



yha



# The Journey

autumn 23

# Autumn of adventure

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

Dorm beds available from £15 per night and private rooms from £30 per night.

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





# Hello

...and welcome to the autumn issue of The Journey. It's always tempting to view the year with a wide-angle lens (can the festive season really be so close already?), but the real joys come from focusing on the here and now. So pull out those warmer clothes and fix your gaze outside – autumn, it's great to see you again.

It's a season with huge potential for adventure, whether you're hitting the slopes, visiting a city or exploring a completely new part of the map. In this issue we're travelling everywhere from South London to Eryri (Snowdonia) National Park, sharing tips on how to make the most of a visit.

We also have an exclusive interview with *Eastenders* and *Gavin & Stacey* star – and YHA supporter – Larry Lamb, who speaks with passion about getting young people outdoors. Elsewhere, you'll find an overview of how to enjoy the canals of England and Wales without getting into a narrowboat, a round-up of some of our best mountain hostels and a focus on nature conservation, as well as the usual news and reviews and Let's Go!, our regular four-page pull-out for kids. Happy reading, and enjoy the season.



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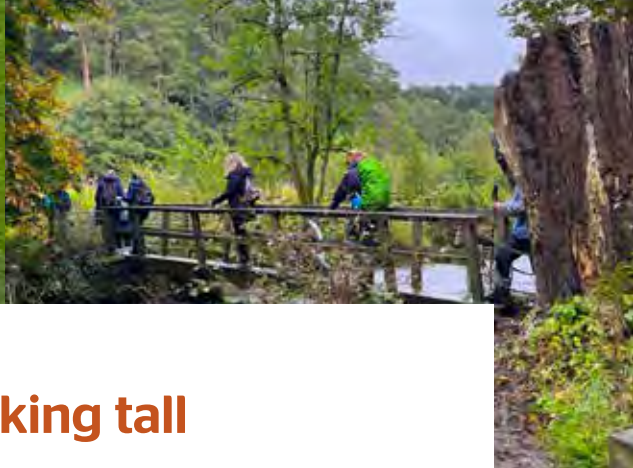
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## Competition

Win a Lowe Alpine AirZone Trail 30 hiking pack





## Walking tall

Was it muddy? Sometimes. Was it enjoyable? Hugely. The 2023 YHA Festival of Walking took place between 3 September and 19 October, bringing together members, guests and other outdoor enthusiasts. Events were held at locations up and down the map – from Northumberland to the New Forest and from Pembrokeshire to the Peak District – offering a range of guided social walks (with free cuppa and cake) alongside a whole host of self-guided routes. We also worked closely with outdoor organisation Access The Dales to promote a wide choice of accessible routes in some of the most stunning parts of England and Wales. All in all, it was a great success. Thank you to everyone who joined in!

Find free route maps at [yha.org.uk/festival-of-walking](https://yha.org.uk/festival-of-walking)





# Five things not to miss in... Rotherhithe

In England's capital, attention often falls on the predictable big-ticket sights. Look to the South East London district of Rotherhithe, however, and you'll find rewards – including a newly reopened hostel.

## 1 YHA London Thameside

This summer saw the reopening of one of our key city properties after refurbishment. YHA London Thameside feels removed from the urban throng while also sitting just a half-hour river stroll from Tower Bridge. It has 70 en-suite rooms in total.

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

## 2 Brunel Museum

When the Thames Tunnel opened under the river in 1843, it was a world first. The project designer was Marc Brunel, who employed his son, Isambard Kingdom Brunel, as resident engineer. This small museum tells the full story, and grants access to the tunnel shaft.

[thebrunelmuseum.com](https://thebrunelmuseum.com)

## 3 The Thames Path

The Thames Path follows the river for 185 scenic miles from The Cotswolds to East London. At YHA London Thameside, the



path threads almost right past the door, giving the perfect opportunity to hike through the heart of the city.

[nationaltrail.co.uk/thames-path](https://nationaltrail.co.uk/thames-path)

## 4 Stave Hill Ecological Park

Barely half a mile from the hostel door is this “urban ecology site”— part nature reserve, part recreational area and part education facility. It's brilliant for kids, with plenty of natural woodland, and is all the more impressive for having been created from scratch.

[tcv.org.uk/london/urbanecology/urban-ecology-sites/stave-hill-ecological-park/](https://tcv.org.uk/london/urbanecology/urban-ecology-sites/stave-hill-ecological-park/)

## 5 The Mayflower Pub

Said to be the oldest pub on the Thames, this wonderfully creaky boozier has been around since 1550. Outside is the original mooring point of The Mayflower, the ship that carried the Pilgrim Fathers to North America.

[mayflowerpub.co.uk](https://mayflowerpub.co.uk)



# Introducing... Outdoor Adventure Girls



**All you need to know about the UK's fastest-growing women-only outdoor adventure community.**

## What is Outdoor Adventure Girls?

Outdoor Adventure Girls was founded in 2021 by Sophie Davis, a travel writer and influencer. In Sophie's words, "the group aims to give women the confidence to get outdoors, connect with other women and push themselves outside of their comfort zone". Its mission is to create a safe and inclusive environment for women and to challenge the lack of representation of women in the outdoor space.

Sophie set up the group after being sexually assaulted in her early 20s and spending years feeling isolated, scared and

alone. She wanted to empower women to have confidence and tap into the resources and support to get outside. The organisation now employs an all-female team of event hosts and moderators located across the UK.

## How can I get involved?

The community now has 12 regional groups, collectively covering the entire country, where members can meet women local to themselves, host their own meet-ups and also join pre-organised trips through Outdoor Adventure Girls HQ.

The organisation has a selection of paid-for weekend breaks, training days and overseas trips, designed to allow women to reconnect with nature and make new friends. In 2023 alone they've hosted 11 UK-based weekend trips, and four international trips to Bali, France, Iceland and Morocco. There are many ways to get involved with the group and you can find more details on their website [outdooradventuregirls.com](https://www.outdooradventuregirls.com).



# Walk of the season: Bath

**This is a city walk with a difference — for a city with a difference. There’s nowhere quite like Bath, where wellbeing has been a way of life for 2,000 years, where townhouses stand on stately Georgian terraces, and where you still half-expect to see gentlemen in pantaloons hailing horse-drawn carriages.**

Long before the Regency period, of course, came the Romans. Attracted by the large natural hot spring which — then as now — bubbles up from the earth, they settled here, building temples and baths and calling the place Aquae Sulis.

But Bath’s long history is just one side of its appeal. This is also a hugely picturesque city, its skyline dominated by the medieval bulk of Bath Abbey and its outskirts ringed by green hills.

This is where the Bath Skyline walk comes in. The six-mile loop is managed by the National Trust and makes the most of the rambling countryside on the upper edges of town. Bath is no vast metropolis, so the route is still reasonably close to the centre, but at the same time the path immerses you in a world of woodland, wildlife and

wide-open views. Points of interest along the way include the turreted 18th-century Sham Castle, the ancient Smallcombe Wood, and the remains of a Georgian quarry tramway.

Adding to the enjoyment, meanwhile, is the fact that YHA Bath sits barely a hop and skip from the start of the route. The hostel is set in a striking Italianate building and is still sitting pretty on the back of a multi-million pound refurb a few years ago.

Signage for the Bath Skyline walk is relatively consistent throughout, but it still makes sense to use a map. The following directions are an abridged version of the fuller details given on the dedicated National Trust page at [nationaltrust.org.uk/visit/bath-bristol/bath-skyline/bath-skyline-walk](https://nationaltrust.org.uk/visit/bath-bristol/bath-skyline/bath-skyline-walk)

Stay at YHA Bath [yha.org.uk/hostel/bath](https://yha.org.uk/hostel/bath)



**Distance:** 5.8 miles (9.3km)

**Ascent:** 235m (771ft)

**Start/Finish:** what3words

///live.shares.item

**Time:** 3 hrs 30 mins to 4 hrs

**Map:** OS Explorer 155

**1** Begin near YHA Bath, where Bathwick Hill meets Cleveland Walk. Follow Cleveland Walk for 400m until footpath on R. Follow to meet North Road. Turn R, continue to kissing gate (KG).

**2** Climb steps and cross field. At top, through KG onto small road. From bench, keep views on L. Take path down into woodland. Ignore KG on left, follow path R and R again, uphill to KG.

**3** Turn L onto track, keeping woods on L. Approaching radio masts, leave wider track and take grassy path to L. Cross two fields, then descend slope which bears L. Turn R into wood through gate.

**4** Follow path until junction. Cross through large rocks and up short slope between trees. At split, take wider middle path, past cliff on R. Keep to higher path, ignoring others. At Y junction, bear L and continue through KG.

**5** Continue with fence on L. At end of field, go through gate then R. Cross field until gate. Go through, then L along track. Turn R through wooden gate. Go over stone stile on L, then R for 100m. Turn L at gap before Cats & Dogs Home. Follow to Claverton Down Road, then L for 40m to layby.

**6** Go through gate to L of layby. Continue through several gates until woodland on R. Follow path for 1km, until wooden gate in wall. Go through and cross cycle track. Continue, with playing field on R. Bear L down slope.

**7** Turn R, through pillars. Continue with valley views on L. Pass pond on L then bear R up steps. Continue until cycle track, then turn L for 150m until KG.



**8** Descend to main road. Cross and continue, with views to R. Turn R into field through KG, then L through second KG. Descend field, keeping views ahead. Bear R to KG near trough, then follow path down steps.

**9** Go through KG, cross lane, and enter gate. Continue up path and steps, bearing R and bending L. Go through KG into field. Continue up slope until Bath in view. Bear R then keep L to KG into Richens Orchard. Cross top of orchard to another KG. Bear L and head for KG then take path to R. Continue 200m across field to pedestrian gate. Exit field, continue to reach Bathwick Hill.



# Larry Lamb

***Eastenders* and *Gavin & Stacey* star Larry Lamb's first outdoor experience was on a youth hostelling holiday in the late 1950s. Seven decades later, after reading about YHA's No Child Left Behind appeal, he was moved to make a donation and has now become an ambassador for the campaign.**

“When I was 11 years of age, my father, brother and I went on holiday,” Larry Lamb tells *The Journey*, reminiscing about his first hostelling experiences. “We had a budget of £11 and a free ride out of London. There were these institutions called youth hostels where you could stay. We arrived at the hostel in Hungerford, in Berkshire, for our first stop,

and we then started hitchhiking across the West Country staying in other hostels. It made me realise there was much more of the world out there than going and spending a week in Southend, Clacton or Harwich.”

For the celebrated actor – who has dozens of film and TV credits to his name – this formative experience led him to get

involved when he discovered that YHA had been badly affected by the pandemic and cost-of-living crisis. After reading about our No Child Left Behind appeal, which aims to ensure disadvantaged young people get the chance to take school trips, he decided to do something to help.

“I thought, this is a terrible thing. There are still millions of young kids whose parents don’t have cars or can’t afford to take a holiday, and don’t even have the opportunity to go and have a look around an area of the country.

“There are plenty of young kids in a similar situation to the one I was in back in 1957, and we’re now in 2023, which I find beyond preposterous. So I thought I’d put some money in. In its own little way, that youth hostelling trip was a significant part of my life.”

Larry recounts how, in 1957, his uncle had given them a lift out of London at the start of their trip, leaving them two miles from the hostel door because of a policy where it was cheaper if you turned up on foot or bike.

Despite wrestling with a sheet sleeping bag, the trio soon started enjoying the adventure. In Bath they befriended a couple of German boys – the first such people he’d ever met – and they also went swimming in the Roman baths.

“It really opened my eyes,” Larry remembers. “It opened my eyes to ancient history when we went to see the baths. I’ve since been a real history nut, visiting sites like that all over the Roman world.”

“We then went to Bristol, and a hostel near Weston-super-Mare. Those experiences as a little boy were really made possible because we could stay in these youth hostels for next to nothing. They enabled me as a kid to get a look around the country.”

Larry explains how the trip led directly to a life of exploration and travel, spending a

lot of time in Germany and France. It’s a story that ultimately led him into TV, appearing in a whole host of classic British TV shows, including *Eastenders* and *Gavin & Stacey*, as well as enjoying a stellar theatre and movie career.

“Travelling is always about the journey, not just the place you’re going. I’ve been travelling ever since that trip to the West Country. You have to learn to understand what travelling means. It’s about opening kids’ eyes, it’s about helping their parents to give what most parents want to give their children, and that’s a chance to see the world. Anything that enables kids to get a view of the world from a different standpoint is important.”

And for Larry, his thirst for travel in Britain has never abated. “With my boy George, we did a series called Britain by Bike and the pair of us were completely sideswiped by what we saw. To go to the Isles of Scilly, the Outer Hebrides, the Cairngorms,

Snowdonia, Pembrokeshire and the New Forest, you realise just what an extraordinary little world there is in Britain.”

## **There are plenty of young kids in a similar situation to the one I was in back in 1957, and we’re now in 2023, which I find beyond preposterous.**

YHA’s No Child Left Behind appeal gives children access to adventures at a time when school budgets are tighter, household bills are higher and, as a result, more school residential trips are being cancelled. Countless children are affected, but those from low-income families could be missing out on their only chance of a night away from home. To learn more about the appeal, please visit [yha.org.uk/child](https://yha.org.uk/child)

# The YHA guide to Eryri (Snowdonia) National Park

Eryri (Snowdonia) National Park, covering 823 square miles of north Wales, is one of the UK's most thrilling destinations. It encompasses nine mountain ranges and a whole world of long-distance walks, dramatic coastlines, gnarly crags and steep biking trails — as well as being a region packed with life and culture.

Eryri (Snowdonia) is enshrouded in folklore, natural history and tales of human perseverance. Dig into its past and you'll find stories of bravery entwined in the park's high mountains, remote tarns and ancient pathways, from the mythology of the giant Rhitta Gawr, said to have been slayed here by King Arthur, to the area's role as a training ground for early Everest expeditions.

It's also the most southerly place in the UK where you can find rare arctic alpine plants such as Moss Campion, several Alpine Saxifrages, and the famous but incredibly rare Snowdon Lily. The region is home, too, to a wide array of birdlife such as ring ouzels, wheatears, ravens and peregrine falcons.

The landscape itself was riven by vast glaciers. We know this because it was in Cwm Idwal, in 1831, that large boulders

caught the eye of a certain Charles Darwin. His realisation that these were deposits left by retreating glaciers some 10,000 years earlier caused massive controversy in Victorian society, as his proposed timescale contradicted most interpretations of the age of the planet.

Today, Eryri's remarkable geology represents a world-class playground for the modern outdoor-lover: a busy mess of rock that routinely attracts walkers, climbers, mountain bikers and other thrill-seekers.

In this guide, we've highlighted some of the area's best walks and cycle routes. Be aware, however, that the mountains here can be unforgiving, especially in the months approaching winter. If your appetite has been whetted, be sure to choose routes that suit not just your ability, but the weather, too.



# Best for walkers

## Yr Wyddfa (Snowdon)

Yr Wyddfa (Snowdon) is the king of mountains in England and Wales, a fantastically complex jumble of Alpine-like arêtes, spurs and scooped valleys, all leading to its pyramidal peak. There are numerous ways to reach the summit from almost every angle, with routes for most abilities, from the relatively straightforward Llanberis Path to the knife-edge ridge of Crib Goch (and there's also the train, of course). But stay alert: this is a vast mountain, and the weather conditions can vary from the top to the valleys. Always check the warden's report.

## The Snowdon Horseshoe

Is this the finest ridge walk in the country? The Snowdon Horseshoe is an exhilarating day out in the mountains and should be attempted by very experienced walkers only. It starts from Pen-y-Pass and leads up to some thrillingly exposed grade 1 scrambling across Crib Goch and Crib y Ddysgl, then on up to Yr Wyddfa, Snowdon's principal peak, returning by way of the twin peaks of Y Lliwedd, where the dark crags witnessed some of the world's first formal rock-climbing. The route covers seven miles of jagged, open mountain terrain and requires an entire day. It's an even more serious proposition in winter conditions: a full-on mountaineering experience.

## Glyderau

Few walks anywhere match trotting through the magnificent naughty twins of Glyder Fawr and Glyder Fach: the grandeur of the scenery, the thrill of vertiginous passes, the otherworldly geological formations. The Glyderau mountain group, just northeast of Yr Wyddfa, offers a proper mountain day out: head up via the Devil's Kitchen, a satisfying walk that, while not technically a scramble, requires a little hand-on-rock action and a head for heights. The nearby

shark-fin peak of Tryfan is another proper scramble that requires expertise to tackle, and if you're after a more relaxed adventure, the walk around Cwm Idwal takes in some stunning Eryri scenery.

## Cadair Idris

As a bit of an outlier from the Snowdon Massif, Cadair Idris is a stand-alone giant, an intricate structure of cwms, moraines, scree and lakes. The mountain has impressed local storytellers for hundreds of years, with plenty of folk tales set on its slopes. There are a wide variety of ways to reach the 893-metre summit, the Pony Path being the most common. One well-known legend around the mountain is that if you sleep alone on the summit, you'll wake as either a poet or a lunatic. Not a chance we'd take.

### Fact file

**Size:** 823 square miles

**Mountain ranges:** nine

**Coastline:** 74 miles

**Woodland:** 11,000 hectares

**Walking trails:** 1,497 miles

**Language:** Welsh is the first language of over 58% of Eryri National Park's population.



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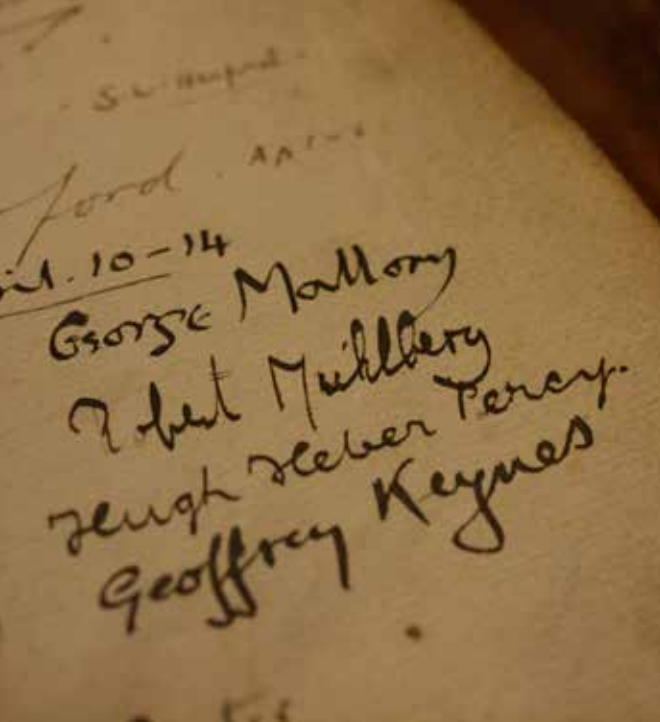


## Best for cyclists

The National Park is home to one of Britain's very first mountain biking centres. It could be argued that it was here at Coed y Brenin ([beicsbrenin.co.uk](http://beicsbrenin.co.uk)) that modern British mountain biking was born in the 1990s. It began with local enthusiasts carving out a few trails and has grown to the point where it now offers more than 90 miles of routes for all abilities. The 'Beast of Brenin' is the trickiest route, being well suited to more experienced riders, while beginners can take on the five-mile Yr Afon 'green' trail. There are also trails for children and riders with disabilities.

Alongside the sizeable Coed y Brenin are a couple more mountain bike centres. Antur Stiniog ([anturstiniog.com](http://anturstiniog.com)), near Blaenau Ffestiniog, has 14 trails graded from green to black and has previously hosted the British Downhill Championships. It has a café, bike shop and showers, and can offer coaching. Elsewhere, Beicio Mynydd Dyfi Mountain Biking ([beiciomynyddyfi.org.uk](http://beiciomynyddyfi.org.uk)), in Machynlleth, is a community interest company with four long mountain biking trails.





## YHA Snowdon Pen-y-Pass and the Everest of Wales

The Himalayas might be half a world away, but the history of British Everest expeditions is indelibly linked to Yr Wyddfa. It was on the dark, vertiginous cliffs of Y Lliwedd and Clogwyn Du'r Arddu that Edmund Hillary – and, before him, George Mallory with his climbing partner Andrew Irvine – practised their techniques. YHA Snowdon Pen-y-Pass was once the Gorphwysfa Hotel, an infamous haunt for early climbers who often interspersed their rock-scaling exploits with riotous evenings in the hotel: the guestbook (still in the YHA archives) includes names of

climbing legends such as George Mallory, the Abraham Brothers and the remarkable Geoffrey Winthrop Young, who would arrive from Cambridge with his outdoor-loving cohorts on annual Easter gatherings from 1903 until the 1930s.

Further down the pass, meanwhile, is the atmospheric Pen-y-Gwryd Hotel, which also hosted the Everest climbing stars of the 1950s. The walls are still covered in photographs of the era, alongside signed pictures and items from the successful 1953 expedition.

# 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](https://yha.org.uk/child) to donate and find out how you can make a big difference to a young life.



# Let's go!



## The International Space Station

Twenty-five years ago, in November 1998, the International Space Station (or ISS) was launched into space from a rocket in Central Asia. Over the next 10 years, extra sections were attached to it, making it the largest space station ever built.

### Where is it?

Two hundred and fifty miles above us – but it doesn't stay still! The ISS is always on the move, circling the planet. It takes just 90 minutes for it to travel all the way around the world. That means it makes about 16 circuits of the Earth every day!

### Why is it there?

It gathers important information on space, which is very useful for scientists. The ISS also helps us to understand what might be needed if humans ever live in space.

### Who's on board?

At any one time, there are six fully trained astronauts on board the ISS. These men and women come from different countries and have to live in a very special way. There's much less gravity on the ISS than there is on Earth, which means they can float

from room to room! They have to sleep in sleeping bags attached to the walls. Each person usually spends six months there before coming back home. British astronaut Tim Peake was on the ISS from late 2015 to early 2016.

### What do they eat and drink?

Astronauts on the ISS have three meals a day, just like us. All their food is brought up from Earth, so they eat things like fruit, nuts, chicken and peanut butter. They have to drink through special mugs with straws, to stop the liquid floating away.

### Is the ISS visible from Earth?

Yes! You can sometimes see it as a bright spot moving through the night sky. If you go to this website, you can check where it is right now! [isstracker.spaceflight.esa.int](http://isstracker.spaceflight.esa.int)



# Wild cats

There are 40 different species of wild cat found around the world. Some – such as lions, jaguars and tigers – are very well known, but others are much less famous. Here we look at four of the world's most unusual wild cats.



## Margay

### Where is it found?

#### Central and South America

This pretty little cat is hard to see – not just because of its perfectly camouflaged coat, but because it only comes out at night. When it goes on the prowl, it spends almost its whole time in the treetops, creeping along branches in search of monkeys and birds. It's a very good climber, with a long tail to help it stay balanced.



## Clouded leopard

### Where is it found? Asia

It can't roar – or even purr – but this mysterious wild cat is one of the most impressive on the planet. Found in the

cloud forests of Southeast Asia, it takes its name from the large blotched pattern on its fur. It has special ankle bones and super-grippy claws, which mean it can walk headfirst down tree trunks!



## European wild cat

### Where is it found? Europe

The wild cat that lives nearest to England and Wales is this small forest-dweller. It's found in different parts of continental Europe – and even Scotland! And although it looks a lot like a domestic cat, it's slightly bigger, with longer

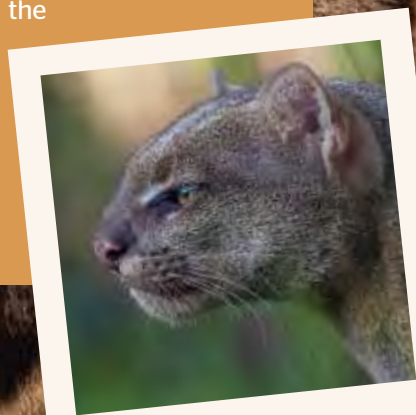
legs and a bushy tail. It feeds on rabbits, hares, voles and birds.

## Jaguarundi

### Where is it found?

#### Central and South America

Sometimes known as “the shadow cat”, this medium-sized wild cat is one of the rarest on the planet. It's a strong swimmer and usually lives in forests near water. It's a solo hunter, stalking quietly through the trees and bushes. Some jaguarundis are grey, while others are a rusty brown colour.



# Roman Britain

In the year 43 AD, 40,000 Roman soldiers ruled by Emperor Claudius invaded Britain. For the next three and half centuries, the region that is now England and Wales was part of the Roman Empire.

## Why did the Romans invade Britain?

To make their empire bigger. The Romans were already powerful – but they wanted to be even more powerful! By conquering a land like Britain, they were able to get money, slaves and important natural resources like tin and lead. They called their new territory “Britannia”.

## What did the people in Britain do?

Some surrendered, but others tried to fight the Romans. The early years of the invasion were very violent. In the year 60 AD, a British queen called Boudicca led a very famous revolt against the Romans.

## How did the Romans change Britain?

They built hundreds of forts across the country, to help them stay in control. They also made thousands of miles of roads – often in a very straight line! – so their soldiers could move around easily. And they spent six years building Hadrian’s Wall, a huge, 73-mile barrier between the Roman province of Britannia and what we now call Scotland.

The Romans also founded some of our most important towns and cities, including York, Bath, Chester and even London! They built temples, baths, villas and many more things. And that’s not all. They also brought new food, such as apples and plums, and new ways of farming.

## What happened when they left?

Life continued in Britain, but most of the temples, forts and walls left by the Romans started crumbling. Many of them can still be seen today, giving us a fascinating look at one of the most important periods in British history.

## Three YHA hostels near Roman attractions

**YHA The Sill at Hadrian’s Wall:** the perfect spot to visit Hadrian’s Wall and other Roman sites

**YHA Chester Trafford Hall:** well placed for exploring the Roman city nearby

**YHA Cotswolds:** this Cirencester property is close to the brilliant Corinium Museum



# Apple quiz

Autumn is apple season!  
But how much do you know  
about the country's favourite fruit?

How many different species of apple  
are grown in the UK?

- a) 20
- b) 200
- c) More than 2,000

Who introduced apples to Britain?

- a) The Vikings
- b) The Romans
- c) The Fruit Fairies

Which of these is not a popular  
apple dish?

- a) Apple pie
- b) Apple crumble
- c) Apple pizza

Which is the best-selling type of  
apple in the UK?

- a) Gala
- b) Granny Smith
- c) Pink Lady

## Wordsearch

Some birds leave the UK at the  
end of the summer, but these eight  
species are here year-round. Can  
you find them in the grid?

Robin



Blue tit



Bullfinch



Long-tailed tit



Jay



Starling



Chaffinch



Kingfisher



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



# Follow your own (tow)path

All you need to know about the  
England and Wales canal network



© AdobeStock/Alexandra

Canals have been a fixed part of the landscape for centuries. The UK was the first country in the world to establish a nationwide network of canals, a maze of manmade waterways that became one of the driving forces of the Industrial Revolution. At its peak, there were thousands of miles of canals snaking across the map, helping to transport countless tons of goods and raw materials, not to mention people, from A to B.

Their role as conveyors of cargo is now greatly reduced, of course – you're infinitely more likely to see a fairground-lettered, flowerpot-covered narrowboat than a shipment of freight – but the canals themselves are an indelible part of the British outdoors, blue lines permanently etched into the contours of the countryside.

For outdoor-lovers, their appeal is obvious. Canals are now associated not with industry but with relaxation, escape and wildlife. Many stretches are sedate and scenic, and because most towpaths are

**There are over 2,000 miles of  
canals and rivers to explore**

fairly flat and level, they can be an excellent option for walkers and cyclists, not least those who depend on accessible trails.

The Canal & River Trust ([canalrivertrust.org.uk](http://canalrivertrust.org.uk)) is a charity that was set up in 2012 to replace the now-defunct British Waterways. It has stewardship of a 2,000-mile network of canals, rivers, reservoirs and docks across England and Wales, and its main aims include strengthening local communities, connecting wildlife habitats, and creating new routes to work and places to enjoy.

Its patron is His Majesty King Charles III and, as with YHA, much of its charitable work is possible thanks to the dedication of volunteers.

# The Canal & River Trust's Towpath Code

Please be thoughtful and considerate when using towpaths.

The following applies:

- Pedestrians have priority.
- Cyclists must slow down for others.
- Take extra care when passing people, pets and wildlife.
- Respect people using the waterway for activities like angling, boating or paddle sports.
- Wheelchairs, mobility aids, cycles and legal e-bikes are allowed.
- E-scooters, motorbikes, modified e-bikes and other unauthorised vehicles are not allowed.
- Keep dogs under close control and clean up after them.
- Take litter home.

Remember

**Share the Space,  
Drop your Pace,  
It's a Special Place**



## Nature and wildlife

They might have been made for trade, but our canals have become richly diverse wildlife corridors. Here are six habitats to look out for.

### Waterway banks

Moorhens and coots nest among the reeds and endangered water voles live in the softer verges – while herons and kingfishers keep an eye on movement under the surface.

### Hedgerows

Common songbirds like blackbirds and robins are often heard above the canals, as are whitethroats, dunnocks and more than 25 other bird species.

### Open water

Look out for waterbirds such as mallards, grebes, swans, pochards and tufted ducks.

### Grassland

Wildflowers often proliferate on grassy canal verges, helping to attract large numbers of birds, bees and butterflies.

### Scrubland

The mixture of blooming plants, low shrubs and damp ground provides a habitat for everything from dormice and frogs to the occasional shy otter.

### Bridges, walls and buildings

Bats love older canal-side structures, not only because they provide plenty of nooks and crevices, but because the water's surface attracts the insects they rely on.



# Four canals to explore near YHA hostels

## Leeds & Liverpool Canal

YHA Liverpool Albert Dock sits very close to one end of this 127-mile-long canal, which passes through the Pennines and skirts the Yorkshire Dales on its way to Leeds. Take a walk from the Eldonian Village – a cluster of red-brick houses near the city centre – to the Stanley Lock flight, or head further afield to a more rural stretch.

## Stratford-upon-Avon Canal

Built between 1793 and 1816, and stretching for just over 25 miles between Birmingham and Stratford-upon-Avon, this modestly sized canal features a number of points of interest, including historic Bancroft Basin – in the heart of Stratford itself – and the conservation area of Wootton Waven. YHA Stratford-upon-Avon provides a handy base, a short walk from town.

## Monmouthshire & Brecon Canal

Informally known as the Mon & Brec, this 35-mile-long canal runs through the Brecon Beacons National Park, being easily walkable for much of its length. The Taff Trail Cycle Route between Cardiff and Brecon also incorporates a few miles of the canal towpath. YHA Brecon Beacons Danywenallt is close by.

## Bridgewater Canal

YHA Manchester stands a pebble's flick away from one end of this 39-mile canal, originally built 250 years ago to transport coal but now a magnet for everyone from walkers and fishers to paddle-boarders and kayakers. It's possible to walk the whole length of the towpath, and cycling is permitted on certain stretches.



## A splash of colour

Of course, not every mile of every canal is a vision of dabbling ducks and water meadows. Some sections – particularly in and around cities – can become neglected and unattractive. An initiative by the Canal & River Trust has aimed to combat this by replacing graffiti-smearred stretches with works of art by talented local street artists. The benefits have already started to be felt on urban canal-sides from Manchester and Liverpool to London and Leicester.

# 9 hostels (mostly) in the mountains

For this issue's pick of the hostels, we're on our way up. These properties are primarily found among mountains (or among hills, or at least near cliff-edges), making them perfect for walkers and cyclists in search of adventurous autumnal outings, long walks and challenging rides.

## **YHA Hartington Hall**

**Historic hostel in the White Peak**

Walk out through the doors of this 17th-century manor house and you're straight into the White Peak area of the Peak District National Park. It isn't quite as lofty as its Dark Peak neighbours, but this is more than made up for by the drama and beauty of the nearby walks.

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





## YHA Coniston Holly How

**Adventure-focused hostel in the Lakeland fells**

For a hostel to be a key base for Mountain Leader Training and Assessment, it would have to have an upland location. So it proves at this old Lakeland house, perched close to the steep-sided Coniston Fells and also next to some of the country's best mountain biking trails.

[yha.org.uk/hostel/yha-coniston-holly-how](http://yha.org.uk/hostel/yha-coniston-holly-how)

## YHA Brecon Beacons

**Hikers' hostel in south Wales**

The mountains of southern Wales couldn't be any closer to this popular hostel; you can actually see the highest of the Brecon Beacons, Pen y Fan, from the hostel window. As well as launching walkers high into the Beacons, it also sits at the crossroads of numerous other walking trails.

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



## YHA Grasmere Butharlyp Howe

**Peaceful Lakeland accommodation for outdoor lovers**

YHA Grasmere, next to the lake of the same name, is surrounded by some of the Lake District's pointiest crags. Glance at an OS map and you'll see footpaths and bridleways splaying out in every direction... all of them uphill. The hostel is particularly popular with climbers, for good reason.

[yha.org.uk/hostel/yha-grasmere-butharlyp-howe](http://yha.org.uk/hostel/yha-grasmere-butharlyp-howe)

## YHA Treyarnon Bay

**Cornish hostel on the South West Coast Path**

Banish any thoughts of a flattish seaside stroll. As anyone who has walked sections of the coastal path around Padstow will attest, the route that hugs the coast is anything but flat. The sea views over the north Cornwall coast are expansive, and the blustery walks in the area are life-affirming.

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





## YHA Castleton Losehill Hall

**Peak District hostel with a focus on adventure**

YHA Castleton Losehill Hall is superbly placed for exploring the highest areas of the Peak District National Park, not least the mighty (and mightily treacherous) Kinder Scout. Use your map navigation skills to explore the plateau, or just ramble along the many signed paths.

[yha.org.uk/hostel/yha-castleton-losehill-hall](https://yha.org.uk/hostel/yha-castleton-losehill-hall)

## YHA Borrowdale

**Hillwalkers' favourite among Lakeland's highest fells**

Scafell Pike, Great Gable and Castle Crag are just a few of the mighty mountains that rise around YHA Borrowdale. If you're in search of a base for high-level walking, then this award-winning hostel is where to head. It's well set up for walkers and cyclists of all abilities.

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



## YHA Ilam Hall

**Striking Gothic manor in Derbyshire**

YHA Ilam Hall offers a different perspective on the Peak District and is particularly suited to families. Kids love the dramatic Gothic manor, and nearby walks through the narrow Dovedale Valley – with river-hopping across the Stepping Stones – are an entertaining way to get the kids into walking, almost without them knowing it.

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

## YHA South Downs

**A hikers' haven in East Sussex**

Ok, so the South Downs might not strictly count as mountains, but the swooping hills of this lush swathe of the English countryside are right on the hostel's doorstep. The property – which was opened a decade ago by the Queen – also sits smack-bang on the route of the South Downs Way.

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



# Pick a plum property for party season

Hire a whole hostel this Christmas and enjoy a great value get together on a grander scale.

YHA Exclusive Hire – for family, friends, clubs, socials and celebrations.

[yha.org.uk/exclusive-hire](https://yha.org.uk/exclusive-hire)



YHA Dartmoor



YHA New Forest



YHA Coniston Coppermines



YHA Malham



YHA Cheddar



# How to engage people in nature conservation

Simon Garrett worked for Bristol Zoo for 32 years, ultimately as head of public engagement. He now works for Nature Positive ([www.naturepositive.com](http://www.naturepositive.com)), an environmental management consultancy. Here he gives his tips on how to encourage people to play their part in conservation.

**In my view, it's about engaging people via their everyday lives.** Most zoos, for example, focus their conservation efforts on breeding endangered species and supporting fieldwork. To my mind, this is similar to people letting parts of their garden grow wild or putting up bug boxes. They're lovely, positive things, but they're not really addressing the key problems. You can breed as many gorillas as you like, but that doesn't solve the major issues that are affecting gorillas.

**Wildlife conservation is not about wildlife – it's about people.** The meaningful things are what we're doing in our everyday lives: the food we're eating, the stuff we're buying, the daily activities we're doing. But we tend to divorce our view of what we can do for wildlife from our normal lives. It's easy to

think that if we've gone to a nature reserve or joined a Wildlife Trust then we've done our bit, but that's no good if we carry on buying things which are destructive to the environment.

**It can be really effective to target the thin end of the wedge.** People want – and need – quick and simple things that they can do. At the zoo, we did a lot of work around Forest Stewardship Council (FSC) certified timber. If you just say “go and look for this logo”, people are unlikely to do it. So we focused on kitchen roll, which seems almost insanely superfluous, but we set up a pretend supermarket and got families to compete to find the FSC kitchen roll on our shelves. By replicating a frequent behaviour, but with a new twist, it helps people change their own self-perception. They start



thinking “oh, I’m the kind of person who looks for this logo”. Then, when they come to buy other wood and paper products, they are more likely to want to be consistent, and do the same.

**There’s been a hugely successful campaign in Australia around recycled toilet roll.**

Their research showed that everyone knew it would be better for wildlife if they bought recycled toilet rolls, but the perception was that it was rough to use, expensive and not strong enough. So their whole campaign was about softness, price and strength, not wildlife. Once you understand the psychology, you can address it. Over a quarter of a million people have now pledged to switch to recycled toilet paper ([zoo.org.au/wipe/](http://zoo.org.au/wipe/)).

**If you tell people they have to change their whole lifestyle, they’re going to be resistant.** It’s got to be a social movement, bit by bit. Another recent Australian campaign was around balloon releases, a practice which is common at celebrations and memorial services in many countries. It was normalised behaviour, but hugely damaging to the environment, particularly seabirds. So they encouraged people to

pledge to blow bubbles as an alternative. There was no guilt-tripping or finger-pointing. Four years later, it’s now illegal to release helium balloons in the state of Victoria. To me, that’s the big impact, ticking things off one by one.

**There’s a hidden groundswell of positive things happening.** Most conservation messaging is still apocalyptic, and I think people don’t realise how much positive change is already going on. Find out what your company’s doing, what your supermarket’s doing, find out what you can do in your day-to-day life. In the early days of recycling, a study showed that the most effective way of getting people to recycle was if they thought that other people in their street were recycling. It galvanises people. So the message is, start with those everyday things, and let others know you’re doing them – that’s how progress happens.

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Simon was also part of the [Natural History Consortium](#) for many years, which runs the annual [Communicate Conference](#), the UK’s leading annual conference for environmental communicators. This year’s event is on the 14, 15 and 16 November.

[bnhc.org.uk/communicate2023](http://bnhc.org.uk/communicate2023)



# Three of the best insulated jackets

An insulated jacket is an essential item in autumn and winter. It feels great to wrap up against the cold winds as you get out your sandwiches. Buying one is pretty straightforward, too, with only one key decision to make: down insulation or synthetic insulation. Here you'll find three picks and our buyer's guide.

## Best for freezing conditions

**Fjällräven Expedition Pack Hoodie**

[fjallraven.com](http://fjallraven.com) | £315

This is a lightweight but seriously warm down jacket. The kind of easily packable garment you'd want at below zero on a windy Lake District mountainside. It's based on the original Fjällräven Expedition Down Jacket from 1974, but this flexible iteration uses a mix of ethical down and, across the shoulders, synthetic fill. The latter feels – and warms – very much like down but has extra oomph in damp conditions. Very impressive overall.



## Best for British hills

**Rab Xenair Alpine Light Jacket**

[rab.equipment](http://rab.equipment) | £190

The Rab Xenair Alpine Light Jacket is a lightweight, insulated winter jacket designed for quick mountain activities. It is filled with PrimaLoft Insulation Gold Active+, which insulates when you're stationary but allows some ventilation when moving. The weather-resistant outer shell is also highly breathable and continues to insulate when wet. The fit is exceptional. A great British all-rounder.



## Best for budget insulation

**H&M Move ThermoMove Hybrid Jacket** | [hm.com](http://hm.com) | £55

Yep, that H&M. And why not? H&M's ambition is to make quality technical kit at affordable prices, with an emphasis on clothing that can be used for a wide variety of activities, meaning you only need one piece. The ThermoMove Hybrid Jacket is exceptionally light and breathable and uses 80 per cent down and 20 per cent other feathers. We particularly liked the versatile extended cut and long sleeves.







© AdobeStock/Zoran Zereinski

### 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)

## How to buy and care for an insulated jacket

An insulated jacket has one single aim: to keep you warm. The insulation isn't in the material itself but in the spaces between, where the air gets trapped and heated. How well a jacket performs this task is down to several key factors. The main decision is whether to choose down insulation or synthetic. After that, you can mainly consider how it fits and looks!

### Insulation type

This is the biggie: down or synthetic.  
Down: Down insulation offers an excellent warmth-to-weight ratio and compressibility. It's lightweight and effective at trapping heat. However, it loses its insulating properties when wet and tends to be more expensive. Ethically sourced down is now, thankfully, commonplace in the outdoor industry, but it still comes from an animal, and that doesn't sit well with everyone.  
Synthetic: Synthetic insulation is more water-resistant and retains warmth even when damp. It's a better choice for wet conditions but is generally less compressible and warm than down.

### Water resistance

Some insulated jackets have waterproof outer shells but tend to be too warm and not breathable. We'd recommend instead using a layering system with a waterproof jacket. Synthetic insulation is more water-resistant than down and will insulate better than down when wet – although all down jackets have a treatment that will fend off a quick shower.

### Details

Decide whether you need a jacket with a hood. It can provide vital extra warmth and protection from the elements but also get in the way if you plan to wear it with a helmet for climbing or cycling. Give thought to the pockets you'll need too.

### Care

Down doesn't like water, so looking after anything down is complicated. If it gets wet, it can clump up. Any dirt on the outer, try and wash it off with a damp cloth. If it needs to be washed, use Nikwax's Down Wash and Down Proof treatment. Tumble dry it afterwards and put a tennis ball in to plump up the down. Each manufacturer will have clear instructions. Synthetic insulation is much more forgiving.

# 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 House	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 Lizard</b>	<b>The Polbreen, Lizard Point, Cornwall, TR12 7NT</b>
YHA Llanddeusant	The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL
<b>YHA Llangattock</b>	<b>Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG</b>
YHA London Central	104 Bolsover Street, London, W1W 5NU
<b>YHA London Earls Court</b>	<b>38 Bolton Gardens, Earl's Court, London, SW5 0AQ</b>
YHA London Lee Valley	Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
<b>YHA London Oxford Street</b>	<b>14 Noel Street, London, W1F 8GJ</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 Newport Pembrokeshire</b>	<b>Lower St Mary Street, Newport, Pembrokeshire, SA42 0TS</b>

**YHA Ninebanks**  
YHA Okehampton

**YHA Okehampton Bracken Tor**  
YHA Osmotherley

**YHA Patterdale**  
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**YHA Perranporth**  
YHA Poppit Sands

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**YHA Rowen**  
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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

# Readers' pics

## @GrassrootsBatle

Grassroots ladies coach trip to the Peak District @OutdoorCitizens #Festivalofwalking #livemoreYHA #YHAWalks @YHAOfficial's Festival of Walking this autumn is bringing people together to enjoy the outdoors. We're joining in to open up amazing landscapes to more people.



## @PeakMcCloy

Thank you @PeakDistrictNT for expertly leading @YHAOfficial Festival of Walking guided walk from Ilam today. Thor's Cave was spectacular, the rain held off & the cake at the end was fab! #YHAWalks



## @AccessTheDales\_

It was wonderful weather for our @YHAOfficial Festival of walking ramble from @YHAMalham to Gordale and Malham Cove in the @yorkshire\_dales #YHAWalks



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

# WIN a Lowe Alpine AirZone Trail pack worth £135

## Can you place these buildings?

The cities of England and Wales are full of striking architecture. But can you tell us where the following five buildings are found? To be in with a chance of winning the prize, simply tell us the five cities in which they're located.

- 1 **Royal Pavilion**
- 2 **Liver Building**
- 3 **30 St Mary Axe**
- 4 **Fitzwilliam Museum**
- 5 **John Rylands Library**

To enter, send us an email with your five answers to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by 3 January 2024. Feel free to share your thoughts on this magazine at the same time.



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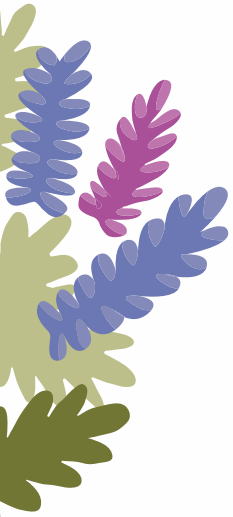


## About the prize

British backpack expert Lowe Alpine has recently updated its popular AirZone Trail packs, now featuring a new AirZone™ carry system for the ultimate in coolness and comfort on the trail or hill. The new AirZone Trail packs are fluorocarbon-free and feature a 50 per cent recycled nylon body fabric and a polyester lining fabric. The range features eight packs for men and women, offering the wearer superior ventilation, breathability and comfort.

Find out more on the Lowe Alpine AirZone pack range at [rab.equipment/uk/backpacks/airzone](https://rab.equipment/uk/backpacks/airzone)

The winner can choose from either a Lowe Alpine AirZone Trail 30L or AirZone Trail Duo Women's 32L pack.



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We transform young lives forever through travel and real adventure.

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

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