



yha

spring 23

# The Journey



# Spring escapes

Enjoy doorstep access to the iconic landscapes and landmarks of England and Wales this season with dorm beds from £15 per night and private rooms from £30 per night.

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

Pictured: Catbells, Cumbria stay at YHA Borrowdale







# Hello

...and a very warm welcome to the spring issue of The Journey. This is a season of growth and rebirth, when the months ahead start blooming with potential. As such, we're filling this issue with ideas and inspiration for your future trips, as well as keeping you up-to-date with what's new at YHA.

If you watched any of David Attenborough's recent *Wild Isles*, you'll have been reminded how remarkable the wildlife is here in England and Wales – in this issue we detail how you can see some of our most iconic creatures for yourself. We also have an exclusive interview with the remarkable Mya-Rose Craig, aka Birdgirl, to hear her thoughts on conservation, the countryside and, yes, birds!

Elsewhere we venture to Manchester to show you what to look forward to on a city break, shine a spotlight on nine hostels with fantastic views, and share some vital tips for your outdoor adventures. You'll also find the usual news and reviews alongside Let's Go!, our four-page pull-out section for young readers. There's only going to be one 2023 – let's make the most of it.





**8**

### **Brighton calling**

How to enjoy your time in the iconic seaside city

**12**

### **Mya-Rose Craig**

We meet Birdgirl, activist and birder extraordinaire

**14**

### **Manchester**

A look at what's new and exciting in the city

**19**

### **Let's go!**

Four pull-out pages of fun and games for children

**23**

### **Wild Isles**

Where to head to see British wildlife

**26**

### **Scenic hostels**

Nine YHA properties with views to remember

**30**

### **Gravel biking**

How to get into this fast-growing activity

**34**

### **Hostel guide**

The definitive list of YHA hostels in England and Wales

**39**

### **Competition**

WIN one of two pairs of KEEN Newport H2 sandals worth £100

## Nature on the doorstep

Many of our hostels still bear green plaques outlining YHA's charitable objectives. They include the following words: "The buildings are diverse in character, but they have a common purpose: To help all, especially young people of limited means, to a greater knowledge, love and care of the countryside, and appreciation of the cultural values of towns and cities."

YHA's mission remains the same today. The network in 2023 also has an extraordinary assortment of buildings. There are converted castles and hunting lodges, gothic mansions and old farmhouses. There are hostels in cities, villages, on mountainsides and clifftops, by rivers and on moorland. On page 26, we look at nine hostels with incredible views. YHA Treyarnon Bay, pictured here, is one of the loveliest, sitting just 50 metres from one of Cornwall's best beaches.

YHA exists to connect people to each other, to culture, to heritage, and to nature and the outdoors. And it's hard not to feel connected when the view from the window is so life-affirming.







# Five ways to enjoy... Brighton

Brighton is one of Britain's most thrilling cities. In May, the city is host to the Brighton Festival, a world-renowned arts festival, this year curated by musician and broadcaster Nabihah Iqbal. There's a vibrant music scene (The Great Escape Festival is also in May), plus some of the best shopping anywhere in the country. Add in the long beaches and the pull of the South Downs and you have a city with an awful lot going for it. We love it, and here are five reasons why.

## 1 Brighton's beachfront

Brighton beachfront has been its key attraction, at least since the early 1700s when bathing in the sea was promoted as a cure for, well, almost anything. But in recent years, the seafront continues to be transformed. Sea Lanes, opening this spring, is a heated 50m outdoor swimming pool.

## 2 Explore the Royal Pavilion

Yes, it's the most popular attraction in Brighton, but first-time visitors never fail to be left open-mouthed at the audacity and extravagance of the place. Built by Prince Regent (George IV), and transformed by John Nash between 1815 and 1823, the Royal Pavilion became a seaside pleasure palace renowned for its lavish furnishings and extravagant parties.

## 3 Shop the North Laine

Brighton has an abundance of independent boutiques, dedicated to almost anything you can imagine. The North Laine is a neighbourhood between the train station and the seafront filled with fashion boutiques, vintage clothing stores, bars, restaurants, coffee shops and comedy venues.

## 4 Cycle the South Downs

Rising above Brighton are the South Downs, a band of chalk hills that extends across southeast England. It's easy to jump on a 'Breeze up to the Downs' bus service and within half an hour, you'll be in the middle of the countryside of the South Downs National Park.

## 5 Join the festival fun

Brighton has long had a reputation for partying. There are dozens of amazing venues with music and comedy on most nights of the week. Brighton Festival and Brighton Fringe in May is the cornerstone of the cultural year, but also Pride Brighton + Hove in August is the UK's biggest LGBTQ Pride festival.

**Stay at YHA Brighton**  
[yha.org.uk/hostel/yha-brighton](https://yha.org.uk/hostel/yha-brighton)

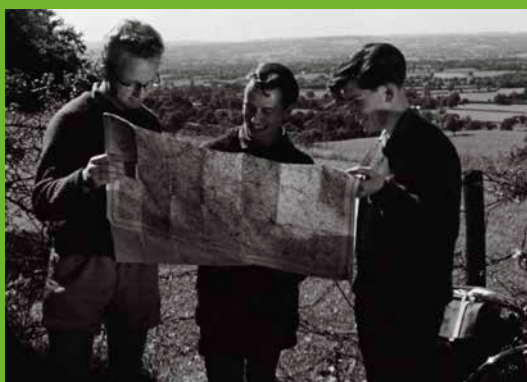




# From the YHA archive

YHA public information film free to watch

It's 1962, and the Youth Hostels Association is around 30 years old. The clipped voice of a narrator informs viewers that YHA "started out of the realisation that the best way to encourage travelling the countryside, on foot or cycle, was to have somewhere to eat and sleep cheaply at the end of the day," The black and white images of Youth Hostel Holiday, a short film made for the Colonial Office, show smiling young people cycling, looking at a map and having an evening singsong.



It's one of two films in the BFI's archive that are freely available to watch. They give a fascinating look at how much has changed in the network, but also how much is unaltered. The atmosphere of hostels today remains broadly the same: convivial, friendly and mutually encouraging. There's still a huge range of hostels to choose from, and the promise of a comfy bed for the night is still there. There's just a lot less smoking these days (and fewer chores), thank goodness.

Search Youth Hostel Holiday at [player.bfi.org.uk](https://player.bfi.org.uk)

## YHA news

### Bequeathed games boxes in hostels

Thanks to money from the Richards Bequest legacy fund – named after late supporter H S Richards – outdoor games boxes are being donated to hostels with lots of flat outdoor space.

A selection of outdoor games were trialled last year, and the most popular have now been added to the boxes: these include lawn boules, quoits, tug of war and the fast-growing Spikeball.

YHA has also invested in skywatching boxes that contain monoculars for birdwatching or stargazing. There are two

larger boxes that also include birdwatching books, constellation guides, as well as a tripod with phone adaptors for amateur photographers. They'll be distributed in hostels in dark sky areas.

### Marathon accommodation

Fancy a real challenge this year? YHA is the official accommodation provider of the first edition of the 13 Valleys Ultra, an ultra-marathon within the Lake District National Park from 29 September to 1 October 2023. If you have the stamina, you can choose from four distances. There's a 20km trail run alongside three ultra-distances: 60km, 100km and a frankly daunting 180km.

# Walk of the season: Borrowdale, Lake District

**Daniel Neilson enjoys a walk around Borrowdale learning about its most interesting ex-resident, the cave-dwelling Millican Dalton.**

In September 1913, Millican Dalton, an 'expert mountaineer and camper', advertised a taste of 'real adventures and experiences' in a local magazine. The trip, he promised, would include:

- Lost in Mountain Mist
- A Thunderstorm on the Mountains (weather permitting)
- Dangling over the Precipice
- Astride the Razor Ridge
- Varied Hairbreadth Escapes (arranged by circumstances)

As adventurous as it all sounded, I didn't particularly want my walk to include any of the above. But, being the Lake District in spring, you could never be sure. What I did want to see was the cave where

Millican Dalton had lived for 40 consecutive summers, earning him the nickname of 'the Caveman of Borrowdale'. A clerk from London, he moved to the Lake District in 1904, aged 36, in pursuit of a simple life of 'romance and freedom'. As a guide, he claimed first ascents across the Lake District, offered mixed camps and, rather endearingly, called himself the Professor of Adventure. I wanted to know more, so after setting base the night before at YHA Borrowdale and examining the huge map in the bar, I planned a walk that would lead through the 'Jaws of Borrowdale' to Millican's Cave, before skirting around Grange Fell and back into YHA Borrowdale (recent winner of the best hostel or bunkhouse at the The Great Outdoors Awards).

## Festival of Walking returns

YHA's Festival of Walking is back for another year this autumn, with guided walks for all abilities across the country. But you don't need to wait until September to join in. YHA has made public a collection of more than 100 self-guided walks, complete with Ordnance Survey maps.

The walking routes can be downloaded now from [yha.org.uk/festival-of-walking/self-guided-walks](https://yha.org.uk/festival-of-walking/self-guided-walks)

Each route has a detailed description, an Ordnance Survey map with key waypoints plotted, and a short article providing context for the walk. There's also a link to download the route onto the OS Maps App on your phone.

There are routes from hostels across England and Wales, split into Easy, Moderate, Challenging and Severe, depending on the length and ascent of the route.

Some of the highlights include exploring Kinder Scout's southern edges from YHA Edale; a challenging walk over Glenridding, Helvellyn and Grisedale from YHA Helvellyn; and a sightseeing tour around London from YHA London Central.

**YHA's Festival of Walking takes place from 3 September to 19 October 2023 and includes social walks, as well as 20% off stays at selected hostels.**







**Distance:** 8 miles (13km)  
**Ascent:** 489m (1,604ft)  
**Start/Finish:** YHA Borrowdale  
**Map:** OS Explorer 1:25k (OLO4) English Lakes – North-western area

**1** From YHA Borrowdale, take the footpath north (don't cross the bridge) and follow the River Derwent along the Cumbria Way. As an option, just after New Bridge (NY 2511 1518) follow the footpath up Lingy Bank to join the bridleway to visit Castle Crag, an impressive little hill. It's also one half of the 'Jaws of Borrowdale' that defend the valley (its opposite number, Grange Fell, comes later in the walk). But to get to Millican Dalton's cave, follow the Cumbria Way through the forest to NY 2518 1606. Here you'll see a little path and 'Caves' marked on the OS 1:25,000 maps. Move on to the second cave. Be sure to seek out the inscription reading "Don't!! Waste Worrrds", chiselled into the cave wall by either Millican or a friend.

**2** Head back down to the Cumbria Way and follow it north to the foot of Derwent Water. At Great Bay (NY 2555 1878), follow the footpath over the footbridge and immediately right towards Borrowdale Hotel.

**3** Turn left along the road to the next group of buildings and follow the footpath sign around the barn and into the woods at NY 2617 1829.

**4** Climb through the woods until you reach a footbridge. Don't cross it, but turn south and follow Watendlath Beck to Watendlath.

**5** From Watendlath, follow the bridleway southwest back to Rosthwaite. Cross over the footbridge and through the village, following the footpath back to YHA Borrowdale.



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.



# Birdgirl

**Mya-Rose Craig, otherwise known as Birdgirl, is a British-Bangladeshi birder, environmentalist and diversity activist. She is the founder of Black2Nature, a charity dedicated to introducing young children to the natural world, and is currently studying at Cambridge University. At the age of 17, she became the youngest person to have spotted half of the world's bird species.**

**Q Why do you feel passionately about young people spending time outdoors?**

That relationship with nature and the outdoors is super-important. It's how you get people to engage with issues like biodiversity loss, which is such a massive issue in the UK. Having the ability to spend time in

the outdoors should be a right, and it's so incredibly important for our wellbeing. In an age where the NHS is actually prescribing people to spend time in green spaces, we really should be encouraging more people to venture out. Also, the countryside and nature are really fun!

**Q You work with people from VME (Visible Minority Ethnic) backgrounds. Is progress being made in terms of equal access to the outdoors?**

I founded Black2Nature nearly 8 years ago and things have shifted massively since then. There's a completely different attitude to the issue. During the pandemic you had lots of organisations within the nature space acknowledge that they should be doing something to help. But there's still a very long way to go, partially because this issue of opportunity and diversity is very systemic. It's linked to a lot of other things, like class and jobs and money. It's so important to focus on letting people explore, especially during a cost of living crisis. It's not something that should be reserved for the middle classes.





All photos © Oliver Edwards

## Q You've had a lifelong love of birds. Why do they bring you so much joy?

There's something about watching them flying around that really elicits something in me. When I was a kid, my parents were great about going on really exciting walks and treasure hunts, so when I was a kid I really associated that adrenaline with birds. As I've got older it's become a more peaceful thing. Over lockdown I went from seeing exciting tropical species to spending a lot of time in my garden. I was deeply invested in the blackbird fledgling in our hedge. Birds are such a great piece of nature to connect with, because no matter where you are, even in the middle of a city, there are birds around. I really love that. I do bird-ringing and I've fallen in love with wrens. They're really beautiful, they have so much character and they're so loud! I hear people saying British wildlife is boring, but there's so much amazing stuff once you start looking.

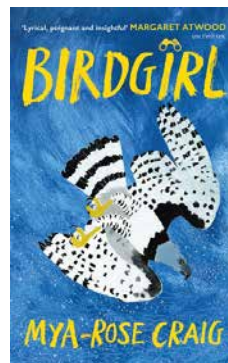
## Q What do you hope readers will get from your book, *Birdgirl*?

The best feedback I get is from people who say 'I'd like to try birdwatching now' – that's always very cool. But the book talks a lot

about activism, and also how nature and wellbeing are super-tied together, so if a younger person became inspired to try and make the world a slightly better place that would also be incredible. But for me the core thread of the book is a very honest conversation around mental health. I talk about my mum being very unwell with bipolar disorder and how the family used nature to cope with that – it's a warts-and-all story that shows the good and bad, so I hope that's helpful for other people out there. My mum always said she never saw any stories out there reflecting anything she might be going through.

## Q Last year you were on a COP26 panel with Greta Thunberg and Malala Yousafzai – how was that?

It was a very exciting moment. Greta's just such a cool, down-to-earth person. I always try and maintain hope, I think that's really important, so after meeting other young activists and seeing what they were doing and how much they care, I came away feeling really good about all that. The BBC did a study a year or two ago saying that over half the people my age weren't feeling hopeful about the future, or felt disenfranchised, so anything that encourages more young people to get involved, to meet others who care and to try and make a difference, is so important.



***Birdgirl***  
**(Vintage Publishing)**  
**is out now**

[birdgirluk.com](http://birdgirluk.com)  
[black2nature.org](http://black2nature.org)



# What's new in... Manchester

© Paul Harris NT Images

**Whether you're here for the music, the museums, the nightlife or the sport, Manchester is always on the go. Here we look at some of its newest cultural offerings.**

Manchester has an inordinate number of things to shout about. Two titanic football teams; a music scene that birthed everyone from The Smiths and New Order to Bugzy Malone and The 1975; an industrial heritage unmatched virtually anywhere on the planet; a claim as one of the cradles of feminism, vegetarianism, communism and trade unionism. And the list goes on.

For the visitor, it makes the city not only somewhere to delve into at length – shopping for vintage clothes at Affleck's Palace, gazing at neo-gothic architecture at the John Rylands Library, bar-hopping in the Northern Quarter, wandering the superb National Football Museum – but also a destination that evolves by the month. New attractions come thick and fast in Manchester. Here are some of the most notable.

## Castlefield Viaduct

YHA Manchester has a fantastic canal-side location within walking distance of the city centre. It's also virtually in the shadow of the Castlefield Viaduct, a 56-arch, Grade II-listed railway bridge, which today is far more than just a photogenic relic of the industrial era. The landmark was given a fresh lease of life in 2022 when the National Trust – inspired by the High Line in New York City – transformed a 330-metre stretch of the viaduct into a public sky garden.

Around 3,000 species of plants and trees are now growing along its length, and the viaduct can be visited at no cost (although you'll still need to pre-book tickets at certain times). It's an extraordinary attraction – a piece of bygone Victoriana reimaged as a carefully nurtured green space – and has become another symbol of Manchester embracing its past in creative ways. Some sections remain untouched, to show how nature had already begun to reclaim the viaduct through wild grasses and weeds, but the main areas are a joy to visit on a bright day.

[nationaltrust.org.uk/castlefield-viaduct](https://nationaltrust.org.uk/castlefield-viaduct)





© Manchester Museum



© Jeremy Coysten @NorthDesign

## Manchester Museum

After a three-year closure that culminated in February 2023, the Manchester Museum is back. A £15 million transformation has seen the venue – which dates back more than 130 years and forms part of the University of Manchester – add a two-storey extension. New to its offering are the South Asia Gallery, the Chinese Culture Gallery and a brand-new exhibition hall.

The latter is currently hosting the Golden Mummies of Egypt exhibition, which has already successfully toured the USA and China. It showcases an incredible array of artefacts from ancient Egypt and Sudan and runs until the end of the year. Perhaps even more remarkably, it's free – just book your tickets online.

This is, to be clear, a cut above the average civic museum. There are some 4.5 million objects in the collection, including some 100,000 fossils and one of Europe's most important collections of Ice Age animals. Perhaps most unusual of all, however, is the Vivarium, which houses live amphibians and reptiles. It's renowned worldwide for its conservation work and was recently able to captive-breed a variable harlequin toad. Hop along and see it for yourself.

[museum.manchester.ac.uk](https://museum.manchester.ac.uk)

## Factory International

Less than 10 minutes on foot from YHA Manchester you'll spot this show-stopping new cultural centre, scheduled to open in June. If you're expecting a bog-standard event venue, think again. The £186m complex was designed by prize-winning Dutch architect Ellen van Loon and is said to be the largest investment in a national cultural project since London's Tate Modern in 2000.

Topping the bill this year is the biennial Manchester International Festival, which will be running from 29 June to 16 July. One of the most eye-catching inclusions in the programme is an exhibition by the much-famed Japanese artist Yayoi Kusama, whose giant inflatable installations can be visited until the end of August (standard tickets £15).

Elsewhere, the multi-Grammy-nominated US musician Janelle Monáe will be performing a three-night residency at the venue, while world-class singer-songwriters such as Alison Goldfrapp, John Grant and Angélique Kidjo are also appearing. The programme includes a whole range of other events, with a number of them offering free or £10 tickets.

[factoryinternational.org](https://factoryinternational.org)

## Science & Industry Museum

Even closer to the hostel is the renowned Science & Industry Museum, which sits on the site of the world's first passenger railway (pub quiz fact: it opened in 1830 and ran from here to Liverpool). The museum has been a major draw ever since being unveiled in 1983, but the big news in its 40th anniversary year is the arrival of two exciting exhibitions.

The first, Operation Ouch!, will appeal to families. It brings to life the hit BBC series of the same name with interactive exhibits and on-site doctors to guide you through the wonders of the human body. It opens on 21 July and runs until the end of 2024 (£10 adults, £9 children, under-3s free).

The second, Stephen Hawking at Work, arrives here in May – having initially been shown at London's Science Museum – and will be in place until January 2024. Giving a fascinating insight into the life of one of the world's greatest thinkers, it showcases many of the extraordinary objects and contents of his office, including his PhD thesis and his spectacles. It's free to visit.

[scienceandindustrymuseum.org.uk](http://scienceandindustrymuseum.org.uk)

## Co-op Live

It was 1863 when 300 individual co-operatives banded together in Manchester to create the Co-Operative Wholesale Society – the forerunner of today's organisation – so the sponsor of this major new live events arena has meaningful links to the city. It's set to open at the end of 2023 and expects to host around 120 events a year.

The venue, which will be located next to Manchester City FC's stadium, will accommodate up to 23,500 fans, as well as having space for 32 bars and restaurants. Bruce Springsteen and Harry Styles have helped advise on the design and layout of the main event space, which will make a point of having no corporate branding.

It's a notable project in other ways, too. It aims to be the most sustainable arena in the UK, with initiatives that include rainwater-flush toilets and a football-pitch-and-a-half's worth of rooftop solar panels. It's also pledging to use locally sourced construction materials and aims to send zero waste to landfill.

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







© Arena Bowl

## Mancunians on Manchester

“A city that thinks a table is for dancing on.”

**Mark Radcliffe, BBC DJ**

“The thing about Manchester is... it all comes from here.”

**Noel Gallagher, Oasis**

“Its spirit has a contrariness in it - a south and north bound up together - at once untamed and unmetropolitan; at the same time, connected and worldly.”

**Jeanette Winterson, author**



© OMA

“Manchester’s got everything except a beach.”

**Ian Brown,  
The Stone Roses**

“This is Manchester. We do things differently here.”

**Tony Wilson,  
legendary impresario**



© Chris Bull



# Experiences away from home – available now for 2023!



**NCS (National Citizen Service) helps 15-17 year olds build skills for work and life by giving them opportunities to take part in new challenges and meet new people, gaining confidence and independence along the way.**

- ✓ **Away from home experiences are available across England – including many YHA sites.**
- ✓ **Last five days and four nights.**
- ✓ **Include a variety of activities centred around a choice of three themes: **Live It, Boss It, or Change It.****
- ✓ **Boost CVs and college/university applications by showcasing a wide range of skills and experience to employers and education providers.**

NCS receives government funding so the total cost for the whole experience is only £95, including travel, accommodation, activities, and food. Bursaries are also available, subject to individual circumstances.



## **Places are limited!**

Scan the QR Code to find out more and register or visit the website:

**WEARENCS.COM**

**“When my son came back, he had just blossomed, his confidence had grown so much it was incredible. I would highly encourage parents to get their teens on NCS, it teaches them to have conversations they wouldn’t normally have the confidence to have” - Parent**

## **Get in touch**



NCS away from experiences are provided by Ingeus and YHA on behalf of the NCS Trust, a Royal Charter Body and nationally recognised institution.

If you’d like to have a chat about NCS experiences or have a question, you can call us on **0800 197 8010** or email us at **askncs@ingeus.co.uk**





# Let's go!

## Stone Age animals

The Stone Age began almost three million years ago and finished around 4,000 years ago. In that time, all sorts of weird and wonderful creatures roamed the planet, including the three beasts here.



**Sabre-toothed cat**

This fearsome-looking predator went extinct around 10,000 years ago. Before then it lived in North and South America, where it was strong enough to catch deer and bison. It used its two long teeth to tear through the skin of its prey. It was a little smaller than today's lions, but much heavier.

With its shaggy coat, huge head and twisty tusks, the woolly mammoth was a true Stone Age giant. It ate leaves, grass and flowers, using its tusks to clear away snow to find enough food to eat. It could weigh up to six tonnes – that's about as heavy as a tractor! Its dense fur kept it warm in the cold.



**Woolly mammoth**



**Woolly rhinoceros**

Early humans made drawings of this amazing animal on the walls of their caves. This helps to tell us what it looked like. It was related to the rhinos we have today, with two big horns on its head, but it had a thick coat of fur. It was a herbivore, mainly grazing from trees and small plants.



# Did you know?

## Six facts about spring



Spring officially begins in the middle of March. We call the first day the spring equinox, or vernal equinox. The word 'equinox' comes from Latin and means 'equal night'. It's the time when day and night both last for almost exactly 12 hours.



After the spring equinox, the days begin to get longer and longer, which means the evenings get lighter and lighter. This is because during spring and summer, we spend more time tilted towards the sun.



Not everywhere in the world has spring at the same time. When it's spring in the northern hemisphere, above the Equator, it's autumn in the southern hemisphere.



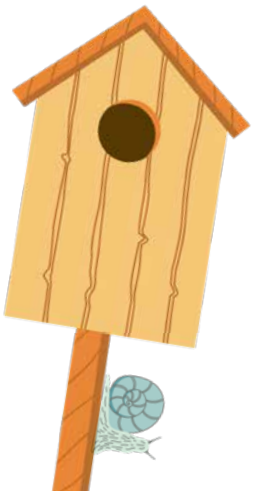
We call this season spring because it's the time when flowers, shoots and buds start springing to life! It's usually warmer than winter and cooler than summer.



It's also the time of year when wildlife begins to reappear. Look out for bees, butterflies and birds. Some of the birds we see in spring, like swifts and swallows, fly here every year all the way from Africa!



There are nearly 60 different species of butterfly in Britain. Some of the most common are the peacock, the small tortoiseshell and the cabbage white. How many species can you spot this year?



# Now you see me, now you don't



Some animals are experts at concealing themselves. Prey animals use their camouflage to stay hidden, while predators use camouflage to sneak around unseen. Here are four examples from around the natural world.

This sea turtle might seem too big to hide, but the pattern on its shell helps it to stay safe from hungry predators. When looked at from above, the dark shapes on the turtle's back blend in with the rocks and coral on the seafloor. But when seen from below, its pale tummy is harder to spot against the bright surface of the water.



This Arctic fox has a dazzling coat that blends in with the white of the icy Arctic plains. The fox's snow-white fur also helps to keep it warm in temperatures that can plummet to below  $-50^{\circ}\text{C}$ ! When the snow melts, the fox's coat will become darker and browner, to blend in with the bare ground.



At night, this potoo bird flies around the Central American rainforest looking for insects to eat. During the day, it rests in the trees, using its brown and white feathers to look like a branch! Some birds have lots of bright colours, to help them attract a mate, but the potoo likes to stay well hidden.





# WOMEN'S FOOTBALL WORLD CUP



Later this year, the FIFA Women's Football World Cup **takes place in Australia and New Zealand**. Here are five things you might not know about the tournament.

**The England team – known as the Lionesses – won the European Championships in 2022**, with star players like Alessia Russo, Lucy Bronze and captain Leah Williamson. Can they go one better at the World Cup?

There will be **32 countries taking part**, in eight groups of four. England are in Group D with Haiti, China and Denmark. If they do well in the group, they'll go through to the knock-out stages!

Most of the matches will be played in the evening in Australia and New Zealand. But because of the time difference, you'll be able to watch these matches on TV, here in the UK, between breakfast and lunchtime.

This will be **the ninth FIFA Women's World Cup** tournament. It takes place every four years, and the first one was held in 1991, in China.

**The current world champions are the United States of America**. They've claimed the trophy four times. At the last FIFA World Cup in 2019, they won the final 2-0. Will the Lionesses, or any of the other teams, be strong and skilful enough to beat the USA? We'll have to wait and see!

© AdobeStock: Musical background/Polina Tomtosova | Footballers/Dedraw Studio

## Wordsearch

Can you find eight instruments in the grid?

- Guitar
- Drums
- Trombone
- Violin
- Oboe
- Piano
- Cello
- Trumpet

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

# Wild about home



If the BBC's stunning recent series *Wild Isles* showed us anything – other than the fact Sir David Attenborough remains a monumental force for good – it was that we don't have to travel far to find wildlife thrills. Even within our towns and cities, we're rarely far from creatures large and small. But taking *Wild Isles* as inspiration, here are six parts of England and Wales to head to this year with your binoculars.

## Yorkshire

There are collectively more than 90 nature reserves across Yorkshire, which says plenty about the riches in store for wildlife-lovers. From the heather-strewn hills of the North York Moors – where roe and fallow deer, stoats and weasels might all be glimpsed – to the frothing waterways of the Yorkshire Dales – where the salmon run on the River Ribble is an autumn highlight – this wide-ranging region gives a huge amount to enjoy. Minke whales migrate offshore in September, seal colonies cluster on the North York Moors coastline, and from the many bird hides scattered around the county you might spy sparrowhawks, red kites, buzzards and goshawks. And if you've got young nature enthusiasts in tow? Whitby and Robin Hood's Bay both have wonderful rock pools.

**Stay here:** YHA Whitby, YHA Boggle Hole, YHA Osmotherley, YHA Ingleton





## Western Cornwall

The Cornish coat of arms features a black bird with a bright red beak. This is the chough (it rhymes with 'tough'), which has become something of a symbol for the county. Once common around the shoreline, it disappeared for good in the 1970s until returning, to the great delight of local naturalists, in 2001. Today it's still a frequent sight above the bays and rock-stacks of this most glorious of coastlines, and it has plenty of other species to keep it company. Fulmars, gulls, ravens, merlins, stonechats and peregrine falcons – the world's fastest bird – are all spotted here, and in the waters offshore you might be lucky enough to spy a basking shark. On sunny days, you might pass lizards and adders basking in the West Country heat.

**Stay here:** [YHA Land's End](#), [YHA Penzance](#), [YHA Lizard Point](#)

## Ceredigion & Eryri

From Borth Beach on Ceredigion (Cardigan) Bay you've got a good chance of sighting dolphins and seals in the swell. If you're here between the end of July and mid-August, however, the drama ratchets up even further. This is when one of the world's largest concentrations of Manx shearwaters – as many as 50,000 – can be seen swooping over the sea, plunging into the waves to catch fishy morsels to feed their newly hatched chicks. Once suitably fattened, they'll begin their migration across the Atlantic to the shores of South America. Just to the north in Eryri (Snowdonia), botanists will be in clover, with rare plants such as Alpine saxifrage to hunt. The park's feral mountain goats, meanwhile, provide diversion of their own.

**Stay here:** [YHA Borth](#), [YHA Kings](#)

## Norfolk

Wildlife is everywhere you turn along the North Norfolk coastline, where the dunes, saltmarshes and hedgerows hold an astonishing diversity of birds, plants, mammals and insects. You might be watching hares one minute and herons the next – and that's before you factor in the sea itself. The winter colony of breeding seals on Horsey Beach makes for a spectacular sight, complete with fluffy pups as pale as polar bears, and you're able to see the seals themselves – both common and Atlantic grey – at Blakeney Point year-round. The coastal path between Hunstanton and Sheringham is full of wide watery marshland where avocets, oystercatchers and yellowhammers are among the attractions, while heading south to the Broads gives you the chance to see marsh harriers, kingfishers and – one of the great conservation success stories of recent times – cranes.

**Stay here:** [YHA Wells-next-the-Sea](#),  
[YHA Sheringham](#)

## Pembrokeshire

The craggy coves, headlands and islands of the Pembrokeshire shoreline represent one of the most dramatic stretches of scenery in the UK. It's a beautiful place to surf, to hike or simply to relax – and the wildlife's special too. This is particularly true offshore. Some 10 miles south of YHA Broad Haven, you'll reach Martin's Haven, the departure point for day-trips to Skomer Island, where puffins, razorbills, guillemots and gannets flock in abundance during the seabird breeding season, which falls roughly between April and July. Look out for porpoises and dolphins offshore. Back on the mainland, meanwhile, look out for skylarks and stonechats on the coastal heathland, and spot colourful wildflowers such as thrift and kidney vetch on the clifftops.

**Stay here:** [YHA Broad Haven](#)



## Northumberland

The Farne Islands are an archipelago of rocky outcrops off the Northumberland Coast, with no permanent population save a handful of National Trust rangers. Head out here on a spring or summer boat trip from the mainland, however, and you'll be anything but lonely: it's estimated that more than 60,000 pairs of seabirds breed here, from puffins and kittiwakes to shags and Arctic terns (the latter are prolific dive-bombers, so wear a hat!). The sea life, meanwhile, includes everything from grey seals and conger eels to sea urchins and spider crabs. Heading north to another island – this time accessible via a tidal causeway – Lindisfarne has some remarkable flora, including endemic orchids, and in autumn and winter plays home to vast flocks of wading birds.

**Stay here:** [YHA Alnwick](#),  
[YHA Berwick](#)



# 9 hostels with amazing views

Whether it's overlooking the sea, the fells of the Lake District, the rolling South Downs or an ancient monument, many of the hostels in our network are blessed with beautiful views. We've picked out nine hostels that will get you reaching for your camera-phone or simply sitting back and admiring the landscape around you.

## YHA Ambleside

**Feast your eyes on Lakeland's best**

Picture the Lake District. Chances are, your mind's eye is showing you high mountains, green forests and deep blue lakes. That's exactly what you'll see through the windows of YHA Ambleside. The hostel, in Ambleside itself, is positioned on the shores of Windermere. Grab a drink from the café and soak in the views from a table in the gardens.

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





## YHA Broad Haven

### Pembrokeshire hostel with a vast vista

The sea is a constant presence at YHA Broad Haven. The café ceiling is adorned with a vast mural of a whale, and the nautical theme continues through the hostel. And no wonder: through the café windows and from the outdoor seating area, the vast expanse of Broad Haven beach and St Bride's Bay beyond it dominates the scene.

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

## YHA Whitby

### A Grade I listed mansion high above Whitby

Almost whichever window you're looking out from YHA Whitby, you're going to see something pretty impressive. It's located on the towering East Cliff, right next to the evocative ruins of Whitby Abbey, while to the west there are long views over the higgledy-piggledy town of Whitby itself. The Cleveland Way passes within metres of the hostel.

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



## YHA South Downs

### Take in the romance of the Sussex Downs

"The Downs...too much for one pair of eyes, enough to float a whole population in happiness." So wrote Alfred Lord Tennyson of the South Downs. This property, in a refurbished farmhouse just outside Lewes, sits on the South Downs Way, which takes in the best of Hampshire and Sussex. Take in the views, especially from the hostel's Landpods, and you'll understand Tennyson.

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

## YHA Grinton Lodge

### Hillside lodge in the Yorkshire Dales

Swaledale is classic Yorkshire Dales countryside, with bright green fields in the valleys and expansive moorland on the higher hills. Hikers visit for long walks and long lunches in country pubs, while cyclists head here for challenging climbs and steep descents. The hostel has incredible views over the valley and beyond, with a couple of benches perfectly poised for that winning perspective.

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







## YHA Conwy

### Hillside hostel overlooking the ancient town

YHA Conwy offers commanding views over the mouth of the River Conwy and the town itself. The hostel sits on a hill just outside Conwy's ancient walls and is perfectly placed for adventures from the mountains of Eryri (Snowdonia) to the beaches of Llandudno. The nearby medieval castle offers another formidable sight, as it has done for more than 700 years.

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

## YHA Treyarnon Bay

### A beachside Cornish retreat

Location, location, location: that's what visitors remember about YHA Treyarnon Bay. It sits just 50 metres from the beach, and whisper it, but it has perhaps the best sea views of any hostel in the network (there are plenty of contenders). This Cornish bolthole also has fabulous camping and glamping options alongside a café. Padstow is just four miles away.

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



## YHA Edale

### Country house in classic Peak District landscape

Look out of the lounge at YHA Edale and you're treated to, well, peak Peak District. Ancient woodland, heather moorland, and the distinctive shape of Mam Tor lie directly south of the hostel. YHA Edale itself is on the slopes of Kinder Scout, the basis for a wealth of adventures. Edale is also the starting place of the Pennine Way National Trail.

[yha.org.uk/hostel/yha-edale-activity-centre](https://yha.org.uk/hostel/yha-edale-activity-centre)

## YHA Ilam Hall

### Historic property with breathtaking views

You'll see both history and nature from the curved glass windows of the 17th-century gothic mansion that is YHA Ilam Hall. The property sits among 84 acres of National Trust parkland on the steep-sided banks of the River Manifold. You'll spot one of the most prominent peaks of the area, the isolated limestone knoll of Thorpe Cloud, while completing the view is the Church of the Holy Cross.

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



# Set up camp this spring

Bring your own tent or pick from our range of outdoorsy accommodation.

From tipis to safari tents, Landpods to Airstream trailers, you'll find the perfect pitch at our campsites. And dogs are welcome too!

[yha.org.uk/camping-and-cabins](https://yha.org.uk/camping-and-cabins)



Tipis at YHA Windermere



Airstream at YHA Eden Project



Camping at YHA Patterdale



Camping pods at YHA Borrowdale



Landpod at YHA Coniston Holly How



# How to get into gravel biking

**Gravel biking is one of the newest and fastest-growing two-wheeled activities. Here's all you need to know about getting into the sport and finding the routes for you.**

Admittedly, the term 'gravel biking' doesn't have the allure of 'mountain biking'. Why would you want to spend your precious free day cycling over 'gravel'? But what the activity lacks in marketing, it more than makes up for in long days through beautiful countryside.

Gravel biking falls almost directly between road riding and mountain biking. Whereas mountain biking often mixes the long trails with the thrill of downhill, gravel cycling offers longer distances over more gentle terrain without a car in sight.

Take a look at Tour de France photos from the early 20th century, and you'll see it was gravel mountain tracks they were hauling themselves up, not the smooth roads of today. But the revival for gravel riding began in the US along off-road trails and fire roads, and in the early 2010s, gravel races became popular.

## Gravel bikes

Since the 2010s, specific gravel bikes have been sold. From a distance, gravel bikes look like road bikes – drop handlebars, no suspension – but there are differences to the gear groupsets, a geometry designed for offroad riding, and wider tyres. A cyclo-cross bike is very similar.

Gravel bikes will be faster than mountain bikes, but many people will jump on a hardtail mountain bike first to try it out.



## Finding gravel routes

Finding a route is both the challenge and the joy of gravel cycling. In the UK, it could be on unpaved roads, not-too-technical woodland single track, fire roads, bridleways, disused railway lines, towpaths, farm roads, quiet paths or, most likely, a broad mixture of several.

Long-distance trails, including the Ridgeway, King Alfred's Way and the South Downs Way, have bridleways suitable for gravel cycling. Other popular locations include the towpaths around the Midlands and Kielder Forest in Northumberland.

But start local. Look at an Ordnance Survey map for bridleways and see if you can start from your doorstep. Fire roads through forest areas are also perfect gravel routes. These are usually marked as white paths with black dotted sides on an OS Explorer map (but do check local rights of way).

There is a wealth of resources for gravel routes. Visit [ukgravelbike.club](http://ukgravelbike.club) for some fantastic routes and resources. Cyclists and hikers will likely already know about

Komoot ([komoot.com](http://komoot.com)), which has gravel ways worldwide. Then there's the excellent National Cycle Network by Sustrans which has mapped more than 10,000 miles of signed paths on quiet routes across Britain. [Gravelmap.com](http://Gravelmap.com) also has trails across the globe, including hundreds in England and Wales.

## What kit do I need?

No specific clothing is required for gravel cycling, but bear in mind that if you're looking at a good few hours on a bike, you're likely to hit some different weather. Take something warm and packable, and waterproof too.

Wear a helmet, of course, but also consider eyewear, as the gravel can kick up. Other than that, just pack the usual kit you would take on a bike ride: a puncture repair kit with a spare, a pump, and bike tools including a chain tool and quick link. You'll also need food and drink for a few hours. For long-distance gravel routes, it's also worth looking at some bike luggage.





# Three of the best midlayers

At the risk of stating the obvious, a midlayer sits on top of a base layer and, yes, under a waterproof or insulated jacket. Midlayers are designed to be versatile, by letting in some ventilation when used as an outer layer, but trapping air and keeping you insulated when used under a jacket. At their best, they should be light, breathable and quick-drying.

We've pulled together three diverse midlayers, each designed for different activities, to help you buy the best one to suit your needs.



## Best for intense activity

### Houdini Pace Flow Houdi

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

£170

Running, climbing, paddling, this is the midlayer you need. Why? Well, the 100% recycled and recyclable Polartec Power Dry Mesh is a large mesh grid, apparently modelled on mesh underwear worn by Swedish fishermen. On a run or climb, the air will flow through the midlayer, cooling you down and venting any sweat. But under a waterproof, those holes in the mesh trap lots of air, making it insulate very effectively.



## Best for mountain activities

### Haglofs Roc Nordic Mid Hood

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

£180

This technical midlayer is designed for mountaineering, and adventures high in the mountains. It's a jacket in itself, with two chest pockets and two side pockets. The material is a super stretchy Pontetorto, a blend of polyester and elastane. The materials are all bluesign-approved, assuring full traceability for sustainable fabrics. Against the skin, it's beautifully soft, with a snug hood and thumb loops. It's light at 145g.



## Best for budget warmth

### Craghoppers Trina Half Zip Fleece

[craghoppers.com](https://www.craghoppers.com)

£55

This fleece from Craghoppers – long making quality and sustainable gear at brilliant prices – is wonderfully soft, cosy and really warm. It's a jacquard fleece, with a raised pattern that is at once comfortable and also traps more air than a traditional fleece. Features include a zipped chest pocket, stretchy underarm panels, thumb holes and a half zip. And at that price, a bargain.

#### 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://www.yha.org.uk/membership/member-benefits)

## How to layer clothing

It should be simple right? And it is. But there are definitely things to bear in mind. Effective layering is designed for one thing: regulating your body's temperature, no matter what the weather is throwing at you. Wearing the right clothes and carrying the right gear will keep you comfortable all day.

There are five key elements to a layering system for walking.

### 1 Baselayer

This layer sits against your skin. It should effectively 'wick' moisture away from your skin to keep you dry. Usually, they are made from synthetic materials that dry quickly, but merino wool is also good, especially in winter as it stays warm even when wet.

### 2 Midlayers

Fleeces and midlayer come in a wide range, but they should be able to be worn comfortably over your baselayer and slip under a waterproof or insulated jacket. They are versatile garments, that you should consider your outer jacket unless it's pouring rain.

### 3 Insulated jackets

In cold conditions, a lightweight down or insulated synthetic jacket should be taken. The most versatile are those you can pack down and throw in your bag when they're not needed. It's always good to have something really warm to pull on when you stop.

### 4 Waterproof jackets

Waterproof jackets or hard shells are your last defence against the rain and snow. They should have taped seams and a durable water repellent treatment that beads off water. They should also be breathable – but the two layers beneath this are key for this to work.

### 5 Legwear

Keeping your core warm and dry is the most important element, but don't forget about your legs. All you need is some walking trousers – synthetic materials will regulate temperature. And then throw a pair of waterproof trousers over the top.



# Hostel guide



**Book now**

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

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



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

**YHA Ninebanks**  
YHA Okehampton

**YHA Okehampton Bracken Tor**  
YHA Osmotherley

**YHA Patterdale**  
YHA Penzance

**YHA Perranporth**  
YHA Poppit Sands

**YHA Port Eynon**  
YHA Portreath

**YHA Pwll Deri**  
YHA Ravenstor

**YHA Rowen**  
YHA Scarborough

**YHA Sheen Bunkhouse**  
YHA Sheringham

**YHA Sherwood Forest**  
YHA Skiddaw House

**YHA Slaidburn**  
YHA Snowdon Bryn Gwynant

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

**YHA Snowdon Ranger**  
YHA South Downs

**YHA St Briavels Castle**  
YHA St Davids

**YHA Stratford**  
YHA Streatley

**YHA Street**  
YHA Swanage

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

**YHA Thurlby**  
YHA Tintagel

**YHA Totland Bay**  
YHA Treyarnon Bay

**YHA Truleigh Hill**  
YHA Wasdale Hall

**YHA Wells Next The Sea**  
YHA Whitby

**YHA Wilderhope Manor**  
YHA Windermere

**YHA Wooler**  
YHA Wye Valley

**YHA York**  
YHA Youlgreave

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Reader's pics

This issue's photos come from Matt Overd (@MattOverd) who has been creating self-guided walking routes for YHA's Festival of Walking. Matt will map out the walks that all start and finish at YHAs, and then send them to volunteers to follow and check. Once the volunteers have fed back, then he'll produce the map and notes ready to be designed.

Matt's photos were taken while testing a route from YHA Coverack along the South West Coast Path.

You'll find the self guided walks here:  
[yha.org.uk/festival-of-walking/self-guided-walks](https://yha.org.uk/festival-of-walking/self-guided-walks)





WIN! one of two pairs of  
KEEN Newport H2 sandals  
worth £100 each

## Name the London Train Stations

London is easily reached by train, with more than a dozen rail terminals. We've jumbled up the names of five of them below – can you work out what they are?

- 1 LONDON ORVILLEPO RETEST
- 2 LONDON NOTUSE
- 3 LONDON ACTORIVI
- 4 LONDON DATINGPOND
- 5 LONDON LOOTWARE

To enter simply send us an email with your five answers to [magazine@yha.org.uk](mailto:magazine@yha.org.uk) by 16 June 2023. Feel free to share your thoughts on this magazine at the same time.

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## About the prize

We are giving away two pairs of KEEN Newport H2 sandals, perfect for summer hiking: one pair of men's and one pair of women's.

The Newport sandals have been treading trails for 20 years. From the simple question of 'can a sandal protect your toes?', the Newport sandal set KEEN on a path of design innovation that has led it to become an icon for walkers. And to celebrate the 20th anniversary, KEEN has released new colours, including limited-edition tie-dye models.

All models have the distinctive toe buffer, EVA midsole, quick-drying linings, and all-natural eco anti-odor treatment.

KEEN's Newport Collection at can be found at [keenfootwear.com](http://keenfootwear.com)

**Last issue:** K. Moody was the lucky winner of the Jack Wolfskin Eagle Peak 2L Jacket







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](https://yha.org.uk)

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