

# ESCAPE ORDINARY



**RUN** yha

Wild running combines the best elements of fell, trail, mountain and road running to offer an adventure like no other. Experience the freedom and exhilaration of running on new terrain and around beautiful places, whether it's on a coastal path, through a country park, down a hillside or on a sandy beach. Improve self-reliance and grow stronger as you navigate remote areas, discover places you've never been before and separate yourself from the stresses of the everyday.

In collaboration with Jen Benson and Sim Benson, the authors of *Wild Running: 150 great adventures on the trails and fells of Britain*, we bring you 10 thrilling off-road routes ranging in difficulty from easy to challenging. And naturally you'll find a fantastic YHA hostel close to each and every one.

So, take a look through our guide to find out more about your new favourite sport.



**WILD**  
running

# WHY RUN WITH YHA?

With so many wonderful properties in inspiring locations the length and breadth of England and Wales, the answer's pretty simple; a stay with YHA gives you ready access to the remote, the rural, the coastal, the craggy, the breath-taking and the beautiful.

And when you add to that our fantastic value prices, filling meals made from locally-sourced ingredients, well-stocked bars, welcoming social spaces, drying rooms ready to receive the muddiest of kits, comfortable beds and, above all, our passion for the glorious great outdoors, it's hard to find a reason not to run with YHA.

For more information please visit:

[www.yha.org.uk/runyha](http://www.yha.org.uk/runyha)



**RUN** 

# TIPS AND MUST HAVE EQUIPMENT /

So you're new to wild running? Let's get started! One of the joys of running as a sport is its simplicity; you need relatively few pieces of kit to get going. There are, however, some essentials that will make your wild running experiences safe and enjoyable.

## SHOES /

A well-fitting, comfortable pair of shoes appropriate to the terrain and conditions of your run are an obvious essential.

### **Hard-pack and road-based runs:**

Road shoes will provide protection and cushioning.

### **Trails and dry off-road surfaces:**

Trail shoes combining a more rugged, grippy sole with some cushioning.

### **Wet and muddy conditions:**

Fell shoes with deep lugs will stop you slipping and sliding.

## CLOTHING /

At the most basic level, dress for the conditions you will encounter and the length of your run. As running generates a lot of heat, even in cold conditions, layers are a great idea and allow for easy ventilation. Take a lightweight windproof jacket to layer over other clothes when needed, you can easily stash it in a pocket if when it isn't required.

## BAG /

You'll need somewhere to keep your spare clothing, food, water and safety kit so invest a little time in finding a lightweight rucksack or waist pack that fits you comfortably.

## TECHNIQUE /

It takes time and practice to perfect off-road running because it requires the body to work in a different way. If you're new to off-road running, start off with well-used trails and less technically-challenging terrain. When you eventually work up to the more demanding routes they'll be all the more enjoyable.

## BALANCE /

Good balance is crucial to successful off-road running. Introduce balance work into your daily routine to increase body awareness and improve coordination.

# TOP 10 SAFETY TIPS FOR WILD RUNNING /

1.

Take a compass and a map with you, especially if you're running in remote or unfamiliar places. Take your mobile phone too but, as signal might be patchy, don't rely on it

2.

Make sure someone knows where you're going and when you'll be back

3.

Wear shoes suitable for the terrain; safe off-road running requires shoes with good grip

4.

Dress appropriately. You'll need extra layers for longer runs and remote or high terrain routes as you may need to slow down or deal with deteriorating weather conditions

5.

Consider leaving your headphones behind to optimise your awareness of your surroundings and road crossings

6.

Take enough food and water to last the duration

7.

Carry a basic emergency kit that includes a head torch, whistle, space blanket and emergency rations

8.

Research your route before you go so you're prepared for the terrain and the weather. Find out where you could shelter, refuel and get information

9.

Share your experience with a friend. Wild running is much safer and more enjoyable with company

10.

Pay attention to the seasons. Your route may be a vastly different proposition in winter than it is in summer

# 1. WEST CORNWALL

The 630 miles of the South West Coast Path edge the south west peninsula with some of the most exciting, varied and breathtakingly beautiful running to be found anywhere. The southern coast of Cornwall, between Lizard Point and Land's End is truly spectacular, passing the Minack Theatre, hewn into the local granite; the peaceful cove at Lamorna, perfect for a Cornish cream tea and the wonderful sandy beaches at Treen. There's an abundance of wildlife here, from the seals who play in the sparkling waves to the rare glossy black Cornish Choughs that nest on the clifftops. Running across the springy turf at the very tip of Cornwall, with the white buildings of Land's End beckoning in the distance is a special feeling after a long journey along this challenging trail.



# PENZANCE TO LAND'S END /

## YHA PENZANCE / LAND'S END

<b>DISTANCE:</b>	16.5 MILES / 27KM
<b>START / FINISH:</b>	PENZANCE STATION TR18 2LT, LAND'S END
<b>TERRAIN:</b>	TRAIL, ROAD, COAST PATH
<b>TOUGHNESS:</b>	CHALLENGING
<b>ASCENT:</b>	791 METRES
<b>NAVIGATION:</b>	EASY TO MODERATE
<b>GOOD FOR:</b>	COAST, HISTORY, CULTURE
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/02">WILDRUNNING.NET/02</a>



A tough but rewarding coastal run with plenty of scenery and history that can be run in sections or, for those up for a challenge, in its entirety. Steep steps and narrow paths make for exciting, technical running. Leave Penzance by the coast road to the west, through Newlyn and Mousehole, before following the SW Coast Path sign left out onto the rugged coast path. Continue along an undulating mixture of trail and granite steps to Lamorna. The secluded cove and café here, surrounded by bluebell woods in spring, provides a welcome spot for a rest. Climb steep steps to the cliff top, passing Treen's white sandy beaches and the Minack Theatre. In the final miles, grasslands make for easier running as Land's End beckons. Return by bus to Penzance.

## 2. BATH

The city of Bath nestles in a sheltered valley surrounded by easily-accessed wooded hills and magnificent, quintessentially English, countryside, ripe for exploring. It is a UNESCO World Heritage Site, rich in Roman and Georgian history. The 102 miles of the Cotswold Way come to their conclusion at a grand plaque outside Bath Abbey. This National Trail is home to many miles of beautiful and inspiring running and a great route for multi-day adventures. The Kennet and Avon canal runs to the heart of the city, winding its way past picturesque Cotswold villages between here and the pretty town of Bradford-on-Avon, with stations at regular intervals. The Bath Skyline is a National Trust-maintained fully waymarked trail, which tours the open spaces above Bath. The views from here are breathtaking, reaching out across the city to the rolling hills beyond. The run winds through hidden limestone valleys, ancient woodland filled with fossiled boulders and open fields, passing an Iron Age hill fort, Sham Castle and Prior Park Landscape Garden en route.





# BATH SKYLINE /

## YHA BATH

<b>DISTANCE:</b>	6 MILES / 9KM
<b>START / FINISH:</b>	BATHWICK HILL, BA2 6JZ
<b>TERRAIN:</b>	TRACK, TRAIL, GRASSLAND, ROAD
<b>TOUGHNESS:</b>	MODERATE
<b>ASCENT:</b>	215 METRES
<b>NAVIGATION:</b>	EASY (WAYMARKED)
<b>GOOD FOR:</b>	FAMILIES, URBAN ESCAPE
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/22">WILDRUNNING.NET/22</a>



The Bath Skyline is a National Trust-maintained, well-waymarked route through the hilly, green spaces above the Heritage city of Bath. There are outstanding views over the city and surrounding countryside from many places on the route, which also passes an 18th-century landscape garden and the impressive frontage of Sham Castle. To access the run, stand on Bathwick Hill with your back to Cleveland Walk, take the path opposite that goes between the houses, through a kissing gate and diagonally across the field. From this point follow the regular waymarkers until emerging from Cleveland Walk, back onto Bathwick Hill.

# 3. THE CHILTERN

Overlooking the Vale of Aylesbury in Buckinghamshire lie the magnificent Chiltern Hills. The well-marked trails that wind their way through this AONB make for fantastic running. Ivinghoe Beacon is the starting point for the Ridgeway National Trail, on which the famous 86-mile ultramarathon, the Ridgeway Challenge, is held annually. The summit of the Beacon is a wonderful place from which to survey the network of pale, chalky trails which lead invitingly in all directions, calling out to be run upon. An area of stunning open heathland, expansive commons and pretty parkland, this is also one of the most heavily wooded parts of England. Deep within Wendover Woods, a perfect place to explore, lies Haddington Hill, the highest point of the Chilterns, adorned with its stone monument.

# WENDOVER WOODS /

## YHA JORDANS

<b>DISTANCE:</b>	6.5 MILES / 10KM
<b>START / FINISH:</b>	WENDOVER STATION, HP22 6BN
<b>TERRAIN:</b>	TRAIL
<b>TOUGHNESS:</b>	EASY
<b>ASCENT:</b>	204 METRES
<b>NAVIGATION:</b>	MODERATE
<b>GOOD FOR:</b>	HISTORY, WOODLAND
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/43">WILDRUNNING.NET/43</a>



An enjoyable run on well-maintained trails through the ancient beech woods covering Haddington Hill above Wendover, the highest point in the Chilterns, and Boddington Hill, site of an Iron Age hill fort. From the station head L along the High Street. After the final shop take R turn signposted 'ridgeway'. Follow ridgeway signs until reaching Wendover Woods. Leave ridgeway L then turn R onto bridleway. Continue on track downhill to reach road back to Wendover. Wendover Woods are also a great place for simply exploring or for families, with activities such as Go Ape, orienteering, a fitness trail assault course and an extensive children's play area.

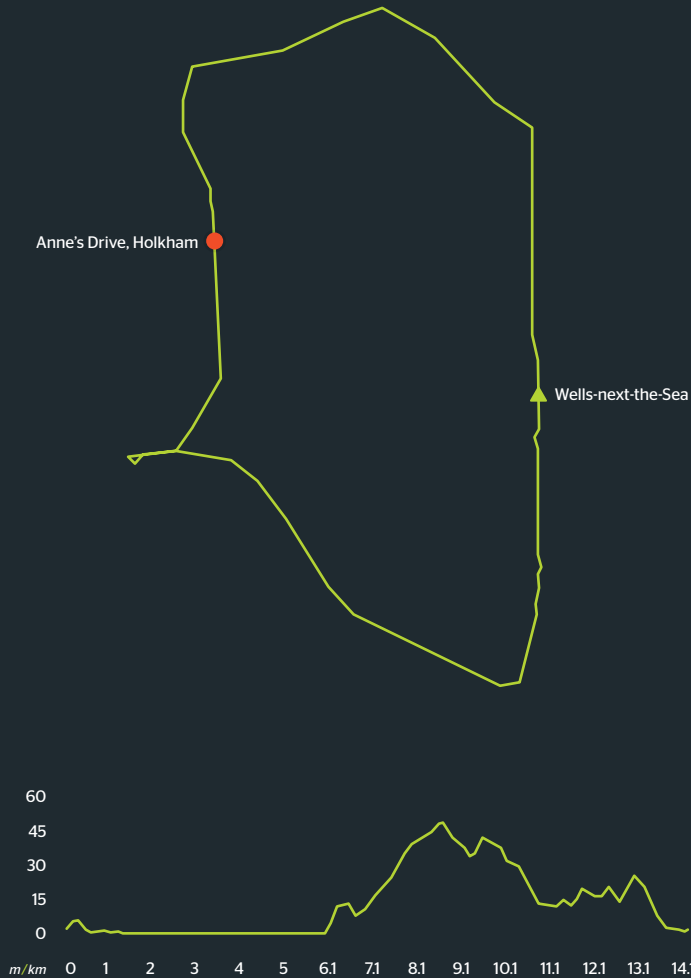
# 4. NORFOLK

The flat lands of Norfolk are home to a surprising variety of inspiring places to run, from golden, sandy beaches and the winding miles of the Norfolk Coast Path and the Peddars Way to the tranquil trails of the Brecklands. Running along the raised pathways that wind their way through the marshes here is a surreal experience, almost silent, save for the crunching of the stones beneath your feet and the occasional call of a seabird. The wonderfully-named Great Eastern Pingo Trail is a great place to run. This 7-mile, waymarked loop takes in peaceful woodland, a nature reserve and a delightful stretch of the Peddars Way National Trail, passing the ancient glacial dishes of the pingos en route. One of our favourite runs takes to the great expanse of Holkham Beach, running on the sand from Lady Anne's Drive to Wells, with several enjoyable alternatives for the return trip.

# HOLKHAM BEACH /

## YHA WELLS-NEXT-THE-SEA

<b>DISTANCE:</b>	9 MILES / 14KM
<b>START / FINISH:</b>	ANNE'S DRIVE, HOLKHAM (NR23 1RG)
<b>TERRAIN:</b>	SANDY BEACH, PATH
<b>TOUGHNESS:</b>	EASY
<b>ASCENT:</b>	92 METRES
<b>NAVIGATION:</b>	EASY
<b>GOOD FOR:</b>	COAST, BEACH RUNNING, FAMILIES
<b>ROUTE INFO:</b>	WILDRUNNING.NET/33



A spectacular alternative to the Coast Path run between Holkham and Wells-next-the-Sea, this run simply follows the broad, white, sandy beach from where you emerge from tall pine trees on a boardwalk leading from Lady Anne's Drive down to the beach all the way to Wells. To return, winding through the streets of Wells to reach a lane into Holkham Estate, entering the estate to run through cool, peaceful woodland and past the Hall, ice house and lake to the main entrance, before returning to the start. Alternatively, either follow the wonderful beach back, running in the shallow water at the edge of the vast North Sea, or head up and down the dunes which line the beach. Other return routes can be found along the Coast Path.

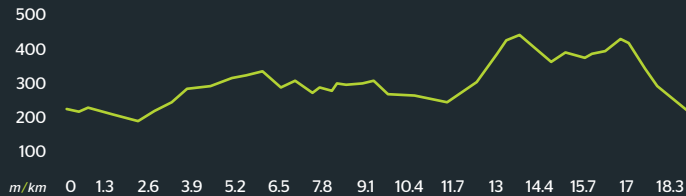
# 5. THE PEAK DISTRICT

The Peak District is split by its geology into two halves, each of which sets the tone for the running to be found there. The wilder, northern Dark Peak lends itself to exhilarating adventures across open fells and along gritstone edges, whereas the southern White Peak is home to gentler trails that wind their way invitingly through flower-filled limestone valleys. The peaceful village of Edale marks the start of the Pennine Way, which winds its way from here northwards for some 267 miles through the Yorkshire Dales and Northumberland National Park to Kirk Yetholm, just inside the Scottish border. The Dark Peak fells rise from Edale in all directions, from the remote and windswept summit plateau of Kinder Scout to the iconic Mam Tor and shapely Win Hill, all packed with fantastic running challenges.

# RUNYHA CASTLETON /

## YHA CASTLETON LOSEHILL HALL

<b>DISTANCE:</b>	12 MILES / 19KM
<b>START / FINISH:</b>	LOSEHILL HALL, CASTLETON S33 8WB
<b>TERRAIN:</b>	TRAIL, MOORLAND, PATH, BOGGY SECTIONS
<b>TOUGHNESS:</b>	CHALLENGING
<b>ASCENT:</b>	640 METRES
<b>NAVIGATION:</b>	MODERATE (IF VISIBILITY GOOD)
<b>GOOD FOR:</b>	ASCENTS, VIEWS
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/152">WILDRUNNING.NET/152</a>



A fantastic run around the beautiful Hope Valley from Castleton, taking in some of the most dramatic Dark Peak landscapes. Several tough yet enjoyable climbs are rewarded with breathtaking vistas, particularly from the viewpoints at Hollins Cross and Lose Hill. There is an optional ascent of Mam Tor reached by continuing along the road instead of left turn at 8.1 miles (13.1km) and taking the next left, climbing to the trig point at the tor's summit before continuing north east along the ridge to rejoin the original route. The run also passes the wooded shores of the gleaming expanse of Ladybower Reservoir and through the pretty village of Edale, home to the Edale YHA and railway station.

# 6. SHERWOOD FOREST

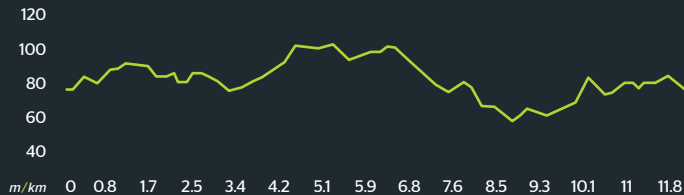
Home to the 800 year-old Major Oak, hiding place of Robin Hood and his Merry Men, Sherwood Forest is a National Nature Reserve and a wonderfully tranquil place to lose yourself, running through the trees. There's an abundance of trails to explore within the forest, some are waymarked and others aren't. Away from the busier areas there are some truly remote and peaceful places waiting to be discovered. Nearby Clumber Park (NT) is an expanse of picturesque parkland, open heath and woodland, with a magnificent lake at its centre - a great place for a run or a family day out.



# EDWINSTOWE /

## YHA SHERWOOD FOREST

<b>DISTANCE:</b>	7.5 MILES / 12KM
<b>START / FINISH:</b>	YHA EDWINSTOWE, MANSFIELD, NG21 9RN
<b>TERRAIN:</b>	FOREST TRAIL
<b>TOUGHNESS:</b>	EASY
<b>ASCENT:</b>	114 METRES
<b>NAVIGATION:</b>	EASY
<b>GOOD FOR:</b>	WOODLAND, FAMILIES
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/70">WILDRUNNING.NET/70</a>



An enjoyable, flat, circular run along leafy forest trails into the heart of the National Forest. This is classic Sherwood Forest country, with ancient, gnarled oaks standing majestically all around. The route starts on some of the busier trails but soon heads out along a quiet track around the edge of the Forest. From start, head NW along path, continuing around the S edge of the forest. The route passes a Chantry chapel and hermitage, dedicated to King Edwin of Northumberland. After Ladysmith Plantation, the route emerges on to the open heathland of Budby South Forest and the heart of the original forest, Birklands. Return to the start passing the wonderful, vast structure of the Major Oak on the way.

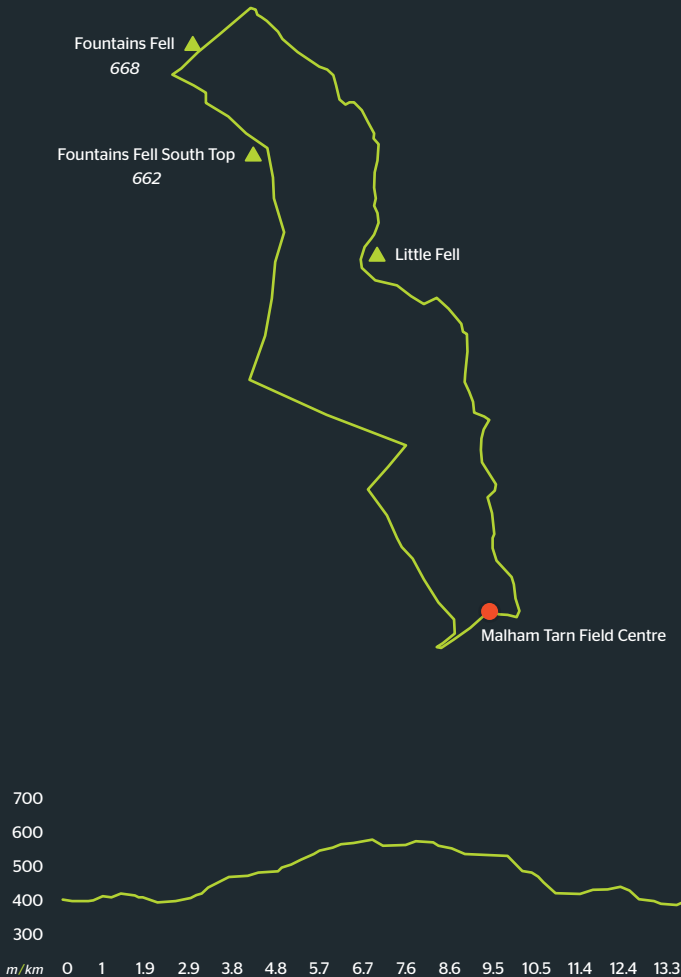
# 7. THE YORKSHIRE DALES

Widely considered to be one of the greenest areas in England, the vast stretches of unspoiled rolling countryside of the Yorkshire Dales make them a fantastic place to run, with many inspiring routes of outstanding quality. The great scoop of limestone that forms Malham Cove was formed 50,000 years ago by a huge, glacier-fed waterfall. It is topped by the strange and fascinating sculptures of the limestone pavement, great for a spot of boulder-hopping! The Pennine Way passes through here, as ever providing some wonderful running. One of our very favourite runs takes in a section of the Way across beautiful and remote Fountains Fell.

# FOUNTAINS FELL /

## YHA MALHAM

<b>DISTANCE:</b>	8.5 MILES / 14KM
<b>START / FINISH:</b>	MALHAM TARN FIELD CENTRE, BD24 9PU
<b>TERRAIN:</b>	TRACK, TRAIL, ROUGH MOORLAND
<b>TOUGHNESS:</b>	CHALLENGING
<b>ASCENT:</b>	395 METRES
<b>NAVIGATION:</b>	MODERATE - SPARSELY WAYMARKED
<b>GOOD FOR:</b>	ASCENTS, NATIONAL TRAIL, FAMILIES
<b>ROUTE INFO:</b>	WILDRUNNING.NET/87



A hugely enjoyable, varied run starting at the great silver expanse of Malham Tarn, with breathtaking views from the ridge. From start follow track SE towards Malham Tarn. Turn L onto Pennine Way and continue for 4 miles, ascending to Fountains Fell ridge. At cairn turn L leaving Pennine Way and follow waymarks along ridge. At third wall turn L following waymarks and wall SE on exhilarating descent to valley. Run through three gates to reach bridleway. At road turn R to return to start. Nearby Malham Cove and fascinating limestone pavement are within easy and enjoyable running distance, or great to take the family exploring.

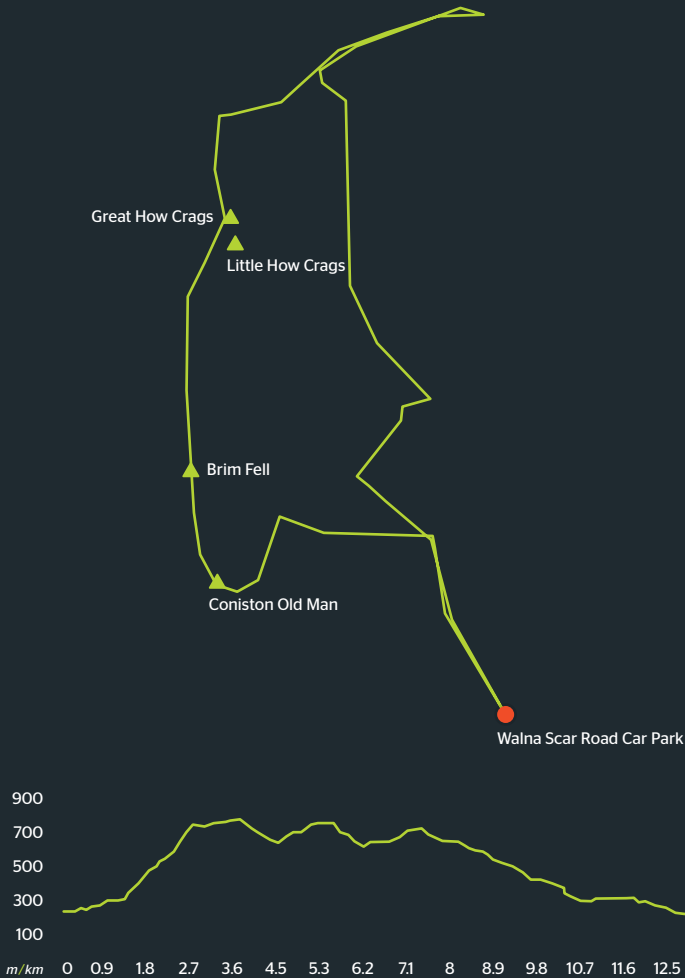
# 8. THE LAKE DISTRICT

The Lakes are a runner's paradise, with a vast range of wonderful trails and fells to suit every desire. The southern Lake District is an area of contrasts, from the busier tourist areas of Windermere and Kendal to England's highest peak, Scafell Pike, and the beautiful, remote areas around Wasdale and Wastwater. This area is also home to the Bob Graham Round, a classic fell running challenge of approximately 65 miles, starting and finishing in Keswick and taking in 42 peaks, all in under 24 hours. Conistone Water covers an area of 1.89 miles, stretching ribbon-like along its spectacular valley. To the north-west of the lake rises The Old Man of Conistone, the highest point in this group of fells.

# AROUND CONISTON /

## YHA CONISTON COPPERMINES / CONISTON HOLLY HOW

<b>DISTANCE:</b>	8 MILES / 13KM
<b>START / FINISH:</b>	WALNA SCAR ROAD CAR PARK, LA21 8HD
<b>TERRAIN:</b>	TRAIL, PATH, RIDGE
<b>TOUGHNESS:</b>	CHALLENGING
<b>ASCENT:</b>	714 METRES
<b>NAVIGATION:</b>	MODERATE (DEPENDENT UPON VISIBILITY)
<b>GOOD FOR:</b>	ASCENTS, WILDLIFE
<b>ROUTE INFO:</b>	WILDRUNNING.NET/83



A stunning run around Coniston Fells, with its thrilling ridge path between The Old Man of Coniston and Swirl How, and the lone trail linking Swirl How with Wetherlam, the Prison Band. This classic loop takes in the summits of Wetherlam, The Old Man, Great How (Swirl Band), and Brim Fell. From the car park, head N towards Crowberry Haws and Stubthwaite Crag. A steep climb W brings you to tranquil Low Water before gaining the summit ridge at the Old Man of Coniston. Follow the clear path of Prison Band, then drop down to Levers Water over some technically challenging terrain. Pass Kennel Crag, Grey Crag and Low Water Beck before returning over a footbridge to the start. *CAUTION: Navigation can be extremely challenging in poor weather.*

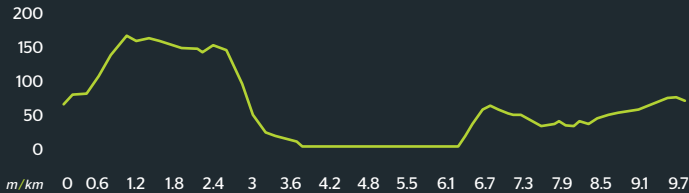
# 9. GOWER

From Mumbles, south west of Swansea, the Gower Peninsula stretches westwards for 19 miles out into the Bristol Channel. The UK's first designated Area of Outstanding Natural Beauty this is an area packed with special places to run. Gower is a haven for outdoor sport, from climbing on perfect slabs of limestone (known locally as Sutton Stone) to open-water swimming, surfing and triathlon, it is also the place to enjoy some of the best coastal running to be found anywhere in Britain. Rhossili Bay is a three-mile stretch of sandy beach, washed by clear waves, perfect for a barefoot run. Beautiful Rhossili Down provides the backdrop to this magnificent beach, with its high point at The Beacon offering wonderful views out across the rolling countryside and over the Channel to North Devon.

# RHOSSILI BAY /

## YHA PORT EYNON / RHOSSILI BUNKHOUSE

<b>DISTANCE:</b>	6.5 MILES / 10KM
<b>START / FINISH:</b>	NT VISITOR CENTRE, RHOSSILI, SA3 1PR
<b>TERRAIN:</b>	TRAIL, BEACH, QUIET ROAD SECTION
<b>TOUGHNESS:</b>	EASY TO MODERATE
<b>ASCENT:</b>	231 METRES
<b>NAVIGATION:</b>	EASY
<b>GOOD FOR:</b>	COAST, BEACH, WILDLIFE
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/101">WILDRUNNING.NET/101</a>



This wonderful run has a north and a south loop, including some of the area's most stunning landmarks. For those wishing to add some extra miles, Rhoosili village can be accessed on foot from the hostel at Port Eynon via a spectacular run along the coast path in a westerly direction. From Rhoosili, head N over Rhoosili Down, following the obvious and inviting path. There are breathtaking panoramic views from the summit at The Beacon. On reaching Hillend, descend to beach and follow the great, golden crescent all the way back to path which ascends to the visitor centre, passing the famous wreck of the Helvetia. The second half of the run heads straight out along the peninsula to Worms Head. For a short window at low tide, you can drop down to sea level and run to the island. ! Check tide times before crossing. Return on the inland path directly back to the start.

# 10. SNOWDONIA

The rugged mountains of North Wales are a perfect arena for walking, climbing and running, from the peaceful Rhinogydd to the high passes of the Snowdon Range. In southern Snowdonia Cadair Idris is a picture-perfect mountain, and home to the legend of Idris, the giant who dwelt here in Welsh folklore and whose great chair crowns its summit. The run up the Pony Path and back is exciting, adventurous and exhilarating, taking you through some magical scenery with vast views out across the surrounding mountains, whilst being relatively straightforward to follow. Further north, the classic and spectacular Glyder Ridge is an awe-inspiring run, with nearly 700 metres of ascent packed into the first 2 miles.



# GLYDER RIDGE /

## YHA IDWAL

<b>DISTANCE:</b>	5.5 MILES / 8KM
<b>START / FINISH:</b>	OGWEN CAR PARK, LLYN OGWEN, LL57 3LZ
<b>TERRAIN:</b>	MOUNTAIN TRACK, TRAIL
<b>TOUGHNESS:</b>	CHALLENGING
<b>ASCENT:</b>	731 METRES
<b>NAVIGATION:</b>	MODERATE TO CHALLENGING
<b>GOOD FOR:</b>	ASCENTS, VIEWS, REALLY WILD
<b>ROUTE INFO:</b>	<a href="http://WILDRUNNING.NET/116">WILDRUNNING.NET/116</a>



This run is a spectacular and exhilarating tour of the highest summits of the Glyder range, as well as the iconic landmarks of the Devil's Kitchen and the Idwal Slabs. Leave Ogwen Cottage SE on the main track for 400 metres before branching off, continuing SE, climbing to the shores of Lake Bochlwyd. Ascend to Bwlch Tryfan, passing to the S of Bristly Ridge and ascend to the rocky moonscape of the summit plateau of Glyder Fach (994 metres) and Glyder Fawr (1001 metres) with its wonderful views on a clear day. Descend a technical path NW to Llyn y Cwm and the Devil's Kitchen, finally passing Llyn Idwal (on your L) and beneath the Idwal slabs before returning to start. Including the summit of Tryfan will extend the run by 2 miles.

# TAKE IT TO THE NEXT LEVEL /

Well there you have it, ten awesome trails to tackle from ten fantastic YHA properties. But the adventure doesn't have to end there. You'll find miles and miles of challenges in *Wild Running: 150 great adventures on the trails and fells of Britain*.

Jen Benson is a runner, writer and researcher in distance running. Sim Benson is a runner, climber and photographer. They have spent many years exploring the wild places of Britain together and their new book, *Wild Running: 150 great adventures on the trails and fells of Britain*, charts this journey and the very best places to run, including a selection of their favourite routes.

So if you'd like to experience that euphoric wild runner's high in some of the most scenic surroundings imaginable, purchase this comprehensive and inspiring guide from [www.wildrunning.net](http://www.wildrunning.net)

And the great news is, as a YHA customer you can claim 25% off the purchase price and free UK P&P simply by entering promo code YHA at the checkout.

Enjoy your run, there's even more to come... look out for new YHA runs from Jen and Sim in the spring!



- ▲ Youth Hostel
- Camping Barn / Bunkhouse
- △ Hostel also offers camping and / or alternative accommodation



## 1. YHA PENZANCE / YHA LAND'S END

Refurbished Georgian mansion in beautiful gardens / Located in the peaceful Cot Valley with fine sea views

## 2. YHA BATH

Grand Italianate mansion in splendid grounds

## 3. YHA JORDANS

A tranquil rural retreat with good access to London

## 4. YHA WELLS-NEXT-THE-SEA

Renovated church hall in a picturesque fishing town

## 5. YHA CASTLETON LOSEHILL HALL

Newly refurbished Victoria mansion in 27 acres of parkland

## 6. YHA SHERWOOD FOREST

Modern accommodation on the edge of the forest

## 7. YHA MALHAM

Beautifully renovated home-from-home in a lovely village

## 8. YHA CONISTON COPPERMINES / CONISTON HOLLY HOW

Remote, well-equipped and surrounded by stunning mountain scenery / Traditional Lakeland house minutes from the village

## 9. YHA PORT EYNON / RHOSSILI BUNKHOUSE

Former lifeboat station situated right on the beach / Victorian schoolhouse on the edge of Rhossili Down

## 10. YHA IDWAL COTTAGE

Popular eco-friendly accommodation in Snowdonia

***RUN*** 

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**WILD**  
running

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