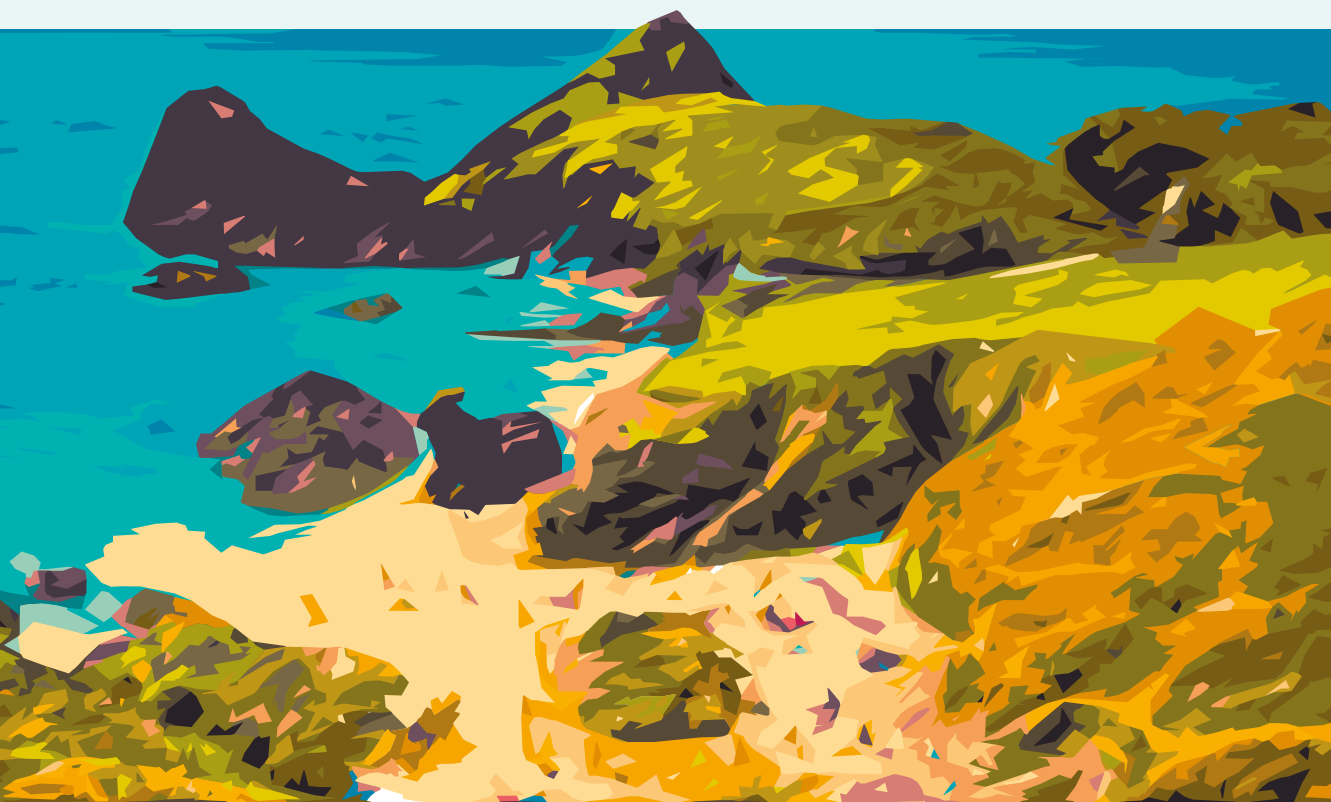




yha



summer 19

The Journey

Coastal getaways

Seaside hostels to visit
this summer

Simon Reeve

In conversation with
TV's travel star

Let's go!

Four pages of kids' fun
and games inside

Blue sky thinking

Summer's for fun. So stay a new way.

Check out the latest additions to our accommodation range at yha.org.uk/camping-and-cabins

Safari tent at YHA Tanners Hatch Surrey Hills



Hello

...and welcome to the Summer issue of The Journey. For hostellers, the warmer months of the year are often a time of exploration, whether discovering new places or revisiting favourite haunts. There's nothing quite like travelling back to a familiar corner of the country to find it remains as handsome as ever, and similarly there's little that compares to that feeling of arriving somewhere special for the first time and puzzling 'why haven't I made it here before?'.

As ever, we hope the following pages bring you some inspiration for your adventures. In this issue we talk with traveller extraordinaire Simon Reeve, visit the birdlife-rich North Norfolk coast on a hostel-to-hostel walk and flag up nine of our favourite properties along the coast. You'll also find the usual competitions, news and gear reviews, as well as a special pull-out kids' section. Enjoy the read, and happy travels - wherever it is you are, and wherever it is you're going.



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Win an Osprey backpack and outdoor goodies

Old meets new

Like so many hostels in our network, YHA Street had a curious beginning. The hostel on Ivythorn Hill, Somerset, was built in 1914 by two local sisters as a summer house in the Swiss chalet style. The newly established YHA leased it in 1931, a month before the organisation's first birthday. In 1959, it joined the modern age with electricity, and improvements in 1971 meant goodbye to the hand pump! Today, as YHA approaches its 90th birthday, this old favourite has been given a complete refresh bringing the interior up-to-date while retaining the charm of the original chalet. Now equipped with camping pods and bell tents in the grounds, it remains one of the most individual hostels in the network.



YOUTH HOSTEL, STREET, SOM

Your YHA discoveries

Each issue we'll be sharing some special moments you've had while staying with YHA. We'd love to hear about your most memorable experiences at magazine@yha.org.uk

"We stayed in a youth hostel in the middle of the woods [YHA Tanners Hatch]. It was a fun place to stay where you can relax and enjoy the outdoors. I enjoyed climbing the many trees and building dens out of sticks. Because it is placed in the forest, we went on lots of adventures."

[Blossom, 12](#)



"I hadn't stayed in a youth hostel since Frog Firlie back in the 1980s when I walked the South Downs Way with my son and I remember getting cards with chores on it, but I recently visited YHA South Downs near Lewes and it was beautiful and so smart. I'm planning to tour all the youth hostels when I get my bus pass!"

[Judy Kneen, reader](#)



"Apart from the occasional trip to Roseberry Topping, it took me a while to realise and discover there was a 'great outdoors' out there. The YHA network encouraged and allowed me to do this - the pricing, convenience and locations are amazing and accessible. I always remember a trip to YHA Rowen a hostel in a traditional Welsh farmhouse. It was a small rustic retreat with breathtaking views when we finally got up the hill."

[Mike Butler, reader](#)

Yorkshire gold

The Cleveland Way turns 50 years old in 2019



The North York Moors are - to coin a phrase - as old as the hills, but the famed long-distance walking route that traverses the heather moorland is rather younger. When the 109-mile Cleveland Way was opened in 1969, it was just the second of the UK's National Trails to be established (the first, trivia fans, was the Pennine Way in 1965). These days we have 15 official National Trails snaking across England, Wales and Scotland, with a sixteenth - the mammoth England Coast Path - soon to be unveiled. There's still arguably none finer than the Cleveland Way.

What makes it so special? The variety. In brief terms, the route winds across raised moorland for the first half of its length - complete with red grouse, hushed valleys and booming views across the landscape - then spends another 50 miles following the cliff-fringed Yorkshire coast past smugglers' bays, seabird colonies and fishing villages. It begins in Helmsley and ends in Filey - although plenty walk it the other way round.

The scenery en route is fantastic, as is the wildlife. There's stirring human history and some top-notch highlights to look out for, from the 'Yorkshire Matterhorn' of Roseberry Topping to the clifftop drama of Whitby Abbey. In many ways, it's a shining example of what long-distance walking in the UK is all about.

The record time for completing the trail is less than 20 hours, but you can't help feeling that speeding along the trail misses the point. Far better to spend a week or more appreciating the trail to the full. It's been around for 50 years, and will be a fixture on the map for many more to come.

YHA has five hostels along the Cleveland Way:

- YHA Helmsley**
- YHA Osmotherley**
- YHA Scarborough**
- YHA Whitby**
- YHA Boggle Hole**



The 268-mile man

Paul Howlett, YHA's Operations Manager for the North West, conceived an epic new challenge to raise money for YHA. It will involve a 160-mile ride, a 100-mile run and an eight-mile swim. He's this edition's hostel hero.

Our staff and volunteers make our organisation tick. Each issue, in our hostel hero series, we focus on an inspiring individual who goes the extra mile - although, in this case, that's extra miles plural. Paul Howlett, our Operations Manager for the North West, is running, cycling and swimming between 20 hostels in the region to fundraise for YHA. We find out more.

Even taken on their own, each of the stages Paul Howlett will be undertaking on his YHA Epic Adventure is a daunting proposition: an eight-mile swim, a

160-mile bike ride and a 100-mile run. When you transpose those figures onto the mountainous North West, you add in more than 7,500 metres of ascent. Paul's summer challenge takes in the three highest mountains in the Lake District, the park's deepest (and coldest) lake and the toughest mountain pass in Britain. It also links 20 hostels in the North West, starting at YHA Manchester on 16th June and finishing at YHA Ambleside six days later. There's one clear question: why?

"Good question. It's a question I'm asking myself every day!" Paul explains.

"The short answer is that I wanted to raise money for YHA, to support breaks for young people with challenging lives, because I've seen the impact directly that these have on families and individuals."

"However, to raise £2,000 I needed a real challenge. So after taking over as Operations Manager in October and speaking to the hostel managers and teams, I decided on linking the hostels together and hopefully getting as many people to either follow or join me. I used the knowledge and expertise of the managers to plan the route. It's a real challenge. However, if anybody wants to join me to climb Helvellyn along Striding Edge, run their first ultra marathon or swim Wastwater, they can!"

There's no doubt this is an extremely tough challenge, but 52-year-old Paul does have some pretty serious provenance. He's represented Great Britain in two sports, having qualified three times in his age group for sprint and Olympic triathlons, and also gaining national status in underwater hockey. Yes, underwater hockey. Alongside these achievements, he's completed three

of the top five toughest Ironman distance triathlons and run 120 miles non-stop in 34 hours.

As well as raising funds, he hopes to raise awareness of the work YHA does. "Many of these hostels are in some of the UK's best locations, and by spending a night in one you're not only investing your money in a charity but experiencing these amazing locations. You're also helping those families and individuals who wouldn't otherwise get the opportunity to experience these places. If I can inspire more people to do that, it's all been worth it."

"I believe I have the best job in the world. Many of my friends have never stayed in a hostel or had an opportunity to visit these places. For me, it's the perfect way to share and spread the word on all the great things YHA does - and hopefully raise £2,000 for a worthy cause."

So, think of Paul as his alarm goes off at 4am to train - and if you'd like to sponsor him, then please visit: justgiving.com/fundraising/paul-howlett3 or learn more at completer2competitor.wordpress.com.



Big plans for Bryn Gwynn

Help save this special hostel

Few who visit YHA Snowdon Bryn Gwynant are unmoved by its location. This Victorian mansion is set in 42 leafy acres among the giants of Snowdonia National Park. It overlooks Lake Gwynant, Moel Hebog and Snowdon itself. That the view from the hostel is one of the most photographed in Snowdonia should tell you everything.

Since opening as a youth hostel in 1959, more than half a million people have stayed at the property, using it as a base from which to walk, paddle and cycle the nearby lakes and mountains. It's a place of tranquillity and quiet; proudly, there's no mobile signal. YHA Snowdon Bryn Gwynant is an extraordinary place. But the hostel needs investment to secure its future. So we've come up with a ground-breaking vision to save it.

We see 'Bryn Gwyn', as it's affectionately known, becoming a national treasure, a centre of learning excellence, a leading activity centre in Wales. We want it to become our first 'Campus Hostel', to offer a work-skills programme that will support young people into careers. Spending time in nature improves wellbeing. We want YHA Snowdon Bryn Gwynant to be the gateway to the great outdoors for everyone, but especially young people and families who could most benefit from time in one of the most beautiful places in the country. A key part of our vision is to create a fund so people with really challenging lives can stay for free.

YHA's CEO James Blake said: "Our ambition is to make YHA Snowdon Bryn Gwynant our first five-star hostel in North

Wales. This place has the potential to make a profound difference to generations of young people. If we achieve our aims, it will be an unbeatable asset for this charity, the thousands of young people who will use it and the Snowdonia National Park."

We have big plans. But we need your help to achieve them.

So what do we need? To save and restore the fabric of the building, we'll need £1.92m. To set up the work-skills programme and establish a fund to support breaks for young people and families with challenging lives we're looking at £80,000. That's £2 million in all. It will take us all working together to get this funded. With enough support, we would also restore the grandeur of the grounds, improve its walkways and trails, and make

a place for those lakeside views to be enjoyed by everyone.

It's the most ambitious fundraising project we've ever embarked on, but together we can do it.

How you can help

Help secure the future of YHA Snowdon Bryn Gwynant. Please give what you can at yha.org.uk/give/bryn

Northern exposure

With the Granary Gallery at YHA Berwick holding a major JMW Turner exhibition, now is the perfect time to turn a cultural lens onto the North East

Myth, legend, art and literature permeate the North East of England like few other places in the UK. This under-visited corner of the country is home to some of the nation's most important historical and cultural treasures. The ruins of Lindisfarne Priory on Holy Island still stir the soul almost 1,400 years on from the monastery's founding, while the historical consequences of Hadrian's Wall can still be felt today, close to two millennia on from its construction. The castles of Bamburgh, Alnwick and Dunstanburgh, meanwhile, still evoke the tumultuous history and culture of Northumberland, County Durham and Tyne and Wear.

But it's not all Vikings and knights, drawbridges and ruins. The North East continues to build a cultural legacy, with modern-day attractions ranging from Antony Gormley's Angel of the North to the BALTIC Centre for Contemporary Art in Newcastle/Gateshead. YHA Berwick joins them too, with this year's major exhibition of works by JMW Turner. Here are some of our favourite cultural sites in the region.



BALTIC Centre of Contemporary Art

Looming over the Tyne since 2002, the red-brick BALTIC has quickly become one of the country's most respected contemporary art galleries, thanks to its innovative exhibitions and community engagement. It's housed in an old industrial building on the south bank of the river, in Gateshead.

YHA The Sill at Hadrian's Wall

Locations don't come much more plum than the panoramic perch enjoyed by YHA The Sill at Hadrian's Wall, which is also home to the National Landscape Discovery Centre. The centre's exhibitions of poetry, stories, music and interactive games reflect on the culture and heritage of Northumberland National Park and Hadrian's Wall.



YHA Berwick

A major new exhibition by the Romantic painter JMW Turner is being held at the hostel in none-more-northerly Berwick-upon-Tweed. The works focus on his development as a landscape artist during his first tour of northern England in 1797. The paintings on display represent that route, and include depictions of North East landmarks. It runs between 25th May and 13th October 2019.



Alnwick Castle

Wands at the ready. YHA Alnwick is the perfect base for exploring this medieval town and castle, which starred as Hogwarts in the early Harry Potter films and holds a magnificent collection of fine and decorative art, including works from Canaletto, Van Dyck and Titian. It's open until October and - embracing its Potter heritage - even gives broomstick training.

Photo: iStock.com/igrahamtheywood

Angel of the North

Antony Gormley's Angel of the North is one of those pieces of art that made it into the public consciousness almost immediately. This 20-metre-high, 54-metre-across steel sculpture was completed in 1998 and has been embraced by the people of the North East. It can be seen from the A1 (where you can park up and walk to its base), A167 and the East Coast Main Line.



Lindisfarne

The most atmospheric spot in the North East is the Holy Island of Lindisfarne. This tidal island, accessible only at low tide via a causeway, first had a monastery built on it in 634. It played a formative part in the development of Celtic Christianity, the Viking invasion and the Norman conquest. And we warned you about the causeway!

Photo: iStock.com/daverhead





Q&A: **Simon Reeve**

Simon Reeve did not have an easy childhood. The presenter and author - whose on-the-road documentaries have taken BBC audiences everywhere from Colombia to Kazakhstan - spent his teenage years spiralling into destructive behaviour to the point where he considered suicide. Now an ardent believer in adventure as a force for good, he spoke to The Journey about his passions, his programmes and his plans for the future.

Q You didn't get to travel much as a youngster. What was your first great outdoor experience?

I remember being taken to the Lake District and Scotland when I was a stropky pre-teenager. They were walking holidays, and my brother and I were very aggressively opposed to the idea of them but, of course, we absolutely loved them when we were there. It was a bit of a community we were going into, like we were joining a clan, a tribe of people who wanted more of an outdoorsy holiday. They were brilliant, lovely people. We did a 23-mile walk one day, which was a hell of a thing at that age. It was adventurous - it was exciting! I'm just sad I didn't do it more into my teens. I think it would have a physical and emotional tonic for me when things got a bit darker.

Q Did that lack of travel as a boy feed into what became a bug for exploring the wider world?

Yes, I think so. More than anything it means I've never taken it for granted. I've always felt that the adventures I've been on have been a real privilege - not something I was born to. I really appreciate them. I know how wonderful and valuable and what a treat they are.

Q You've made documentaries all over the world, focusing on places as diverse as Vietnam, Russia, Greece and the Holy Land. What do you aim to capture when you make these programmes?

All these places have stories to tell, but it's less about the destinations in some senses and as much about the way we travel when we're making the programmes. We try to explore both the light and the shade, which is a slightly pretentious description but it's pretty straightforward really. With the filming team, we look at as many aspects as we can of life in a country, and in doing so we have a more interesting experience. We try to learn about the reality of a place by not shying away from the darkness and the problems. I don't want the programmes to be seen as an annoying whingeing traveller complaining about issues in foreign countries. I'd rather it was seen as taking an interest and giving a damn, and by discussing these issues and getting them out in the open, hopefully one day we can try and make them a little bit better.



Q What do you enjoy most about the journeys you make?

More than anything, it's the people that I meet on the journeys. We're often sold an idea that what we should really be doing is lying on a beach or sitting on a pool lounger, indulging ourselves by getting a massage or drinking lots of fancy cocktails. That can be enjoyable for an hour or so, but sod it - I want to get up and get out and meet people. That's where the real memories are, and I think it's really important we reinforce that. The whole ethos of YHA is very much to be there in nature, with your brothers and sisters on this planet, experiencing the best Earth has to offer. That's a bloody wonderful thing!

Q What kind of holidays do you enjoy taking these days?

I'm away from three to six months of the year on long, tiring, brain-draining, heart-filling journeys so I'm quite happy to be

back at home playing football with my lad when I'm not working. We do go on little holidays to see family in Denmark - my wife's half-Danish - or to Greece, but I try to incorporate little adventures into our weekly experience. We live on Dartmoor which is beautiful and wild and wooded and remote, so I try and make sure we're having adventurous experiences as much as possible. We live in a country where there are staggering sights to be seen and experienced.

Q Have you had much hostelling experience?

Yes. I stay in them for work fairly regularly. It's something ideally that you start early then take on for life, as part of a love and acceptance of the outdoors and an interest in exploring. People so often think that for adventure you've got to travel to the other side of the planet. Let's be honest, you can certainly find more predictable weather in further-flung areas, but there's something vital and very grounding and romantic about knowing and loving where you're from, and we forget that at our absolute

peril. I've met so many people abroad who are searching for meaning, Brits who have travelled to the other side of the planet looking for a sense of purpose and actually they discover it back home, often around the corner from where they live. If you want to start teaching your children how to be adventurous or you want to exercise your own adventure muscle, there's a lot worse you could do than getting a map of your home area, drawing a ring around the edge of an empty glass, then exploring that area as much as you can. And if you've got a National Park within striking distance of where you live, you need to be exploring that place, hostelling there overnight and then heading further afield. Get out there!

Q What does the rest of the year hold?

I'm doing a tour of the country, it's absolutely surreal. I did some dates at the end of last year and now apparently those went pretty well so they've booked a whole lot more for me, which is frightening and

exhilarating at the same time. I'm chatting about my adventures and my tricky start in life. I don't come from the traditional background for a telly traveller, I don't have a degree, I never went to university and I was a very naughty boy when I was a lad. I talk a bit about that but really about the experiences that I've had and the people I've met along the way.

I'm also going on another big bloody adventure! I don't think I'm allowed to say where yet - but it's a big adventure in two parts over two years, a whopping great journey across continents, from the extreme heat to extreme cold. I've got a pile of research books and maps to go through as we try and work out what we can do and where we can go - it's very exciting.

Simon will be performing in 20 towns across England and Wales between October 2019 and February 2020. Find further details of 'An Audience With Simon Reeve' at simonreeve.co.uk

Go big before you go home

Build rafts, climb rocks, paddle kayaks, hit a bullseye with bow and arrow. Choose YHA Activity Holidays for an unforgettable family adventure.

yha.org.uk/activity-holidays



Let's go!

Our new pull out section for children.



Take a slow safari

It's very easy to rush through life - to charge about the place like a hare in a hurry, dashing here and darting there, never standing still. After all, everyone loves adventure. But sometimes, slowing down can show us things we would normally miss. When was the last time you looked where you were walking? As in, really looked?

What can you spot?

A slow safari is an outdoors walk where it's not about how far you go, but how much you see. You can try it in the woods, along the coast, in a field - or even just in the hostel grounds. The aim is to try and notice as many living creatures as you can - and the slower you walk, the more you'll find you discover.

Ants? Woodlice? Worms? Ladybirds? Or maybe even rabbits? Bats? Birds of prey?

Look around you!

When you find a creature, stop and watch it for a while. Is it busy? If you hear birdsong, try to work out where the bird is. Why do you think it might be singing? Take your time with your slow safari walk. Maybe even take a magnifying glass with you. How many creatures can you spot - and what are they doing?

Make your own trail mix

When you're hiking, it's always a good idea to carry water and snacks - and this simple trail mix recipe is perfect for keeping your energy levels up.

1 big handful of nuts

(cashews, peanuts and almonds are all good)



1 small handful of dried fruit

(try raisins, apricots or banana chips)



1 small handful of chocolates

(we like M&Ms or chocolate buttons)



What to do: Put everything into a bowl, jumble it up, then tip the mix into a Tupperware box or reusable sandwich bag. You're good to go!

How do bees make honey?

Summer science

The warmer months of the year are very important for honey bees. This is when they can collect lots of nectar, which they need to make honey.



Female worker bees fly from flower to flower, sucking out a sugary juice called nectar with their tongues.

Back at the hive, other bees chew the nectar until it turns into a very wet honey. To make it less watery, the bees fan it with their wings until it becomes drier and stickier.

Over its lifetime, a single bee makes less than half a teaspoon of honey!

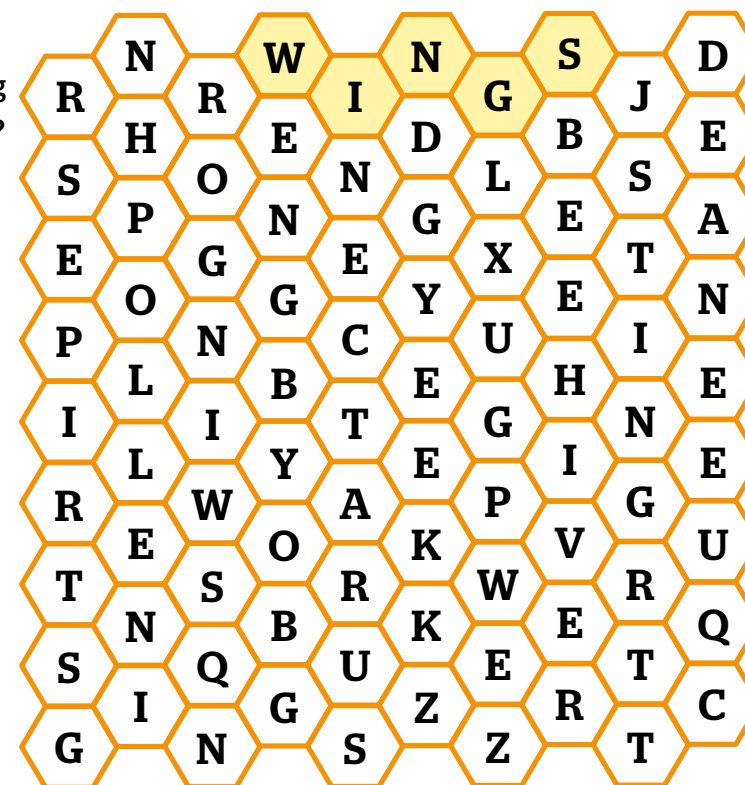


You can help honey bees by planting plants and flowers they love visiting, like sunflowers, foxgloves and flowering herbs.

Wordsearch

Can you find the following words in our honeycomb?

- HONEY
- NECTAR
- QUEEN
- BEEHIVE
- WORKER
- WINGS
- STRIPES
- BUZZ
- POLLEN
- STING



Match the animals with their habitats

These animals are lost. Can you draw a line to lead them back to their home habitat?



Lizard



Squirrel

Badger



Frog



Rabbit



Logpile



Pond



Burrow



Sett



Drey

Boing

Boing

Boing

9 hostels for coastal getaways

Few things in life beat a trip to the seaside, and more than 35 of our hostels sit on - or within strolling distance of - the endlessly varied shoreline of England and Wales. These include classic options like YHA Brighton and YHA Boggle Hole, as well as a whole host of lesser known but equally special properties, nine of which we're showcasing here.

YHA Perranporth

High-up Cornish hideaway

Seekers of big-city thrills and banging nightlife, avert your eyes. The small but spectacular YHA Perranporth occupies the kind of cobweb-clearing clifftop eyrie that more or less defines the concept of getting away from it all - and a recent refurb makes its plum location on the North Cornwall coast all the more enticing.

yha.org.uk/hostel/yha-perranporth



YHA Broad Haven

West Wales hostel with sea views

Family-friendly YHA Broad Haven is a mere scamper away from one of Pembrokeshire's best Blue Flag beaches. It's called Broad Haven for a reason - at low tide, a mighty expanse of sand stretches across the bay. Bring buckets, spades and rock-pool dipping nets.

yha.org.uk/hostel/yha-broad-haven



YHA Poppit Sands

Stunning Pembrokeshire property

Sitting at the start (or end) of the Pembrokeshire Coast Path, the endearingly named Poppit Sands is a sweeping, dune-backed beach looking out across the open waves of Cardigan Bay. The hostel makes the most of this dramatic location - bring binoculars to spot dolphins.

yha.org.uk/hostel/yha-poppit-sands

YHA Portland

South Coast property full of charm

Dangling off the Dorset mainland at the end of a mile-long causeway, the Isle of Portland grants deep views back towards the Jurassic Coast. The 32-bed YHA Portland provides a handsome red-brick base for climbers, divers, sailors and more. Bell tents cater for glampers.

yha.org.uk/hostel/yha-portland



YHA Littlehampton

Old-school seaside fun in Sussex

"I'm spending summer in LA." "Wow! Really?" "Yes - Little'ampton." The joke is well worn, which shows how long the harbour town's traditional seaside charms have been winning over visitors. The four-star YHA Littlehampton is within walking distance of beaches and an amusement park.

yha.org.uk/hostel/yha-littlehampton



YHA Minehead

Hillside house in the West Country

Sitting pretty in the Exmoor Hills, with the North Somerset coastline just minutes away, the 32-bed YHA Minehead has long been a magnet for bikers, hikers, families and plain old pleasure-seekers. The epic South West Coast Path has its start/end point close by.

yha.org.uk/hostel/yha-minehead



YHA Port Eynon

A coastal escape on the Gower

There's a lot to love about the Gower Peninsula, Britain's first (and some would say foremost) Area of Outstanding Natural Beauty. As well as crashing surf, ranging cliffs and wide beaches, it also boasts no less than three YHAs, including this 28-bed gem in a former lifeboat station.

yha.org.uk/hostel/yha-port-eynon



YHA Lizard Point

Top option at the bottom of the map

The English coastline doesn't get much more impressive than on Cornwall's element-bashed Lizard Peninsula, where mainland Britain's southernmost hostel occupies an old Victorian building with large grounds, salty-aired panoramas and four-star facilities.

yha.org.uk/hostel/yha-lizard-point

YHA Scarborough

Historical hostel in the northeast

Set in what was once a 17th-century water mill - and a mile and a half from the centre of town - the riverside YHA Scarborough offers a calming crash-pad from which to explore a prime stretch of North Yorkshire coastline. Other draws include a piano and woodburning stove.

yha.org.uk/hostel/yha-scarborough





Norfolk skies

The Norfolk Coastal Path is a treat for walkers, as Ben Lerwill discovers on a hostel-to-hostel hike

Now here's a name that deserves an ice cream: Henry L'Estrange Styleman Le Strange. I'm in the seaside resort of Hunstanton, the start-point of the Norfolk Coast Path, and the day is a sunny one. To my right, herring gulls are wheeling over Britain's largest joke shop. To my left, a statue of a man with a walking cane and enormous mutton-chops is gazing out at sea. A plaque informs me that this is, well, let's call him Henry Etc., the developer who created Hunstanton in the mid-19th century. What his title lacks in brevity (I'm not even sure where the Christian names end and the surname begins), his resort town makes up for in location. This is North Norfolk as you imagine it: big skies, gust-blown birds and a coastline yawning off to eternity.

The region might be lacking in mountains and mega-sights, but in its own quiet way it's as enchanting as Snowdonia, the Lakes or anywhere else you care to unshoulder your backpack.

Henry's walking cane is apt, too. I have two long days of hiking in front of me, a journey representing the first 41 miles of the Coast Path. It's a meandering route studded with three evenly spaced hostels: YHA Hunstanton, YHA Wells-next-the-Sea and YHA Sheringham. Looked at on the map, they form the kind of happy dot-to-dot constellation that says "walk me" to anyone who's ever known the joys of sturdy boots and a waymarked trail. So commanded, I get moving.

Within minutes, Hunstanton vanishes.

“
The trail has already led me under windmills, along inland greenways and past the one-time site of ‘Seahenge’, a 4,000-year-old sacred site.
”

I'm striding along the beach, scrunching razor-clam shells as oyster-catchers fuss in the shallows. Dunes topped with pale marram grass stretch out under painter-blue skies. I'm heading east with a westerly at my back, a breeze firm enough to stipple the waves but calm enough to make the

morning a mellow one. I have sandwiches, apples and almost ten hours of daylight to walk the 22 miles to Sheringham. All told, it's pretty much the perfect situation.

“Redshanks,” confirms a birdwatcher on the raised earth-bank outside Burnham Overy Staithe, a few hours later. He points at a group of scarlet-legged birds on the saltmarsh. The trail has already led me under windmills, along inland greenways and past the one-time site of ‘Seahenge’, a 4,000-year-old sacred site. Monotonous? Hardly - and the wildlife has been every bit as varied. I've seen a migrating white-tailed sea eagle (yes, really), been stared out by a muntjac deer (yes, really) and trained my binoculars on everything from yellowhammers and avocets to lolloping hares.

The earth-bank is one of many along the route - long winding walkways that separate the foreshore and saltmarsh on one side from the grazing fields on the other. They curve out for miles, serving up beautifully meditative walking and phenomenal birdlife. Curlews high-step through creeks, skylarks twitter overhead and lapwings zigzag in the middle distance.

Photo of bird from iStock.com/Sjo

Dominating the afternoon is Holkham Beach, a show-stopper of boundless blonde sands and distant pinewood belts. It's almost laughably beautiful, the kind of beach where even if a dozen film crews rocked up (and they often do) it would still feel empty. Admiral Nelson was born just a few miles from here - "I am a Norfolk man" he once said, "And glory in being so". His pride was understandable.

However, by the time Wells-next-the-Sea arrives (disclaimer: it's not actually next-the-sea, but on a pretty quay a mile inland), I'm fatigued and famished. YHA Wells-next-the-Sea, a welcoming red-brick period property, is self-catering, so I treat myself to fish, chips and mushy peas from Plattens on the quayside then retire to the age-old Bowling Green Inn - seconds from the door of the hostel - for the restorative gifts of locally brewed Woodforde's Wherry. I sleep well.

By 8.30 the next morning I'm wending east under maritime skies again, passing lonely lobster traps and fishing sheds while skeins of Brent geese scud across the coast. The landscape is flat but far from desolate - the welter of birdsong is everywhere, and the savannah-like spread of gorse and marsh is so broad that at times the sea is rendered almost invisible.

Little coastal settlements come and go. Morston is all seal-watching vessels and the sound of halyards slapping on masts.

“
The gentle, airy topography of the North Norfolk seaboard means the scenery soon swallows you up.
 ”



Cley-next-the-Sea, once a thriving port for grain and spices, is Dutch gables and the slow flap of black-headed gulls. These towns and villages provide small flurries of activity along the route, but fast recede when I walk on. The gentle, airy topography of the North Norfolk seaboard means the scenery soon swallows you up.

Don't be fooled, however, into thinking the coastal path represents a stroll. Walking hostel to hostel like this, covering an average of 20 miles a day, is a glorious but sapping hike, something hammered home when I reach the 4-mile stretch of shingle beach that heralds the arrival on the horizon of Sheringham. It's a cracking beach, but the trudge-trudge-trudge seems to go on forever. When the shingle eventually gives way to soft green cliffs, which in turn usher me into town, I'm a happy man.

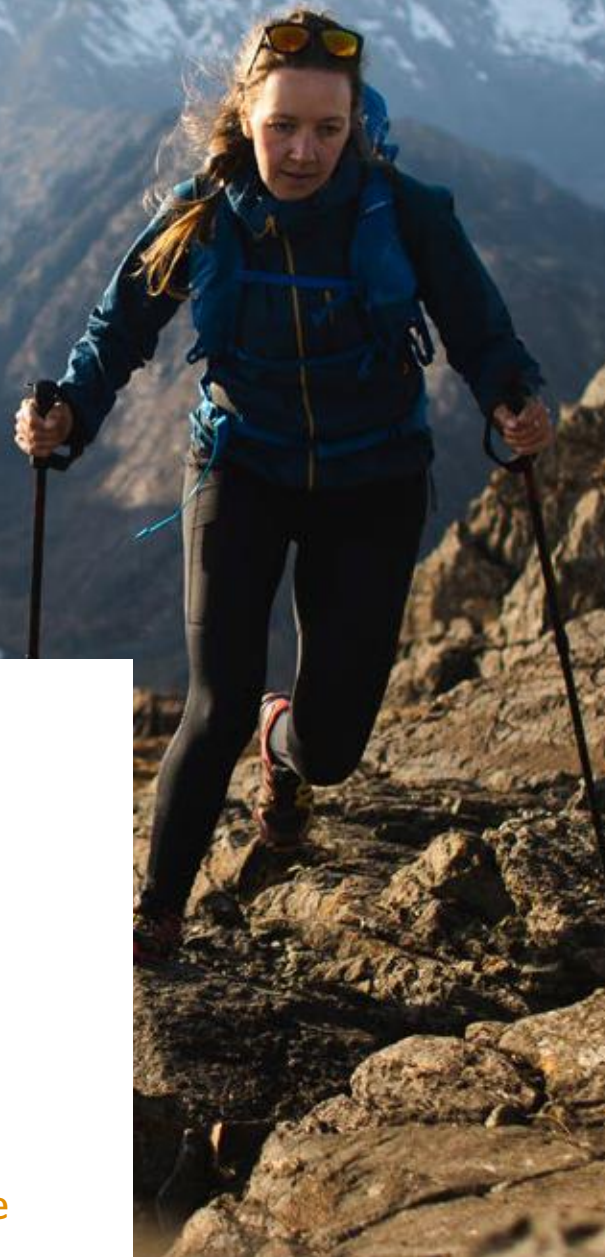
I walk past a boating lake and down into the centre. Two kids charge past me into an amusement arcade, heading for the tuppenny slots. A North Norfolk Railway locomotive is steam-puffing its way out of the town station. I arrive at YHA Sheringham in time to shower, fill up on the hostel's Thai veggie curry and catch its fortnightly open-mic night. The rolling trail of the past two days has wowed me. Which probably - I reflect, as a local strums his way through a bluegrass number - wouldn't have surprised Henry L'Estrange Styleman Le Strange, 41 miles away across the beaches and the bird-flown marshes.

Coast-hopping

You don't have to walk to make the most of the North Norfolk coastline. Regular Coasthopper (between Sheringham and Wells-next-the-Sea) and Coastliner (between Wells-next-the-Sea and Hunstanton) buses make getting around a doddle. Don't miss Holkham Hall, or the seal trips out to Blakeney Point.

How to: Go fast- packing

Fastpacking? This has become one of the latest crazes in the mountains. A multi-day or done-in-a-day route that lets you cover ground quickly, see more and test your endurance



Fastpacking

Fastpacking has become one of the outdoor industry's buzzwords over the last couple of years, with manufacturers designing gear specifically for moving quickly in the mountains. For fastpackers, this means going as lightweight as possible, only taking the bare essentials.

Jenny Tough (real name) is one of the greatest proponents of fastpacking. The Montane-sponsored athlete is just over halfway through an epic challenge to run across a mountain range on every continent. We asked her, what exactly is fastpacking? "Fastpacking, endurance running, runventuring, runtouring... The sport is so new and fledgling that we can't even agree on what to call it yet. Basically, fastpacking is where ultrarunning meets trekking - covering long distances, at a running pace, with a backpack full of kit to stay out overnight, or a few nights.

"I can't remember ever being introduced to fastpacking, but at some point in my journey to plan a world-first expedition to run across the Tien Shan mountains of Kyrgyzstan I must have discovered the eight or nine other people online who were also running in this fashion.

"To say we were on the fringes of the running community back then would be an understatement, and that was the most exciting part."

Travel light

Whether you're moving for a few days or looking for a 'done-in-a-day' trip, going minimal on gear is key.

"Packing for a fastpacking expedition is all about weight. The lighter you can go, the further you can go. It's time to get ruthless. My simple principle is that everything in my pack should fall into at least one of the following categories:

- 1) something I can eat,
- 2) something that can keep me alive,
- 3) a camera."

Jenny's multi-day fastpacking kit list

Jenny says: "Fastpacking is all about finding the balance between efficiency and utility. It's important to ensure your kit remains lightweight without compromising safety, but remember too that a modicum of comfort - used sparingly and strategically - will help you perform."

- Waterproof sleeping bag
- Sleeping mat
- Down jacket
- Rain jacket
- Merino wool base layers
- Down booties (trust me, they are essential!)
- Spare socks + underwear
- Tuque + gloves
- Trekking pants (for cold mornings)
- Mini stove + food
- Water system
- Navigation system
- Headtorch
- Trekking poles
- Sunscreen, bio soap, toothbrush/paste, etc.
- First aid kit
- Camera
- Wearing: technical tee, shorts or tights, trucker hat, trail shoes



Tried and tested

Four outdoor items put through their paces by The Journey team

Jack Wolfskin Langdale Fleece jack-wolfskin.co.uk

Part of a new eco-friendly collaboration between Jack Wolfskin and the National Trust, this fleece has been made from 15 recycled PET plastic bottles. We're no scientists, but that sounds mighty impressive to us, not least because the end product is super-cosy - a light, easily packable garment with a short zip at the top. It's part of a collection that also features t-shirts, trousers and jackets for men and women, the latter using the first 100% recycled waterproof membrane.

Joseph Kane

- + Made from recycled materials
- + Under £50
- + Great as an extra summer layer
- Some may prefer a full-length zip



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

Matador Pocket Blanket bearandbear.com

Nothing ruins a packed lunch more than getting the seat of your trousers soggy - but who wants to cart around a hefty picnic blanket on a walk? This is a clever easy-pack blanket folding down to a lightweight, palm-sized pouch and unfurling to a fabric rectangle measuring - by our measurements - 98.5cm by 159 cm. It's water and puncture resistant, and there are small pegs and sand pockets (for weighing it down) in each corner. Good for family groups.

Molly Thomas

- + Easy to fold
- + Well designed
- + Under £30
- Less warmth than standard blanket



Merrell MQM Flex Mid GTX

blacks.co.uk
(men)

cotswoldoutdoor.com (women)



Good walking boots can be heavy - and a bulky item to pack if you're not wearing them - giving this lightweight hiking shoe obvious selling points from the off. Each shoe weighs only around 400g but a robust sole helps it feels sturdy and stable when laced. It's been designed for moving through the mountains at speed, and a combination of breathable mesh lining and waterproof membrane makes it a fine option for summer hiking. Handled very well on the trail.

Ben Lerwill

- + Pleasingly lightweight
- + Waterproof but breathable
- + Feels durable when worn
- Ankle support could be stronger

Salomon Outline Jacket salomon.com

Sometimes you need a jacket that you can grab and go: something you can wear in the hills, around town or on a family day out. This shell is a cracking option, being light enough to shove in a backpack but tough enough to combat wind and rain. Having tested it during a very blustery May, I can confirm it snubs its nose at the vagaries of the British outdoors. Features include two well-sized pockets, elasticated cuffs and a water-repellent zipper.

Louisa Williams

- + Very comfortable
- + Light and versatile
- + Windproof and waterproof
- Hard to fault, but could benefit from drawstring hood



Hostel guide



Book now

Visit yha.org.uk or call 01629 592 700

YHA All Stretton

YHA Alnwick

YHA Alston

YHA Alstonefield

YHA Ambleside

YHA Arnside

YHA Bath

YHA Beer

YHA Bellingham

YHA Berwick

YHA Betws y Coed

YHA Beverley Friary

YHA Black Sail

YHA Blaxhall

YHA Boggle Hole

YHA Borrowdale

YHA Borth

YHA Boscastle Harbour

YHA Boswinger

YHA Brecon Beacons

YHA Brecon Beacons Danywenallt

YHA Bridges

YHA Brighton

YHA Bristol

YHA Broad Haven

YHA Buttermere

YHA Caldbeck

YHA Cambridge

YHA Canterbury

YHA Cardiff Central

YHA Castleton Losehill Hall

YHA Cheddar

YHA Cholderton Stonehenge

YHA Clun Mill

YHA Coniston Coppermines

YHA Coniston Holly How

YHA Conwy

YHA Cotswolds

YHA Coverack

YHA Dalby Forest

YHA Dartmoor

YHA Dufton

YHA Eastbourne

YHA Edale

YHA Eden Project

YHA Edmundbyers

YHA Elmscott

YHA Ennerdale

YHA Eskdale

YHA Exford

Meadow Green, Batch Valley, All Stretton, Shropshire, SY6 6JW

34 to 38 Green Batt, Alnwick, Northumberland, NE66 1TU

The Firs, Alston, Cumbria, CA9 3RW

Gypsy Lane, Alstonefield, nr Ashbourne, Derbyshire, DE6 2FZ

Waterhead, Ambleside, Cumbria, LA22 0EU

Redhills Road, Arnside, Cumbria, LA5 0AT

Bathwick Hill, Bath, BA2 6JZ

Bovey Combe, Beer, Seaton, Devon, EX12 3LL

Demesne Farm, Bellingham, Hexham, Northum, NE48 2BS

Dewars Lane, Berwick Upon Tweed, Northumberland, TD15 1HJ

Swallow Falls Hotel, nr Betws-y-Coed, Conwy, LL24 0DW

Friar's Lane, Beverley, East Yorkshire, HU17 0DF

Black Sail Hut, Ennerdale, Cleator, Cumbria, CA23 3AX

The Old School House, Blaxhall, Woodbridge, Suffolk, IP12 2EA

Mill Beck, Fylingthorpe, Whitby, North Yorkshire, YO22 4UQ

Longthwaite, Borrowdale, Keswick, Cumbria, Lakes, CA12 5XE

Morlais, Borth, Ceredigion, SY24 5JS

Palace Stables, Boscastle, Cornwall, PL35 0HD

Boswinger, Gorran, St Austell, Cornwall, PL26 6LL

Libanus, Brecon, Powys, LD3 8NH

National Park Study Centre, Talybont-on-Usk, Brecon, LD3 7YS

Ratlinghope, Shrewsbury, Shropshire, SY5 0SP

Old Steine, Brighton, BN1 1NH

14 Narrow Quay, Bristol, BS1 4QA

Broad Haven, Haverfordwest, Pembrokeshire, SA62 3JH

Buttermere, Cockermouth, Cumbria, CA13 9XA

Fellside Centre, Fellside, Wigton, Cumbria, CA7 8HA

97 Tenison Road, Cambridge, Cambridgeshire, CB1 2DN

54 New Dover Road, Canterbury, CT1 3DT

East Tyndall Street, Cardiff, CF10 4BB

Castleton, Hope Valley, Derbyshire, S33 8WB

Hillfield, Cheddar, Somerset, BS27 3HN

Beacon House, Amesbury Road, Cholderton, Wiltshire, SP4 0EW

The Mill, Clun, Craven Arms, Shropshire, SY7 8NY

Coppermines House, Coniston, Cumbria, LA21 8HP

Holly How, Far End, Coniston, Cumbria, LA21 8DD

Larkhill, Sychnant Pass Road, Conwy, LL32 8AJ

New Brewery Arts, Cirencester, Gloucestershire, GL7 1JH

Parc Behan, School Hill, Coverack, Helston, Cornwall, TR12 6SA

Old School, Lockton, Pickering, North Yorkshire, YO18 7PY

Believer, Postbridge, Devon, PL20 6TU

Dufton, Appleby, Cumbria, CA16 6DB

1 East Dean Road, Eastbourne, East Sussex, BN20 8ES

Rowland Cote, Nether Booth, Edale, Hope Valley, Derbyshire, S33 7ZH

Eden Project, Bodelva, Cornwall, PL24 2SG

Low House, Edmundbyers, Consett, Co Durham, DH8 9NL

Elmscott, Hartland, Bideford, Devon, EX39 6ES

Cat Crag, Ennerdale, Cleator, Cumbria, Lakes, CA23 3AX

Boot, Holmrook, Cumbria, CA19 1TH

Exe Mead, Exford, Minehead, Somerset, TA24 7PU

YHA Eyam
YHA Gower
YHA Grasmere Butharlp Howe
YHA Grinton Lodge
YHA Hartington Hall
YHA Hathersage
YHA Hawes
YHA Hawkshead
YHA Haworth
YHA Hawse End
YHA Helmsley
YHA Helvellyn
YHA Holmbury
YHA Honister Hause
YHA Hunstanton
YHA Idwal Cottage
YHA Ilam Hall
YHA Ingleton
YHA Ironbridge Coalbrookdale
YHA Ironbridge Coalport
Isle of Wight Brighstone
YHA Jordans
YHA Keswick
YHA Kettlewell
YHA Kings
YHA Kington
YHA Lands End
YHA Langdale
YHA Langdon Beck
YHA Leominster
YHA Littlehampton
YHA Litton Cheney
YHA Liverpool
YHA Lizard
YHA Llanddeusant
YHA Llangattock
YHA London Central
YHA London Earls Court
YHA London Lee Valley
YHA London Oxford Street
YHA London St Pancras
YHA London St Pauls
YHA London Thameside
YHA Lulworth Cove
YHA Malham
YHA Manchester
YHA Mankinholes
YHA Manorbier
YHA Medway
YHA Milton Keynes
YHA Minehead
YHA National Forest
YHA New Forest
YHA Newport Pembrokeshire
YHA Ninebanks

Hawkhill Road, Eyam, Hope Valley, Derbyshire, S32 5QP
Port Eynon, Swansea, SA3 1NN
Easedale Road, Grasmere, Cumbria, LA22 9QG
Grinton, Richmond, North Yorkshire, DL11 6HS
Hall Bank, Hartington, Buxton, Derbyshire, SK17 0AT
Castleton Road, Hathersage, Hope Valley, Derbyshire, S32 1EH
Lancaster Terrace, Hawes, North Yorkshire, DL8 3LQ
Hawkshead, Ambleside, Cumbria, LA22 0QD
Longlands Drive, Haworth, Keighley, West Yorkshire, BD22 8RT
Hawse End Cottage, Portinscale, Keswick, Cumbria, CA12 5UE
Carlton Lane, Helmsley, North Yorkshire, YO62 5HB
Greenside, Glenridding, Penrith, Cumbria, CA11 0QR
Radnor Lane, Dorking, Surrey, RH5 6NW
Seatoller, Keswick, Cumbria, CA12 5XN
15 Avenue Road, Hunstanton, Norfolk, PE36 5BW
Nant Ffrancon, Bethesda, Bangor, Gwynedd, LL57 3LZ
Ilam Hall, Ilam, Ashbourne, Derbyshire, DE6 2AZ
Greta Tower, Sammy Lane, Ingleton, North Yorkshire, LA6 3EG
1 Paradise, Coalbrookdale, Telford, Shropshire, TF8 7NR
John Rose Building, High Street, Coalport, Shropshire, TF8 7HT
North Street, Brighstone, Newport, PO30 4AX
Welders Lane, Jordans, Beaconsfield, Buckinghamshire, HP9 2SN
Station Road, Keswick, Cumbria, CA12 5LH
Kettlewell, Skipton, North Yorkshire, BD23 5QU
Kings, Penmaenpool, Dolgellau Gwynedd, Wales, LL40 1TB
Victoria Road, Kington, Herefordshire, HR5 3BX
Letcha Vean, St Just-in-Penwith, Penzance, Cornwall, TR19 7NT
High Close, Loughrigg, Ambleside, Cumbria, LA22 9HJ
Forest-in-Teesdale, Barnard Castle, Co Durham, DL12 0XN
The Old Priory, Leominster, Herefordshire, HR6 8EQ
63 Surrey Street, Littlehampton, West Sussex, BN17 5AW
Litton Cheney, Dorchester, Dorset, DT2 9AT
25 Tabley Street, off Wapping, Liverpool, Mersyside, L1 8EE
The Polbreen, Lizard Point, Cornwall, TR12 7NT
The Old Red Lion, Llanddeusant, Camarthenshire, SA19 9UL
Wern Watkin, Hillside, Llangattock, Crickhowell, NP8 1LG
104 Bolsover Street, London, W1W 5NU
38 Bolton Gardens, Earl's Court, London, SW5 0AQ
Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ
14 Noel Street, London, W1F 8GJ
79-81 Euston Road, London, NW1 2QE
36 Carter Lane, London, EC4V 5AB
20 Salter Road, Rotherhithe, London, SE16 5PR
School Lane, West Lulworth, Wareham, Dorset, BH20 5SA
Malham, Skipton, North Yorkshire, BD23 4DB
Potato Wharf, Castlefield, Manchester, M3 4NB
Mankinholes, Todmorden, Lancashire, OL14 6HR
Manorbier, nr Tenby, Pembrokeshire, SA70 7TT
351 Capstone Road, Gillingham, Kent, ME7 3JE
Vicarage Road, Bradwell Village, Milton Keynes, MK13 9AG
Alcombe Combe, Minehead, Somerset, TA24 6EW
48 Bath Lane, Moira, Swadlincote, Derbyshire, DE12 6BD
Cott Lane, Burley Ringwood, Hampshire, BH24 4BB
Lower St Mary Street, Newport, Pembrokeshire, SA42 OTS
Orchard House, Mohope, Ninebanks, Hexham, NE47 8DQ

YHA Okehampton
YHA Okehampton Bracken Tor
YHA Osmotherley
YHA Oxford
YHA Patterdale
YHA Penzance
YHA Perranporth
YHA Poppit Sands
YHA Port Eynon
YHA Portland
YHA Portreath
YHA Pwll Deri
YHA Ravenstor
YHA Rhossili
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

Klondyke Road, Okehampton, Devon, EX20 1EW
Bracken Tor, Saxongate, Okehampton, Devon, EX20 1QW
Cote Ghyll, Osmotherley, Notherallerton, North Yorkshire, DL6 3AH
2a Botley Road, Oxford, Oxfordshire, OX2 0AB
Patterdale, Penrith, Cumbria, CA11 ONW
Castle Horneck, Penzance, Cornwall, TR20 8TF
Droskyn Point, Perranporth, Cornwall, TR6 OGS
Sea View, Poppit, Cardigan, Pembrokeshire, SA43 3LP
Old Lifeboat House, Port Eynon, Swansea, SA3 1NN
Hardy House, Castle Road, Castle Town, Portland, DT5 1AU
Nance Farm, Illogen, Redruth, Cornwall, TR16 4QX
Castell Mawr, Trefasser, Goodwick, Pembrokeshire, SA64 0LR
Millers Dale, Buxton, Derbyshire, SK17 8SS
Rhossili Middleton, Rhossili, Swansea, SA3 1PJ
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 0DW
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

Drying room

Each issue we print a reader's picture that's really grabbed our attention.

Share your adventures, email magazine@yha.org.uk or tweet using #LiveMoreYHA

Emma, Oscar and Teddy on the way up to Windy Gap during their 'Three Bs Challenge': YHA Buttermere - YHA Black Sail - YHA Borrowdale



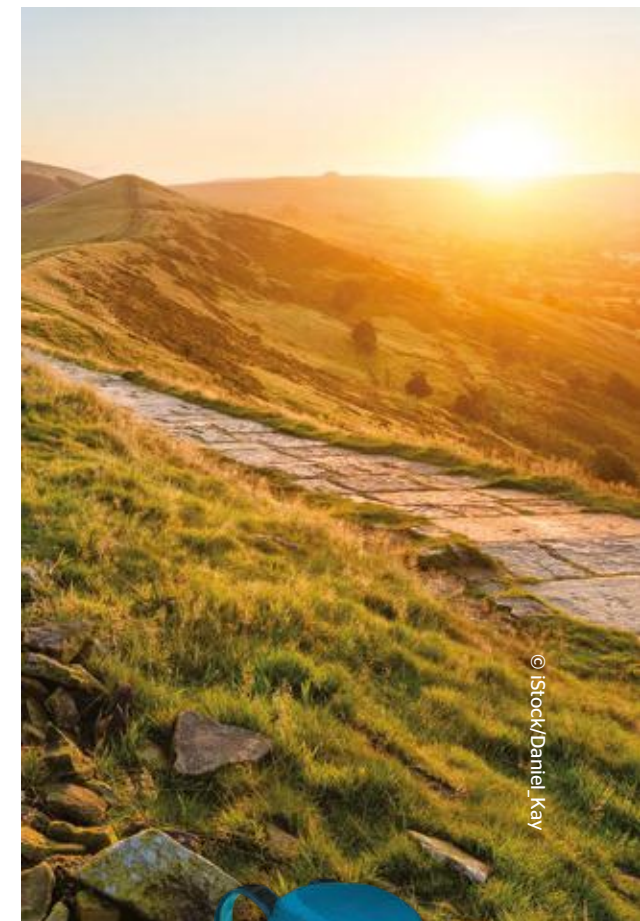
Name the Peak District hostels

WIN an Osprey backpack worth £75

The Peak District is Britain's oldest National Park and contains 10 YHA hostels. We've jumbled up the names of five of them below. Worked out what they are? (The map on p34 might lend a helping hand.)

1. YHA LEEDA
2. YHA SHAGHEATER
3. YHA ANTSROVER
4. YHA EARLYVOGUE
5. YHA OFTENSALLIED

To enter simply send us an email with your five answers to: magazine@yha.org.uk by 8th August 2019. Feel free to share your thoughts on this magazine at the same time.



© iStock/Daniel Kay

WIN! £75 worth of Yugen Explore gear



We have a range of 15 outdoorsy items from the Yugen Explore range to give away. The prize includes a USB portable battery pack, steel water bottle, baseball cap, a canvas bag and travel adaptor. These items will be available at pop-up stores in 12 youth hostels until the end of the summer, with all profits going towards supporting breaks for young people and families with challenging lives.

To enter, answer the following (for a clue see p10)...

When did YHA Snowdon Bryn Gwynant open as a youth hostel?

Answers to: magazine@yha.org.uk by 8th August 2019.

@countrywalking

Mega time in a very springy @lakedistrictnpa this week, courtesy of @YHAOfficial's superb @YHAHelvellyn. Is there a better-situated hostel than this 963ft high gem? Thanks for the hospitality Steve!

@Cazza7

Surely there can be no better place to stay in the Peaks than @YHAllamHall Friendly staff, excellent walking, quiet location, local beer @YHAOfficial

@PhilBambs

Fantastic few days in the Gower! @YHAOfficial @nationaltrust @WildlifeTrusts

#LivemoreYHA



About the prize

Osprey is giving away a brand new backpack to one lucky winner. The winner can choose between the Skarab 22 designed for men or the Skimmer 20 designed for women, worth £75 each. These are daypacks with an intuitive design. Equipped with a rain-cover and AirScape Backsystem, the Skarab and Skimmer balance an essential feature set against a refreshingly clean aesthetic. Ospreyeurope.com

Last issue: congratulations to J. Cook and N. Gill, who won a pair of KEEN boots, and to the reader who won a headtorch from Petzl.





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