

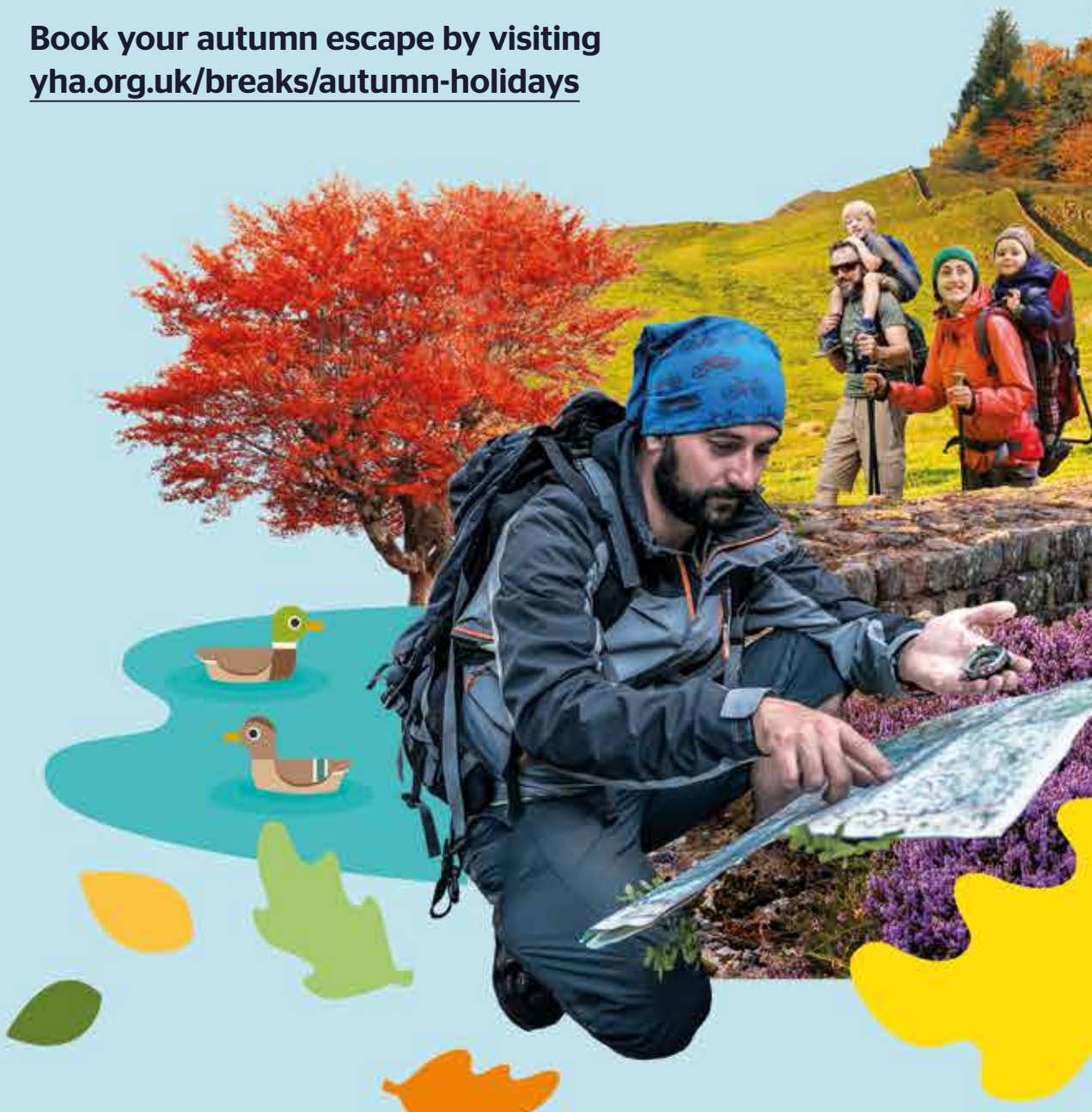


autumn
24

Autumn of adventure

Make the most of the earlier sunsets and the crisp, cooler air in stunning locations throughout England and Wales. We have a range of affordable accommodation available in picturesque places to enjoy at this magical time of year.

Book your autumn escape by visiting yha.org.uk/breaks/autumn-holidays





Hello

...and welcome to the autumn issue of The Journey. As the embers of summer fade into memory, it's a time for facing the months ahead with a smile. True, the days are shorter and the branches are barer, but there are real joys to be had from this season of crisp mornings, chunky jumpers and autumnal adventures.

In this issue, escaping from the 9-to-5 is a central theme. We take a look at the outdoor thrills within easy reach of our biggest cities, celebrate the memories that can be made from booking a hostel on Exclusive Hire and highlight four hostels with excellent potential for solo travellers at any time of year.

Elsewhere – and harking back to the Olympic summer – we have an interview with Team GB's Adam Burgess, whose celebrations after winning a silver medal in the canoe slalom summed up the passion and commitment on show at the Games. Our walk of the season, meanwhile, heads to Manchester for an on-foot tour of this action-packed city.

You'll also find more information about our franchise hostels, an overview of accessible trails, a review of essential autumn gear and our usual pull-out pages for young hostellers. We hope you enjoy the read, and find some inspiration for the months ahead.



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Festival of Walking 2024

Look at an OS Explorer map of the area around YHA Castleton Losehill Hall and you'll see footpaths and bridleways, tightly squeezed contour lines, cliffs and outcrops, footbridges, waterfalls and moorland. At the centre, of course, you'll find the pink triangle that marks 'youth hostel'. No wonder, then, that the Peak District property was the starting point for a navigation and route-planning skills walk at this year's YHA Festival of Walking. The social walk was just one of dozens of free guided walks that took place across England and Wales throughout YHA's annual celebration of walking.

This year's walk from YHA Castleton Losehill Hall was led by the British Mountaineering Council, and participants enjoyed compass-work, route-planning and guidance on recognising map features, as well as the all-important business of having a good time and meeting new friends. And, in true Festival of Walking style, it was all aided by a free cuppa and cake at the hike's end.

We can't wait to welcome you back for the Festival of Walking in 2025. And don't forget, you can enjoy walks all year round by following one of the downloadable walking routes that leave from more than 50 hostels across our network. The self-guided routes are freely available and include full route descriptions, points of interest and an OS map overview.

Download self-guided walks at yha.org.uk/festival-of-walking



Everything you need to know about... YHA's partner hostels

Privately-owned hostels have always been central to YHA's network, and are part of an approach that supports the charity's sustainability long-term



Sometimes, a helping hand can benefit everyone. Hostels run by independent owners, or in partnership with other organisations, have been part of the YHA network since 1931, which is to say, from our inception. It's a model that allows us to offer a consistently wide range of accommodation, while at the same time enabling other organisations and entrepreneurs to take ownership of a small number of our hostels. As a franchising model, it not only means that our high standards are maintained, but – particularly after the external financial pressures of the past few years – has also been vital in allowing certain properties to stay open.

Following a review of the long-term sustainability of our hostel network, we identified a number of hostels to be transitioned out of direct YHA ownership, looking to attract entrepreneurial partners

to buy and run the sites as franchises, under the wider hostelling umbrella.

When YHA went to market with 20 hostels last year, we had a target of converting 50 per cent of them to franchises. At the time of writing, 14 have been sold, eight of which will remain as hostels under franchise. In April, YHA Port Eynon became the first property to fall under the new franchise agreement, followed by YHA Boswinger, YHA Clun Mill, YHA Dalby Forest, YHA Rowen, YHA Holmbury St Mary Surrey Hills, YHA Haworth and YHA Mankinholes.

Chief Executive James Blake explains more: "It's been a challenging period for the charity, as we've navigated our way through the pandemic, cost-of-living crisis and high inflation. But we have our sights firmly set on recovery and we're seeing the green shoots appear. Our new franchise model is an important part of our plan and

supports our journey to long-term financial sustainability. I warmly welcome our new partners and look forward to working together as we continue to increase access to adventures in the outdoors for everyone through the magic of hostelling.”

Recent BBC Breakfast coverage from Shropshire’s YHA Clun Mill featured Colin Trigg, who has just acquired the hostel under the new franchise model. Colin also owns YHA Youlgreave in the Peak District, and since taking it over three years ago has installed an on-site artisan bakery and café, the Fountain View Bakery.

Colin says: “When I bought the youth hostel it was obviously to continue running it under the YHA franchise scheme. The support I’ve had is fantastic. YHA will take all the bookings for me and tell me who is coming and on what days. I can’t praise YHA enough for the support they’ve given me.”

Charlotte Parry, meanwhile, has recently taken over YHA Boswinger in Cornwall. She says: “We are so excited to take over at YHA Boswinger. We welcome everyone, from families to solo travellers, school groups and larger groups that can rent out the whole hostel. Boswinger is in an ideal location, just a short walk from pretty, sandy Hemmick Beach and a great base for exploring the whole county. We can’t wait to see you.”

As part of the takeover process, Colin, Charlotte and all other owners of YHA franchises are first fully immersed in what it means to be part of YHA, how to make a stay a unique and enjoyable experience, and how to maintain our high standards of accommodation.

The hostels that haven’t become franchises, meanwhile, leave the network, with YHA using the money raised from their sale to help secure the future of those that remain.

James Blake adds: “Though decisions around network changes are difficult, they are necessary and bring the charity greater stability and a firmer footing from which to deliver impact for all our beneficiaries.”



Walk of the Season: Manchester

Manchester is a place where things happen. As the world's first industrial city – and a titan of music, sport, art and politics – it's somewhere with a global reputation. The list of iconic names associated with the city is long, from suffragette activist Emmeline Pankhurst, radical PM David Lloyd George and influential artist LS Lowry to the warring Gallagher brothers, football giants Manchester City (oh ok then, and United) and the legendary Hacienda nightclub.

The worker bee has been a local symbol since the 1840s, which says plenty about the Mancunian spirit – but this is not a destination resting on its past. A 'transport revolution' was recently announced for the city's aptly named Bee Network, which will see an enlarged tram system, eight rail lines and potentially even an underground system. This comes on the back of high-profile openings that have included the National Trust's Castlefield Viaduct – a Victorian-era viaduct reinvented as a 'sky garden' – as well as vast arts venues Co-Op Live and Aviva Studios.

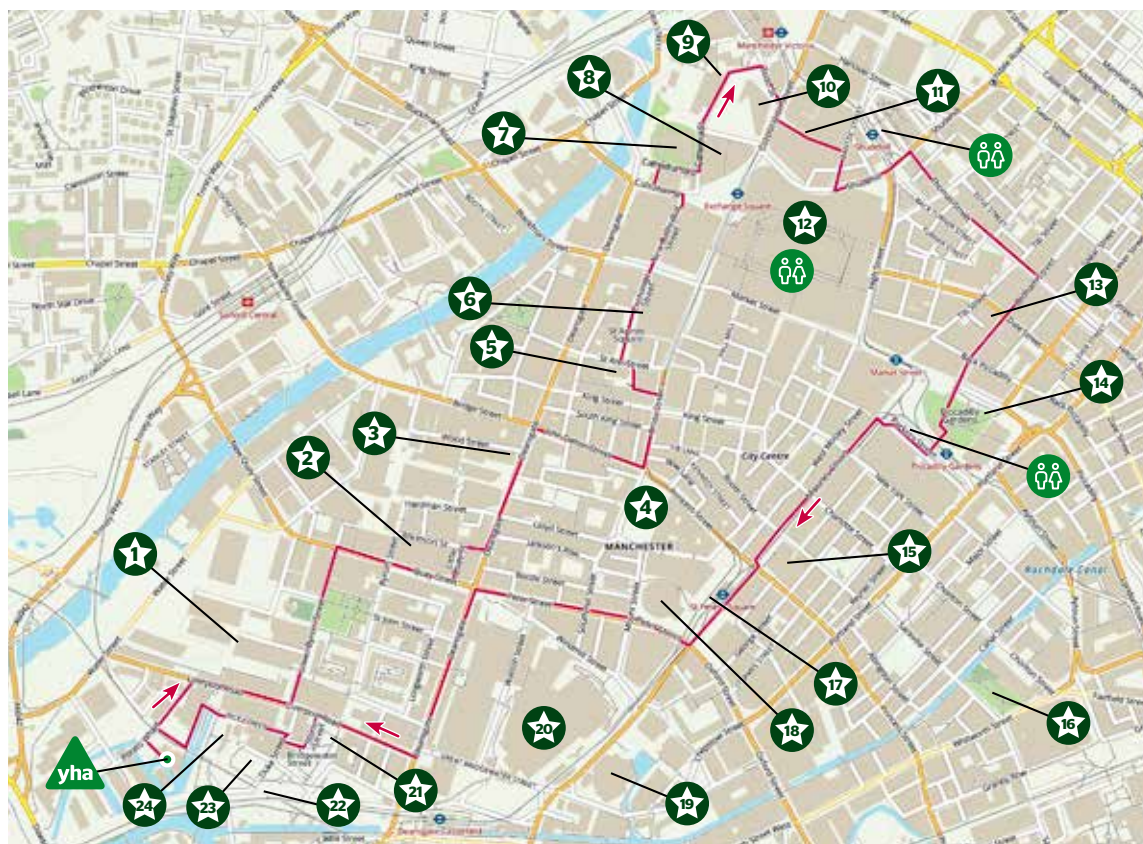
YHA Manchester, which sits in a heritage building on the canal-side, has recently expanded its offering with 17 new en suite rooms. The hostel also marks the approximate start and end point of the walk detailed here. The route takes in some of the city's key sights and attractions – among them the Northern Quarter, the

Museum of Science & Industry and the National Football Museum – readily serving up diversions for everyone from history nuts to hipsters.

The looped trail covers almost 3.5 miles and gives a great overview of what makes Manchester the place it is. The suggested duration is between 1 hour 15 minutes and 2 hours 15 minutes, but given how many sights you'll encounter en route – and the number of quality cafés and pubs you'll pass should you need refreshment – you could easily make a full day of it.

The attractions listed on the map are as follows: **1** Science & Industry Museum, **2** Manchester Opera House, **3** John Rylands Research Institute & Library, **4** Albert Square and Manchester Town Hall, **5** St Ann's Church, **6** Royal Exchange Theatre, **7** Manchester Cathedral, **8** Corn Exchange, **9** Chetham's Library, **10** National Football Museum, **11** The Printworks, **12** Arndale shopping centre, **13** Afflecks (independent shopping emporium), **14** Piccadilly Gardens, **15** Manchester Art Gallery, **16** Alan Turing Memorial, **17** St Peter's Square, **18** Manchester Central Library, **19** Bridgewater Hall, home of Halle Orchestra, **20** Manchester Central Convention Complex, **21** Castlefield Urban Heritage Park, **22** National Trust, Castlefield Viaduct, **23** Mamucium Roman Fort, **24** Castlefield Bowl.





From the hostel turn R onto Potato Wharf, R onto Liverpool Road and L onto Lower Byrom Street. Turn R onto Quay Street, L onto Little Quay Street, R onto Atkinson Street and L onto Deansgate. Turn R onto John Dalton Street, L onto Cross Street, L onto St Ann's Alley and follow around to the R onto St Ann Street. Continue ahead and to the L onto the pedestrianised St Ann's Square, then onto Exchange Street and New Cathedral Street to Exchange Square. Turn L onto Cateaton Street and R through the alley (Hanging Bridge) next to the Cathedral Visitor Centre to Cathedral Yard. Turn R, L onto Cathedral Street, ahead alongside the Cathedral Gardens, bear R and then turn R onto Todd Street.

Turn R onto Corporation Street, L to go through The Printworks and exit onto Dantzig Street. Turn R, L onto Shudehill, R onto Thomas Street (which becomes Hilton Street), then R onto Oldham Street and ahead across Piccadilly Gardens to Parker Street. Watch out for trams. Turn R, then L onto Mosley Street, head across St Peter's Square and turn R by the Central Library onto Peter Street. Turn L onto Deansgate, R onto Liverpool Road, L onto Stone Street, R onto Bridgewater Street, R onto Duke Street and L onto Rice Street to the canal. Head around the canal moorings and take the path next to the railway bridge to Potato Wharf and turn L to the hostel.

To download this route and view the many other walking routes from YHA hostels visit yha.org.uk/festival-of-walking

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.



Adam Burgess

When Adam Burgess claimed silver in the canoe slalom at the Paris Olympics, his celebrations became an enduring image of the Games. The Staffordshire-born star is a Stoke City FC supporter, a Black Sabbath fan and a qualified coffee-brewer — here, he talks to The Journey about his path to canoeing fame.

Q You've been competing internationally for more than 15 years. How did you first get into the sport?

An opportunity came up at my middle school for a small group of kids to start at Stafford & Stone Canoe Club. I didn't get my permission slip back in time, but someone dropped out six weeks in and my form tutor asked if anyone wanted to take their place. I can still remember that simple act of raising my hand. I was one of those kids who was always curious about new things. Since starting at the canoe club I've never looked back — I just love the freedom and feeling of being on the water. I've been doing it for over 20 years now and there's still so much to learn.

Q What was your Paris build-up like?

We were fortunate in that selection for the Games was done over the 2022 and 2023 seasons, so I already knew in November last year that I'd been selected and could prepare for that one day at the end of July. We worked hard on peaking at the right time. You have to trust the process, and the taper, and sure enough I was on the start line feeling great.

I'm a big believer in the power of breathwork — I'm a breath science practitioner on the side and used the biomechanics of breathing to help to get over a shoulder injury that I had back in 2017. My warm-up these days is largely based around breath, so in those final few moments before the race I was really trying to keep an even inhale-exhale ratio and a relaxed posture.

Q How did it feel to make the podium, particularly after just missing out on a medal at the Tokyo Olympics?

It was such a special moment when I crossed that finish line. A lot of people have reached out and said how much they enjoyed seeing the expression on my face. Ah man, it was just sheer joy and elation. After Tokyo, the last few years have been tough – I've woken up in the night sometimes, thinking about it. It's been a journey, and it just felt so good to finally get on that Olympic podium.

Q Away from your own sport, what were the Olympic moments that you found the most inspirational?

I thought the lead climbing on TV was amazing, really exciting to watch, and I also loved the skateboarding. We have a very supportive culture in canoe slalom, but the camaraderie between the skateboarders was next level – it really showed Olympic values at their best, particularly friendship. I was watching the diving and rowing in the mornings before I was competing, so seeing British medals being won there was really inspiring. Being part of the Games was just such a great overall experience. I've never raced in front of a crowd like that before. It was insane. I'm already looking ahead to the LA Games in 2028, and certainly thinking about that gold medal.



Q What do you remember about your formative outdoor experiences?

I was part of the Scouts and my parents were always taking us out on walking holidays in places like the Lake District and the New Forest. I grew up not far from the Peak District so I was quite often up there too. I've always been one of those kids who loved climbing and outdoor sports, and I think that's still why I have so much love for real rivers. We paddle on a lot of artificial courses, but if we do get the opportunity to race on real rivers I take it with both hands. It's the roots of our sport.

Q What experience do you have of staying in YHA hostels?

When I first started travelling down to the Lee Valley White Water Centre for training, YHA London Lee Valley was the base we operated from. I was younger then, so it was a lot of fun staying in the bunk rooms with my teammates, and being able to cook there was really handy too. Being based so close to the White Water Centre was brilliant – there's so much legacy associated with it and it's so accessible to the public. There's an activity there for everyone, whether that's rafting, or activities on the lake, or even just going there to enjoy some drinks on the terrace and watch some sport on the whitewater course. It's a really special place.



Escapes from the city

Almost 85 per cent of us live in urban areas. With the health benefits of spending time in the great outdoors now well-proven, we've rounded up some beautiful, perhaps lesser-known, locations with easy public transport links from some of England and Wales' most populous cities.

On Sunday 24th April 1932, hundreds of walkers, many from Sheffield and Manchester, walked up to Kinder Scout in the Peak District. It was an organised mass trespass on land which was at that time fenced off by landowners. The countryside, the walkers argued, should be for all. Scuffles broke out between the trespassers and gamekeepers, and later, six of the ramblers were arrested and imprisoned for between two and six months. The incarceration of the protesters caused public outrage and drew attention to the lack of access to the countryside in Britain. The walkers might have lost their battle on that Sunday long ago, but the trespass and its aftermath helped lead to the passing of the National Parks and Access to the Countryside Act in 1949, opening up vast swathes of land for the general public's enjoyment.

Today, our National Parks and National Landscapes – the new name for Areas of Outstanding Natural Beauty (AONB) – are our playgrounds, places that allow us to relax, to breathe, to spend time with family and friends, to inspire children, and to care

for our environment. Incredibly, 66 per cent of us live within half an hour's journey of a National Landscape. In them, we walk, run, cycle, climb, kayak, and swim. Protected within them are lakes and rivers, moorland and mountains, waterways and farmland, and all have the legal purpose 'to conserve and enhance the beauty of the area'. And remember: we all need some green space.

From Manchester & Sheffield

The Hope Valley Line is the delightful name for the trans-Pennine train that connects Sheffield and Manchester through the Peak District. It passes through some of the loveliest landscapes in the High Peak and stops at a series of stations perfect as hopping-off points for walks. Step off the train at Edale and straight onto the Pennine Way National Trail, which starts its journey with a steep climb up to Kinder Scout. For a hint of adventure, clamber up Grindsbrook Clough to the top of the plateau and skirt the edge to Kinder Downfall waterfall.

Nearest hostels: YHA Castleton Losehill Hall, YHA Edale Activity Centre



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From Newcastle & Sunderland

You'll find an abundance of outdoor options from the northern cities and towns of Newcastle, Sunderland and Middlesbrough. The Northumberland National Park is one of the least visited in the country, a place where you're almost guaranteed some peace and quiet. More than 900km of footpaths and bridleways crisscross its interior and it's also a designated Dark Sky Park, shielded by the hills from the light pollution of the nearby cities. A further option is to head north to Alnwick, Lindisfarne and Northumberland Coastal National Landscape for some of the most dramatic and historical coastlands in England.

Nearest hostels: YHA Alnwick, YHA The Sill at Hadrian's Wall

From London

Hop on the Central Line to Loughton Station and you'll find yourself on the edge of Epping Forest, home to more ancient trees than anywhere else in England. It is one of the earliest protected landscapes in the country, enacted in 1878 by Queen Victoria who said it should be 'for the enjoyment of

my people forever'. Alternatively, head south to the Surrey Hills National Landscape, first designated an AONB in 1958. Today, it encompasses 422km² (163mi²) of forest and heathland despite being so close to London. Cyclists in particular enjoy the infamous climb up Box Hill. Check out the excellent 'Rail-to-Ramble' resources at [surreyhills.org](https://www.surreyhills.org).

Nearest hostels: YHA Tanners Hatch Surrey Hills, YHA Holmbury St Mary Surrey Hills

From Liverpool

There are many reasons to escape the city. Taking a break from the noise and the hustle will do anyone some good, but getting away from the glare of 24-hour artificial light can be just as restorative. The Forest of Bowland National Landscape, easily accessible from Liverpool, Manchester, Bolton and Blackburn, is one of the best places in the country to avoid light pollution and gaze into the wonders of the night sky. Winter is the best time to visit this official Dark Sky Discovery Site, and the kids won't even have to stay up too late.

Nearest hostels: YHA Slaidburn

From Leeds & Bradford

Leeds and Bradford are merging into one giant urban conurbation, but all around them is some of Yorkshire's best countryside. Directly to the north is the Nidderdale National Landscape with its classic Yorkshire Dales scenery, all deep valleys and open moorland. You'll find some excellent mountain biking in Upper Nidderdale, as well as caving, should the urge to go underground take you. There are also 820km of footpaths and bridleways, including The Nidderdale Way, which takes in highlights including Brimham Rocks and How Stean Gorge. It is easily accessed from Pately Bridge, via Harrogate.

Nearest hostels: YHA Kettlewell, YHA Malham

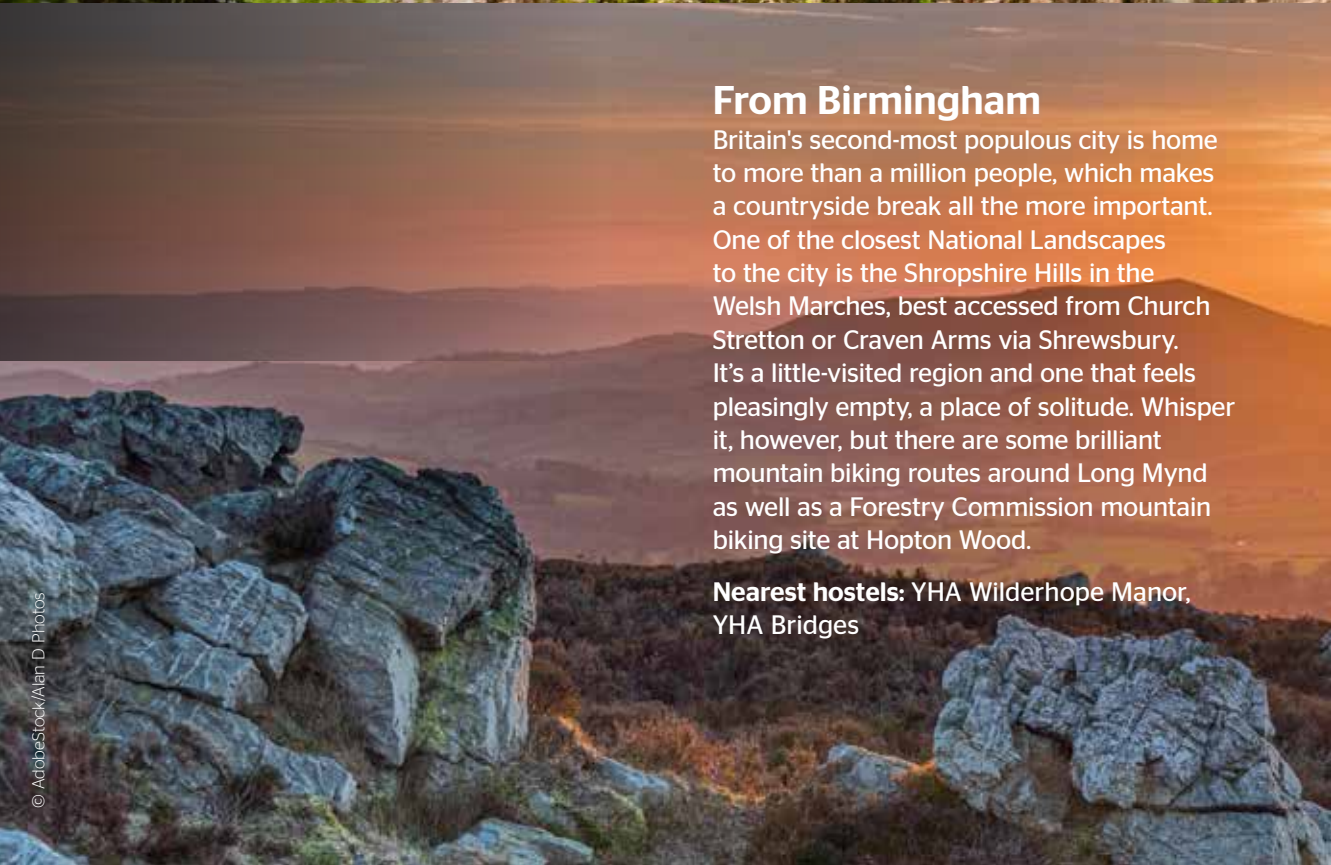


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From Birmingham

Britain's second-most populous city is home to more than a million people, which makes a countryside break all the more important. One of the closest National Landscapes to the city is the Shropshire Hills in the Welsh Marches, best accessed from Church Stretton or Craven Arms via Shrewsbury. It's a little-visited region and one that feels pleasingly empty, a place of solitude. Whisper it, however, but there are some brilliant mountain biking routes around Long Mynd as well as a Forestry Commission mountain biking site at Hopton Wood.

Nearest hostels: YHA Wilderhope Manor, YHA Bridges



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From Cardiff

Cardiff is the industrial heartland of Wales, with its houses stretching up into the valleys, but head a little farther out and you'll soon find solace in the mountains of the Brecon Beacons, the Black Mountains and Wye Valley. The latter is best suited to quiet days walking around Tintern Abbey or meandering the Wye River itself by canoe or paddleboard. If you'd rather stay on terra firma, the Wye Valley Walk is a long-distance trail that takes in the best of the local scenery. In the Brecon Beacons, meanwhile, there are two YHA hostels and a bunkhouse, allowing for a hostel-to-hostel walk across these distinctive mountains.

Nearest hostels: YHA Brecon Beacons, YHA Brecon Beacons Danywenallt. YHA St Briavels Castle, YHA Wye Valley

From Portsmouth & Southampton

Seafaring is the reason that both these southern cities exist, although this doesn't always make them great places for coastal relaxation. Instead, head further west to the New Forest, a distinctive landscape that feels like an island of calm by comparison. The park protects some of the largest swathes of heathland in Europe, as well as playing home to abundant birdlife. Along the coast of the region, meanwhile, you'll find sandy beaches at Milford on Sea and Barton on Sea, as well as salt marshes. Cyclists, for their part, can enjoy plenty of quiet roads.

Nearest hostels: YHA New Forest

On your journey of a lifetime, what will you leave behind?

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Let's go!



Why do some trees drop their leaves in autumn?

When leaves start to change colour and fall from the branches, it's a sure sign that autumn is here. But why does this happen?

First, we need to understand what leaves are for. Leaves have a hugely important job, which is to absorb air and light for their trees.

Leaves contain a natural green colour called chlorophyll. They use this chlorophyll to soak up all the energy they can from sunlight. Together with water from the soil, this gives trees the 'food' they need.

Leaves also do a very big job for the planet! They 'breathe in' carbon dioxide and 'breathe out' oxygen, which is the gas we all need to survive.

Over winter, when there's less sunlight, some trees don't need their leaves. There's also a risk that the leaves might freeze, so as autumn begins, some trees let go of their leaves. We call these trees 'deciduous'.

When deciduous trees start letting go of their leaves, the green chlorophyll colour in the leaves starts to fade. They start to turn red, brown or yellow instead, then fall to the ground.

When spring returns the next year, trees grow a whole new canopy of green leaves!

Not all trees are deciduous. Evergreen trees keep their leaves all year. This is because their leaves are needles, which have waxy coats and don't freeze.



It's always important to look after the outdoors. Shaun the Sheep has teamed up with the Countryside Code to tell us the things we need to remember!

Always plan your adventure. Check your route on a map before you set off, so you know what to expect.



Take care around livestock (farm animals) and don't feed them.

If you've got dogs with you, always keep them on a lead near animals and farmland. Dog poo? Bag it and bin it!



Be considerate to farmers and other people working in the countryside.

Follow local signs and stick to marked paths to protect nature and stay safe.

Be fire aware. BBQs and campfires are only allowed in certain places. Check first, and if in doubt, don't light!

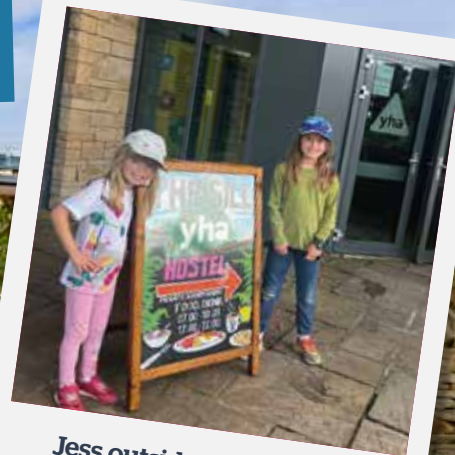
Leave gates as you find them. If they're closed, shut them again after you've passed through.

Don't cause any damage or disturbance, and be kind to plants and animals.



Your stay: YHA The Sill

Jess, (9), recently stayed at YHA The Sill at Hadrian's Wall with her family. We asked her all about her trip!



Jess outside YHA The Sill with her sister, Katie (6)

What do you like best about staying in hostels?

Everything is really peaceful and calm and there's no one telling you what to do. There's always something to do, but you can do as much or as little as you like. And I really like the bunk beds!

How would you describe The Sill to someone who had never been?

It's got a playground outside and there's a discovery centre next door which has loads of cool things to do including an interactive sand map. It shows you how contour lines on maps work in real life. There's also a roof you can walk on, with loads of nature on it.

Have you found interesting things to explore nearby?

Yes! There's Hadrian's Wall which has really good, windy hills. We also went to Sycamore Gap and the Roman village of Vindolanda, where you get to see where they're doing excavations and discovering new things.



Bunk beds in a family room

What's your dream hostel dinner?

Pesto pasta – but a massive portion!

What's your perfect book for a rainy day?

I love the Skandar series of books. They're about unicorns, but not as we all think of them. They certainly aren't fluffy and cute!

Which hostel would you most like to visit next?

One near a lake and in the mountains – so I guess one in the Lake District!



At The Sill Discovery Centre

Wordsearch

Autumn is a season when the countryside changes its appearance. Can you find the names of these autumnal colours in the grid?

- Yellow
- Orange
- Chestnut
- Brown
- Gold
- Maroon
- Amber
- Ochre



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



How to... Identify animal footprints

If you're walking in a muddy forest, you might spot wild animal tracks on the ground. To identify which creature made them, look at the size of the footprints, count the number of toes and think about whether the prints have been made by hooves or paws. Let the pictures here help you be a wildlife detective!





The joys of Exclusive Hire

Here are three facts about YHA Tanners Hatch Surrey Hills. Firstly, it requires a country walk of just under a mile to reach its front door. Secondly, you'll find no Wi-Fi or TV when you eventually arrive. Neither hustle nor bustle have any place here. And thirdly, the whole place looks exactly like the sort of cottage where a kindly woodcutter would live in a fairytale. If those facts sound appealing, then so should this one: it's readily available on Exclusive Hire.

What's Exclusive Hire? Well, as the name suggests, it's your opportunity to rent out an entire hostel for the use of yourself, your friends and your family. That's up to 15 people in the case of YHA Tanners Hatch Surrey Hills (as well as any dogs that might fancy coming along with you), although some Exclusive Hire hostels offer far more bed space.

As with so many hostels in the network, a big part of the property's charm lies in its location. It's surrounded by rambling woodland and is every inch the bucolic bolthole, but if you're coming by train –



the nearest station being the wonderfully named Box Hill & Westhumble – then the journey from London Waterloo takes just 47 minutes direct. In other words, you can get from roaming through the inner city to rambling down a rural track in the amount of time it takes for a football match to reach half-time.

I've stayed in three Exclusive Hire properties over the years, alongside poodles, toddlers, old friends and close family, and I can tell you this much: having the run of a hostel in the country for a few nights can be a joy. Think muddy wellies, pillow fights, big breakfasts and long walks. Think cups of tea, logs for the wood-burner, music in the kitchen and shared bottles of red. Think outdoor adventures, indoor board games and late-night conversations. It's like staying in a holiday home that happens to have bunk-beds and a brilliant location.

On which note, the choice of different settings is as wide-ranging as the size of the hostels. From the 27-bed YHA Lizard Point in Cornwall to the 106-bed YHA Langdale in the Lake District, and from the 24-bed YHA Pwll Deri in Pembrokeshire to the 50-bed YHA St Briavels Castle in Gloucestershire, you can take your pick from coastal getaways, mountain mansions, historic buildings and much more besides. There are plenty of Exclusive Hire properties to choose from, and one thing you can say with certainty about YHA is that wherever there's a prime swathe of English or Welsh countryside, there's likely to be a hostel close by.

I still remember the thrill of seeing my then primary school-aged kids exploring the gardens of a hostel in north Wales with the children of a friend, all chirping away to their new playmates and delighting in the independence of being able to totter free-range around the grounds. None of them were used to having a backdrop of rolling mountains, or the idea that sheep might be grazing within earshot of their pillows, or the notion of having endless bedrooms to play hide-and-seek in. They were, above all, wide-eyed and happy – and

by consequence, so were us adults.

Of course, the reasons for choosing to book a hostel on Exclusive Hire are varied. From school groups and birthday celebrations to friend reunions and family gatherings – or something else entirely – the only real limitations are where you'd like to be based and for how long. All have self-catering kitchens (did someone say pasta night?) and most tend to have minimum stays of two or three nights.

One family of four recently hired a small property to give their autistic daughter the experience of hostelling without the potential flash-point of sharing the space with unknown fellow guests. Another, larger group of 28 stayed at Yorkshire's YHA Haworth to grant their kids an electronics-free, four-day break where the whole group could comfortably eat together in one room. Last autumn, meanwhile, a 16-strong "dads and lads" hiking group hired out the famed YHA Blacksail for an unforgettable Lakeland getaway.

One of YHA's core aims is to connect people to each other, to nature and the outdoors, to culture and to heritage. The choice of so many Exclusive Hire properties – many of which can be booked year round, but some of which are only bookable exclusively in autumn and winter – serves not only to create special memories for you, our customer base, but also raises vital income for our ongoing work as a social enterprise for young people.

So if you're thinking of organising a break to remember over the next few months, head to yha.org.uk/exclusive-hire to see the options available to you. After all, nothing sets off a group get-together quite like the crashing waves of the Atlantic, the wooded lanes of rural valleys or the hulking presence of 900-metre peaks on your doorstep. And if you're somewhere outside the clutches of 24-hour technology? These days, that has to be a blessing.

yha.org.uk/exclusive-hire



Five great hostels for Exclusive Hire

YHA Perranporth (sleeps up to 23)

Clifftop hostel in Cornwall with an amazing coastal location

YHA Hathersage (sleeps up to 41)

Historical building in a bustling Peak District village

YHA Brecon Beacons Danywenallt (sleeps up to 33)

Converted farmhouse in the Bannau Brycheiniog (Brecon Beacons)

YHA Beverley Friary (sleeps up to 32)

Restored medieval friary in a charming East Yorkshire market town

YHA Honister Hause (sleeps up to 26)

Quarry-workers' accommodation turned adventure base in the Lake District

Four great hostels for solo travellers

Hostels can be brilliant for solo travellers in search of affordable accommodation — whether you're after a dorm bed or a private room — and are great places to meet like-minded travellers. Here are four properties with plenty of on-the-doorstep adventure.





YHA Whitby

Lying in the shadows of one of England's most evocative ruins - namely the towering gothic shell of Whitby Abbey - this Grade I listed mansion sits on a headland above the town of Whitby itself. Take a short stroll from the hostel's front door and you'll be rewarded not only with free entry into the Abbey, but also views over a harbour that has attracted maritime trade since the 7th century. Beyond town, the North York Moors ripple into the distance and the waves of the North Sea roll in from the horizon. It's quite a spot.

For walkers, the classic option is to follow the Cleveland Way National Trail south along the coastline, tracing the cliffs for around nine miles before reaching Robin Hood's Bay and, shortly afterwards, the cosy confines of YHA Boggle Hole, a property skilled in providing restorative tea and cake.

In Whitby itself, highlights include the Captain Cook Memorial Museum and the fabled '199 Steps' leading down into town from the hostel headland. If you're keen to delve into the local associations with Dracula, meanwhile, try downloading the free walking tour from the GeoStories app.

Solo travellers' treat: Drinking morning tea while overlooking the Abbey and the sea.

yha.org.uk/hostel/yha-whitby

YHA York

It takes just 15 minutes of riverside walking to wander from YHA York to the heart of this historic walled city - and having ambled along the Ouse, you'll be faced with myriad attractions. York was founded by the ancient Romans as Eboracum in the year 71, and the past two millennia have left it with some memorable sights.

Arguably the most atmospheric of them is The Shambles, where cobblestones line one of Europe's best preserved medieval shopping streets - expect tearooms and Diagon Alley-style wizarding shops - while close by is the ever-popular draw of York's Chocolate Story. This is the home city of both Rowntree's and Terry's, so there's plenty in the museum to get your (sweet) teeth into.

Other attractions include the steeping colossus that is York Minster, an ancient cathedral with centuries-old stained glass; the Jorvik Viking Centre, which takes a multi-sensory look at the city's period of Scandinavian rule; and the free-to-enter National Railway Museum, where train-lovers can lose themselves for hours in world-class exhibits of locomotives.

As with many of our hostels, YHA York offers a choice of private rooms and beds in shared rooms.

Solo travellers' treat: Lively social areas with a pool table, and a great self-catering kitchen.

yha.org.uk/hostel/yha-york



YHA Ambleside

As scenic locations go, a plum site on the shores of Lake Windermere takes some beating. The Lake District holds rewards at any time of year, but visiting over autumn – after summer but before the proper chill of winter – can make for a wonderful experience, whether you're an adrenaline-seeker or just keen to soak up the Lakeland atmosphere.

Ambleside itself is a picturesque lakeside town of Victorian slate buildings – highlights include Zeffirellis independent cinema and the local history-focused Armit Museum – but it's also close to some of the national park's top attractions, from The World of Beatrix Potter and Wordsworth Grasmere to the scenic natural majesty of the fells themselves.

Short, easy walks include the stroll to Waterhead Pier – just a few minutes from the hostel – while longer, higher hikes can take in summits such as Loughrigg Fell and the more testing Wansfell. Water sports companies tend to pull the shutters down after summer, but it's possible to take a steamer cruise along Windermere (England's largest lake, lest you forget) year round. Ghyllside Bike Hire in Ambleside, meanwhile, can kit you out for local cycle trails.

Solo travellers' treat: Watching sunset over the lake as your hiking boots recover in the drying room.

yha.org.uk/hostel/yha-ambleside

YHA Liverpool Albert Dock

Liverpool is another of the UK's top city-break destinations. The hostel is a mere five-minute walk from Albert Dock and the world-famous waterfront, where you'll find Tate Liverpool – one of only two Tate galleries outside of London – and the soaring trio of heritage buildings known as The Three Graces. At historic Pier Head, meanwhile, you'll also find a statue of four tousle-haired young lads by the names of John, Paul, George and Ringo.

The Beatles are as inescapable as that other globe-straddling colossus – Liverpool FC – and both can be incorporated into a stay. The Beatles Magical Mystery Tour is hugely enjoyable, taking in immortalised locations such as Penny Lane and Strawberry Fields as well as the former houses of the bandmates themselves. Liverpool FC's Anfield Stadium, meanwhile, offers regular tours if you're unable to bag a match ticket.

The city is packed with other high-quality diversions, from the Museum of Liverpool and the International Museum of Slavery to the Walker Art Gallery and the astonishingly vast Liverpool Cathedral – not to mention the buzzing nightlife of Concert Square, Hardman Street and Mathew Street.

Solo travellers' treat: Being in a safe and secure hostel within walking distance of the big sights.

yha.org.uk/hostel/yha-liverpool-albert-dock

Exclusively yours this autumn

As the leaves turn, there's no better time to gather friends and family for a memorable escape at one of our unique properties.

From **historic castles** to **restored friaries** and **Swiss-style chalets**, each location adds a special touch to your group getaway.

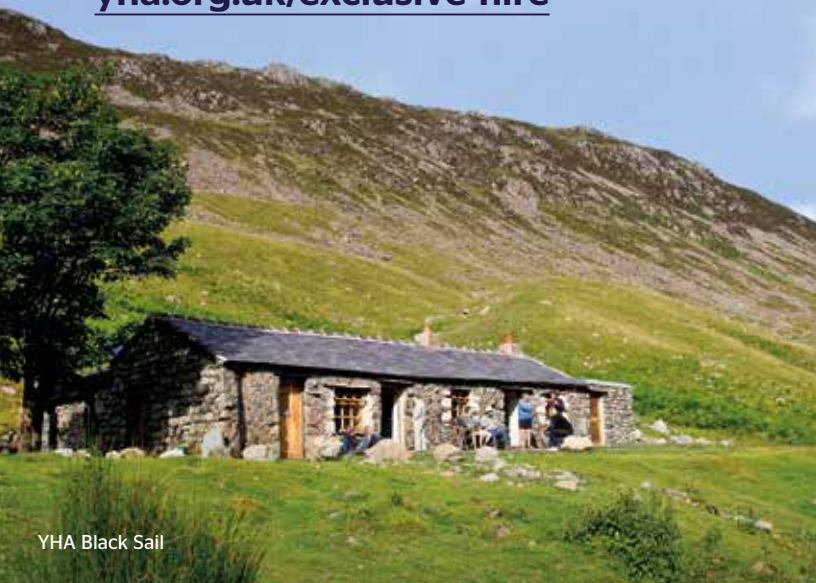
Book your exclusive group stay now at yha.org.uk/exclusive-hire



YHA Beverley Friary



YHA Manorbier



YHA Black Sail



YHA Street



YHA St Briavels Castle



How to.. Find accessible walks

The countryside is for everyone to enjoy. In theory, at least. You're entitled to take a wheelchair anywhere that's open to walkers, but that doesn't mean that every path will be practical for a wheelchair user. In this article, experts from Ramblers explain how to find paths truly accessible to all.

Exploring our varied and beautiful landscapes can be challenging for those with mobility issues, but the benefits can be huge. Getting out into green and blue spaces can give your health and wellbeing a much-needed boost. Fortunately, awareness is growing about how to make Great Britain's most beautiful places accessible. More wide, well-surfaced paths are being created, larger spaces for Blue Badge holders are being introduced in car parks, and more toilets accessible to wheelchair users or other people with mobility issues are appearing at visitor centres and beauty spots. Still, it pays to think ahead when planning an outing. Here are some points to consider when scouting your outdoor excursions.

Finding an accessible route

When planning a ramble, think about what you enjoy most on an outing. Do you like wildlife, historic sites, great views, ancient trees or busy parks? On the Ramblers website you can search for wheelchair-friendly routes while specifying ease of access and the appropriate level of difficulty.

Canal towpaths are mostly flat and many have surfaces suitable for wheelchairs, though check in advance. Some can be a bit potholed and muddy. The Canal and River Trust has ideas for accessible walks (see right).

Many of England's forests are crisscrossed with wide trails, which are

increasingly well-surfaced, though they can be sloping. Forestry England's website has suggestions for suitable outings in its woodlands (see right).

Many National Trust properties offer good, wide, flat paths suitable for wheelchairs. Some also have mobility scooters to hire. There are charges for parking at many sites, but they often have good accessible facilities (see right).

On the trail

Some websites clearly indicate which paths have surfaces and gradients suitable for wheelchair users and those with limited mobility, but in other cases you might need to enquire in advance. Clearly tarmac, concrete or other hard-surfaced paths are best, while soft gravel can be a problem, as can grassy or earth-covered paths that might be muddy or slippery after rain. Tree roots, likewise, can make passage tricky. The resources listed typically explain the terrain you should expect, along with any ups and downs, with many showing route profiles to help you gauge climbs and descents. Some places have Trampers or other powered mobility scooters specifically for enjoying their trails. Make contact in advance, and check whether you need to book them. Also check whether there are any gates or other barriers on paths, and establish if gates can be opened with RADAR keys. Similarly, consider whether there are steps or high kerbs involved in road crossings.

Practical considerations

Once you've found a route you'd like to try, think about the practical aspects. Is it accessible by public transport? Is there a car park? If so, is it in good condition, with wide bays suitable for getting in and out of the vehicle? Is there a charge for Blue Badge holders? Are there accessible toilets, and is a RADAR key required to use them? Is there a visitor centre, café, restaurant or pub with step-free access and wide doors?

Check the weather, both in advance and over recent days. Paths that are easy going in fine weather can become squelchy and difficult to use after rain.



Relevant accessibility links

The Canal and River Trust:
canalrivertrust.org.uk/things-to-do/walking/accessibility-map

Forestry England:
forestryengland.uk/activities/easy-access-trails

National Trust:
nationaltrust.org.uk/visit/walking/accessible-walks-at-national-trust-places

Ramblers:
ramblers.org.uk/go-walking-hub/10-great-routes-wheelchair-users

Routes close to YHA hostels:
yha.org.uk/festival-of-walking/self-guided-walks#accessible

Other organisations providing wheelchair-friendly routes and accessibility information include:

Disabled Ramblers
disabledramblers.co.uk

Motability
news.motability.co.uk

Accessible Countryside for Everyone
accessiblecountryside.org.uk

Access the Dales
access-the-dales.com

The Outdoor Guide
theoutdoorguide.co.uk

The Wildlife Trusts
wildlifetrusts.org



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)

Best cold-weather accessories

A waterproof jacket and fleece are outdoor essentials for the chillier months, but it's often the accessories that not only keep you the most comfortable but best regulate temperature.

Best gloves

Salewa Walk Wool Gloves
[salewa.com](https://www.salewa.com)



Wool is a remarkable material – it's warm, even when wet, and comfortable. These gloves from German brand Salewa are made from boiled wool, a process that shrinks the wool in very hot water to make a dense weave that leaves them durable, water-resistant and warm. They allow a good range of dexterity for everything from pulling zips to opening a packet of Quavers.

Best sock-shoe... things

Skidders Comfort 2.0
[wildbounds.com](https://www.wildbounds.com)



The idea behind Skidders is that they take the comfort of a sock and the durability of a shoe underfoot and create something that, frankly, could be custom-designed for hostelling! The Skidders Comfort 2.0 is a sock with a flexible, grippy polymer outsole. It's super light, at 160g a pair, and very packable. Perfect as hut slippers, or for camping, wild swimming or wandering to the self-catering kitchen in the middle of the night.

Best beanie

Rab Logo Beanie
[rab.equipment](https://www.rab.equipment)



A warm hat is the best way to regulate your temperature. While the idea that most body heat is lost through the head is a myth, it still plays a significant role in temperature regulation. Rab's beanie is made with 100 per cent recycled polyester that stays warm even if wet, and also has a cosy internal fleece headband.

Outdoor Smart: A guide to first aid kits

A first aid kit — and the knowledge of how to use it — is essential when out hill-walking or cycling. It allows you to treat minor injuries and illnesses and lets you stabilise a situation while waiting for help in more serious cases. Here's our guide of what should be in your first aid kit to stay safe in the hills.

A red case

Anyone attending an accident or illness can easily find a clearly marked red case. Ideally, it should be water-resistant, but if not, store it in a clear waterproof bag, such as a freezer bag.

Plasters

For blisters alone, plasters are an essential inclusion. Minor grazes and cuts are also common when out hill-walking.

Sterile gauze pads and medical tape

These are used to treat and protect larger wounds, stop deep cuts from bleeding, and prevent infection. Make sure the gauze pads are sealed and sterile.

Antiseptic wipes and cream

Wipes are an easy way to clean wounds and an antibiotic cream will reduce the risk of infection. Clean running water, or soap and water, can also be effective at cleaning cuts and grazes.

Tweezers and scissors

Tweezers are lightweight and handy for removing splinters, while a small pair of scissors is needed to cut bandages, gauze, tape, or clothing.

Tick remover

Ticks need to be removed as soon as you spot one. Pack a dedicated tick remover as using tweezers to remove ticks can make it worse.

Bandages

An elasticated compression bandage will provide support and reduce swelling in sprains and strains that occur when walking and running. A triangle bandage can be used as a sling.

Pain relief

Ibuprofen and paracetamol for pain relief. Check before administering any medication.

Emergency blanket

An emergency blanket is a must for hiking. If an accident happens on the hills, you'll need to keep the patient warm and protected from the elements. If you're regularly going in a group, consider a large group shelter. They're surprisingly light and packable.

Disposable gloves

Disposable gloves should be used when attending to an injury. They will protect you, and reduce the risk of infection in the patient.

Burn gel

Burn gel or aloe vera is good for treating minor burns and scalds.

Whistle

A whistle is essential for attracting attention, especially if you've had to call mountain rescue. Six short blasts repeated every other minute is common. Three short blasts as a response.

YHA All Stretton	Meadow Green, Batch Valley, All Stretton, Shropshire, SY6 6JW
YHA Alnwick	34 to 38 Green Batt, Alnwick, Northumberland, NE66 1TU
YHA Alston	The Firs, Alston, Cumbria, CA9 3RW
YHA Alstonefield	Gypsy Lane, Alstonefield, nr Ashbourne, Derbyshire, DE6 2FZ
YHA Ambleside	Waterhead, Ambleside, Cumbria, LA22 0EU
YHA 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 0DF
YHA Black Sail	Black Sail Hut, Ennerdale, Cleator, Cumbria, CA23 3AX
YHA Blaxhall	The Old School House, Blaxhall, Woodbridge, Suffolk, IP12 2EA
YHA Boggle Hole	Mill Beck, Fylingthorpe, Whitby, North Yorkshire, YO22 4UQ
YHA Borrowdale	Longthwaite, Borrowdale, Keswick, Cumbria, Lakes, CA12 5XE
YHA Borth	Morlais, Borth, Ceredigion, SY24 5JS
YHA Boscastle	Palace Stables, Boscastle, Cornwall, PL35 0HD
YHA Boswinger	Boswinger, Gorran, St Austell, Cornwall, PL26 6LL
YHA Brecon Beacons	Libanus, Brecon, Powys, LD3 8NH
YHA Brecon Beacons Danywenallt	National Park Study Centre, Talybont-on-Usk, Brecon, LD3 7YS
YHA Bridges	Ratlinghope, Shrewsbury, Shropshire, SY5 OSP
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 0EW
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 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 Hause	Seatoller, Keswick, Cumbria, CA12 5XN
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 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 Liverpool Albert Dock	25 Tabley Street, off Wapping, Liverpool, Merseyside, L1 8EE
YHA Lizard	The Polbreen, Lizard Point, Cornwall, TR12 7NT
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 Ninebanks	Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ
YHA Okehampton	Klondyke Road, Okehampton, Devon, EX20 1EW
YHA Okehampton Bracken Tor	Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW
YHA Osmotherley	Cote Ghyll, Osmotherley, Notherallerton, North Yorkshire, DL6 3AH
YHA Penzance	Castle Horneck, Penzance, Cornwall, TR20 8TF
YHA Perranporth	Droskyn Point, Perranporth, Cornwall, TR6 OGS
YHA Port Eynon	Old Lifeboat House, Port Eynon, Swansea, SA3 1NN
YHA Portreath	Nance Farm, Illogan, Redruth, Cornwall, TR16 4QX
YHA Pwll Deri	Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 OLR
YHA Ravenstor	Millers Dale, Buxton, Derbyshire, SK17 8SS
YHA Rowen	Rhiw Farm, Rowen, Conwy, LL32 8YW
YHA Scarborough	Burniston Rd, Scarborough, North Yorkshire, YO13 ODA
YHA Sheen Bunkhouse	Peakstones, Sheen, Derbyshire, SK17 OES
YHA Sheringham	1 Cremer's Drift, Sheringham, Norfolk, NR26 8HX
YHA Sherwood Forest	Forest Corner, Edwinstowe, Nottinghamshire, NG21 9RN
YHA Skiddaw House	Bassenthwaite, Keswick, Cumbria, CA12 4QX
YHA Slaidburn	King's House, Slaidburn, Clitheroe, Lancashire, BB7 3ER
YHA Snowdon Bryn Gwynant	Nantgwynant, Caernarfon, Gwynedd, LL55 4NP
YHA Snowdon Llanberis	Llwyn Celyn, Llanberis, Caernarfon, Gwynedd, LL55 4SR
YHA Snowdon Pen-y-Pass	Pen-y-Pass, Nantgwynant, Caernarfon, Gwynedd, LL55 4NY
YHA Snowdon Ranger	Rhyd Ddu, Caernarfon, Gwynedd, LL54 7YS
YHA South Downs	Itford Farm, Beddingham, Lewes, East Sussex, BN8 6JS
YHA St Briavels Castle	St Briavels, Lydney, Gloucestershire, GL15 6RG
YHA St Davids	Llaethdy, Whitesands, St David's, Pembrokeshire, SA62 6PR
YHA Stratford	Hemmingford House, Alveston, Stratford-upon-Avon, CV37 7RG
YHA Streatley	Reading Road, Streatley, Berkshire, RG8 9JJ
YHA Street	The Chalet, Ivythorn Hill, Street, Somerset, BA16 0TZ
YHA Swanage	Cluny, Cluny Crescent, Swanage, Dorset, BH19 2BS
YHA The Sill at Hadrian's Wall	Military Road, Bardon Mill, Northumberland, NE47 7AN
YHA Tanners Hatch	Off Ranmore Common Road, Dorking, Surrey, RH5 6BE
YHA Tintagel	Dunderhole Point, Tintagel, Cornwall, PL34 ODW
YHA Totland Bay	Hurst Hill, Totland Bay, Isle Of Wight, PO39 OHD
YHA Treyarnon Bay	Tregonnan, Treyarnon, Padstow, Cornwall, PL28 8JR
YHA Truleigh Hill	Tottington Barn, Shoreham-by-Sea, West Sussex, BN43 5FB
YHA Wasdale Hall	Wasdale Hall, Wasdale, Seascale, Cumbria, CA20 1ET
YHA Whitby	Abbey House, East Cliff, Whitby, North Yorkshire, YO22 4JT
YHA Wilderhope Manor	Manor, Longville in the Dale, Shropshire, TF13 6EG
YHA Windermere	Bridge Lane, Troutbeck, Windermere, Cumbria, LA23 1LA
YHA Wooler	30 Cheviot Street, Wooler, Northumberland, NE71 6LW
YHA Wye Valley	Near Goodrich, Ross-on-Wye, Herefordshire, HR9 6JJ
YHA York	Water End, Clifton, York, North Yorkshire, YO30 6LP
YHA Youlgreave	Fountain Square, Youlgreave, nr Bakewell, Derbyshire, DE45 1UR

Readers' pics

✕ @ Don't forget the hashtags
#YHANatureChallenge
#LiveMoreYHA



@mindomountains

Reflecting back on last weekend's mental wellbeing walk in the beautiful Lake District - starting from @yhakeswick

This walk was funded by @YHAOfficial as part of their fabulous #FestivalofWalking - a month long campaign designed to boost health and wellbeing. Our lovely group enjoyed the stunning scenery, taking moments to make new connections, and to breathe in the fresh air of the great outdoors.

They spent time with our qualified wellbeing practitioners - therapy on the move. No pressure, no judgement, just time to share & receive much needed support.

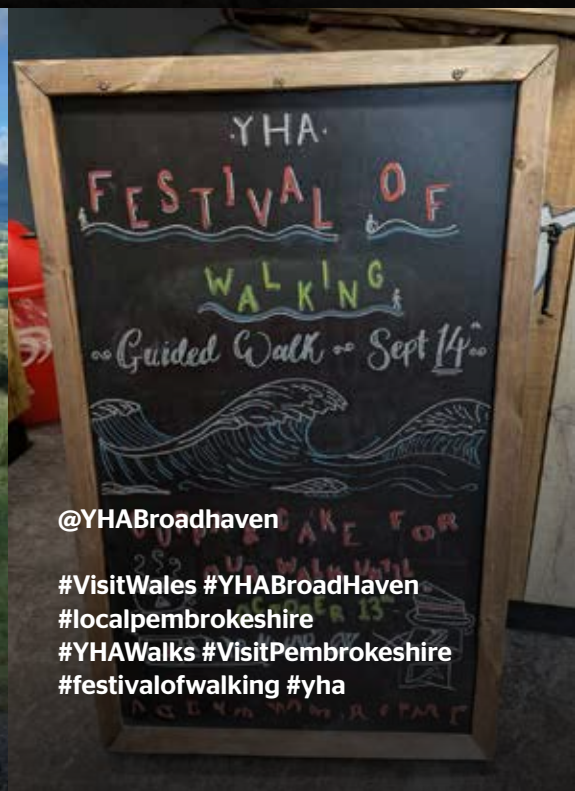
Huge thanks to YHA for helping us support those who need us, and opening up amazing landscapes for more people.

For those who missed this walk, visit mindovermountains.org.uk for more upcoming walks.



@cressidaallwood

Thanks @teambmc volunteers Christina & Antoni for their smiley support y'day #Mountainleaders @yhaofficial walk #festivalofwalking @yhakeswick @howlettp: happy memories!



@YHABroadhaven

#VisitWales #YHABroadHaven
#localpembrokeshire
#YHAWalks #VisitPembrokeshire
#festivalofwalking #yha



© AdobeStock/Red Zig Zag

WIN! a pair of KEEN WK450 Dirt Hiking Shoes worth £145

The introduction of National Parks opened up the countryside to a nation. The first four were designated in 1951, but which of the National Parks below was designated at a later date? Submit your answer to be in with a chance of winning a pair of KEEN WK450 Dirt trail shoes.

- 1 Peak District National Park
- 2 Lake District National Park
- 3 Dartmoor National Park
- 4 Yorkshire Dales National Park
- 5 Snowdonia National Park

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About the prize

KEEN has optimised the geometry of its patented KEEN CURVE technology for hiking momentum, creating a stable, comfortable, and durable hiking shoe that's ready to roll in any weather. Featuring an all-trail tread, an abrasion-resistant upper, and a slightly flatter curve for more stability, KEEN's new 450 Dirt hiking shoe brings efficient, propulsive movement to the trail.

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