



yha

The Journey

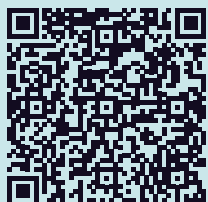
summer 23

Summer of adventure

From rugged coastlines to stunning National Parks, a YHA stay offers access to adventures in some of the most beautiful locations in England and Wales.

Dorm beds available from £15 per night and private rooms from £40 per night.

yha.org.uk/breaks/summer-holidays



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find out more.



Hello

and welcome to the summer issue of The Journey. Life can sometimes feel stuffed full of tasks and to-do lists – how often do we wish for a few more hours in the day? – but we hope this issue helps you slow down, breathe deep and relish the freedom of the outdoors.

Walking features heavily over the following pages. For an activity that so many of us incorporate into our lives, it takes a surprising number of forms: one person's 5k coastal hike is another's multi-day trek through the mountains. In this issue we look at everything from pilgrimages to Nordic walking, as well as highlighting our own upcoming Festival of Walking, taking place in early autumn.

Continuing the outdoors theme, we also have an exclusive interview with mountaineer Kenton Cool, recently back from his record-breaking 17th ascent of Everest. Few of us will ever have the means or the opportunity to summit the world's highest peak, but his story is an inspiring one.

Elsewhere in the issue you'll find Let's Go!, our regular kids' sections, as well as the usual news and reviews and an exclusive readers' competition. And most of all, we wish you happy adventures ahead.



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Win a Craghoppers fleece and bum bag

Become an ultra-fundraiser

Fancy a sponsored jog in the park? There are just two caveats: the jog covers 180km and the park in question is the Lake District. When an event describes itself as “an exceptional physical and mental challenge”, it’s a fairly sure sign that it’s going to be demanding – and in the case of the 13 Valleys Ultra, that’s exactly the point. Taking place on the weekend of Friday 29 September to Sunday 1 October, the event includes not only the headline 13 Valleys route but also three shorter races, across 100km, 60km and 20km respectively. All four promise spectacular Lakeland scenery and plenty of ascent and descent, as well as all the requisite waymarks, checkpoints and feeding stations. YHA has fundraising places in each of the distances and is also the event’s official accommodation partner. Fancy being part of the team? Book your place on this, and other upcoming challenge events such as next year’s London Marathon, at getinvolved.yha.org.uk/fundraising/challenge-events





Five things not to miss in... Cambridge



© AdobeStock/Pavel Pajot

Cambridge wears its history well. Home to more Nobel Prize winners than any other city in the world, it still feels at times like a living museum piece, its college lawns and cobbled quads busy with bikes and professors. But beyond showpiece sights such as King's College and the Fitzwilliam Museum, there are plenty of other treats in store.

1 Polar Museum

Step into a world thousands of miles from the British summer by visiting this small but superb museum at the university's Scott Polar Research Institute. Expect sledges, skis, flags and other Arctic and Antarctic memorabilia, as well as frosty insight into Scott and Shackleton's various expeditions. It's open from Tuesdays to Saturdays, and entry is free. Snow goggles optional.

2 Mill Road

A short wander from YHA Cambridge you'll find long, straight Mill Road. As its name suggests, it was once a serene country road – today, by contrast, it's lined with independent cafes, record shops, vintage stores and local restaurants. It's well worth a browse.

3 Great St Mary's

In the college-thronged heart of affairs stands the church of Great St Mary's, the foundations of which are thought to date way back to 1010. It's witnessed plenty of ups and downs – it was apparently ransacked by townsfolk in the 1381 Peasants' Revolt – but today offers

one of the best vantage points in Cambridge. Climb the 123 steps of the tower (tickets £6) and the city is outspread below you.

4 Heffers Bookshop

Looking for somewhere to while away a happy hour? This colossal independent bookshop has been trading since 1876 and is packed with everything from guidebooks and novels – some of them second-hand – to stationery and board games. There are regular author events, too.

5 Mathematical Bridge

This Grade II-listed wooden bridge across the River Cam was first built back in 1749 and is unusual in that, despite appearing to be arched, it's made up of entirely straight timbers. One story is that it was initially created by Isaac Newton without use of nuts or bolts. The tale is almost certainly untrue but, regardless, rival city Oxford was suitably impressed by the bridge to build one of its own to the same design.

Stay at YHA Cambridge
yha.org.uk/hostel/yha-cambridge

YHA news

Take a walk with YHA

Boots at the ready. This autumn sees the return of our Festival of Walking, the aim of which is to encourage as many people as possible to get out and about on the trails of England and Wales. Taking place between 3 September and 19 October, the large-scale event incorporates both self-guided walks and guided social walks – with a free cuppa and slice of cake for social walk attendees. There will be curated walks for all skill levels, including accessible and sensory walks, Nordic walking and navigation skills events. Everyone's welcome, whether you're on two feet, four paws, or at the wheel of a mobility scooter.

More than a dozen of our hostels – among them YHA Boggle Hole, YHA Keswick and YHA Snowdon Pen-y-Pass – are offering social walks, and more than 50 have published self-guided walks, with a mixture of easy, moderate and challenging routes to enjoy. To involve as many walkers as possible, we're also offering 20% off accommodation at selected hostels, as well as providing an exclusive one-month subscription to OS Maps Premium for just £1.

Find full details of participating hostels and available routes at yha.org.uk/festival-of-walking



Tribute to Michael Dower 1933-2022

In April, YHA Castleton Losehill Hall held a memorial event for Michael Dower, the director general of the Countryside Commission and a long-term supporter of YHA. Michael's connections with YHA were longstanding – he served as YHA Vice President and YHA Ambassador, a role he took on with dedication right up until his death. Fittingly, his great uncle GM Trevelyan was our founding President.

Michael was a great supporter of YHA, never losing awareness of its place in the wider countryside movement. On a wider level, he was also instrumental in helping garner support for the National Park movement. Over the last couple of years, Michael was very supportive of YHA's new strategy and our work to refocus on our mission and outdoor learning. He will be remembered fondly by many.

Walk of the season: North Wales



Foel Goch and Moel Eilio offer a fabulous alternative to the summer crowds on Yr Wyddfa (Snowdon). But the plants and flowers below your feet are as worthy of your attention as the epic scenery.

There's no hiding from the fact that in summer, Yr Wyddfa (Snowdon) can get busy. Really really busy. Ascending nearby Foel Goch and Moel Eilio is a quieter but still challenging alternative, with the bonus of vast views over the Eryri (Snowdonia) range. But it's worth slowing down a little on the route, looking down, and pausing... if not to smell the flowers then at least to admire them. It was botanists, after all, who were among the very first to scale these mountains.

As far back as the 1500s, plant enthusiasts including William Salesbury clambered among the peaks – then a rare occurrence – to make a record of the mountain plant life.

In Dewi Jones' book *The Botanists and Guides of Snowdonia*, he recounts a mountain excursion on 3 August 1639 by London apothecary Thomas Johnson, county MP Thomas Glynne of Glynllifon, and local botanist Edward Morgan, where among other things they discovered northern rock cress, mountain sorrel and the most beautiful of all North Wales plants, starry saxifrage, a survivor from the last Ice Age.



Mountain sorrel

After becoming cragfast – stranded – on one mountain, they had no choice but to ascend, with the help of a leather strap, inadvertently recording Britain's first climb.

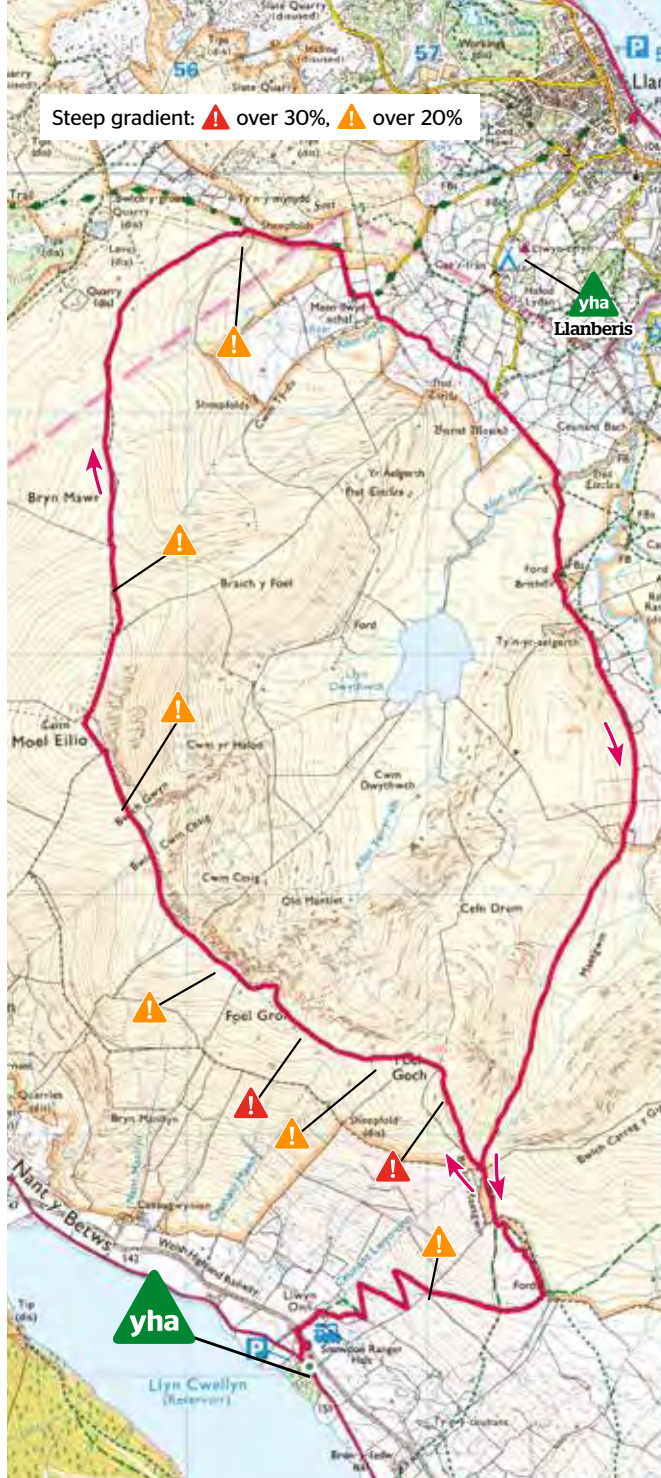
Today, the pressures on these mountain plants are immense, and shifting quicker now than at any time since the Ice Age 10,000 years ago. They simply can't adapt as fast as they need to. The Snowdon Lily, for example, only grows at a certain height, facing a certain way, on particular rock types, and can therefore be found in only just six places in Eryri (Snowdonia).

So as you climb Foel Goch and Moel Eilio, where the human tread, at least, is lighter, take time to admire the plants and flowers, especially on rocks just out of reach of nibbling sheep. Flora is just as much part of this landscape as grand mountain panoramas.

There are two hostels close to this route. YHA Snowdon Ranger acts as the start and end point, and is available on YHA Exclusive Hire. To the north, meanwhile, YHA Snowdon Llanberis has private rooms and camping pods available this season.



Starry saxifrage



Distance: 9.3 miles (14.9km)

Ascent: 933m (3,061ft)

Start/Finish: YHA Snowdon Ranger

Time: Allow 5h 45m to 8h 30m

Map: OS Explorer 1:25k (OL17) Yr Wyddfa (Snowdon)

1 From the hostel turn right along the road, take the track on the right to the railway and turn left. Cross the railway at the crossing and follow the well-prepared path up the zig-zags.

2 Turn left onto the good path signposted to Llanberis and head uphill. After the boundary gate on Bwlch Maesgwm bear left onto a steep path and ascend Foel Goch.

3 Cross a stile and follow the path to Foel Gron and to the summit cairn on Moel Eilio.

4 From the summit descend on the path heading north alongside the fence. After about 1.25 miles (2km) the path splits, take the more distinct path on the right across the slope and follow it down to a paved road.

5 Turn right onto the road, then right onto the bridleway and continue along a well-prepared path for about 2.7 miles (4.3km) to meet the outward route at Bwlch Maesgwm. Continue down to the Snowdon Ranger Path, turn right, head back down the zig-zags and to the hostel.

For full details, including hazards and accessibility, visit:
yha.org.uk/festival-of-walking and find the Foel Goch and Moel Eilio walk.

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

Kenton Cool

Kenton Cool is one of the world's leading high-altitude climbers. He has summited Everest 17 times, mostly as a guide, and became the first person in history to complete the 'Everest Triple Crown' — Everest (8,848m), Nuptse (7,861m) and Lhotse (8,516m) — in a single climb. Here he talks exclusively to The Journey about the lessons learnt from Everest, and why being outdoors is a critical part of everyone's life.

Q You've climbed Everest 17 times. Describe your perspective on the world when you're stood at the top.

My first time at the summit, way back in 2004, was a moment of clarity. I remember getting to the top, having a look around and being blown away by everything that was beneath me. I remember looking down at a particular mountain and thinking it looked like a really interesting one to climb. It dawned on me that it was Ama Dablam, which I had previously climbed, and thought at the time was my introduction to high-altitude climbing, at around 6,800

metres. Now I was two vertical kilometres above it, which all of a sudden made me feel incredibly insignificant. Ama Dablam was almost a dot among so many other peaks. Then there was that crushing feeling of insignificance and it felt as though you could see forever. Looking around at the Tibetan plateau and it all coming together, it was overwhelming.



Q What can climbing Everest still teach us?

The amazing thing with Everest is that it's projected itself beyond the physicality of the mountain. How often do we hear the term 'What's your Everest?'. That's bigger than the mountain, and that's pretty unique. People don't ask, 'What's your mountain bike run?' as a metaphor.

When you start looking at the history of Everest, it can also teach us a whole host of things. Specifically, the collaboration which occurred in 1952 when a Swiss team went there and very nearly climbed in. And then in a show of humility, or perhaps just showing us what the climbing world is like, John Hunt [expedition leader of the successful 1953 summit] shared all the information they had learnt. John Hunt alludes to the fact, that sharing of

information was significant in the success the British team had in 1953. That's 70 years ago, and we still share information; we're very open with our communication because we have to be.

From the perspective of an individual, people have to go above and beyond to achieve their dream.

Q What do you see as the benefits for the outdoors?

The outdoors teaches us everything. I read recently that even academic learning is enhanced when it's taught outdoors. That says a lot about the power the outdoors has. It allows us to open our minds and be more receptive to a myriad of things. I took a group of young people from London to North Wales. It was the first time that they'd been out of London and they were blown away by it. We were only there for 48 hours, but by the end of it you could see they had experienced something totally new to them and that had given them a sense of achievement. They had to work together, they had to take charge of the navigation, cooking the meals. There was teamwork in there, they had to assign a leader for each leg. At the same time, there's that sense of humility. You're in a big, wide-open space, and maybe Snowdonia isn't the Himalayas, but it can be just as grounding, just as overwhelming.

The outdoors can teach us pretty much every tool we need to go into the big wide world, be it from a business perspective, a professional perspective, a personal perspective. It teaches us to interact with each other when things are going well and when they're not. It teaches us to be organised and on point when it comes to navigation or packing a rucksack. A lot of the time it also gives us a heightened sense of awareness.

**The outdoors is critical.
Not just important –
it's critical.**

In the footsteps of pilgrims



The morning sun beats down on the beanfields; bees buzz and drowse; butterflies flutter above the wildflowers. The day is warm and the hills are broad, but there's no one to be seen except two walkers, packs on their backs, bound for Canterbury. It could be a scene from the Middle Ages – a pair of pilgrims on a steady bucolic march to journey's end – were it not for their baseball caps and cargo shorts, and the fact that one of them keeps stopping to check directions on his phone. Somewhere, a blackbird sings.

My friend and I have come to East Kent to take a hike. Specifically, a hike with a purpose. Pilgrimages, according to BBC Travel, are back in fashion, driven by hugely popular trails such as Spain's Santiago de Compostela – but you don't need to head overseas to get involved. The British Pilgrimage Trust now offers more than 250 pathways across Britain, ranging from the 758-mile, three-month Celtic





Cathedral Pilgrimage to the short, five-mile Manchester Cathedral Pilgrimage. YHA properties can be incorporated into many of these routes. Our chosen walk is the winding, 13-mile trail from the village of Wye to the city of Canterbury, where a long-standing YHA hostel occupies a grand old Victorian villa.

It's worth stating early on that although "pilgrimages" have religious connotations, these routes are by no means just for the devout. In our case, we're here for the meditative joys of walking rather than any higher calling. The British Pilgrimage Trust itself – which will be hosting a walk from YHA South Downs to Lewes on 30 September, as part of the YHA Festival of Walking – encourages you to "bring your own beliefs", and wants to see modern UK pilgrims as being representative of today's diverse Britain: multi-faith groups, agnostics, atheists and all. To put it another way, they understand that you don't need to be able to recite Bible passages to feel uplifted – or even healed – by a good walk.

I can state this much. When you wander out of Wye Station on a cloudless morning and realise you've got 13 miles of beechwood paths and downland trails to look forward to, and that for once you didn't forget to pack suncream, it's a liberating feeling. We'd stayed at YHA Canterbury the previous evening, allowing us to fuel up on a cooked breakfast – and an undisclosed number of mini pains au chocolat – on the morning of the walk. From there we walk into town to catch the direct train from Canterbury West out to Wye. It's a pleasant, non-stop, 14-minute trundle, but the day's truest delights lie ahead.

Wye itself is bigger than many of the villages and hamlets we pass through over the course of the day, but its medieval church, where the route proper begins, is a gem. The graveyard is full of ox-eye daisies and ancient yews; the interior is all weathered flagstones and old roof timbers. A path outside leads into the fields beyond, and within minutes we're on a quiet footway that sweeps up into the

hills. "Morning," says a dog walker coming the other way. He's more or less the only person we pass for three hours.

A pilgrimage, as well as being a physical undertaking, is also a kind of metaphor for an inner journey of transformation. Walking can do this to you, whether you're alone, with one or two companions, or part of a bigger group. There's nothing overly profound or symbolic about the hike we're making today – we have no great dilemma to unknot – but it's still a cathartic process. As the miles tick by, green views bellow out to the west. In the distance, barley fields and strawberry farms furl across the map. Close at hand, chiffchaffs call from the hedgerows and a breeze blows through boughs of oak leaves. The conversation loosens, our feet find a rhythm, and the world as a whole seems lighter and brighter.

Mercifully given the midday heat, much of the path is in shade. One woodland stretch lasts close to an hour, a corridor of dappled light and birdsong. We stop to wolf down sandwiches in a forest clearing, chattering back and forth and letting the silences come naturally. On a summer's day, the countryside is its own soundtrack. A particularly well-trodden sunken lane – the type referred to, poetically, as a holloway – curves ahead of us after our lunch stop, and here as much as anywhere it's easy to imagine the footsteps of walkers, traders and pilgrims from centuries gone by.

A quick admin point. The route we're walking, one of several that culminate in Canterbury, wriggles slowly northeast up the map but has no consistent signage. The British Pilgrimage Trust has downloadable maps and directions on its website, so making sure you have them with you is essential. The landscape's a joy around here, but you still don't want to end up three wheatfields away from where you're meant to be.

The second half of the walk is as enjoyable a ramble as the first. By the time we reach the village of Chartham, where pink snapdragons are, improbably, growing high on the church steeple, the beer garden at 15th-century pub The Artichoke comes as a welcome pitstop. From there, the waters of





the River Stour – shallow, clear, and full of bright green streamer weeds – lead the way into Canterbury.

Before long, the great tower of Canterbury Cathedral appears in the distance. Founded way back in 597 but rebuilt and enlarged over the centuries, it's one of the country's great pilgrimage sites, thanks in no small part to witnessing the murder of Thomas Becket – Henry II's accomplice turned nemesis – in 1170. We arrive at the foot of the cathedral just as the bells are sounding for daily 5.30pm evensong. Five minutes later we're inside, listening to choristers filling the soaring interior with soprano psalms. Our dusty boots have never known such a flourishing finale to a walk. Are we pilgrims now? If we are, it feels pretty good.

Three other pilgrimage routes near YHA hostels

Abereddy to St David's Cathedral (7 miles): stay at YHA St David's

Cathedral Cycle Way (2,055 miles): incorporates more than 20 YHA hostels

Bradford-on-Avon to Bath Abbey (12 miles): stay at YHA Bath

britishpilgrimage.org



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



You can help us make sure no child is left behind.

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

Visit yha.org.uk/child to donate and find out how you can make a big difference to a young life.





Lets go!

Amazing amphibians

Here in the UK we have just seven native species of amphibians – animals that can live both in water and on land. They're small and secretive but very special. Let's meet the secret seven!

Our three newt species are usually found in or near ponds and other cool, wet places. They look a bit like lizards, but unlike lizards they have spongy skin and move slowly rather than darting around. They hibernate over winter but can be seen between March and October. The great crested newt is the biggest and rarest of the three.



Great crested newt



Smooth newt



Palmate newt

We have two toad species: the common and the natterjack. Both are warty, and bulkier than frogs. They normally crawl rather than hop, and when it's not the



Common toad

spring breeding season they can sometimes be found in dry places. The natterjack is rarer and gets its name from the loud, croaking call that the male makes in spring.



Natterjack toad

Frogs have smooth skin and are often quite speedy as they hop around. Both UK species are found in wet places. The common frog is a regular sight around garden ponds: the pool frog is much rarer. A non-native species, the marsh frog, can also be spotted in the UK after being introduced. Frogs eat slugs, snails and worms and use their long sticky tongues to catch insects.



Common frog



Pool frog

Five ways to be a GREEN hero!

We live in a beautiful world – and it's up to us to keep it healthy. Here are five easy ways to look after the land around you...



Look after local wildlife

As humans, we're lucky enough to be able to help care for the wild birds, animals and insects that live around us. By planting wildflowers and filling bird feeders we can make a big difference to even a small space. And if you've got a garden, you can even think about making a frog pond or a hedgehog home.

Do a litter pick

When people drop rubbish, it not only looks messy but it can cause problems for the environment. To do a litter pick, all you need is a bag and a pair of gloves – some people even use special litter-picking sticks! Beaches, parks and footpaths are all good places to collect rubbish.



Refill your water bottle

It's vital that we drink enough water each day – but it's also vital that we don't use too many plastic bottles! By using a reusable flask or bottle, we can stay hydrated without creating plastic waste. All our hostels have taps and filling stations where you can keep your bottles full of water.



Choose green transport

Sometimes it's impossible to avoid travelling in a car, but where we have a choice, it's a great idea to travel in other ways. Walking, cycling and scootering are both brilliant – and healthy! – ways to get around, and many of our hostels are close to train stations or bus stops.

Use up food leftovers

It's a real shame when we have to throw away food. By saving our leftovers for another meal, giving them to someone else, or by being careful about how much we buy or cook in the first place, we can make sure we never have to put tasty food in the bin!



A gaggle of geese... and other curious collective nouns

Did you know that many animals have their own collective nouns? A collective noun is a word we use to describe a group of the same creature, such as a herd of deer or a flock of sheep. These collective nouns can sometimes be funny, or poetic, or both! Can you match the collective nouns with the animals below?

A gaggle of geese

A prickle of h_____

A pride of l_____

A dazzle of z_____

A caravan of c_____

A mischief of r_____

A flamboyance of f_____

A romp of o_____

A parliament of o_____

A waddle of p_____

A bloat of h_____

A cloud of b_____

A loveliness of l_____

A pandemonium of p_____

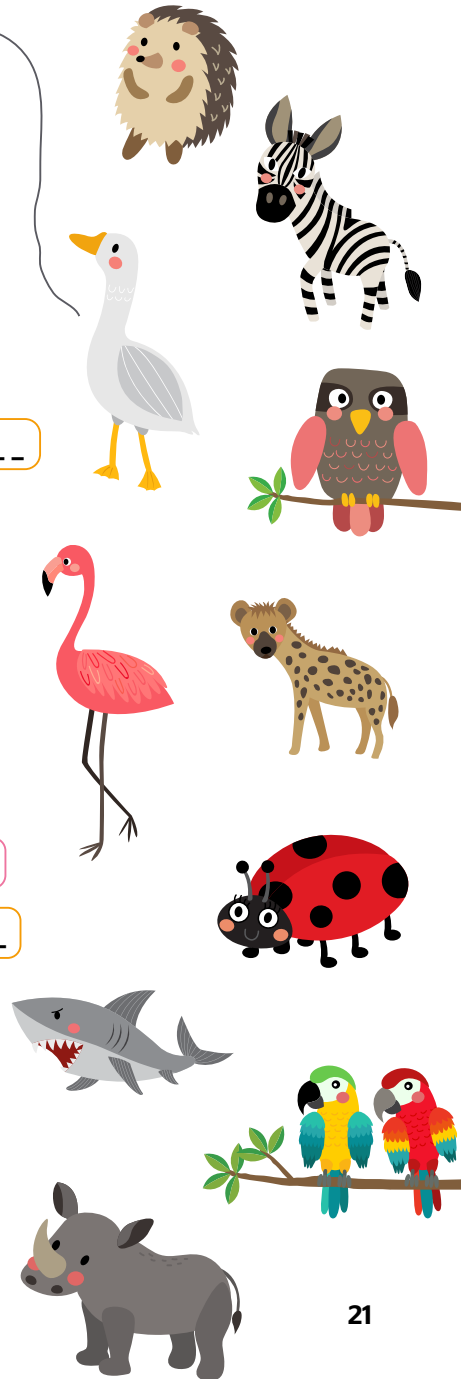
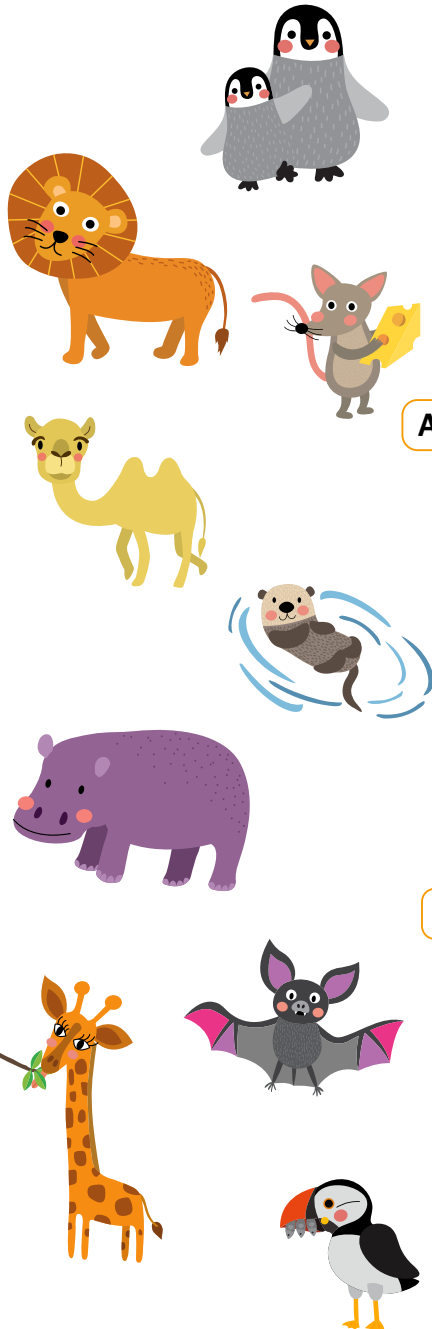
A shiver of s_____

A tower of g_____

A cackle of h_____

A circus of p_____

A crash of r_____



New book competition

We're excited to say we have five copies of brand new book Stone Age Beasts to give away to readers! Published by Walker Books, this wonderfully illustrated book looks at 18 now-extinct creatures that roamed the land in the Stone Age, from the cave lion to the giant short-faced kangaroo. It's packed with prehistoric facts and huge animals!



To be in with a chance of winning, simply answer the following question:

Which creature is pictured on the cover of the book?

- a) A woolly warthog
- b) A woolly llama
- c) A woolly mammoth

Send an email to magazine@yha.org.uk with your answer by **1 October 2023**

Wordsearch

Do you love reading? So do we! Can you find the eight words listed below in the grid?

- | | |
|---|---|
| <input checked="" type="checkbox"/> Book | <input type="checkbox"/> Words |
| <input type="checkbox"/> Library | <input type="checkbox"/> Story |
| <input type="checkbox"/> Reader | <input type="checkbox"/> Author |
| <input type="checkbox"/> Chapter | <input type="checkbox"/> Character |



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



Answers: A gaggle of geese / A prickle of hedgehogs / A pride of lions / A dazzle of zebras / A mischief of rats / A flamboyance of flamingos / A romp of otters / A parliament of owls / A waddle of penguins / A blaat of hippos / A cloud of bats / A loveliness of ladybirds / A pandemonium of parrots / A shiver of giraffes / A cackle of hyenas / A circus of puffins / A crash of rhinos

Urban green spaces

**Fifteen thousand species,
eight million trees,
protected habitats, lakes
and waterways teeming
with life, forests and plains.
Welcome to London in 2023.**



Step off the train at London Victoria or King's Cross and you're met with a jumble of busy people, honking taxis and huffing buses. The odd tree or planter might be the only green you see. So how is it that, in July 2019, London became the world's first National Park City?

“Up until London got that recognition four years ago, the only ecosystems which didn't have any kind of National Park status were cities and urban areas,” Mark Cridge, executive director of National Park City, tells *The Journey*. “But cities can be incredibly biodiverse and rich in nature. London, for instance, is almost 50% green and blue space.”

A surprising statistic, perhaps, but very much true – and it also taps into something deeper. When a status like this is assigned to a place, it changes how visitors interact with it. Across Britain we have National Parks, Areas of Outstanding Natural Beauty, Sites of Special Scientific Interest, Special Areas of Conservation

and Marine Conservation Zones. Each of these has the potential to enrich the natural world and restrict developments that might harm it. Apply National Park status to a city, meanwhile, and the positive effects can go beyond biodiversity and reach into wellbeing, community and public health.

“By thinking of London as a National Park City, it helps people imagine different futures for living in the city,” Mark adds. “It helps us re-establish that essential connection with nature, which is a really important step in building a broad consensus and understanding what's needed to tackle the climate and biodiversity crises. It also helps tackle social problems by getting people to spend time outdoors together. Being immersed in nature is so important for health and wellbeing, not just of individuals but of whole communities.”

If you visit a town or city park near you over the next couple of months, the chances are it might be filled by anything



© Dominique Rivoal



© Michael Shilling

from children having a kickabout to couples and families tucking into picnics. In the evenings, you might find a yoga class, or a rugby team in summer training. There'll be birthday parties and games of ultimate frisbee, Sunday morning jogs and lazy evenings with a beer. Green spaces, in other words, can be seen not only as the lungs of a town or city, but as their heartbeat. York, an ancient city ringed by walls and clustered with buildings, was recently named the British city with the most parks per 100,000 people (it has 15, if you're counting). A spokesperson for The Friends of Rowntree Park group told local paper The York Press: "It's fantastic that the people of the city have good access to parks and green spaces. These are so important to our physical and mental health."

Visit Cambridge or Oxford, Manchester or Bristol, and those green spaces are there. The best part is that you can make these cities even greener. As Mark Cridge says: "Everyone can take steps to make their own neighbourhood greener, healthier and wilder, whether that's on their own front lawn, or working together as a community to create community gardens or pocket parks – or even indulging in a spot of guerrilla gardening.

"National Park City status is about the whole place and landscape, so in some ways it's as much about getting people active outside and bringing together arts, culture,

sports, as it is a connection with nature and green pursuits. But underpinning all of this is that fundamental reconnection with urban nature as a key starting point for seeing the city and your own local community differently."

London National Park City has launched a ranger programme to support people who are already active in the area, offering access to training, equipment and funding, as well as networking with like-minded people in the community, whether that's a schoolteacher, an allotment hero or an eco-artist. "It only takes a small spark to get community action going," adds Mark, "and it's an open invite for more people to support things in any way that they can. It's not all about being super-active or coming out every weekend. It's about finding the right way for everyone to do their bit," Mark added.

In 2021, Adelaide in Australia became the world's second National Park City, and there are at least a dozen other cities around the world working their way to becoming one, including Southampton, Glasgow and Cardiff in the UK.

What is clear, however, is that National Park status or not, green spaces are precious in different ways for each individual person, community group, sports team, animal or plant. And cumulatively, these green and blue bits among the grey are just as important as the mountains, moors, lakes and rivers in the rest of the country.

Best city green spaces

Manchester



Heaton Park is the largest municipal park in Manchester... and Europe. It's home to all manner of community groups too, from beekeepers to an astronomy club. Elsewhere, Mayfield Park in the city centre is home to a surprising number of creatures on the floodable meadows.

Brighton



Alongside the expansive beaches and sea, Brighton has a handful of lovely parks. Preston Park is one of the largest urban parks in the city and also acts as a starting point of the annual Brighton Marathon.

London



Where to start? Richmond Park draws headlines with its deer population, but for something different try visiting Battersea Park, arguably the most interesting urban park in the city. Herons, cormorants and grebes are common visitors to the pond.

Bristol



There are dozens of beautiful parks in Bristol, but perhaps the one with the best view is Brandon Hill, offering city-wide vistas and fine panoramas over the harbour. For wide-open areas, The Downs, alongside Clifton Village, is lovely and within walking distance of Clifton Suspension Bridge.

Liverpool



The opening of Birkenhead Park in 1847 was the first time a local authority had been allowed to use public funds for a public park anywhere in Britain. It's since been a hub of community activities, these days offering regular wellbeing walks and a Park Run.

Swansea



Brynmill Park dates back to 1872 as a public park and remains one of the most appealing green spaces in a city that is full of them. A recent Heritage Lottery grant has enabled it to be restored to its former glory.

9 hostels for YHA Camping & Cabins

YHA's sleeping options extend far beyond the rooms in our hostels. Across our network, we have *deep breath* bell tents, Landpods, tipis, pods, safari tents, and even converted Airstreams. You can bring your own tent to many of the hostels, too. Here are some of our favourites for stays under the stars.



YHA Eden Project

On-site glamping at the world-famous attraction

The otherworldly biomes of the Eden Project make it one of the most recognisable sights in Britain. YHA provides the official accommodation and offers light-touch camping accommodation with premium bell tents, Landpods and converted American Airstreams. The world-renowned attraction also has a campsite, and is well placed to explore Cornwall.

yha.org.uk/hostel/yha-eden-project



YHA Brecon Beacons

Welsh mountain hideaway with Landpods and camping pods

Alongside accommodation in a 19th-century farmhouse – from where you can see Pen y Fan, the highest of the Brecon Beacons – this hostel also has camping pods and Landpods. What's a Landpod? A snug, caravan-style hideaway raised off the ground, sleeping up to four on two double mattresses, with a cosy seating area.

yha.org.uk/hostel/yha-brecon-beacons

YHA Beer

Beautiful Devon property with camping and bell tents

Beer, along the Jurassic Coast, is one of those exciting, wholesome places where childhood memories are made. Staying in one of our premium bell tents, complete with a wood burner, solar lighting and comfy bean bags, adds an exciting dimension to a family holiday. They sleep five, with a double bed and a double and single futon.

yha.org.uk/hostel/yha-beer



YHA Manorbier

Coastal getaway with bell tents and camping pods

The Pembrokeshire coast is arguably the most dramatic in Britain, and the clifftop YHA Manorbier couldn't be better placed to witness its wild seas and sandy coves. The hostel itself is particularly family-friendly, with ample accommodation, including camping pods, Landpods and four premium bell tents.

yha.org.uk/hostel/yha-manorbier

YHA New Forest

Hostel and camping options by the village of Burley

Among the open moorland and wooded glades of the New Forest is this hostel, offering Landpods, premium bell tents and wooden camping pods. Think of the camping pods as a snug den with extra protection from the weather – each pod has a double bed, two single beds and a heater.

yha.org.uk/hostel/yha-new-forest





YHA Truleigh Hill

Safari tent stay on the South Downs

YHA Truleigh Hill is located high in the South Downs National Park above Shoreham. Alongside the large hostel itself, you'll also find Landpods, premium bell tents and a luxury African-style safari tent. The latter comfortably sleeps six people, with a kitchen and a large, decked barbecue area.

yha.org.uk/hostel/yha-truleigh-hill

YHA Hartington Hall

Historical Peak District escape with bell tents and Landpods

This 17th-century manor house is set among some of the quieter areas of the Peak District and within walking distance of the beautiful River Dove. The property's bell tents and Landpods all come with a bench and firepit outside. As elsewhere, camping guests have full access to the hostel's facilities.

yha.org.uk/hostel/yha-hartington-hall



YHA Borrowdale

Idyllic getaway in the Lake District

YHA Borrowdale sits close to some of the Lake District's most impressive mountains, including Scafell Pike and Great Gable. As well as hostel accommodation, the grounds are home to camping pods, Landpods and a pitch-up campsite. The property – TGO Magazine's Hostel of the Year – also has a well-stocked bar.

yha.org.uk/hostel/yha-borrowdale

YHA Eskdale

Riverside hostel and Landpods in the Lake District

YHA Eskdale has captivating views over the towering fells of the Lake District fells – and a dedicated bird-watching hut. Among its 15-acre grounds are also a handful of Landpods. Each has a roof that can be lifted open, making them perfect for soaking in the sun or stargazing away from light pollution.

yha.org.uk/hostel/yha-eskdale





YHA Festival of Walking

**3 September to
19 October 2023**

yha.org.uk/festival-of-walking

YHA and walking have been perfect partners since 1930. We celebrate with a walking festival in autumn so everyone gets the chance to discover the joy of walking.

- Social walks led by expert guides.
- Over 180 route maps available for self-guided circular walks from hostels.
- 20% off accommodation at selected hostels during the festival.
- Free cuppa and cake following social walks at participating hostels.



How to get into Nordic walking

Nordic walking has become recognised globally for its physical and mental health benefits. But what exactly is it? Let British Nordic Walking be your guide.

As part of YHA's Festival of Walking this September and October, British Nordic Walking is offering two Nordic walking sessions, one from YHA Ironbridge Coalport in Shropshire and another from YHA Bristol. These sessions give an ideal opportunity to try this form of walking, with free tuition explaining the basic technique – but why wait until then?

What is Nordic walking?

At its core, Nordic walking is an enhanced walking technique that uses poles to work

your upper body – in a manner similar to cross-country skiing – as well as your legs. It's a whole-body exercise that can be enjoyed at low, medium or high intensity. Walking with poles is proven to burn more calories, as well as releasing tension in your neck and shoulders. Yes, it's a workout, but the joy of the technique is that it doesn't feel like one! Its name comes from the fact that it originated in Finland.

The benefits are widespread. Catherine Hughes, CEO of British Nordic Walking, tells *The Journey*: "We know that exercise is good for us, but it's more fun when we share the experience, walking side-by-side with friends and, of course, finishing off with coffee and cake. People love the social interaction of Nordic walking and develop strong friendships over time – in some cases they even get married! It's a way for people to

get away from work, chores and digital distractions, a way to calm their minds and relax by noticing the natural world around them. There's so much to see as the seasons change, even in urban environments."

How to start Nordic walking

The technique uses specially designed poles – not to be confused with trekking poles, which have loops and chunkier grips – to enhance your natural walking experience. The use of them actually feels easier than normal walking, particularly uphill, putting less strain on joints and making it effective for people with mobility issues, or those recovering from illness or injury. Whatever your age, from eight to 80-plus, you'll enjoy discovering the benefits of Nordic walking. And millions of practitioners worldwide are evidence that it can genuinely improve your quality of life.

"The best way to get started is to have a few lessons from a Nordic walking instructor and join a group," continues Catherine. "An instructor will be able to teach the special technique that harnesses upper-body strength, which in turn will make walking feel easier and burn more calories than ordinary walking."

Visit britishnordicwalking.org.uk to find an instructor near you. And if you like it, British Nordic Walking is a not-for-profit organisation that trains people to become Nordic walking instructors and supports them to set up groups in the community.

Nordic walking at YHA's Festival of Walking

Join British Nordic Walking's guided social walks for YHA's Festival of Walking from YHA Bristol on 14 September and from YHA Ironbridge Coalport, Shropshire, on 30 September.

Visit yha.org.uk/festival-of-walking for details of all the guided and self-guided walks on offer.



Three of the best walking shoes

Along with a waterproof jacket, a good pair of walking shoes is a piece of kit that's always worth the investment. There's a huge range of options, from traditional leather boots and trail shoes to sandals for summer wear. We've picked out three different shoes for three different uses.



Best for summer walking

KEEN Arroyo II

keenfootwear.de/en | £120

KEEN has long had the market for walking sandals. And for good reason: these are supremely comfortable sandals that offer the protection and support of a regular walking shoe... you're just not going to get as sweaty! The sole has deep lugs offering loads of grip, while KEEN's trademark toe protection will avoid any wayward stones. It also has waterproof leather and a secure fit around the heel.

Best for budget mountain boots

Regatta Samaris II Mid Walking Boots | regatta.com | £75

Walking boots don't come cheap, but Regatta is one of the lower price brands out there. The Samaris II are a great pair of budget walking boots. They have a synthetic upper with a breathable waterproof membrane. The outsole is excellent, with deep lugs for grip on those muddy trails. There's also plenty of cushioning meaning all-day comfort. They're currently on offer for £75.



Best for quality and durability

Hanwag Banks Lady GTX

hanwag.com/uk | £225

These three-season boots tick all the right boxes. Comfort is key – the midsole has been updated to suit longer hikes – and so too is versatility, with Gore-Tex lining and a Vibram® Endurance Pro outsole designed to make trail-walking a breeze. Much of the boot is covered in Leather Working Group Gold-rated nubuck leather, which is both sustainable and high-quality, and they're a joy to wear.





© AdobeStock/Tamas

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

How to choose a pair of walking boots

Walk into any outdoor shop, and you'll be confronted by dozens of shoes, boots and sandals, all designed for walking in the hills. You'll get great advice in store, but knowing where to start when choosing a pair can be bewildering. Here are a few tips to make sure you get off on the right foot (see what we did there?).

1 Where are you going?

Be realistic about what you'll be using them for. If they're only for the summer months and low-level country walking, then consider a pair of shoes or sandals. If you're going to be doing some serious mountaineering, especially in winter, then you need to be looking at four-season boots, ideally ones that are crampon compatible. For everything in between, consider the versatile 'three-season boots'. These will see you through mountain walking in, yep, spring, summer and autumn.

2 Leather or synthetic?

Walking boots fall into two categories of material: leather and synthetic. Generally,

leather boots are long-lasting and durable but tend to be heavier and hot in summer. Synthetic materials are often lighter and easier to break in. That said, the difference between the two is much less pronounced these days. They'll usually have a waterproof membrane that keeps water out but breathable enough so your feet don't sweat too much.

3 How should they fit?

This is easily the most important consideration. You'll need a finger's width between your longest toe and the end of the boot, once you're on your feet. For width, you need to ensure there are no 'hotspots' that could turn into blisters later, and your heel is stable. Each brand has a slightly different fit, so try plenty.

4 Don't forget the socks

A decent pair of socks is almost as important for fit and avoidance of blisters. Darn Tough socks are one of our favourites.

Hostel guide



Book now

Visit yha.org.uk

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

YHA Grinton Lodge	Grinton, Richmond, North Yorkshire, DL11 6HS
YHA Hartington Hall	Hall Bank, Hartington, Buxton, Derbyshire, SK17 OAT
YHA Hathersage	Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
YHA Hawes	Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ
YHA Hawkshead	Hawkshead, Ambleside, Cumbria, LA22 0QD
YHA Haworth	Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT
YHA Hawse End	Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
YHA Helmsley	Carlton Lane, Helmsley, North Yorkshire, YO62 5HB
YHA Helvellyn	Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
YHA Holmbury	Radnor Lane, Dorking, Surrey, RH5 6NW
YHA Honister House	Seatoller, Keswick, Cumbria, CA12 5XN
YHA Hunstanton	15 Avenue Road, Hunstanton, Norfolk, PE36 5BW
YHA Idwal Cottage	Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
YHA Ilam Hall	Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ
YHA Ingleton	Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
YHA Ironbridge Coalbrookdale	1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR
YHA Ironbridge Coalport	John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
YHA Jordans	Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN
YHA Keswick	Station Road, Keswick, Cumbria, CA12 5LH
YHA Kettlewell	Kettlewell, Skipton, North Yorkshire, BD23 5QU
YHA Kings	Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB
YHA 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 Albert Dock	25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
YHA Lizard	The Polbreen, 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 Pauls	36 Carter Lane, London, EC4V 5AB
YHA London Thameside	20 Salter Road, Rotherhithe, London, SE16 5PR
YHA Lulworth Cove	School Lane, West Lulworth, Wareham, Dorset, BH20 5SA
YHA Malham	Malham, Skipton, North Yorkshire, BD23 4DB
YHA Manchester	Potato Wharf, Castlefield, Manchester, M3 4NB
YHA Mankinholes	Mankinholes, Todmorden, Lancashire, OL14 6HR
YHA Manorbier	Manorbier, nr Tenby, Pembrokeshire, SA70 7TT
YHA Medway	351 Capstone Road, Gillingham, Kent, ME7 3JE
YHA Minehead	Alcombe Combe, Minehead, Somerset, TA24 6EW
YHA National Forest	48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD
YHA New Forest	Cott Lane, Burley Ringwood, Hampshire, BH24 4BB
YHA Newport Pembrokeshire	Lower St Mary Street, Newport, Pembrokeshire, SA42 0TS

YHA Ninebanks
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, Bardon 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 OHD
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

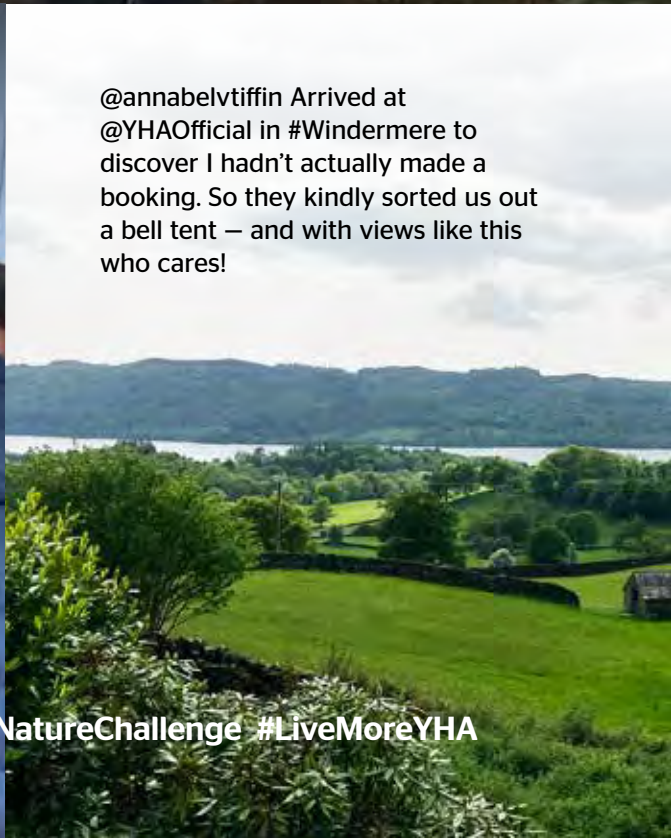
Reader's pics

@ Lucy_Duszcak What a fabulous walk with wonderful people in memory of YHA's lovely YHA facilities manager Dave Jones. #SummerSolstice2023



A little bit of chillin' time before dinner @YHAOfficial #Residential #Liverpool @CGPrimarySchool

@annabelvtiffin Arrived at @YHAOfficial in #Windermere to discover I hadn't actually made a booking. So they kindly sorted us out a bell tent – and with views like this who cares!



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



WIN a Craghoppers fleece and bum bag worth more than £100

Can you name the mountain ranges?

In this issue we interview climber Kenton Cool, recently returned from his 17th ascent of Everest. But how well do you know the world's highest summits? To be in with a chance of winning the prize, simply tell us which mountain ranges the following global peaks are located in.

1. Aconcagua
2. Mont Blanc
3. Mount Elbert
4. K2
5. Mount Toubkal

To enter, send us an email with your five answers to magazine@yha.org.uk by 1 October 2023. Feel free to share your thoughts on this magazine at the same time.

About the prize

Head into autumn with style and sustainability with your chance to win a CO2 Renu Half Zip from Craghoppers. This award-winning fleece is made with 100% polyester, 30% of which is Bio3 smart polyester, from captured CO2 emissions.

Designed in collaboration with industry experts LanzaTech, the CO2 Renu Half Zip uses reshaped carbon waste, with CO2 emissions as the starting point. This ultra-soft fleece with two roomy zipped pockets is a first for the outdoors market and makes for the perfect year-round insulating base or mid-layer.

Your prize will also include a Kiwi Classic Bum Bag to offer an extra 1.5L of carry space to keep smaller trail essentials close by and secure.

craghoppers.com





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

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