival

When: 4th - 21st July

With the likes of Yoko Ono, Skepta and Janelle Monáe already confirming their involvement, this year's Manchester International Festival will be continuing the event's tradition of



showcasing bold creativity and top-tier artists. The New York Times (no less) has described it as “one of the leading worldwide incubators for new, cutting-edge art” – expect global performers, cultural innovation and powerful visual arts.

Where to stay: The classy canal-side confines of YHA Manchester.

7. Bristol International Balloon Fiesta

When: 8th - 11th August

The sight of rainbow-hued hot air balloons clustering the West Country skies has become an iconic one – and for good reason. The Bristol International Balloon Fiesta has grown into Europe’s largest annual hot air balloon meeting, attracting more than 130 balloons from around the world. The sky-filling spectacle is just one part of a weekend that also includes fireworks, fairground rides and other entertainment. Take time to explore this vibrant city too.

Where to stay: YHA Bristol sits less than three miles from the site.

8. Caerphilly’s Big Cheese

When: 26th - 28th July

Kids like castles. Kids like cheese. It makes this fun, free annual event something of a godsend for any families with hungry, history-mad little ones. Set at the foot of Caerphilly Castle – the second largest in Britain – it features medieval re-enactments, craft stalls and an admirably large quota of local food and drink producers. There’s live music, dancing displays, a funfair and, yes, a dedicated cheese market.

Where to stay: YHA Cardiff Central is less than a half-hour drive away.

9. Trekfest The Peaks

When: 31st August

You won’t need telling that the Peak District holds some of the best walking in the country. This one-day event is a great bet for anyone keen to join a large-scale hiking event with like-minded outdoor-lovers – and there’s even the option of raising money for YHA in the process. There are two walks to choose from, measuring 25k and 50k.

Where to stay: YHA Edale is well placed.



10

11

10. Gower Triathlon

When: 31st August

Triathlons, they say, offer three times the fun. Find out for yourself by joining this award-winning tri through some of Wales' most spectacular coastal scenery. There's a 1.5k swim, a 37k bike ride and a 10k run, all of which do a fine job of showing why this part of the country consistently draws rave reviews.

Where to stay: YHA Port Eynon, or YHA Gower on Exclusive Hire.

11. Canterbury Festival

When: 19th October - 2nd November

Less vaunted than some of the UK's other arts festivals, this autumn event has in fact been running for well over 30 years - and has the audience to show for it. Regularly drawing more than 60,000 people to Kent's cathedral city, it takes place over two weeks and puts on some 200 free and ticketed events. Venues include an authentic 1920s spiegelent, the modern Marlowe Theatre and even the UNESCO-listed cathedral itself.

Where to stay: The Victorian YHA Canterbury.

Challenge events

If the more energetic events listed here have triggered a desire to get out there and do something meaningful, then good news - we've got further options for you. Challenge events are the perfect chance to chalk off a life goal while raising money for YHA's vital work with young people. For runners, we have charity places at the London Landmarks Half Marathon, the Great North Run and the London Marathon, while cyclists can join Team YHA for the 100-mile Prudential Ride London. For a fresh challenge, enquire about Man vs Coast, a 23-mile trail race along the Cornish coast, or The Wall, a 69-mile ultra along Hadrian's Wall.

The fundraising targets are achievable and we'll be there to give you tips, support and encouragement. And remember - we're always delighted to hear from any of you keen to raise money through your adventures, no matter what they are. yha.org.uk/give/challenge

Outdoor photography

Outdoors and underwater photographer Rachel Keenan shares her tips about capturing the best images on the move

Some of the most enduring photographs in the world are a consequence of pure luck, capturing that perfect moment spontaneously. However, the vast majority of the most wonderful images are a product of planning, patience and preparation. Check out these five tips, which could help improve your outdoor photography.

Utilise the best light

George Eastman, founder of Kodak, said it best: “Light makes photography, embrace light”. With this simple maxim in mind, schedule your trips around the golden hour. The period just after sunrise, or just before sunset, will yield the most impressive images. The early rise and trudge up hills in the dark that may have you questioning your life decisions, will be rewarded tenfold with the warmth, colour and drama of a scene as dawn breaks. In these scenarios, head torches are helpful... as are snacks. Equally, avoid midday light where possible. Shooting landscapes at this time will cause deep shadows, with hard to balance, overexposed highlights. The golden hour produces softer and more flattering light.

Pack smart

I’ve found that being a photographer requires you to be at least half pack-mule. The key is knowing what kit to bring (and leave). Whether you are hiking up a mountain or wading through streams, you have to be prepped.

Batteries. Remember, batteries drain faster in lower temperatures. Carry spares where possible, and tuck spent batteries into a warm glove or inside pocket to squeeze the most out of them.

Polarising filters. Surprisingly affordable and they make an invaluable addition to your kit bag. They control the angle at which light enters the lens. This increases saturation in your images, removes unwanted glare from water and sharpens those far-off mountains through atmospheric haze.

Tripod. Even the most generic scene can be lent excitement and character with long exposures. Think water flowing smokily over rocks, or clouds rolling over otherwise uninspiring overcast skies.



Turn the weather to your advantage

The reality of living in Britain is that more often than not the weather does not behave. As outdoor photographers, we have to be not only prepared but able to turn this tragically common occurrence to our advantage.

Embrace rainy days - dark skies can be dramatic, foreboding and can ultimately create inspiring images. A lens hood and a supply of lens cloths will help keep the worst of the rain from ruining your shots. Similarly, a snowy scene can be a stark contrast and transformative to even mundane subjects. Ponder on the notion that there is no such thing as bad weather... only bad clothes. Pack also a will to persevere and a flask of tea.

Shoot Raw

While 'get it right in camera' should be the mantra of all self-respecting photographers, don't be opposed to vamping up an image in post-production. High key sections, those areas with a lot of light in it, can be toned down and detail brought out in the shadows. This will be made far easier by shooting in 'Raw'. This file type preserves all of the information from

the camera's sensor, unlike its jpeg brother, which compresses and throws away much of the data. Even small 'point and shoot' cameras usually have a 'Raw' setting.

Challenge yourself

Adopt a new perspective of well-known locations. Although beautiful places invite all the phone-toting Instagrammers of the world, even the most stunning places on earth are in peril of becoming monotonous if presented in the same way. Challenge yourself to view everything with fresh eyes, and separate your work from the masses - halt those scrolling thumbs in their tracks! Can you climb something in the area to change your field of view, or try some interesting manipulation in post-production? Can you shoot the same scene at night in starlight, or utilise an unusual focal length?

The point is: be unique and offer up something original in an almost fully explored world.

See more of Rachel's amazing photographs at rkeenanphotography.com

Tried and tested

**Four outdoor items put through their paces
by The Journey team**

Icebreaker 200 Oasis Base Layer set icebreaker.com

“Warmth from Nature” reads the packaging for these 100% pure merino wool top and leggings, alongside the lofty claim of being the world’s best base layers. Expectations were therefore high - and were met. The assets of merino wool as a base layer are well known, being breathable, lightweight, naturally antimicrobial (that is, less prone to getting smelly) and, of course, warm. This set was comfortable, soft and kept me at a consistent temperature. Louisa Williams

The verdict

The word “reassuring” comes to mind. They help you feel ready for time outdoors.



LifeStraw Water Bottle lifestraw.com

We’ve all been there. You’re in the hills, wondering whether drinking the water in front of you will hydrate you or harm you. LifeStraw’s technology takes away any uncertainty, regardless of whether you’re in the Lakes or Liberia. Essentially you fill up - from a stream, a tap, a lake, wherever - and the filters get rid of 99.9% of any nastiness. Each straw is good for 4,000 litres of fills, making it a no-brainer of an investment, particularly in these days of plastic awareness. Ben Lerwill

The verdict

Can hardly be praised enough. The straws have been distributed widely in developing countries.

“

A boot made especially for the British hills that will last and last.

”



KEEN

Karraig Mid Waterproof

keenfootwear.com

The European-made Karraig from Keen is the first pair of boots from the manufacturer to be expressly designed for the UK. What does this mean? Well firstly, the sole has a superb grip, even on wet mud and grass, a significant improvement on previous models. They are spongy underfoot and have a wide toe box. New on these also is a lacing system that pulls directly on the heel making for a great fit all around. The leather upper has proven very durable too, helped by a rubber toe cap. Daniel Neilson

The verdict

An exceptionally comfortable but tough waterproof boot designed for British hills. We're sure they'll last and last.



Osprey Rook 50

ospreyeurope.com

Pulling on an Osprey backpack can be as reassuring as handling a Swiss army knife. You know someone's given the design and durability some serious thought. This new 50-litre model - intended for multi-day trips, so well suited to hostel-to-hostel hiking - is a case in point, sitting comfortably on the shoulders and feeling resilient from the off. The adjustable, ventilated back makes it a cut above your average pack, and it also comes with all the extra features you'd hope for, from an integrated raincover to a sleeping-bag compartment. Ben Lerwill

The verdict

A light, modern backpack with ample straps and pockets. A great all-round piece of kit.

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, Northum, 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 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 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 House, Coniston, Cumbria, LA21 8HP
YHA Coniston Holly How	Holly How, Far End, Coniston, Cumbria, LA21 8DD
YHA Conwy	Larkhill, Sychnant Pass Road, Conwy, LL32 8AJ
YHA Cotswolds	New Brewery Arts, Cirencester, Gloucestershire, GL7 1JH
YHA Coverack	Parc Behan, School Hill, Coverack, Helston, Cornwall, TR12 6SA
YHA Dalby Forest	Old School, Lockton, Pickering, North Yorkshire, YO18 7PY
YHA Dartmoor	Bellever, Postbridge, Devon, PL20 6TU
YHA Dufton	Dufton, Appleby, Cumbria, CA16 6DB
YHA Eastbourne	1 East Dean Road, Eastbourne, East Sussex, BN20 8ES
YHA Edale	Rowland Cote, Nether Booth, Edale, Hope Valley, 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
Isle of Wight Brighstone	North Street, Brighstone, 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, Mersyside, L1 8EE
YHA Lizard	The Polbrean, Lizard Point, Cornwall, TR12 7NT
YHA Llanddeusant	The Old Red Lion, Llanddeusant, Camarthenshire, 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 Newport Pembrokeshire	Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS
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 ONW
YHA Penzance	Castle Horneck, Penzance, Cornwall, TR20 8TF
YHA Perranporth	Droskyn Point, Perranporth, Cornwall, TR6 OGS
YHA Poppit Sands	Sea View, Poppit, Cardigan, Pembroke, SA43 3LP
YHA Port Eynon	Old Lifeboat House, Port Eynon, Swansea, SA3 1NN
YHA 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 OLR
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 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, 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, Bardon Mill, Northumberland, NE47 7AN
YHA Tanners Hatch	Off Ranmore Common Road, Dorking, Surrey, RH5 6BE
YHA Thurlby	16 High Street, Thurlby, Bourne, Lincolnshire, PE10 OEE
YHA Tintagel	Dunderhole Point, Tintagel, Cornwall, PL34 ODW
YHA Totland Bay	Hurst Hill, Totland Bay, Isle Of Wight, , PO39 OHD
YHA Treyarnon Bay	Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR
YHA Truleigh Hill	Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB
YHA Wasdale Hall	Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET
YHA Wells Next The Sea	Church Plain, Wells, Norfolk, NR23 1EQ
YHA Whitby	Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT
YHA Wilderhope Manor	Manor, Longville in the Dale, Shropshire, TF13 6EG
YHA Windermere	Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA
YHA Wooler	30 Cheviot Street, Wooler, Northumberland, NE71 6LW
YHA Wye Valley	Near Goodrich, Ross-on-Wye, Herefordshire, HR9 6JJ
YHA York	Water End, Clifton, York, North Yorkshire, YO30 6LP
YHA Youlgreave	Fountain Square, Youlgreave, nr Bakewell, Derbys, DE45 1UR

Drying Room

Each issue we print a reader's picture that's really grabbed our attention.

Share your picture on Twitter:
#LiveMoreYHA
or email us on:
magazine@yha.org.uk

Heading for Cat Bells,
by Twitter user
@benjamin0723



WIN! Petzl TIKKA headlamp worth £35



We have an amazing Petzl TIKKA headlamp to give away. Simple and compact, the TIKKA headlamp offers 200 lumen brightness and a wide beam. TIKKA is a HYBRID headlamp that is also compatible with a rechargeable battery. To enter, just answer the following question.

How many young people were in the YHA film The Adventure Effect? (For a clue see page 10).

Answers to: magazine@yha.org.uk by Monday 29 April 2019. The winner will be picked at random.

@MichaelHawley95
Had a fantastic week @YHAOfficial in Edale for my @DofE residential and @UKScouting #QueensScout Made some great new friends in an awesome location! Loved having zero phone signal as well!

@PaulHowlett14
@YHAOfficial great two nights at Coniston Coppermines. Lovely staff and super cosy

@JaymeNWUK
The HQ of the @TheSpineRace have an amazing view of the #pennineway at The Sill @YHAOfficial alongside Hadrian's wall. #spinerace #britainsmostbrutal #spinefamily

Share your adventure
#livemoreYHA



Competition

Name the Lake District hostels

WIN a pair of KEEN walking boots worth £115

The Lake District is Britain's largest National Park and contains no less than 20 YHA hostels. We've jumbled up the names of five of them below. Worked out what they are? (We didn't tell you this, but the map on page 34 might lend a helping hand.)

YHA ALICKLABS

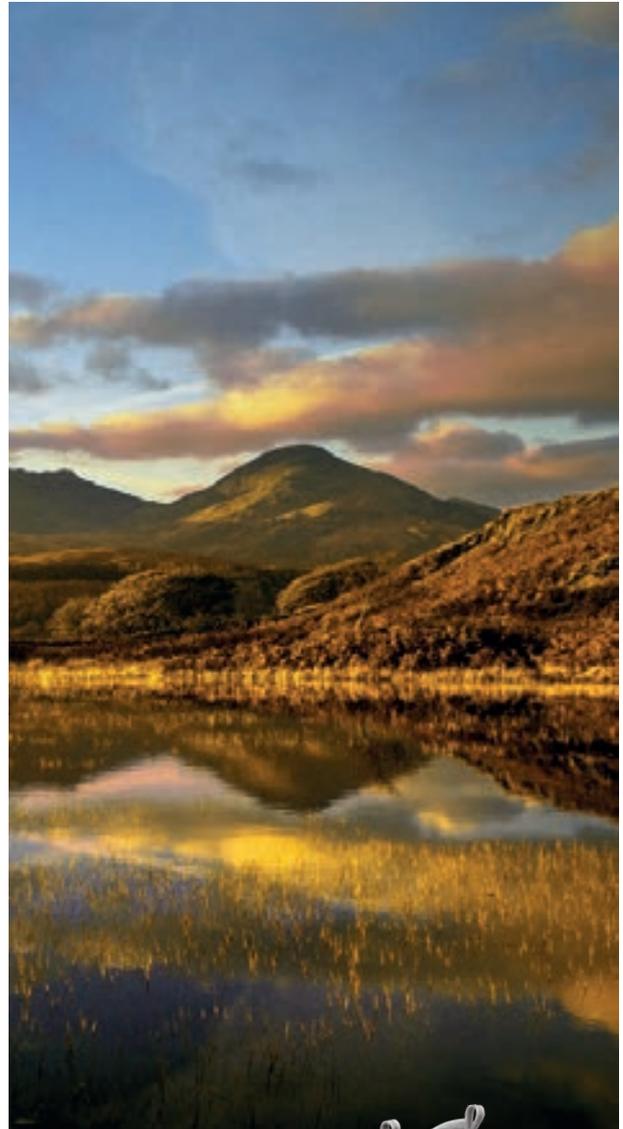
YHA ELBOWRADOR

YHA SMILEBEAD

YHA DARNELEEN

YHA TUBERMETER

To enter simply send us an email with your five answers. The winners will be drawn at random. Answers to: magazine@yha.org.uk by Monday 29 April 2019. Please feel free to share your thoughts on this magazine at the same time. Is there anything you particularly enjoyed, or would like to see changed?



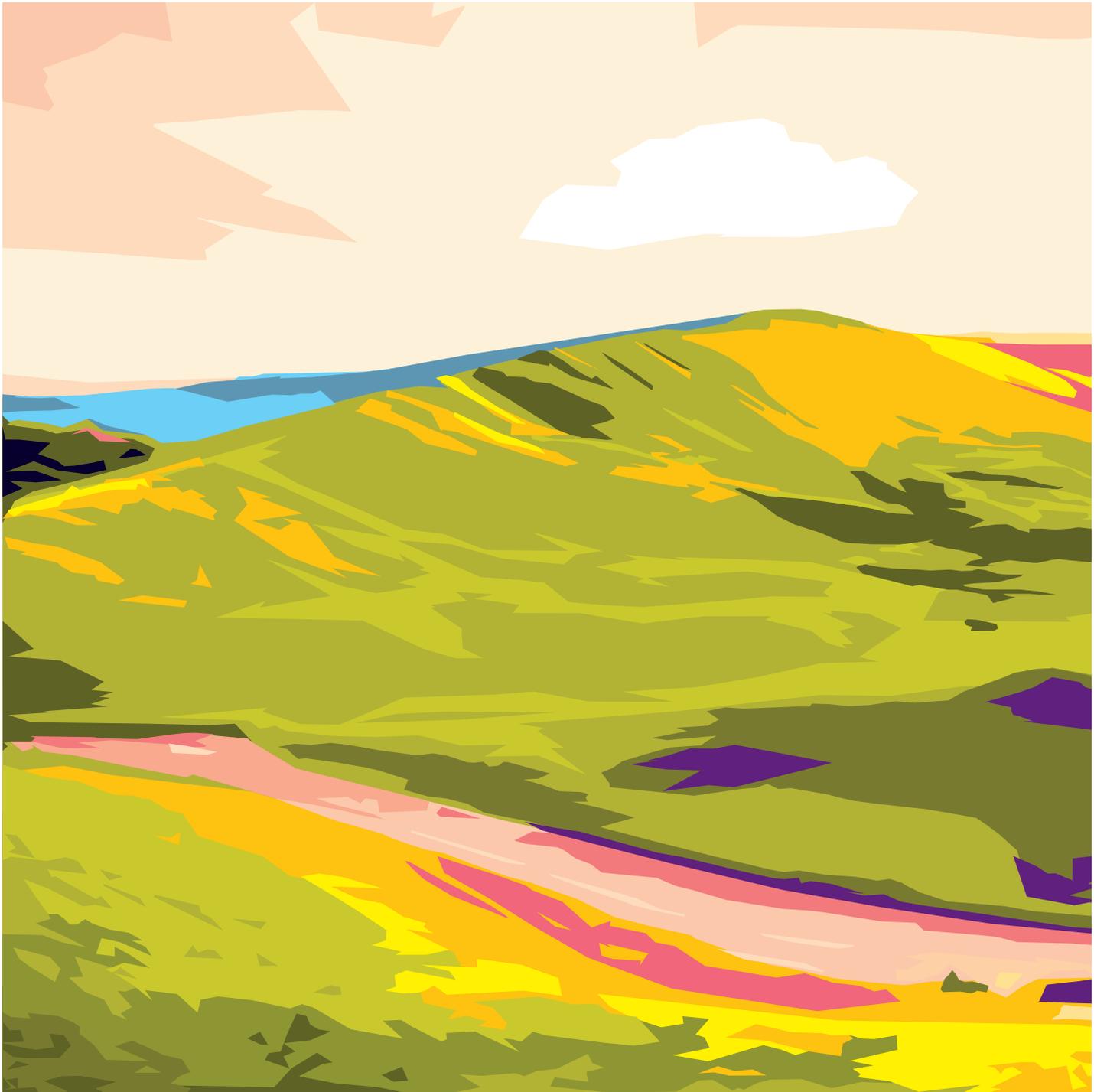
istock.com/kodachrome25

About the prize

KEEN is known for making really comfortable walking boots. We have two pairs to give away. For the female winner, we've a pair of the KEEN Terradora EVO Mid (worth £115), a hiking boot that has a premium knit design that's lighter and more breathable. For the male winner, we've got a pair of the new Venture Mid (worth £130). The KEEN.DRY waterproof membrane ensures protection. keenfootwear.com



Last issue: congratulations to Paul Burns, who won a set of Cicerone guidebooks, and Bernadette Garbutt who won a baselayer set from Columbia.



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