



yha

# The Journey

summer 22

# Summer getaways

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





# Hello

and a very warm welcome to the summer issue of The Journey. There's been a sense of redemption and recovery these past few months, as life returns to something approaching normal and the trees froth with greenery. And while we still advocate caution, many of our hostels are now fully reopened – much to the delight of the thousands of you who have already come calling.

You'll find a round-up of some of the finest hostels in the country and an account of a memorable hostel-to-hostel hike along the Pembrokeshire coastline.

Elsewhere we meet inspirational adventurer Jenny Tough, take a look at how to bag islands during your hostel stays, and give advice on how to get involved with watersports. There's also space for the usual news and reviews, as well as Let's Go!, our special pull-out kids' section. Enjoy the read – and here's to the summer ahead.



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Win a copy of *Islandeering: Adventures Around The Edge of Britain's Hidden Islands*





## It's a shore thing

Anyone for a 2,795-mile walk? When it's fully complete, the England Coast Path will be the 16th – and by far the longest – National Trail in England and Wales. And just think of the riches in store for those who shoulder their packs and take it on: wild Devon bays, long Norfolk beaches, towering Yorkshire cliffs, and more sunsets, piers and proms than you can shake a stick of rock at. Oh, for six months to spare.

Fittingly, though, it's taking a long time to finish. The first stretch was unveiled back in 2012, but completion – according to Natural England – won't be until next year. Work continues apace, with the paths between Grain in Kent and Woolwich in London, and between Silecroft in Cumbria and Silverdale in Lancashire, both opening earlier this year. Or, to put it another way, there's no shortage of coastal walking for you to get out there and enjoy this year.

**[nationaltrail.co.uk/en\\_GB/trails/england-coast-path](https://nationaltrail.co.uk/en_GB/trails/england-coast-path)**

# Festival of Walking



**The first YHA Festival of Walking will take place from 4th September to 20th October, with the aim of bringing together individuals, friends, families, walking groups and communities to explore the beautiful countryside of England and Wales.**

Walking. It's a simple act, right? One foot in front of another. But really it's a marvel. The delicate balance, the interplay of muscles and bones, all moving in unison. We walk around the shops, we walk around the town. If we're lucky, we get to walk along the coast or in the countryside. And it's in these places that the act of walking takes on a different aspect. It becomes a union with nature and, often, a union with friends.

To celebrate how walking can bring people together, YHA has launched a festival designed to introduce new voices, feet and faces to the joys of the UK's outdoor spaces. YHA hopes to collectively get people

walking 24,901 miles; that's once around the world. Participants can log their miles through a programme of social walks, self-guided routes and challenge events, between 4th September and 20th October 2022. All the details can be found at [yha.org.uk/festival-of-walking](https://yha.org.uk/festival-of-walking).

"24,901 miles seems a long way but that's just 5,000 people walking five miles each, which we think is more than achievable," says Chief Executive James Blake. "Ideally, we'd love it if enough people got outside and got walking during the festival that their logged miles could collectively circumnavigate the globe multiple times. That's the goal."

To help with the challenge, YHA is mapping a number of circular walking routes, using Ordnance Survey mapping software, all of which start and finish at a youth hostel. The mapped routes will offer an easy, moderate and challenging circular walk from each youth hostel, suitable for novice to seasoned walkers. What's more, everyone who takes part in the festival and



logs their miles on the festival website will also be entered into a free prize draw to win a £500 voucher for Cotswold Outdoor.

As an extra incentive, YHA is offering 25% off accommodation at a number of hostels, as well as a free cuppa for everyone who gets involved (at participating hostels).

James Blake adds: “YHA has been the walker’s friend since 1930, when our first youth hostel opened offering low-cost accommodation and a warm welcome. We still offer this today and more.”

“We want more walkers to discover our hostels and everything they have to offer, whether that’s a bed for the night, a day visit to enjoy a cuppa, filling up a bottle at a water refill station, using our drying rooms, or just grabbing a loo break. Our facilities are here, and we want people to use them.”

**The YHA Festival of Walking takes place from 4th September to 20th October 2022. To find out more about the YHA Festival of Walking, download walking routes, book discounted accommodation or get involved, visit [yha.org.uk/festival-of-walking](https://yha.org.uk/festival-of-walking)**



## Join YHA’s virtual charity challenge

As part of the Festival of Walking, you can join YHA for a Virtual Adventurer challenge event along the 336-kilometre Ravenber Way – no matter where you are in the world. The coast-to-coast route, between Ravenglass in the Lake District and England’s northernmost town, Berwick-upon-Tweed, was created by YHA life member Ron Scholes. But now you can complete it virtually. YHA has partnered with Ultra Britain, a platform that maps participants’ virtual activity to the real-life route. You can watch your avatar progress along the route – navigating the trail and passing landmarks and YHA hostels as you go. It’s just £15 to enter, with no minimum fundraising target, and all the money raised supports YHA’s work reconnecting people with nature, the outdoors, culture and heritage.

### Here’s how it works:

- 1 Sign up.** It costs just £15 to participate and, once complete, you’ll get an event medal to celebrate your achievement.
- 2 Choose your distance.** Pledge to travel 75km, 150km or 336.4km anytime from 4th September to 20th October. You can walk, run, cycle or do a mixture of all three.
- 3 Complete your kilometres.** From 4th September to 20th October, clock up your kilometres at home, on holiday, on the way to work, on one of YHA’s social walks and watch virtual you conquer the Ravenber Way route online.

**Once you’ve entered, you’ll be invited to a JustGiving page to raise funds and support YHA. Everyone who raises £50 will be automatically entered into a prize draw to win a free two-night YHA stay. Sign up here: [yha.org.uk/festival-of-walking](https://yha.org.uk/festival-of-walking)**

# 100,000 new connections to nature

**We reflect on Generation Green, a 16-month funded project to connect young people to nature, create and save jobs, and build a workforce for a green recovery.**

Through outdoor and online learning experiences, residential, volunteering roles, training and new jobs, Generation Green has provided more than 100,000 opportunities to connect young people to nature – many for the first time – and to cultivate a sense of care for the natural environment.

Generation Green was the first project to be delivered by the Access Unlimited coalition. The coalition is led by YHA and includes The Outward Bound Trust, Scouts, Girlguiding, Field Studies Council and the 10 English National Parks. The project capitalises on the coalition partners' combined reach of more than two million young people.

Alison Stevens, programme director, writes, "While we have reached the end of the 16-month project, the road for Generation Green does not end here.

"When we started the project, the aim of the Access Unlimited coalition was to leave a legacy. Together, we have proved that our ultimate dream of reaching at least one million young people over the next five years is achievable with continued support from government and funders.

"In 16 months we have laid the foundations to enable all young people to access the outdoors. Through our myriad of projects, the Access Unlimited coalition has built a wealth of knowledge and experience which we now want to use to achieve our collective aim of giving every child a night under the stars in a national landscape."



## How Generation Green has helped young people discover the countryside

From September 2021, YHA hosted activities for children and young people to support connections to nature. They were generally split into two types.

- 1 **Caring for nature:** practical and conservation work to help protect the natural world.
- 2 **Connecting to nature:** immersive nature experiences such as art, mindfulness and walks.

Teachers from participating schools explained that their pupils generally don't visit the countryside or coast, unless as part of trips organised by the school. One teacher said: "In terms of actual countryside... they have never been."

**"Our students come from an urban area... there is, relatively near to them, a big park... but undoubtedly, being from a relatively deprived**



**urban area is going to mean they will have less contact with wildlife, nature, and the countryside. These are not the sort of kids whose parents are members of the National Trust who are going on day trips and holidays out to the countryside.”**

Time and time again, school staff described how the children had been amazed by the countryside experience and particularly the size and scale of nature. The activities often included a walk local to the hostel and during these walks young people often experienced landscapes that were bigger and more awe-inspiring than ever before.

**“A pupil in my class had never seen a waterfall before. So, when we were on the walk and he could see the waterfall, and he was asking if he could touch it, he took his gloves off and felt the water,**

**and he was saying it felt amazing. It was really calming for him.”**

Another of the main benefits of engaging with YHA's Generation Green activity was that it helped learners to develop connections with others. Students made new friendships during the trips and developed their ability to work as part of a team.

One teacher said: “I think there's a massive gap in social skills [due to the pandemic]. Here, they're talking and playing cards with a group that they'd normally walk straight past.”



### **Free resources**

Take a look at these free resources to help young people connect with nature.  
[yha.org.uk/generationgreen/free-resources](https://yha.org.uk/generationgreen/free-resources)



Jenny Tough



Clockwise from top Ann Daniels, Anoushé Husain, Kate Rawles, Anna McNuff, Sarah Outen

# True grit

As adventurer and author Jenny Tough (real name) releases her new book *Solo: What Running Across Mountains Taught Me About Life*, we discuss her life in the mountains and the inspiration she's taken from the women who contributed to her first book: *Tough Women Adventure Stories*.

**Q Your first book was subtitled: Stories of grit, courage and determination. How did you choose the women who contributed tales to the book?**

One issue I have with the 'adventure book' category currently seen on mainstream bookshelves is that they seem to promote one type of character, and for those of us who don't identify with that character, we can't then find someone to look up to. The reality is that the outdoor industry is filled with diverse individuals who experience

adventure in totally different ways. The women in this book are quite diverse in their personalities, journey types, locations, ethnicities, and lifestyles. My hope is that by showcasing so many different characters, anyone who reads *Tough Women* will find someone they can identify with – someone they can look up to.

**Q Which stories, in particular, did you take inspiration from?**

I'm blown away by all of them, obviously. I think every time I flick through the book someone new pops out at me – they tell so many different stories and lessons, and depending on where I am in my life they might resonate at different times.

**Q What does 'toughness' mean to you?**

Tough comes in so many different forms, and truly believe everyone has their own way of being tough that they can tap into. For me, toughness is in resilience, integrity, and bravery.



## Q How can telling stories about you and other female adventurers change perceptions in the outdoors?

Representation really matters. 'If you can't see it, you can't be it'. Showcasing other types of voices and encouraging diversity in our industry leads the way for younger generations to get involved in the outdoors, helps dissuade stereotypes and discouragement that women currently face in the outdoors, and gives opportunities to the women who already work in this industry but are consistently overlooked by top-level media.

### Tough women

Follow some of the tough women featured in Jenny's book.

#### Anna McNuff

"Adventurer, author, speaker and mischief-maker." @annamcnuff

#### Ann Daniels

Mother of four, polar guide and world record holder. @anndanielsgb

#### Cat Vinton

Award-winning adventure and ethnographic photographer. @catvinton

#### Sarah Outen

Speaker, author, educator, donkey team. @sarah\_outen\_home

#### Kate Rawles

Using adventure to raise awareness and inspire action. @carboncyclekate

#### Vedangi Kulkarni

Writer, expedition/project manager, model, endurance athlete. @wheelsandwords

#### Anoushé Husain

Paraclimber, speaker, cancer survivor. @anoushehusain



## Q Your latest book, *Solo*, is about your time spent in mountains across the world alone. What did you learn about yourself you didn't expect to?

Quite ironically, the lesson I had to keep coming back to every time was that I am tougher than I let myself believe.

## Q How have the lessons you've learned in the outdoors affected the rest of your life in the outdoor world?

The lessons I've gained through outdoor journeys have turned out to be the biggest and most important lessons that have entirely shaped my life. That's largely why I'm so passionate about encouraging more people into this world.



# Clifftop paradise

**The walk between  
YHA Broad Haven and  
YHA St Davids is one of  
the most satisfying hostel-  
to-hostel walks in the UK,  
as Ben Lerwill discovers**

Not all Saturdays are created equal. Some slip by in a blur of household chores and mugs of tea. Others begin slowly and build to a climax – with a night out, perhaps, or a special meal. But the best of them start as they mean to go on, serving up bumper views and good vibes over breakfast then not letting up until the sun goes down. On which note, there's a hostel-to-hostel hike you really need to know about.

The coastal trail from YHA Broad Haven to the diminutive city of St Davids stretches for just over 16 miles: a distance which, for those accustomed to the joys of an all-day walk, is long enough to require an early start and a proper yomp, but manageable enough to feel like a pleasure rather than an ordeal. Pulling back the curtains in our hostel room at 7.30am, my friend and I squint into the sunshine. Forty-five minutes later – a shower, a fry-up and multiple coffees to the good – we've got our packs on our backs and the waves at our feet.

YHA Broad Haven has precisely the kind of location you'd want from a seaside hostel, with bay views from the dining room (where, pleasingly, a giant whale mural decorates the ceiling) and ready access to the Pembrokeshire Coastal Path. We pass a minute watching a solo surfer negotiating the offshore swell, then turn north and head

up to the clifftops. Within minutes, the path verges fill with red campion and sea thrift. A tiny wren appears nearby, then a whitethroat. As we climb higher the views open out properly: waves, sun and sky fill the scene. There's the tang of salt and seagrass in the air. Sixteen miles to go.

The 186-mile Pembrokeshire Coast Path, which by definition also forms part of the 870-mile Wales Coast Path, is one of our loveliest National Trails. It has the advantages of being a) easy to follow (keep the sea on your left and you can't go far wrong) and b) lined with a seemingly never-ending succession of comely cliffs, coves and beaches. The section between Broad Haven and St Davids very much ticks both those criteria.

Just 20 minutes into the walk, as the May sunshine beats down and tiny trawlers chug across the metallic-blue infinity of St George's Channel, our end-destination of St Davids appears in the distance: a huddle of white buildings at the very northern end of the bay. For the next eight hours it will hang on the horizon like a promise, and we clock the miles gradually, getting accustomed to the ups and downs, the breezy headlands, and the slabby, empty beaches. At Nolton Haven, where we pass nesting gulls, skylarks twitter overhead in the blue.

It's just after passing an old colliery chimney – one of several crumbled industrial remnants that scatter the land – that we see the full two-mile expanse of Newgale Sands for the first time. "Wow," says my friend, stopping dead. The tide is out and the beach is a prairie-sized colossus of smooth pale sands. It's like something from a billboard. We pause and tot up how many human-shaped specks we can spot – barely two dozen across the whole panorama, although at least five deliriously happy dogs are haring around at warp speed.

We stop for a pub-terrace latte and watch wing-surfers hauling their equipment onto the sands. The beach here faces broadly south-west, so when the conditions are right it's renowned as one of the best watersport spots in the country. But while the wing-surfers head seawards, we head





northwards again, following the waymarked path as it snakes above the spectacular, and often mind-bending, geology of the coast.

The next few hours are almost dreamlike. The day is at its hottest now, and virtually cloudless. As we walk, the giant cliff formations around us contort into ever more outlandish shapes. Their frozen-in-stone outlines slump and rear and cascade and roar, soaring high above the waves one minute then plummeting back down to sea-level in long, dragon-spine ridges the next. Here, a towering wall of jagged rock that looks like a monster shark's fin. There, a serrated headland that appears as a gargantuan knife-blade. The modern compulsion to stop every five minutes and snap photos becomes genuinely irritating. Better, we know, to relish it all first-hand – and it's some coastline to relish.

By the time the largely hidden inlet of Porthmynawayd Beach appears, complete with pebbly sands and twinkling seas, the prospect of a swim is irresistible. We plunge through the surf and submerge ourselves, thrilling in the breath-catching cold of the sea, then sun-dry while devouring sandwiches and fruit back on shore. The Pembrokeshire Coast National Park was first designated in 1952, and the Pembrokeshire Coast Trail inaugurated in 1970, although – we ponder, mid-apple – the simple joys of the region are effectively timeless.

And on we go, hugging the cliffs as St Davids draws closer. Early afternoon becomes mid-afternoon. There are waves and sea-winds, kestrels and bumblebees, postcard harbours and craggy outcrops. A baby adder, seemingly oblivious to us, slithers onto the trail-verge to bask in the sun. When the little village of Solva appears, the quayside is abuzz with families and ice-creams, then just as quickly we're swallowed up again by the cliffs.

It's 4.45pm when we reach St Davids. I can tell you this precisely, because as we enter The Farmers Arms – which continues the local trend of shunning apostrophes – the TV is showing live coverage of the FA Cup Final, seconds after kick-off. Sometimes these things fall into your lap. And when fate also serves you up cold beer, a seat for



two and a pub full of Welsh football fans, you know the world's smiling on you.

Later, well sated, it's on to the finish line. The quietly charming YHA St Davids is based in a remote converted farmhouse two miles north of the centre (some might prefer to bag a lift for this final stretch) and very much continues to keep the scenery levels high. The rocky, 180m-high bulk of Carn Llidi stands directly behind the hostel, so we finish our walk at dusk by clambering up to its summit, watching the sun dip down behind Ramsey Island and pinching ourselves that sometimes, just sometimes, Saturdays can leave you feeling like the smuggest people on the planet.

## Five other great hostel-to-hostel walks

### YHA Whitby to YHA Boggle Hole

A beautiful coastal hike along the West Yorkshire cliffs, via Robin Hood's Bay

### YHA Castleton Losehill Hall to YHA Ravenstor

A glorious route through the dales of the central Peak District, finishing on the river

### YHA Wells-next-the-Sea to YHA Sheringham

A lovely ramble along the birdlife-rich, fossil-strewn North Norfolk coastline

### YHA Borrowdale to YHA Keswick

You'll bag four Wainwrights (and some massive views) on this Lake District hike

### YHA Brecon Beacons Danywenallt to YHA Brecon Beacons

A hugely enjoyable walk through the serried hills of this Welsh National Park



# Blue sky thinking

Summer's for fun. So stay a new way.  
Check out our accommodation range at  
[yha.org.uk/camping-and-cabins](https://yha.org.uk/camping-and-cabins)



Camping at YHA Patterdale



Tipis and Landpods at YHA Windermere



Airstream at YHA Eden Project



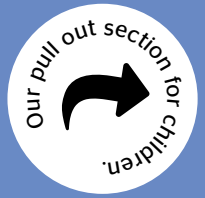
Camping pods at YHA Borrowdale



Landpod at YHA Coniston Holly How

# Let's go!

## Brilliant birds of prey



### Which ones have YOU seen?

With their strong bills, wide wings and sharp claws, birds of prey are always an impressive sight. England and Wales are home to various species of falcons, kites and hawks – so here are four to look out for. And if you're a mouse? Run!



### Red kite

You can recognise these birds from their forked tails, which they turn this way and that as they fly through the sky. They have reddish-brown bodies and angled wings.

Wingspan of up to 170 cm



### Kestrel

Weigh roughly the same as a can of tuna!

You might see this small bird of prey hovering over a roadside or clifftop, using its speckled wings to balance in mid-air while it searches for small creatures to pounce on.



Their call could be mistaken for a cat

### Sparrowhawk

If you've ever seen a bird of prey in a back garden, it was probably a sparrowhawk. They hunt other birds, such as pigeons, and sometimes even bats! They also find prey in woodland.



Females can catch birds as big as a pigeon

### Buzzard

This is the most common bird of prey in the UK. It has large, rounded wings and a tail shaped like a fan. Some buzzards are dark brown, while others have much paler feathers.



# Five AWESOME things about hostelling

Staying in a hostel is a fantastic way to explore more of England and Wales – and we have so many different places to choose from! Here are five of our very favourite things about hostelling.

1

## Seeing somewhere new

England and Wales are packed with amazing places, from the beaches of Cornwall and the mountains of Snowdonia to the busy streets of London and the hidden valleys of the Peak District. Where would you most like to go?

## Having a big breakfast – or making your own!

Nothing fills you up in the morning quite like a big breakfast, whether you choose marmalade on toast or a full plate of eggs and bacon. Or you might like to bring your own, and start the day by getting busy in the kitchen!

2



3

## Getting active

Paddling, climbing, kayaking, rockpooling, hiking, cycling, playing football, exploring, sailing, making new friends, climbing trees, swimming, craft-making, playing hide-and-seek, making a den – what will you choose to do today?



## Learning cool new stuff

When you go somewhere new, you learn something new! Take a trip to a castle to hear ancient tales, walk in the woods to discover more about wildlife, visit a great local museum, or just head out with your grown-ups and see what you find!

4



5

## Relaxing in the evening

When the day's done, you can still have fun! Evenings in a hostel are a chance to have a yummy meal, read, relax, play board games, share stories and run around outside. Sleep well!

# Let's go beachcombing!

Have you ever been beachcombing? It involves 'combing' a beach – in other words, looking for interesting stuff! – and it can be hugely rewarding. Fossils, seashells, old coins, precious stones and all sorts of other things are out there waiting to be found. You don't need any equipment other than your own eyes and plenty of patience (and perhaps a bucket!), although you should always remember to keep an eye on the tide.

Many beaches across England and Wales are excellent for beachcombing, but here we're looking at two very special parts of the coast.

## North Norfolk

Which are the best hostels to stay at?

YHA Hunstanton, YHA Wells-next-the-Sea or YHA Sheringham

This stretch of the coastline has a long, long history. Scientists have found human footprints that were made 850,000 years ago! Mammoths, rhinos and giant deer all once roamed this area too. All this prehistoric life makes it a great place for treasure-hunting – if you're lucky, you might find anything from ancient hand-axes to bones and ammonite fossils.

## North Yorkshire

Which are the best hostels to stay at?

YHA Whitby or YHA Boggle Hole

The Yorkshire coast has rocks that date back all the way to the Jurassic era, so some of the things you find might be millions of years old! And if you're staying at YHA Boggle Hole, you'll be able to wander out to the beach from the hostel door. Look out for Whitby jet, a special kind of black stone found in this area.

## You might find...

### Ammonites

Their beautiful spiral patterns come from the shells of ancient sea creatures



### Shark egg cases

These leathery cases are also known as mermaid's purses



### Belemnites

These bullet-shaped fossils were once part of prehistoric, squid-like creatures



# World of sport

It's already been an exciting year of sport, with Wimbledon, the Women's Euros and the Commonwealth Games all taking place this summer – but there's more to come! Here are five special events coming up later this year. Which one would you most like to watch?



London Marathon  
2nd Oct



Men's T20 Cricket  
World Cup  
16th Oct to 13th Nov



Women's Rugby  
Union World Cup  
8th Oct to 12th Nov



World Gymnastics  
Championships  
26th Oct to 6th Nov



FIFA Men's Football  
World Cup  
21st Nov to 18th Dec

## Wordsearch

Can you find the names of these seaside items?

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Bucket     | <input type="checkbox"/> Rockpool   |
| <input type="checkbox"/> Spade      | <input type="checkbox"/> Towel      |
| <input type="checkbox"/> Ice cream  | <input type="checkbox"/> Beach ball |
| <input type="checkbox"/> Sandcastle | <input type="checkbox"/> Waves      |

b	r	o	c	k	p	o	o	l	e
e	u	o	s	a	l	n	l	c	l
a	s	c	f	o	e	z	b	o	t
c	m	p	k	c	w	d	d	o	s
h	s	p	r	e	o	w	o	w	a
b	a	t	c	a	t	s	g	b	c
a	s	d	k	n	v	b	h	t	d
l	e	a	e	r	a	r	a	d	n
l	v	s	o	a	k	s	l	e	a
w	a	t	w	l	e	d	a	p	s
v	w	m	a	e	r	c	e	c	i



# Across the water

## Why you should look to an island for your next adventure

Exploring the UK doesn't have to be restricted to the mainland. Some of the finest experiences in England and Wales are found offshore, on the multitude of different islands that scatter the fringes of the map. The UK as a whole has somewhere in the region of 6,000 islands, some of which are little more than volcanic rocks jutting above the waves, others of which are household names. Almost 190 of them are permanently inhabited, with deeply layered histories and communities.

Collectively, as well as feeling somehow more intrepid than a routine day at the coast, Britain's islands also offer glorious landscapes, superb wildlife encounters, unforgettable outdoor activities, and some of the best day-trip potential you'll find anywhere. So without any further ado, here are six English and Welsh islands to bear in mind. Some are big, some are small, but all are well worthy of your time.

### Brownsea Island

#### Best for... families

A forested haven in the middle of Dorset's Poole Harbour, with sweeping views of the Purbeck Hills, Brownsea has numerous claims to fame. It witnessed the birth of the worldwide Scouting and Guiding movements when 20 youngsters camped here in 1907, and 115 years on it's still defined by an old-world, traditional woodland charm. Red squirrels scamper through the oaky canopy, peacocks strut outside a 19th-century church, and numberless trees cry out to be conquered by eager young climbers. You'll find free outdoor trails, a natural play area, and sometimes open-air theatre shows. As a family day-trip, it's a joy. Access to the island is via a foot ferry from Poole Quay – it's free for under-fives.

**Nearest YHA hostels:** [YHA Lulworth Cove](#), [YHA Swanage](#)



## Holy Island

### Best for... history

To enjoy the wonders of Northumberland's Holy Island, alternatively known as Lindisfarne, you first have to get there. This requires timing your journey across a mile-long causeway – the island is cut off twice a day by high tide, and woe betide any vehicle or pedestrian who misjudges the ebb and flow (it's best to check the tide times and plan ahead). Once you're across, however, you'll be treated to a moodily scenic island with a history dating back to the sixth century. Long a centre for Celtic Christianity, it witnessed the first serious Viking raid on British soil in 793. Today a 16th-century castle stands on the wild seafront, and colourful shops and cafes cater to pilgrims and curious sightseers alike.

#### Nearest YHA hostels:

[YHA Berwick](#), [YHA Alnwick](#)

## Anglesey

### Best for... outdoor adventure

Hanging off the northwest coast of Wales is the giant island of Anglesey, covering some 260 square miles and connected to the mainland via two bridges. The landscapes, in true Welsh style, are more than rugged enough to quicken the pulse of adventurers: cyclists can try the 36-mile circular tour of the Lôn Las Copr, which takes in the lunar terrain of Parys Mountain; walkers can take on the five-mile Holyhead Mountain circular trail; and those who want to make the most of the coastline can opt for kayaking, coasteering, sailing or surfing. If that all sounds too much like hard work, fear not – you'll also find plenty of sandy beaches to laze on.

#### Nearest YHA hostels:

[seven in northern Snowdonia](#)

## Looking for more ideas?

Enter our competition on page 39 and you'll have a chance of winning one of three copies of *Islandeering: Adventures Around Britain's Hidden Islands* by Lisa Drewe, which takes a closer look at 50 lesser-known islands off the British coast, and how they can be explored.







## Isle of Wight

Best for... a proper holiday

Still synonymous with the bucket-and-spade allure of yesteryear – while simultaneously doing much to make its reputation a trendy one – the Isle of Wight gives you any number of reasons to catch a ferry (or, excitingly for kids and transport nerds, a hovercraft) across the Solent. Make the most of the summer climate by exploring the beaches and bays of the coast, delve into the local food and drink scene to discover local cheeses and wines, or get to know the towns and villages that keep the island lively. In the very west of the map you'll find YHA Isle of Wight Totland, located in an Area of Outstanding Natural Beauty and sitting within easy reach of the iconic chalk landmarks of the Needles.

**Nearest YHA hostel:**

[YHA Isle of Wight Totland](#)

## Skomer

Best for... wildlife

It's only a short boat journey from Martin's Haven on the Pembrokeshire coast to reach Skomer Island, but it can feel as though you've arrived into another world. In the seabird breeding season, this wildflower-smothered sanctuary becomes a magnet for guillemots, razorbills, gannets, fulmars and puffins, the latter seen either speeding through the skies or fussing around in comical fashion on the clifftops. Manx shearwaters also nest here in their hundreds of thousands, although you'll need to book an overnight stay to witness their noisy nightly routines. At any time, look out for short-eared owls, and offshore porpoises, seals and dolphins, and enjoy the very special atmosphere of this cliff-edged getaway.

**Nearest YHA hostel:**

[YHA Broad Haven](#)

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## And how about the Channel Islands?

They may not be an official part of the UK – and they're far closer to France's coast than England's – but the Channel Islands have long been an enticement for close-to-home adventure. In descending order of size, Jersey, Guernsey, Alderney, Sark and Herm are the best-known islands in the archipelago, and all can be reached from the mainland by ferry and boat services.

# 9 hostels in Wales

In this issue, we're turning the spotlight on the wildly diverse landscapes of Wales. Here are just a few of the hostels best placed to showcase the country's dramatic coastlines, mighty mountains and bustling towns.

## YHA Idwal Cottage

**Want the Welsh mountains? Stay here.**

Here's a bolthole set among the 3000ft giants of Snowdonia National Park. Walk out of YHA Idwal Cottage, and to the north, you face the Carneddau. To the south, you can scramble up the mighty Glyderau via the gnarly Devil's Kitchen route. YHA's longest-standing Welsh hostel could not be in a better location.

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





## YHA Brecon Beacons

Converted 19th-century farmhouse in the shadow of Pen Y Fan

The mountains of the Brecon Beacons rise distinctively from the South Wales earth. The Central Beacons form a sharp ridge but walkers come here in droves. This YHA is one of four properties set among the mountain range, allowing walkers to link up hostels for a beautiful long Welsh weekend.

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

## YHA Gower

Beachside hostel on the Gower Peninsula

Named after the peninsula it rests on, YHA Gower is a handsome Victorian house just a few minutes' walk from one of the country's loveliest beaches. It's also ideally placed for exploring the area's hidden coves and coastal trails. And whisper it, but you'll find some of the best waves in Britain, too.

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



## YHA Manorbier

Enjoy sea views from this Pembrokeshire hostel

Why stay at YHA Manorbier? Perhaps for easy access to the Pembrokeshire Coast Path National Trail? Or maybe for its proximity to sandy beaches, and all the seaside fun that they bring? You can even see the sea from the hostel. YHA Manorbier also offers camping pods.

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

## YHA Newport Pembrokeshire

YHA Exclusive Hire hostel in Newport

On the north Pembrokeshire coast, Newport is a lovely little spot popular with hikers. This characterful former Victorian school in the town has a cycle store and a large self-catering kitchen. This hostel is available only on an Exclusive Hire basis, so you'll get the entire place to yourself.

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





## YHA Borth

**Located between the sea and the mountains**

Welcome to the wildlife hotspot of Cardigan Bay, one of the best places in Wales to spot wave-racing dolphins and lazily bobbing seals. It's here you'll find YHA Borth, sitting high above the village of Borth (and a short drive from Aberystwyth) and offering access to both the Wales Coast Path and Borth Sands.

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



## YHA Conwy

**Family hostel for mountains and seaside towns**

Think of Conwy as the gateway to the mountains of north Wales and the seaside towns of the coast. This large hostel is 10 minutes from the historical centre of Conwy, making it a strong bet for families, and while the great mountains of Snowdonia are not far away, the smaller hills near Conwy are often deserted.

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



## YHA Kings

**Stone-walled retreat on the foothills of Cadair Idris**

Drop what you're doing and flick through the suite of photos on the YHA Kings webpage. Not bad, eh? It's located a little away from the main Snowdon honeypots – and it's all the better for it. Instead, you'll find a quaint stone house located among woodland by the shallow River Gwynant.

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

## YHA Snowdon Llanberis

**Hostel on the slopes of Snowdon itself**

There are a handful of excellent hostels circling the complex mountain of Snowdon. The town of Llanberis, home to every keen climber in Wales (possible exaggeration), is rich with mountaineering history, which is no wonder given what's on the doorstep. Snowdon has always dominated life here.

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



# Have your say

## A new strategy for YHA in Wales

Wales has its own unique history, heritage, language, landscapes, communities and government. For us to better support people and communities in Wales, we need to recognise this in a way that we haven't in the past. We're working towards a new strategy for YHA in Wales and we want to hear your views.

Take the short survey.

[yha.org.uk/about-yha/yha-in-wales](https://yha.org.uk/about-yha/yha-in-wales)





© RNL/Nathan Williams

# How to stand-up paddleboard (safely)

Paddleboarding is the perfect summer activity: fun, healthy and relaxing. But like any watersport, it's not without its risks. Here, RNL experts offer tips on how to paddleboard and stay safe.

The sound of the summer on British beaches? The sharp release of compressed air from a paddleboard. Paddleboards are seemingly now more commonplace on the summer seaside than inflatable unicorns and melting salted caramel ice creams.

Stand-up paddleboarding (SUP) is now one of the fastest-growing watersports. And once you've tried it, it's easy to understand why. It's fun, for starters – kids love paddling out and jumping into the shallows, while adults tend to enjoy the more contemplative aspects of it, and the gentle pull of the paddle through the blue sea. Oh, and it helps with that core strength, of course. Do it often enough and you can improve your overall fitness, and it's your core from where most of your paddle power will come.

But whether you're a complete paddleboarding beginner or more experienced, it's always useful to have a few tips and tricks to help improve your SUP experience.

## Quick tips for paddleboarding at sea

**If you can, always go with a friend.** It's more fun, and they can help you if you get into difficulty.

**If you are going out alone, always tell someone where you're going and when you'll be back.** Don't leave the house without a mobile phone or communication device.

**Bringing your phone to take some photos? Make sure you keep it in a waterproof pouch.** That way it won't get wet, and you can use it to call for help in an emergency too.

**Check the weather forecast and tide times before you set out.** If the water is too choppy, you might find it difficult, especially if you're a beginner. And be aware, the conditions can change quickly.

**Avoid offshore winds.** They will quickly blow your paddleboard far out to sea, which

can make it extremely tiring and difficult to paddle back to shore.

**You should wear a suitable personal floatation device.** This can be a buoyancy aid or a lifejacket. Choose one that still allows you plenty of movement so you can paddle freely. Not only will it keep you afloat, it will also help give you time to recover should you fall in – and chances are you will!

**Wear suitable clothing for the time of year.** In the winter, you will want to use a wet or dry suit. In the summer, you might be able to get away with swimming trunks or a swimsuit. If you're going to be in the water for a long time, you might want to upgrade to something that keeps you warm.

**You should always use a paddleboard with an appropriate leash.** There's nothing more frustrating than having to swim after your

paddleboard if you fall off. The leash will also help you stay connected to your board if you get into trouble and help you float. The British Canoeing website has some great tips to help you decide which leash is right for you.

**If you're launching from a lifeguarded beach, make sure you launch and recover between the black and white chequered flags.** There should be fewer swimmers in this area, giving you more room to manoeuvre. Consider other water-users by learning the rights of way in the surf. This can save you and others getting injured.

**Get the appropriate level of training.** You might be tempted to just buy a board and head out. Having a few training sessions can teach you the right technique, so that it's more stand-up and less fall-in paddleboarding!

## Paddleboarding FAQs

### Do I need to wear a lifejacket when paddleboarding?

Choosing the right personal floatation device (PFD) for paddleboarding can give you peace of mind and help keep you afloat when you fall in. You should choose a PFD that allows you to move your arms freely, so you can paddle as efficiently as you want. The RNLI offers advice about different types of PFD on its website.

### What conditions are best for SUP?

You can't always wait for perfect weather to head out on your SUP. You should avoid going out when there are offshore winds, as they can quickly blow you far out to sea, making for an exhausting paddle back to shore. If you are on a lifeguarded beach, keep an eye out for the orange windsock to see which way the wind is blowing.

### Should I choose an inflatable or solid paddleboard?

Both types of paddle board have their merits. Inflatable boards are sturdier than you might think and can be easily deflated and stored away at the end of the day. Just be careful of punctures, and consider investing in an electric air pump to save you getting out of breath before you even begin SUPing! Solid boards are still more sturdy than an inflatable paddleboard, and you don't have to worry about blowing them up.

One thing you should do is make sure your stand-up paddleboard has a leash, no matter if it's an inflatable paddleboard or solid. That way you won't lose your board and can use it to keep yourself afloat if you get into trouble. There are many sizes and shapes of paddleboard, from around 2.5m to 5.5m. It's ideal to start with a board around 3.4m long by 75cm wide.

**For more about staying safe at the coast for all watersports, visit: [RNLI.org/safety](https://www.rnli.org/safety)**



### Did you know?

All YHA members receive discounts at gear stores including Cotswold Outdoor, GO Outdoors, Snow+Rock, Runners Need and Cycle Surgery

[yha.org.uk/membership/member-benefits](https://yha.org.uk/membership/member-benefits)

# Tried and tested

Outdoor items put through their paces by The Journey team

## Inov-8 VENTURELITE Hoodie

[inov-8.com](https://www.inov-8.com)

Runners, especially those who enjoy throwing themselves down the scree of the Lake District fells, will know Inov-8 for its lightweight, super grippy footwear. For summer, comes its first ever clothing range for hiking to go with its hiking shoes. The VENTURELITE hoodie sums up the range of midlayers, T-shirts, shorts and trousers. Firstly, it is incredibly light, barely noticeable packed or when you're wearing. A hexagon inner traps heat effectively, and the hood is snug. There are two pockets and thumb holes. This is a versatile garment that I'll be using for running, cycling and, yes, hiking.

*Daniel Neilson*

- + Incredibly light
- + Can be used for all activities
- + Warm
- Nothing







## Vivobarefoot Primus Trail FG II

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

The barefoot running movement has been gaining serious traction for well over a decade now (if you've not yet read Christopher McDougall's brilliant *Born to Run*, I'd urge you to), and I've been a convert to this low-impact approach to jogging for years. It's been a godsend for my knees. Vivobarefoot is the market leader when it comes to quality 'barefoot' running shoes, and this new trail-ready model further cements its reputation, with grippy soles, great flexibility and just the right amount of protection. They're easy to slip on and off, and are made from recycled materials.

*Ben Lerwill*

- + Sturdy but lightweight
- + Recycled materials
- + Vegan
- May feel strange at first



## Fjällräven Vardag Lite Fleece

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

In the UK, where even the warmest day can turn on a sixpence and become chilly, it pays to have something in your pack that you can pull on to feel snug. Swedish brand Fjällräven has made its name by crafting quality outdoor items that not only look good but perform a function, and the new, super-comfy Vardag Lite Fleece ticks both boxes. It weighs little more than 300g (in medium) but packs in serious warmth, using a fleece fabric made from recycled polyester. An adjustable drawstring around the hem and a zippered central pocket are further perks.

*Tom Rhys*

- + Good warmth
- + Lightweight and packable
- + Zippered pockets
- Looser than active-fit fleeces



## Montane Trailblazer LT 20L Backpack

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

Taking inspiration from running and ultra racing backpacks, Montane has created the body-hugging Trailblazer LT 20-litre backpack for 'fast and light' days in the mountains. Running backpacks are designed to cuddle you tightly and bounce as little as possible – many are more like a vest. The Trailblazer fits snugly around the torso and the two chest straps ensure a secure fit. The Trailblazer has fully taped seams and rolltop opening making it watertight, a surprisingly rare find in backpacks. There are two wrap-around pockets and a bungee to stash wet clothes. It weighs an astonishingly low 300g.

*Daniel Neilson*

- + Extremely lightweight
- + Chest strap system
- + Watertight design
- Nothing

# Hostel guide



**Book now**

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

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

YHA Grinton Lodge	Grinton, Richmond, North Yorkshire, DL11 6HS
<b>YHA Hartington Hall</b>	<b>Hall Bank, Hartington, Buxton, Derbyshire, SK17 OAT</b>
YHA Hathersage	Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
<b>YHA Hawes</b>	<b>Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ</b>
YHA Hawkshead	Hawkshead, Ambleside, Cumbria, LA22 0QD
<b>YHA Haworth</b>	<b>Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT</b>
YHA Hawse End	Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
<b>YHA Helmsley</b>	<b>Carlton Lane, Helmsley, North Yorkshire, YO62 5HB</b>
YHA Helvellyn	Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
<b>YHA Holmbury</b>	<b>Radnor Lane, Dorking, Surrey, RH5 6NW</b>
YHA Honister Hause	Seatoller, Keswick, Cumbria, CA12 5XN
<b>YHA Hunstanton</b>	<b>15 Avenue Road, Hunstanton, Norfolk, PE36 5BW</b>
YHA Idwal Cottage	Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
<b>YHA Ilam Hall</b>	<b>Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ</b>
YHA Ingleton	Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
<b>YHA Ironbridge Coalbrookdale</b>	<b>1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR</b>
YHA Ironbridge Coalport	John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
<b>YHA Jordans</b>	<b>Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN</b>
YHA Keswick	Station Road, Keswick, Cumbria, CA12 5LH
<b>YHA Kettlewell</b>	<b>Kettlewell, Skipton, North Yorkshire, BD23 5QU</b>
YHA Kings	Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB
<b>YHA Kington</b>	<b>Victoria Road, Kington, Herefordshire, HR5 3BX</b>
YHA Lands End	Letcha Vean, St Just-in-Penwith, Penzance, Cornwall, TR19 7NT
<b>YHA Langdale</b>	<b>High Close, Loughrigg, Ambleside, Cumbria, LA22 9HJ</b>
YHA Langdon Beck	Forest-in-Teesdale, Barnard Castle, Co Durham, DL12 0XN
<b>YHA Leominster</b>	<b>The Old Priory, Leominster, Herefordshire, HR6 8EQ</b>
YHA Littlehampton	63 Surrey Street, Littlehampton, West Sussex, BN17 5AW
<b>YHA Litton Cheney</b>	<b>Litton Cheney, Dorchester, Dorset, DT2 9AT</b>
YHA Liverpool Albert Dock	25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
<b>YHA Liverpool Central</b>	<b>Kansas Building, Mathew Street, Liverpool L2 6RE</b>
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
<b>YHA Llanddeusant</b>	<b>The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL</b>
YHA Llangattock	Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG
<b>YHA London Central</b>	<b>104 Bolsover Street, London, W1W 5NU</b>
YHA London Earls Court	38 Bolton Gardens, Earl's Court, London, SW5 0AQ
<b>YHA London Lee Valley</b>	<b>Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ</b>
YHA London Oxford Street	14 Noel Street, London, W1F 8GJ
<b>YHA London St Pancras</b>	<b>79-81 Euston Road, London, NW1 2QE</b>
YHA London St Pauls	36 Carter Lane, London, EC4V 5AB
<b>YHA London Thameside</b>	<b>20 Salter Road, Rotherhithe, London, SE16 5PR</b>
YHA Lulworth Cove	School Lane, West Lulworth, Wareham, Dorset, BH20 5SA
<b>YHA Malham</b>	<b>Malham, Skipton, North Yorkshire, BD23 4DB</b>
YHA Manchester	Potato Wharf, Castlefield, Manchester, M3 4NB
<b>YHA Mankinholes</b>	<b>Mankinholes, Todmorden, Lancashire, OL14 6HR</b>
YHA Manorbier	Manorbier, nr Tenby, Pembrokeshire, SA70 7TT
<b>YHA Medway</b>	<b>351 Capstone Road, Gillingham, Kent, ME7 3JE</b>
YHA Minehead	Alcombe Combe, Minehead, Somerset, TA24 6EW
<b>YHA National Forest</b>	<b>48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD</b>
YHA New Forest	Cott Lane, Burley Ringwood, Hampshire, BH24 4BB
<b>YHA Newcastle Central</b>	<b>17 Carloli Square, Newcastle Upon Tyne, Northumberland NE1 6UQ</b>
YHA Newport Pembrokeshire	Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS

**YHA Ninebanks**  
YHA Okehampton

**YHA Okehampton Bracken Tor**  
YHA Osmotherley

**YHA Patterdale**  
YHA Penzance

**YHA Perranporth**  
YHA Poppit Sands

**YHA Port Eynon**  
YHA Portreath

**YHA Pwll Deri**  
YHA Ravenstor

**YHA Rowen**  
YHA Scarborough

**YHA Sheen Bunkhouse**  
YHA Sheringham

**YHA Sherwood Forest**  
YHA Skiddaw House

**YHA Slaidburn**  
YHA Snowdon Bryn Gwynant

**YHA Snowdon Llanberis**  
YHA Snowdon Pen-y-Pass

**YHA Snowdon Ranger**  
YHA South Downs

**YHA St Briavels Castle**  
YHA St Davids

**YHA Stratford**  
YHA Streatley

**YHA Street**  
YHA Swanage

**YHA The Sill at Hadrian's Wall**  
YHA Tanners Hatch

**YHA Thurlby**  
YHA Tintagel

**YHA Totland Bay**  
YHA Treyarnon Bay

**YHA Truleigh Hill**  
YHA Wasdale Hall

**YHA Wells Next The Sea**  
YHA Whitby

**YHA Wilderhope Manor**  
YHA Windermere

**YHA Wooler**  
YHA Wye Valley

**YHA York**  
YHA Youlgreave

**Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ**  
Klondyke Road, Okehampton, Devon, EX20 1EW

**Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW**  
Cote Ghyll, Osmotherley, Notherallerton, North Yorkshire, DL6 3AH

**Patterdale, Penrith, Cumbria, CA11 ONW**  
Castle Horneck, Penzance, Cornwall, TR20 8TF

**Droskyn Point, Perranporth, Cornwall, TR6 OGS**  
Sea View, Poppit, Cardigan, Pembroke, SA43 3LP

**Old Lifeboat House, Port Eynon, Swansea, SA3 1NN**  
Nance Farm, Illogan, Redruth, Cornwall, TR16 4QX

**Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 0LR**  
Millers Dale, Buxton, Derbyshire, SK17 8SS

**Rhiw Farm, Rowen, Conwy, LL32 8YW**  
Burniston Rd, Scarborough, North Yorkshire, YO13 ODA

**Peakstones, Sheen, Derbyshire, SK17 OES**  
1 Cremer's Drift, Sheringham, Norfolk, NR26 8HX

**Forest Corner, Edwinstowe, Nottinghamshire, NG21 9RN**  
Bassenthwaite, Keswick, Cumbria, CA12 4QX

**King's House, Slaidburn, Clitheroe, Lancashire, BB7 3ER**  
Nantgwynant, Caernarfon, Gwynedd, LL55 4NP

**Llwyn Celyn, Llanberis, Caernarfon, Gwynedd, LL55 4SR**  
Pen-y-Pass, Nantgwynant, Caernarfon, Gwynedd, LL55 4NY

**Rhyd Ddu, Caernarfon, Gwynedd, LL54 7YS**  
Itford Farm, Beddingham, Lewes, East Sussex, BN8 6JS

**St Briavels, Lydney, Gloucestershire, GL15 6RG**  
Llaethdy, Whitesands, St David's, Pembrokeshire, SA62 6PR

**Hemmingford House, Alveston, Stratford-upon-Avon, CV37 7RG**  
Reading Road, Streatley, Berkshire, RG8 9JJ

**The Chalet, Ivythorn Hill, Street, Somerset, BA16 0TZ**  
Cluny, Cluny Crescent, Swanage, Dorset, BH19 2BS

**Military Road, Bardonia Mill, Northumberland, NE47 7AN**  
Off Ranmore Common Road, Dorking, Surrey, RH5 6BE

**16 High Street, Thurlby, Bourne, Lincolnshire, PE10 0EE**  
Dunderhole Point, Tintagel, Cornwall, PL34 ODW

**Hurst Hill, Totland Bay, Isle Of Wight, PO39 0HD**  
Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR

**Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB**  
Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET

**Church Plain, Wells, Norfolk, NR23 1EQ**  
Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT

**Manor, Longville in the Dale, Shropshire, TF13 6EG**  
Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA

**30 Cheviot Street, Wooler, Northumberland, NE71 6LW**  
Near Goodrich, Ross-on-Wye, Herefordshire, HR9 6JJ

**Water End, Clifton, York, North Yorkshire, YO30 6LP**  
Fountain Square, Youlgreave, nr Bakewell, Derbyshire, DE45 1UR



## Readers' page

This issue's featured photo comes from Andrew Berry, who captured this shot from the window at YHA Hawes, in the Yorkshire Dales. 'Now that's a room with a view,' he says. 'Great views of the fells.'

### **@profkdilley**

my annual @YHAOfficial membership card arrived today and with it a #map of the hostel network, looking at this I can't help but contemplate #cycling possibilities, my first hostel tour by bike was in 1980!

### **@ThorngroveDepHP**

A wonderful week away with our Year 5 in Yorkshire. Staying at the fantastic @thekettlewell. Everyone has learnt new things about themselves that will help them through their lives.

### **@ThomBartley**

@YHAOfficial I'm staying at the Barrel Store in Cirencester and your guy behind reception, Ramesh, is literally the nicest, most helpful man I think I've ever met in my life. Promote him to Head of Guest Experience immediately!

### **@SidestrandHall**


Thank you to @YHAOfficial Ilam Hall for a fantastic week. A great base with lots of green space for our evening activities which involved playing football and going for some lovely walks

### **@phoebetaplin**

Just stayed in one of the new airstream caravans at @YHAEdenProject. Great walk from there to the lovely Luxulyan Valley (and to @EdenProject of course)...

### **@davenhamcofe**

A lifetime of happy memories made on Year 4 residential at @YHAChester

  **Don't forget the hashtags**  
**#YHANatureChallenge**  
**#LiveMoreYHA**

# Can you crack our island anagrams?

**WIN!** One of three copies of *Islandeering*, by Lisa Drewe

The UK has no less than 189 populated islands (and thousands more which are unpopulated). Some are widely famed, others are more obscure. We've jumbled up the names of five of the best known islands (or groups of islands) that lie off the coast of England and Wales – can you work out what they are?

1. GASNEELY
2. SLIES FO LILYCS
3. UNDYL
4. OHLY ADNILS
5. SLIE FO NAM

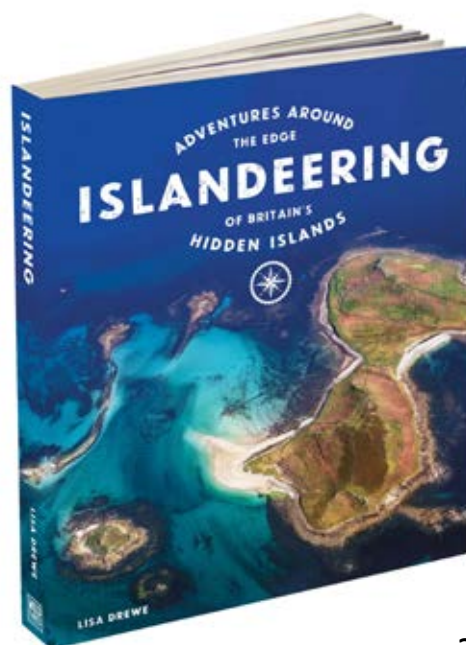


To enter, simply send us an email with your five answers to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by 16th September 2022. Feel free to share your thoughts on this magazine at the same time.

## About the prize

We're giving away three copies of *Islandeering: Adventures Around The Edge of Britain's Hidden Islands*, by Lisa Drewe. Named Guidebook of the Year by the Outdoor Writers and Photographers Guild – who called it 'wildly inspirational' – it looks at the new adventure of circumnavigating tiny islands by walking, running, scrambling, coastering, or even swimming around their periphery. In this book, you can use your skills and wit to travel around the outer land edge of 50 secret UK islands to complete the circuit and bag the island. [wildthingspublishing.com](http://wildthingspublishing.com)

**Last issue:** congratulations to Lorna Brooks, who won a Moon King Size Hammock.





We are YHA.

We transform young lives forever through travel and real adventure.

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

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