

Spring escapes

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yha.org.uk/breaks/spring-holidays





Hello

...and a very warm welcome to the spring issue of The Journey. As the countryside once again becomes a place of dappled woods and birdsong, of chuckling rivers and green hillsides, it's a time of year for hope and optimism – two things that never go amiss.

Here at YHA we have good cause to feel positive about the months ahead, with many of our hostels reopening their dorms after Easter, and plans afoot to make 2022 a year to remember. In this spirit, we're using this issue to really celebrate the joys of being outdoors, taking a closer look at our many Areas of Outstanding Natural Beauty, jumping in the bike saddle in the Lake District, and picking out nine great hostels for National Trail walkers.

Elsewhere we meet writer Anita Sethi, whose recent memoir details her memories of walking the Pennine Way, and adventure filmmaker Frit Tam. You'll also find the usual news and reviews, as well as Let's Go!, our special pull-out kids' section. Enjoy the read – and here's to the adventures that 2022 has in store.





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Interview with Anita Sethi, nature writer

Nature writer Anita Sethi was born in Manchester and is the author of the acclaimed book *I Belong Here: a Journey Along the Backbone of Britain*, published by Bloomsbury. The book has been nominated for the Wainwright Prize for UK Nature Writing and the Portico Prize, among others.

Q *I Belong Here* charts the journey you took through Northern England. Which route did you take?

I walked through the Pennines, an area which is known as the backbone of Britain due to its astonishing limestone cliff formations. I began my journey in a place called Hope in the Peak District, which grew to be a symbolic place as I channelled hope along the way, trying to keep my spirits up even when the going got tough. I walked upwards along the Pennine Way which took me through the Yorkshire Dales and wonderfully named places including Settle, as well as magnificent Malham Cove, and onwards and upwards through the North Pennines and along Hadrian's Wall, ending up at the spectacular Sycamore Gap tree.

Q Why did you decide to do the walk in the first place?

My journey was an active reclamation – a racist told me that I didn't belong here, and walking was a way of saying I do belong.



I also found that walking had benefits not only for my physical but also mental wellbeing. I had been racially abused on a TransPennine train; one day I was looking at the map of the journey and saw the Pennines rising up, I zoomed closer into the map and saw that place called Hope and that gave me the courage to journey to hope, literally, to begin my adventure.

Q When did you start getting into the outdoors?

I grew up in a city, Manchester – so my first experience of the outdoors was urban. I grew to appreciate nature which can grow even in the city, the dandelions growing in the cracks in a pavement, birds soaring higher than the high-rise tower blocks, glorious sunsets even in the city.

Q You've stayed in a few youth hostels over the years. Which ones stick out in your memory and why?

Definitely YHA Hathersage – that's a really special memory. I remember plotting my journey through the Pennines, and getting inspiration after I'd walked through Hope to continue my journey of hope. I had quite a good night's sleep and also enjoyed the communal lounge. YHAs are brilliantly placed around the country helping to make the countryside accessible to those of all ages and backgrounds and budgets. I also love YHA The Sill at Hadrian's Wall, named after the Great Whin Sill of the north, and spent a few days there at the end of my journey which was wonderfully located, right near Hadrian's Wall and within walking distance of the Sycamore Gap tree. There's also a lovely café to fuel up after a long day's walk! And a fantastic exhibition space too.

Q Why is it so important that young people get into the outdoors?

It's absolutely crucial – it encourages an early appreciation and care for nature which in turn cares for us, as well as of course the physical and mental health benefits that the outdoors brings to us.

Q You were a victim of race-hate crime on the journey. The book is partly a response to that. What are the key messages you wanted to get across?

I have a section called "skin". I was racially abused on account of my skin colour, but the book progressively gets further beneath the skin to the backbone and lifeblood, and the oxygen which flows through all of our veins. Oxygen does of course come

from trees, and makes us realise that we are part of nature. If there is one message of the book it's that we're a part of nature, rather than apart from it. That encourages us to see everyone as equal. It promotes a message of love rather than hate.

Q How can people passionate about the outdoors support the resistance of hate speech and promote inclusivity?

Kindness is important – one of the walks I did was through the Kinder plateau, which is a fitting name. You can promote inclusivity through actively supporting inclusive books and organisations, and giving a welcoming smile to those of all backgrounds you might see along the way while you walk. If you see someone being racially abused or treated unkindly, speak up for them!



I Belong Here: a Journey Along the Backbone of Britain is published in paperback on 12th May. Pre-ordering a copy from Forum Books will ensure a copy is also gifted to someone from a marginalised background.

forumbooksshop.com

Access for all

Our response to the Government's consultation on the Landscapes Review

YHA has a long history of links with the UK's National Parks and Areas of Outstanding Natural Beauty (collectively known as national landscapes). Indeed, we were one of the organisations behind the report that led to the formation of our National Parks.

Within these national landscapes, we have 98 hostels, employ 384 staff and welcome over half a million guests (in a normal year). Over 215,000 of our guests in these amazing places are young people – many of whom are experiencing these landscapes for the first time through YHA. Connecting people to national landscapes is a core part of our work.

Connecting more people with Britain's breathing spaces

The independent Landscapes Review was published in 2019 by journalist Julian Glover.

It outlined exciting proposals to protect these green and blue spaces and, crucially, to make them open to all. The review proposed a key commitment that every child should be able to have a night away from home in a national landscape.

In response, YHA formed a coalition of not-for-profit residential and educational providers called Access Unlimited, with the aim of helping to ensure that every child really does have this opportunity – for the first time and a lifetime. This in turn led to Generation Green, an initiative highlighted as good practice in the Government's response.

The Department for Environment, Food and Rural Affairs (DEFRA) responded to the Landscapes Review in January 2022, and YHA is now responding to their consultation. Here's a summary of some key points.



A night under the stars for every child

The Generation Green programme created 100,000 opportunities for young people across the country to access nature and the outdoors, focusing on the most disadvantaged – many of whom had never previously had the chance to visit the countryside or coast. This figure included over 16,000 day-visits or residentials and almost 800 work experience placements, apprenticeships and volunteering opportunities. But we want to see more in the Government's response to support this vital work to continue.

As a leading provider of youth and school residentials in the UK, we see first-hand the difference that enrichment activities can make. But, as we know, too many children are unable to access trips away. With shrinking school budgets and many parents struggling to contribute, and in the wake of travel restrictions caused by the pandemic, more and more children are missing out on formative experiences. We're committed to doing what we can to create opportunities for all young people to access the unique benefits of residentials, and to

this end we'll be launching a major public campaign later in the year, to raise funds so that no children are left behind.

Diversity and inclusion

Core to what YHA stands for is access. Access for all. Not just certain groups. Not just those who have always enjoyed access, come from the same place, or have had the same experiences. Diversity is essential across all areas of our national landscapes, from those who sit on the Partnership Board and participate in local governance, through to people who work in the parks themselves. We're making real progress on this but we know we have much more to do to ensure all really does mean all.

Increasing access and diversifying participation must be peaceful, but it also has to be proactive! So we all have a role in challenging racist and other discriminatory language and practice that appears on social media and in real-life events.

We are pressing for the two key purposes of National Parks – nature and access – to continue to receive equal weighting in terms of legislation and resourcing.



The power of partnership

At the centre of the Government response to the Landscapes Review is a new Partnership Board. Partnership working is crucial to success, and we see that at every level of our own work. YHA staff sit on National Park Boards. This is an area we want to do more in. And of course our hostels are perfectly positioned bases for local activity in national landscapes – for families, solo travellers and groups as much as education residentials and day visits.

As part of this partnership, in the autumn we're launching a new walking festival to support health and wellbeing activities and bring people together over a love of landscapes. Keep a look out for further updates over the summer. Our partnership work to connect young people and families with the outdoors, nature, culture and heritage, meanwhile, will continue to develop over the next three years.

We want to work closely with the new Partnership Board, and maintain our close working relationship with DEFRA and Natural England, to achieve our shared aims.

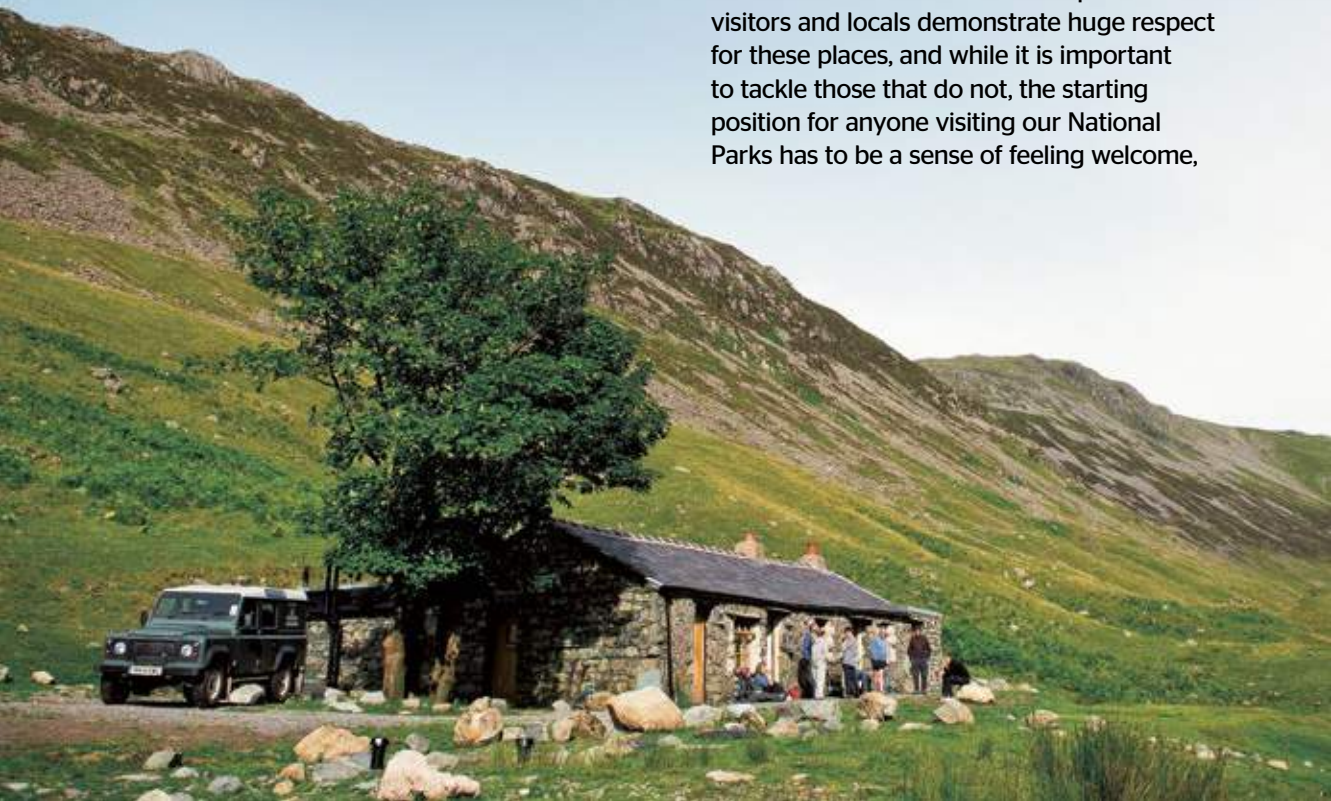
Social and sustainable tourism

Holidays, day trips and breaks away from home are essential to wellbeing. Yet some people cannot afford them, and others lack the confidence to get away. Some struggle to acquire the necessary kit to participate. Others may not know how to walk a route. Affordability and support are critical issues in improving access.

The generosity of our supporters and the way we model our prices means that we are one of the largest social tourism and affordable accommodation providers in England and Wales. We provide free and subsidised breaks for thousands of families every year. We note the commitment to this within the DEFRA response, as well as recent announcements from the Department for Digital, Culture, Media and Sport, and look forward to working together to reach even more families.

Protecting our landscapes

Green and blue spaces must be respected and protected. But it is disappointing that both the Government response and newspaper coverage suggest that many people do not take care of our national landscapes. Most visitors and locals demonstrate huge respect for these places, and while it is important to tackle those that do not, the starting position for anyone visiting our National Parks has to be a sense of feeling welcome,



of feeling ownership of and responsibility for the space (these are, after all, national assets belonging to us all), and knowing how to protect them. This position is promoted through programmes like Generation Green, the National Citizen Service (NCS) and through wider YHA education. And as founding contributors to the Countryside Code, YHA is committed to protecting our landscapes and connecting a million people to the outdoors every year in a respectful way.

We continue to look at our environmental impact and what we can do to reduce harm to the natural world. Recent efforts have seen us installing water refill stations throughout the network, removing damaging chemicals from our cleaning regime, and our hostel teams planting 350 native trees in the Lake District National Park.

Our call to do more

We welcome the response of Government to protecting these national landscapes and ensuring they are there for all to enjoy. But we call for a real-term increase in funding for these important places and spaces.

We encourage you to book and come and be a part of our national landscapes. Thank you for your support!

YHA news in brief

The return of dorms

With some relief, we are now back to 'near normal' operations for the first time in two years. With the removal of COVID-related restrictions, it's been great to see the return of shared facilities. Putting the welfare of our supporters and teams first, we conducted a pilot of dorm room accommodation at YHA Manchester. This proved a success, so a number of hostels have reopened their dorms since Easter. yha.org.uk/dorms

Fuel your adventures

In other good news, we have introduced a new food menu across the network. The menu has been refreshed to offer classic favourites and introduce new ones – with vegan and

vegetarian options available – as well as a dedicated children's menu. With many families feeling the pinch of rising costs, we also continue to offer a 'kids eat free' scheme with the purchase of adult breakfasts and evening meals. For full details, please take a look at our website. yha.org.uk/food-drink

Watch this space on Wales

To achieve our strategic ambitions, we need to ensure our hostel network and operations are optimised to achieve our impact priorities. We recognise that Wales has its own unique history, heritage, language, landscapes, communities and Government. To achieve what we want in Wales, we need to recognise this in a way we haven't in the past. So we're working towards a strategy for Wales that's tailored to Wales' strengths, challenges and priorities.

In the summer we will launch a consultation on YHA's Wales strategy and urge you to join the conversation. More news next time, so please watch this space.

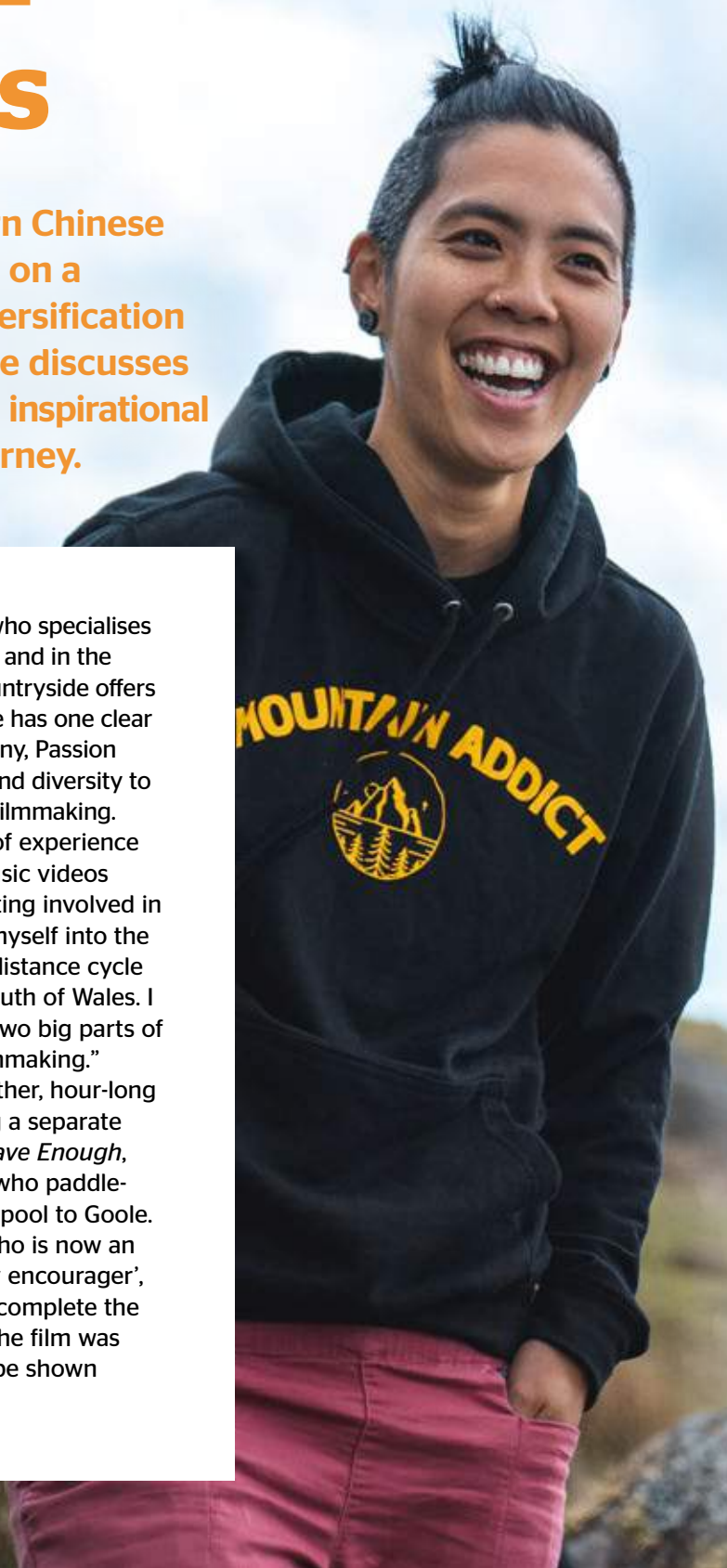
Passion projects

Frit Tam is a British-born Chinese transgender filmmaker on a mission to increase diversification in the outdoors. Here he discusses filmmaking, discovering inspirational stories and his own journey.

Frit Tam is a filmmaker. One who specialises in adventure, in the outdoors, and in the amazing benefits that the countryside offers the human experience. But he has one clear aim for his production company, Passion Fruit Pictures: to add colour and diversity to the worlds of adventure and filmmaking.

He'd already had years of experience working in corporate and music videos when, in 2017, he started getting involved in the outdoor scene. "I threw myself into the deep end and filmed a long-distance cycle race from the north to the south of Wales. I realised it brought together two big parts of my life: the outdoors and filmmaking."

In 2019 he created a further, hour-long film – and this while working a separate full-time job. The film was *Brave Enough*, about Jo Moseley, a woman who paddle-boarded 162 miles from Liverpool to Goole. It tells the story of how Jo, who is now an inspirational speaker and 'joy encourager', came through hard times to complete the adventure. The response to the film was incredible, and continues to be shown across the country.



“It really resonated with middle-aged women who thought the outdoors was a young person’s game,” said Frit. “Jo’s film shows them there’s so much adventure for them to grab.”

Frit started Passion Fruit Pictures in May 2020 as a bit of a lockdown baby. “I set it up to diversify the outdoor space through adventure filmmaking,” he explains. “I love adventure films, I’m an avid watcher of them. But I was constantly seeing the same narratives, over and over again. People watch adventure films for inspiration and all they’re seeing are the same narratives, the same type of people. I consider myself an outdoorsy person, so I knew there had to be other people out there who looked a bit more like me, who sounded a bit more like me, who had similar life experiences to me. I just wasn’t seeing them anywhere.”

Frit’s two best-known films at present are the aforementioned *Brave Enough* and *The Wanderlust Women* with Amira Patel (interviewed in the last issue of *The Journey*), who set up an outdoors group for Muslim women.

“It instilled a sense of privilege to be the vehicle through which other people can tell their stories, and to get so close to the protagonists – that’s a phenomenal journey in itself. I can’t imagine doing any other job.”

So what next for Frit? “I have my own personal causes I want to advocate for, and that’s particularly around the LGBTQIA+ community. I’m in a ‘fortunate’ position to experience some areas in my life that are hugely underrepresented. It gives me an ability to empathise with the protagonists, with their stories, their life experiences and channel all that into my films.”

It’s an activism that continues in other parts of his life too, particularly to counter the negative press that the transgender community has been receiving lately in sports, especially cycling. “The transgender community needs as many voices, especially those of allies, to be vocal right now to ensure that our inclusion in society and in sports is not only accepted but celebrated. I can’t see myself moving away from the mission of diversifying the outdoors until we’re in a position when it’s not needed.”

Upcoming projects include a film about Black trail runners and a story about a remarkable South Asian woman in her mid-50s whose walk along the Pennine Way was interrupted by a family tragedy. There’s also another film that features Kate Applebee (@kate.s.applebee), a lover of swimming and hiking who lives with lupus.

The final film project is about Frit himself. Last year, he embarked on a rollerblading/cycle trip zig-zagging through the country from Newcastle to Brighton. The trip was based on meeting as many LGBTQIA+ people as possible and interviewing them. Seventeen hundred kilometres, 30 interviews and 10 terabytes of footage later, *Glide for Pride* is well into post-production and hoping for a summer release.

“I wanted to do something a bit wacky, so I threw in rollerblading – it was a bad idea as I’d never rollerbladed before, but I wanted to do something outlandish.”

“To form the route, I wanted to pin it to something. At that time I was tentatively questioning my gender. Prior to that, I’d presented as a gay woman, but I had questions about belonging in general and about belonging to the outdoor community. As I started to develop the concept of the film, I started to question my gender more heavily. I came to the conclusion that all of my life I’d suppressed a deep knowing that I was male. So now I finally feel a sense of alignment.”

“The trip became about meeting transgender people and they became some of the most emotional meet-ups I had,” he continues. “These were the people who really helped me to come to a really big decision about myself in a sensitive and loving way, and I got to thank them in person.”

“It was a personal film, but I really wanted to show that LGBTQIA+ people are everywhere.”

Learn more about Frit and *Glide for Pride* at fritandhealthy.co/glide-for-pride and about his film production site at passionfruitpictures.co

Frit also has a new YouTube Channel (search ‘Frit Tam’) and podcast (find by searching ‘TransAtlantic: TransMasc’).

Landscapes for life



Adriestock/Andreas

There are 39 Areas of Outstanding Natural Beauty (AONBs) in Wales and England, all of which have their own distinct character. Here's why these regions are an essential part of our landscape.

Whoever chose the official website URL for the UK's Areas of Outstanding Natural Beauty understood exactly what these places are: landscapesforlife.org.uk. These 39 areas of England and Wales (there are also eight in Northern Ireland, as well as 40 equivalent National Scenic Areas in Scotland) harbour life – all types of life. They give life to the people who visit them, both physically and psychologically, and they're also places that need protection for life. Not just our lifespans, but that of the landscape itself, in geological time. Yes, 'landscapes for life' is an apt description.

But what are they, exactly? In official terms, "an Area of Outstanding Natural Beauty (AONB) is a designated exceptional landscape whose distinctive character and natural beauty are precious enough to be safeguarded in the national interest." They differ slightly from National Parks, which are also obliged to promote public recreational opportunities, but they boil down to largely the same thing. Essentially, an AONB is somewhere to be treasured and enjoyed.

This was recognised in a recent Government response to the 2019 Review of Designated Landscapes, led by Julian Glover (see pp. 8-11). John Arwel Watkins, Chief Executive of The National Association for Areas of Outstanding Natural Beauty, wrote: "The response to the Glover Review indicates that Government wishes to reinvigorate the status of Areas of Outstanding Natural Beauty with new purposes, powers and resources for the teams charged with conserving and enhancing these special places."

18% of UK countryside is designated AONB.

The association that looks after our AONBs is dedicated to protecting these areas, which in total cover around 18 per cent of the countryside, not to mention more than 18,000 miles of footpaths and bridleways. Millions of people visit AONBs each year – spending millions of pounds in the process – and work is happening on them all the time. There's probably one near you. In fact, 66 per cent of the population live within half an hour of an AONB. You can pore over the interactive map on landscapesforlife.org.uk for your nearest, but for a bit of inspiration, we've picked out seven diverse AONBs for you to explore.

Northumberland Coast

Nothing quite prepares you for Lindisfarne: the jumble of ancient buildings on the wrong side of a tidal causeway. Since the sixth century AD, the island has been an important centre of Christianity. Highlights today include St Mary's Church, a ruined monastery, and a converted castle. It's the centrepiece of the Northumberland Coast AONB, which covers a thin stretch of coast from Berwick-upon-Tweed to Amble, as well as the Farne Islands further out into the North Sea. The dunes and marshes are renowned sites for waders and waterfowl.

Nearest hostels: **YHA Berwick-upon-Tweed**, **YHA Alnwick**.



AdobeStock/Michael Conrad

Suffolk Coast and Heaths

Along the low-lying coast of Suffolk you'll find a surprising number of open landscapes. This AONB's 155 square miles cover shingle beaches, marshes, estuaries, heathland, forests and farmland. The lovely coastal towns of Southwold – home to the Adnams brewery – and Walberswick are lovely places to pass a couple of hours, but it's the three National Nature Reserves that attract flocks of birds (and birdwatchers), including the nightjar and woodlark. The coast and estuaries are also great places for all manner of watersports.

Nearest youth hostel: **YHA Blaxhall**.



AdobeStock/Helen Holson

North Wessex Downs

It's easy to dismiss the North Wessex Downs AONB as motorway country, dominated by the arteries of the capital, but this couldn't be further from the truth. In many ways, this large, central AONB is something of a secret. It touches the Chilterns AONB in the east and includes the Kennet Valley (and canal), ancient woodland, the colourful meadows of the Vale of Pewsey, and ancient tracks including the Ridgeway National Trail. Other big hitters include the White Horse of Uffington and a neolithic stone circle at Avebury. Road cyclists will find plenty of quiet (and surprisingly steep) hills to attack, and walking routes are abundant.

Nearest youth hostels: **YHA Streatley-on-Thames**, **YHA Cholderton Stonehenge**.



AdobeStock/ Colin & Linda McKie

Dyffryn Gwy/Wye Valley

Straddling the Welsh/English border along the River Wye, the Dyffryn Gwy/Wye Valley AONB follows the route of the valley from Hereford, as it winds south to Chepstow. Around Ross-on-Wye, you'll find curious limestone scenery among the steep cliffs such as Symonds Yat Rock (also a great climbing destination). Further north, the river weaves through meadows and woodland, farmland and the orchards the area is known for. The river itself also provides plenty of fun, from fishing to canoeing. Goodrich Castle and Tintern, with its crumbling but dramatic 12th-century abbey, shows the region's strategic importance through history.

Nearest youth hostels: [YHA Wye Valley](#), [YHA St Briavels Castle](#).



North Pennines

There are five youth hostels in the North Pennines AONB, a testament to the region's size, as well as its popularity. This is a region of beautiful dales, rolling hay meadows and upland heath that harbours rare alpine plants, red squirrels and – in the streams and reservoirs – otters. Thirty-six per cent of the AONB is designated as a Site of Special Scientific Interest, and you'll also find England's biggest waterfall, the mighty High Force in Teesdale. Walkers and mountain bikers are attracted to the wildness of the region. Various locations are also recognised as Dark Sky Discovery Sites, among the best places in England to see the stars.

Nearest youth hostels: [YHA Dufton](#), [YHA Langdon Beck](#), [YHA Edmundbyers](#), [YHA Ninebanks](#), [YHA Alston](#).

Shropshire Hills

The Shropshire Hills AONB covers almost a quarter of the county. The hilly aspect of the region attracts mountain bikers, walkers and climbers to explore the crags around the Stiperstones and Wrekin, the valleys around Long Mynd and the woodland of Wenlock Edge and Clun Forest. Alongside these activities, nature lovers will also find ancient woodlands, wildflower meadows and all manner of wildlife, including otters. Such was the importance of this area in the past that it's filled with hillforts and castles spanning millennia. Offa's Dyke also passes through the region. There are four hostels within the AONB, all of them great jumping-off points for exploring the area.

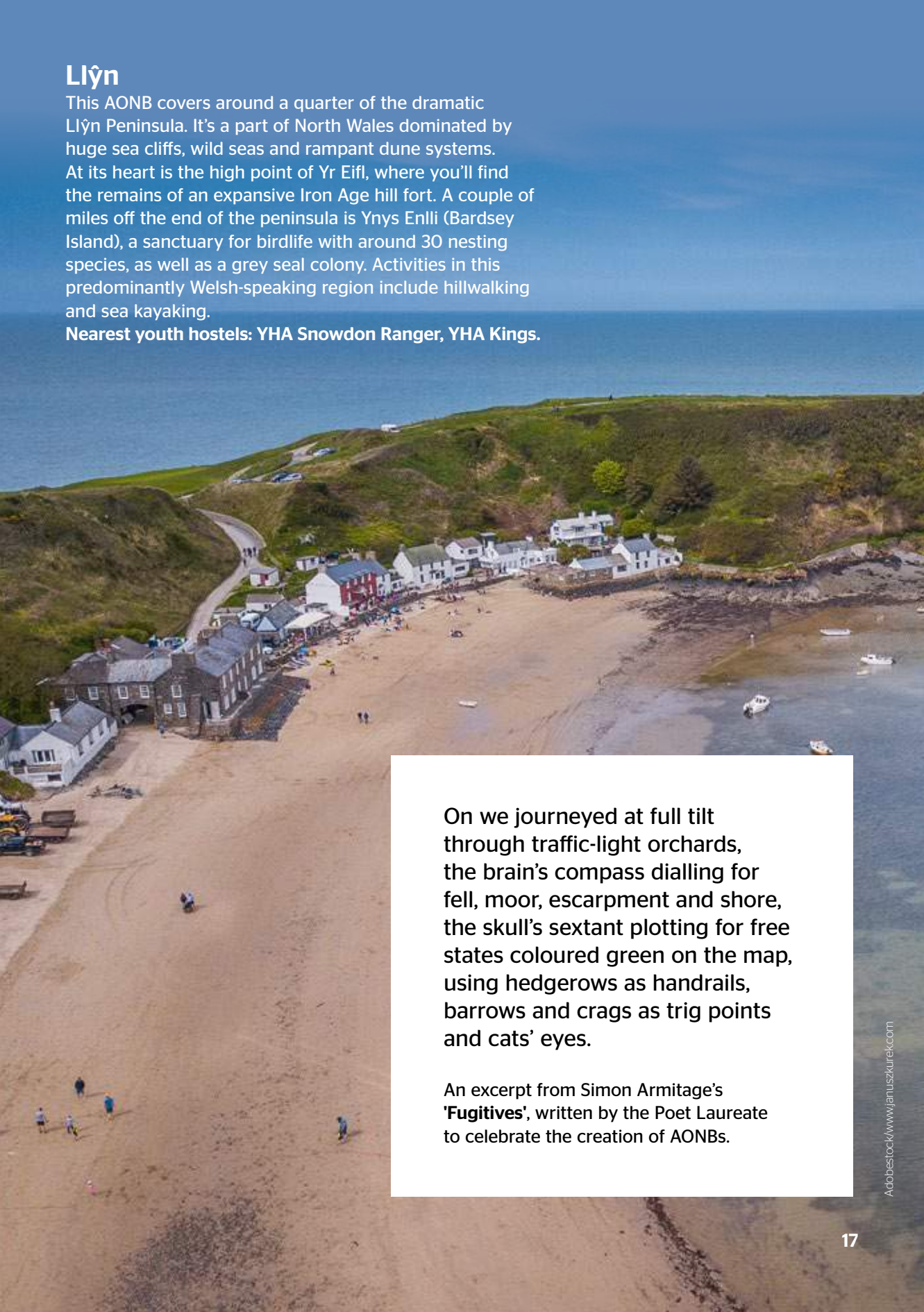
Nearest youth hostels: [YHA Bridges](#), [YHA All Stretton Bunkhouse](#), [YHA Wilderhope Manor](#), [YHA Clun Mill](#).



Llyn

This AONB covers around a quarter of the dramatic Llyn Peninsula. It's a part of North Wales dominated by huge sea cliffs, wild seas and rampant dune systems. At its heart is the high point of Yr Eifl, where you'll find the remains of an expansive Iron Age hill fort. A couple of miles off the end of the peninsula is Ynys Enlli (Bardsey Island), a sanctuary for birdlife with around 30 nesting species, as well as a grey seal colony. Activities in this predominantly Welsh-speaking region include hillwalking and sea kayaking.

Nearest youth hostels: YHA Snowdon Ranger, YHA Kings.



On we journeyed at full tilt
through traffic-light orchards,
the brain's compass dialling for
fell, moor, escarpment and shore,
the skull's sextant plotting for free
states coloured green on the map,
using hedgerows as handrails,
barrows and crags as trig points
and cats' eyes.

An excerpt from Simon Armitage's
'Fugitives', written by the Poet Laureate
to celebrate the creation of AONBs.

Feed their sense of adventure

Our cafés serve up a wide range of family favourites to keep the smallest people going on big days out.

And kids eat free with the purchase of adult breakfasts and evening meals.*

Check out our new menu.

yha.org.uk/food-drink



*Kids under 10 can choose from our kids' menu for free – available for residents only.

A kid's free meal must be ordered alongside a Classic YHA Breakfast costing £9.95 or an adult meal costing £6 or more.

Let's go!

Our pull out section for children.



Springtime activities

See how many different types of wildflowers you can spot on a walk. How many of them can you name?

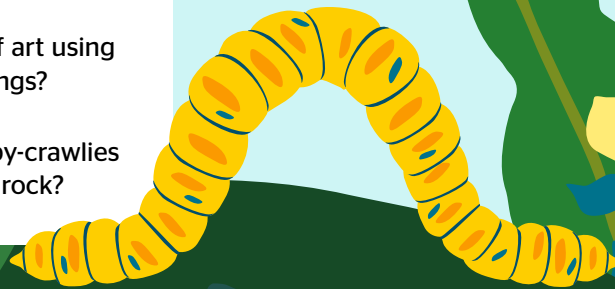
Prepare a picnic. What are your favourite things to eat and drink when you have lunch in the sunshine?

Really listen hard when you're outside. If you stop and stand still, what can you hear? Birds? Bees? Anything else?

Invent a new name for spring. Can you think of a funny name that describes this time of year? Greeny-tree?

Nature art! Can you make a special piece of art using twigs, stones, petals and other natural things?

Go on a minibeast hunt. What kind of creepy-crawlies can you find if you peek under a log, or a rock?



Eight amazing facts about oak trees!

Do you recognise this leaf? It looks a little bit like it's been cut out neatly with scissors. It comes from one of our most special trees – the oak!



1

Some trees have trunks that are very smooth, but the trunk of an oak tree is ridged and wrinkly.

5

The wood from oak trees is very hard and strong. People use it to make chairs, tables and even big ships!

6

A tree like this is also a home for hundreds of insect species. This means an oak tree is an important place for birds to find food.

2

Oak trees produce acorns. Acorns are green when they appear in spring, but they turn brown in autumn, when squirrels, badgers and mice like to eat them!

7

Over history, the oak has been a symbol for strength and power. Some Roman emperors wore crowns of oak leaves.

3

Oak trees have been growing here on Earth for about 45 million years.

8

Oak trees can live to be very old. Some of the trees we see today have experienced spring more than 800 times!

4

Every oak tree started its life as a tiny acorn. It seems incredible that something so big can come from something so small – but it's true!





Three cheers for National Biscuit Day!

Easter has been and gone, but did you know that 29th May will be National Biscuit Day? It's a chance to celebrate one of life's little pleasures. Not just cookies and custard creams, but crackers, oatcakes and all the other biscuits you can think of!

National Biscuit Day isn't the only unusual day that we celebrate. Here are some others!



Ice Cream Day

17th July



Potato Day

19th August



Apple Day

21st October



Octopus Day

8th October



Hug a Bear Day

7th November

Scary or cute?!



Bake your own biscuits

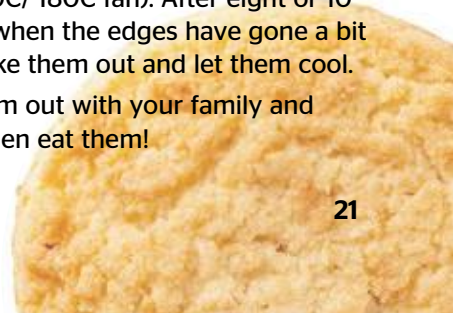
To mark the occasion, here's a simple recipe for you to follow.

You'll need...

- 200 grams of unsalted butter
- 200 grams of golden caster sugar
- One egg
- Half a teaspoon of vanilla extract
- 400 grams of plain flour

And here's what to do...

- Put the butter in a bowl and mash it up until it's really soft and creamy.
- In the same bowl, add the sugar, egg, vanilla and flour. Mix it all up really well to make a dough. Add a bit more flour if it's too sticky.
- Tear off pieces of dough and roll them out until they're flat, and about twice as thick as a £1 coin.
- Then use the top of a glass, or a special biscuit-cutter, to cut the dough into the shape of biscuits. Remember to roll up all the spare bits and use them for more biscuits!
- Pop them onto a baking sheet and baking tray, then put them in a hot oven (200C/ 180C fan). After eight or 10 minutes, when the edges have gone a bit brown, take them out and let them cool.
- Share them out with your family and friends, then eat them!



Did you know... that you can stay at YHA with your dog?

We love dogs here at YHA. That's why lots of our sites let you bring your four-legged friends with you! More than 40 YHA Camping & Cabins sites are dog-friendly, and so are lots of YHA Exclusive Hire hostels – places where you and your family and friends (and dogs!) are the only guests!

If you or your adults want to find out more about staying at a YHA with your dog, head here!

[yha.org.uk/
dog-friendly-holidays](http://yha.org.uk/dog-friendly-holidays)



Border terrier



Poodle

Spaniel

Border collie

Labrador



Wordsearch

Can you find the names of these fruits that grow in England and Wales?

- Strawberry
- Pear
- Apple
- Cherry
- Plum
- Apricot
- Raspberry
- Gooseberry

S	O	H	T	E	P	L	U	M	G
G	T	L	K	F	S	R	O	B	L
Y	R	R	E	B	E	S	O	O	G
R	N	L	A	P	P	L	E	B	A
R	E	J	A	W	K	H	F	O	E
E	U	L	P	O	B	C	B	R	H
B	S	C	R	L	P	E	A	R	U
P	F	G	I	Y	A	G	R	O	R
S	D	O	C	C	H	E	R	R	Y
A	R	R	O	Y	F	E	A	L	Y
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Why I love cycling in the Lakes



by Kevin Merrey

Now, I could probably be described as a road bike obsessive. I spend evenings looking at maps and reading about routes for new places to cycle: the more mountainous the better. I've cycled in some stunning parts of the world, but there are places that are hard to beat. And my favourite is the Lake District National Park.



“It’s a cycling paradise, home to some serious race events... but it’s also a place ideally suited for shorter, more leisurely rides through beautiful countryside.”



I’ve been cycling since I was a kid in the 80s. Back then it was all about BMXs, making jumps off homemade ramps and trying to clear mates who were laying down. From there, for me, it was a natural progression to mountain bikes in the early 90s: big, heavy, clunky things, with rubbish brakes and gears that skipped. But they let me explore further and embark on some real local adventures. Looking back, it was this time when I got the bug for proper exploration on a bike. Those early years of my life were full of cycling adventures, big and small.

Fast forward to the noughties and it was the curly handlebars and skinny tyres of road bikes that I began to take more seriously (that, and wearing lycra!). I started riding ridiculously light carbon bikes, and over time the distance of my rides just kept going up. But back to the Lakes.

I first cycled here about seven years ago, and I’ve been returning ever since. The attraction for me lies not only in the beauty of the place, but also the seemingly endless possibilities for amazing days in the saddle. It’s a cycling paradise, home to some serious race events such as the Fred Whitton Sportive and the Hardest 100, but it’s also a place ideally suited for shorter, more leisurely rides through beautiful countryside and unspoilt villages and farmsteads. Because of this it really is geared up to cover the whole spectrum of cycling, from road and mountain bikes to e-bikes, with dedicated cycle paths, bike hire shops and countless places to stay.

During the summer of 2021, a mate of mine joined me up in the Lakes. We both live in the southern end of the UK, so travelled up together for a weekend of hiking and cycling (and a few beers to boot). Our base for the trip was a two-night stay at YHA Ambleside, a place perfectly suited for a weekend of outdoor activities. On the first full day we headed into the local hills for some hiking and scrambling, but the main event for us was day two, a pre-planned 40-mile road cycling route around the heart of the National Park. It took in famous climbs such as Hardknott and Wrynose Passes, as well as tranquil backcountry cycling around the quieter parts of the map.

We woke up to a slightly drizzly morning, but not long after setting off from the hostel (post full English breakfast and a large mug of coffee, courtesy of YHA) the sun broke through the clouds and before we knew it we were cycling

in the bright, warm morning sunshine. The route took us away from the quaint town of Ambleside, just north of Lake Windermere, and along quiet country lanes. We headed west across the Lakes. It started as a fairly low-level ride, gently undulating through an achingly pretty landscape, before arching northwards towards the heart of the National Park. Steeper climbs lay ahead.

Our mood was high and we chatted as we whizzed along, all the while trying to soak up the beauty of the surrounding countryside and make the most of riding in one of the best cycling regions in the country. We stopped here and there for a quick break and to eat our cycling snacks of local oat bars and pork pies (our fuel of choice for the day's ride!). Slowly but surely we clocked up the miles, travelling further into the Lakes and towards one of the steepest climbs in the country, the aforementioned Hardknott Pass. It's a climb with sections of up to 33% gradient, which is hard enough to walk up, never mind ride a bike that just wants to roll back down.

Hardknott Pass, along with Wrynose Pass, are ancient routes that head through high-sided glacial valleys, with views out across the Lakes in all directions. Hardknott is named after a Roman Fort that stands next to the road halfway up, but low stone walls are all that remain of a once-important fortress that acted as a defence against attack for the Romans in the second century AD. It's in plain sight from the road, but for a better look, you can pull over and view it from the higher grassy bank. Although to be honest, we wouldn't have stopped if it had been the Taj Mahal – at this particular moment in time we were laser-focused on getting to the top. Eventually, after no small amount of puffing and sweating, we made it triumphantly through both passes.

From here on in the ride was more downhill than up, with further stunning views along the Langdale Valley and the River Rothay. We finally cruised back into Ambleside to complete a fantastic ride around the heart of the Lake District. To finish the day off back at the hostel, after a nice hot shower to soothe tired muscles, we had a well earned beer and a filling meal that we chowed down in no time. It had been a weekend to well and truly cure any 2021 blues: hiking and cycling through these craggy celestial landscapes, a place where the ridges and valleys do something to your soul. There really is nowhere quite like it.



9 hostels on National Trails

Where there are glorious hiking routes, there are YHA hostels. No less than 16 National Trails wind across England and Wales, each of them waymarked, maintained, and leading through some of the UK's most spectacular landscapes. Here are some of our favourite properties on, or close to, the trails themselves.

YHA Clun Mill

Restored watermill near the Offa's Dyke Path

This atmospheric hostel retains much of its original charm as a watermill in the tiny Shropshire village of Clun: expect solid masonry, exposed beams and timber floors. It's located around three miles from the epic Offa's Dyke Path, a National Trail which extends 177 miles across England and Wales, roughly following the course of the vast eighth-century earthwork constructed under King Offa.
yha.org.uk/hostel/yha-clun-mill





YHA Hawes

Charming Wensleydale hostel on the Pennine Way

When it opened in 1965, the Pennine Way was the original National Trail. It was the idea of journalist Tom Stephenson, who was inspired by long-distance trails in the USA and kickstarted the UK National Trail movement. The path is 268 miles long and threads from Edale in the Peak District to the Scottish Borders. Other hostels along the route include YHA Edale, YHA Mankinholes, YHA Malham and YHA Dufton.

yha.org.uk/hostel/hawes

YHA Bath

Atmospheric hostel at one end of the Cotswold Way

This striking youth hostel in the Italianate style is befitting of Bath, one of the loveliest cities in England. As well as offering great views over the skyline, it's the perfect spot to recuperate after walking the Cotswold Way, a surprisingly hilly 102-mile trail from Chipping Campden to Bath. It's a route that passes over the Cotswold Hills and through classic villages.

yha.org.uk/hostel/bath



YHA Coverack

Hostel highlight along the South West Coast Path

The South West Coast Path is the longest National Trail (until the England Coast Path is complete), winding a whopping 630 miles from Minehead in Somerset to Poole Harbour in Dorset, having traced the north and south coasts of Devon and the entirety of the Cornish shoreline. Cornwall's YHA Coverack, with panoramic sea views, is one of 11 YHA hostels along the route.

yha.org.uk/hostel/yha-coverack

YHA London Thameside

Capital accommodation on the Thames Path

The Thames Path National Trail follows the river from near its source, at Kemble in Gloucestershire, for 185 miles to the Thames Flood Barrier at Woolwich, in South East London. YHA London Thameside is in Rotherhithe, a couple of miles from the end of the trail. At the beginning of the route, meanwhile, you'll find YHA Cotswolds just four miles from the trailhead.

yha.org.uk/hostel/yha-london-thameside





YHA Truleigh Hill

Lofty hostel along the South Downs Way

The South Downs Way between Winchester and Eastbourne follows old drovers' routes across the chalk South Downs and, with them, some of the most picturesque scenery in England. Truleigh Hill is the highest point on the South Downs (at an admittedly lowly 216 metres) but still provides expansive views over the rolling Sussex farmland to the sea. yha.org.uk/hostel/yha-truleigh-hill

YHA The Sill at Hadrian's Wall

History-rich Northumberland bolthole

The coast-to-coast Hadrian's Wall Path follows in the sandalled footsteps of Romans as it traces the remains of the famous fortification from Wallsend in the east to Bowness-on-Solway in the west. Part way along, YHA The Sill at Hadrian's Wall is an innovative hostel with a landscape discovery centre that explains the human and natural history of the region. yha.org.uk/hostel/yha-the-sill-at-hadrians-wall



YHA Wells-next-the-Sea

A delightful hostel on the Norfolk coast

The Peddars Way (49 miles) and the Norfolk Coast Path (84 miles) are two routes that connect to make one National Trail that takes in the best of Norfolk. On the coastal stretch, Wells-next-the-Sea is a pretty fishing town that's the perfect base for exploring the long sandy beaches and salt marshes. Also along the trail are YHA Sheringham and YHA Hunstanton. yha.org.uk/hostel/yha-wells-next-the-sea

YHA Osmotherley

Hikers' hostel on the Cleveland Way

The Cleveland Way is a 109-mile route that skirts the North York Moors National Park before heading down the coast, taking in the high moors and some of the country's most dramatic sea cliffs. YHA Whitby, YHA Boggle Hole and YHA Helmsley are all along the trail, along with YHA Osmotherley, a charming converted linen mill near Northallerton. yha.org.uk/hostel/yha-osmotherley



YHA Eden Project reopens

We're back at the home of the famous Biomes in Cornwall with a new glamping offering for the summer season.

Pick from Airstreams, bell tents and Landpods and relax in your own piece of Eden.

The site offers guests a central location within the Eden Project, next to woodland trails, and is just a short walk from the attraction's main entrance.

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





How to... plan your first long-distance hike

There's nothing quite like the escapism of a multi-day (or even a long, single-day) walk. Not only does it give the chance to unplug from the pressures of rolling news, social media and other attention-drains, but it serves up something even more liberating: the time and space to connect with the world around you. When nothing stands between breakfast and dinner but a trail winding through the hills, you know it's going to be a good day.

Happily, England and Wales are both blessed with a network of brilliant long-distance walking routes, from fully-fledged National Trails to lesser-known, waymarked rambles across the countryside. If you're new to the idea, here are some of the key things to consider.

When should I walk?

Spring and autumn are generally seen as the best seasons to tackle a long-distance route in the UK. Winter has obvious downsides, unless you're feeling particularly hardy, while the summer months – although by no means to be ruled out – can see the more popular trails become busy. Maybe ask yourself if there's anything you'd particularly like to see along the route you've chosen (wildflowers? nesting seabirds? autumn colours?) and plan accordingly.

How long should I walk for?

This will largely depend on your fitness and experience. If you've rarely walked further than five miles at a stretch, tackling the 270-mile Pennine Way might be unwise – fantastic though it is. Try to work your fitness up to a point where walking 10 or 15 miles in a day, with a pack, feels like good exercise rather than a slog. If you feel well prepared, the experience will be all the better! Something like Norfolk's Peddars Way, which stretches for just over 45 miles, is a nice length for new-ish walkers to aim towards.

Where am I going to stay?

This will vary according to your route, but the golden rule is to have your accommodation planned in advance, whether you're camping, hostelling, or staying at a B&B, pub or hotel. Most trails have tried-and-trusted options on (or near) the route itself. It can take a bit of planning to work out where and when you'd like to stay – but it also helps build anticipation! Some tour operators do this work for you and offer a full trail as a package. And as you'll see from the feature on p26-28 and the network map on p34, there are plenty of YHA hostels on National Trails and other



walking routes, many of which allow for brilliant hostel-to-hostel walks. YHA Whitby to YHA Boggle Hole is one of our favourites, and there are all sorts of options in the Peak District and Lake District.

What should I take?

Having the right gear is critical. It doesn't need to be super-expensive, but it does need to be practical. Invest in walking trousers (jeans are a no-no) and appropriate boots or shoes – many people also swear by walking poles, which can share the load of your weight, ease the impact on your knees, and help your balance. A suitable, and comfortable, backpack is also key. Pack spare clothes wisely – always bring proper waterproofs, and remember that layering is the best way to regulate your temperature. It's better to have a few lightweight mid-layers than one chunky jumper. Bring gloves, a hat and/or cap, sun cream and a basic first aid kit (including blister plasters), and plan ahead, too, with food and drink. Make sure you have enough drinking water – or somewhere en route to refill, like YHA's water filling stations – and stock up on provisions and snacks where you can without weighing your pack down too much. Arranging a packed lunch at your overnight accommodation can be helpful.

Do I need a map?

Most well-used trails have good signage, but even the best-trodden paths can have confusing parts, or sections where the waymarks seem to vanish. It always makes sense to have a detailed map with you – and the knowledge to read it! – whether that's in paper form, or on your phone. Outdooractive (formerly called ViewRanger) and OS Maps both have good apps for this purpose.

How am I going to get to/ from the start and finish?

This is another factor that needs planning, particularly if you're doing a linear walk from A to B. Look at bus and train timetables, car parking or, if needed, local taxi firms, or friends and family.

Useful websites

Long Distance Walkers Association:
ldwa.org.uk

Ramblers:
ramblers.org.uk



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

Tried and tested

Outdoor items put through their paces by The Journey team

Darn Tough Hiking Sock

outdoorgear.co.uk

Obviously, we've not tried every sock in the world, but we can be reasonably confident that Darn Tough make some of the best socks ever made. I've never had a pair that lasts so long, that are so comfortable and that have completely eliminated blisters. Yep, these are amazing socks. This is down to several factors: the very fine gauge knit, the fabric (in the case of these Darn Tough Decade Stripe Micro Crew Cushion Socks, that's 58 per cent merino wool blended with 40 per cent nylon and Lycra Spandex). Plus they offer a Guaranteed for Life return. That's confidence.

Daniel Neilson

- + Very well made
- + Lifetime guarantee
- + Comfortable
- Nothing at all



Yeti

uk.yeti.com

Yeti is a purveyor of bulletproof outdoor gear. The company started off making coolers, that quickly became the highest standard available. Since beginning in 2006, the company has expanded into drinkware and bags. Yeti gear is exceptional if you really need to keep things very hot or very cold: their bottles, mugs (and rather lovely wine tumblers) are very effective. This Rambler 12oz (£25) is the perfect mug for coffee or hot chocolate on the mountain. The double wall vacuum is the most long-lasting I've come across but key is the new Hot Shot Cap that is easy to use and 100 per cent leakproof.

Daniel Neilson

- + Leakproof
- + Extremely durable
- + Loads of size options
- Pricey (but worth it)



Montane Featherlite Smock

montane.com

Over the last few years, Montane has firmly solidified its position as an endurance sports brand. Its ethos of 'Further, Faster' manifests itself in very lightweight and breathable clothing and accessories. The Montane Featherlite Smock is a great example of a simple piece of clothing that just works at every step. It weighs just 110g, is light enough to fit in the pocket of your shorts, and the Pertex Quantum Eco fabric (100 percent recycled) holds off the wind while allowing any moisture to escape.

There's a small chest pocket and, as is our preference for wind shells, no hood.

John Scully

- + Very light
- + 100 per cent recycled fabric
- + Packable
- A little short



Cirrus Hut Slipper

rab.equipment/uk

Ideal for hostelling, camping and bothying – and any other travel situation where you need to keep your feet cosy but can't realistically pack your moccasins – these hut slippers are a great option for those times when you've squeezed out of muddy boots and still need a bit of comfort. The synthetic, down-like insulation and the soft outer material are both recycled, and they combine to create something that's ultra-lightweight and compressible, but at the same time toasty-warm and surprisingly sturdy of sole. If you're more accustomed to clumpy, high-street slippers, you're in for a treat.

Louise Williams

- + Warm
- + Recycled materials
- + Lightweight and easy to pack
- Pricier than regular slippers



Hostel guide



Book now

Visit yha.org.uk

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

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

YHA Ninebanks
YHA Okehampton

YHA Okehampton Bracken Tor
YHA Osmotherley

YHA Patterdale
YHA Penzance

YHA Perranporth
YHA Poppit Sands

YHA Port Eynon
YHA Portreath

YHA Pwll Deri
YHA Ravenstor

YHA Rowen
YHA Scarborough

YHA Sheen Bunkhouse
YHA Sheringham

YHA Sherwood Forest
YHA Skiddaw House

YHA Slaidburn
YHA Snowdon Bryn Gwynant

YHA Snowdon Llanberis
YHA Snowdon Pen-y-Pass

YHA Snowdon Ranger
YHA South Downs

YHA St Briavels Castle
YHA St Davids

YHA Stratford
YHA Streatley

YHA Street
YHA Swanage

YHA The Sill at Hadrian's Wall
YHA Tanners Hatch

YHA Thurlby
YHA Tintagel

YHA Totland Bay
YHA Treyarnon Bay

YHA Truleigh Hill
YHA Wasdale Hall

YHA Wells Next The Sea
YHA Whitby

YHA Wilderhope Manor
YHA Windermere

YHA Wooler
YHA Wye Valley

YHA York
YHA Youlgreave

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Military Road, 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' page

This issue's featured photo comes from Sarah Thyer, who captured this shot on the River Wye, while staying at YHA Wye Valley.



@slaythedrag

Fallen a little bit in love with this place
Such an incredible weekend at the
stunningly beautiful @YHAOfficial
#BlackSail #LakeDistrict

@TheRealVonHorst

The #SouthWestCoastPath south of
Tintagel goes past the @YHAOfficial
hostel (which has a *very* handy bench
on which to set up the #trangia stove for
a brew!) and is epic. Stunning scenery,
dramatic cliffs and all the seabirds you
could want.

@ClarWest

Splendid night @YHASnowdonPYP. Great
beer, coffee and food, plus doing a bit of
good by staying and helping fund other
great stuff that @YHAOfficial do.

@peak_chair

Great to welcome young delegates
from across @uknationalparks to
@peakdistrict & @YHAOfficial Edale for
#GenerationGreen Youth Voices event.
Already lots of lively debate & ideas,
should be a fun & productive 4 days.

@Braders8_GTTO

I can personally recommend staying at
@YHAAIston, the surrounding scenery
is spectacular, it's located on the C2C &
Pennine Way routes, & just a lovely place
to stay. Oh and my sister & brother-in-law
own & run the place!

@PaulRadford22

10th stamp in my book today and 20th
@YHAOfficial visited. Lovely old building
at Hartington Hall and fantastic staff.
Really enjoyed my stay.

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

Can you crack our camping anagrams?

WIN! A Ticket to the Moon King Size Hammock, worth £70

It's that time of year when outdoor-lovers start dreaming of nights under canvas (and did you know that some of our best located hostels have camping pitches?). But no camping trip is complete without the right gear. We've jumbled up the names of five overnight essentials below – can you work out what they are?

1. **PEELINGS GAB**
2. **NETT**
3. **GEPS**
4. **BOOTTHRUSH**
5. **CHORT**

To enter, simply send us an email with your five answers to magazine@yha.org.uk by 17th June 2022. Feel free to share your thoughts on this magazine at the same time.

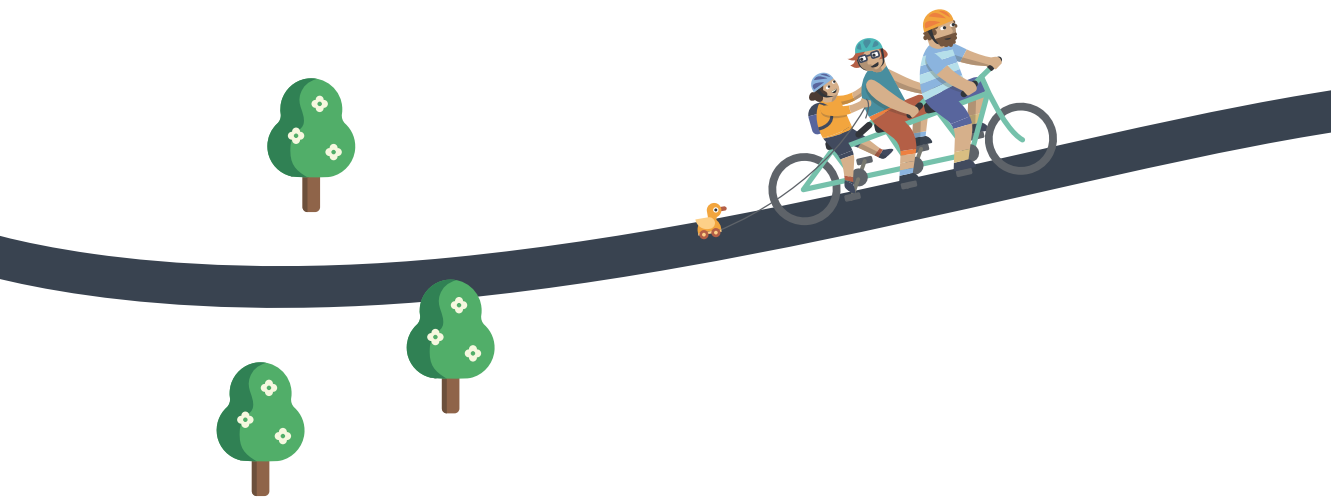


About the prize

All Ticket to the Moon hammocks are ethically handcrafted in their own factory in Bali, Indonesia. They are PFC free and constructed using only the highest quality, skin-friendly OEKO-TEX® Standard 100 certified materials.

The King Size Hammock is the extra-wide version of the iconic Original Ticket to the Moon Parachute Hammock. It's the ultimate summer feel-good accessory for your travels and outdoor adventures. Choose from 10 colours or create your own custom edition, priced from £69.95. All products come with a 10-year guarantee. Buy online at tickettothemoon.com.

Last issue: congratulations to Simon, Cath, Rachael, Brenda and Derek who each won a signed, framed A2 print from illustrator Sam Chivers.



We are YHA.

We transform young lives forever through travel and real adventure.

Because where you go changes who you become.

stay | join | give | volunteer yha.org.uk

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