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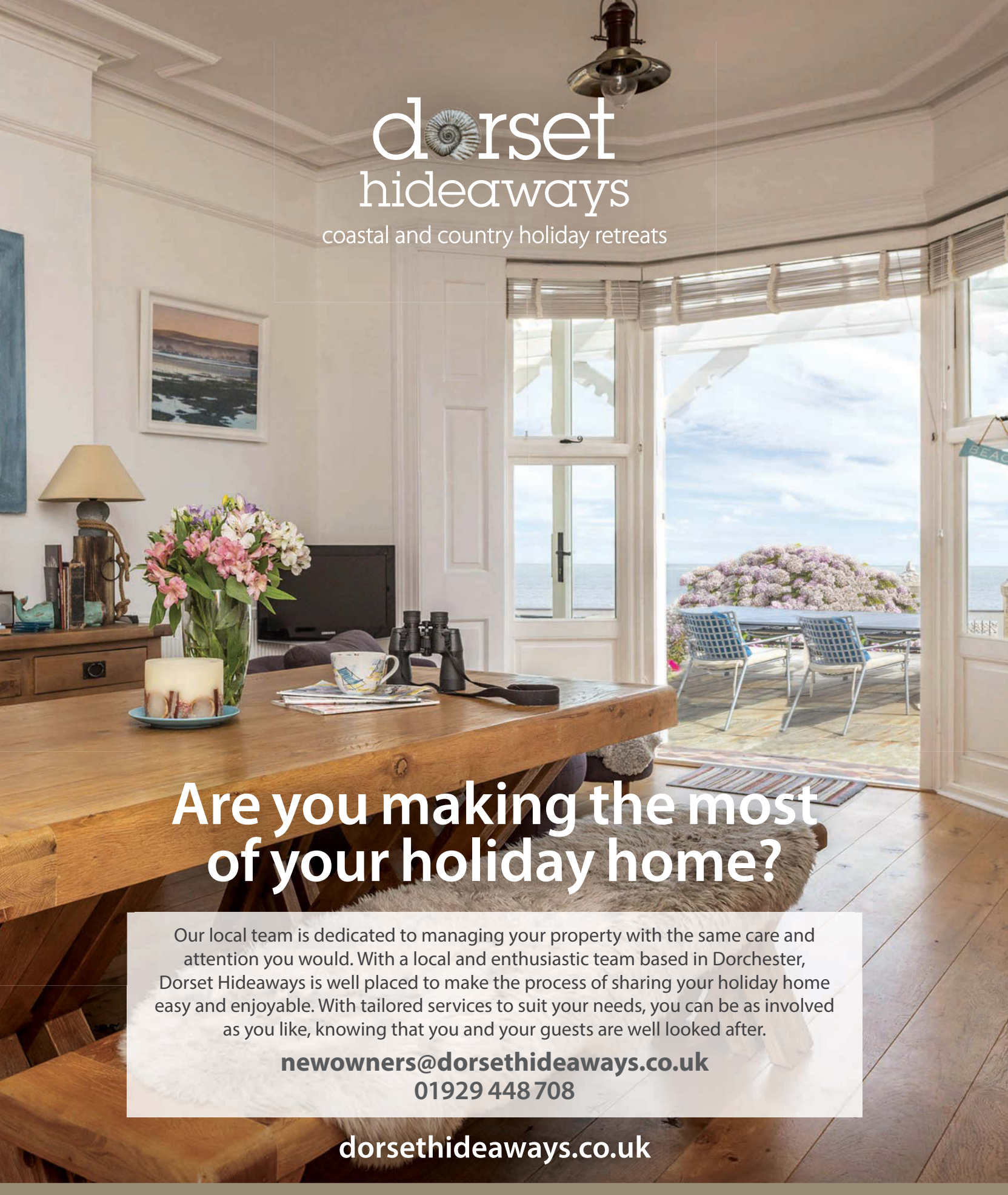

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COVER PHOTOGRAPH PARKNASILLA RESORT, CO KERRY, IRELAND

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— WELCOME —

I don't think we've ever looked forward to summer more than we have in 2021. What a joy it is to feel the sunshine on our skin and the sand between our toes. I hope you've been having some days out by the sea, in and out of the water, receiving both the physical and mental health benefits of spending time on our coast.

In this issue we celebrate our glorious shoreline with an amazing collection of photographs, showing it's not just in tropical climes where you find colourful marine wildlife. Turn to page 43 to discover what's on your doorstep. We also have top tips for the perfect beach barbecue on page 52. I love the suggestion of digging your own dining area into the sand – if you create your own setting for the perfect beach barbecue, do send in your photos. There are also plenty of suggestions for new places to visit. I love Sheila Sim's guide to a Weekend in Dunbar (page 100), as a local, she really knows this beautiful Scottish coastal town and gives all the insider tips you need for a fantastic break.

For those of you who are not ready to venture too far from home yet, we've also included our top 10 Garden Rooms on page 29 so that you can extend your outdoor living space and invite family and friends to come to you instead.

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THE CREW

This month's contributors share their coastal musings

KATY DAVIDSON
A freelance writer, sustainability campaigner and wildling adventurer, Katy explores the world through travel, food and a passionate connection to nature. Her articles, published nationally and internationally, discover and share these passions with others, highlighting cultures, activities, people and places. Living close to the sea in Cornwall, she has a particular affinity for anything ocean-based. Writing about the sport of spearfishing, (page 52), she was inspired by how 'spearos' and 'spearas' become one with their underwater world as they fish in a truly sustainable way.

SHEILA SIM
A freelance writer/photographer, Sheila covers travel, culture, nature and gardens for national magazines and newspapers. Happy childhood holidays in East Lothian resulted in a lifelong love of that part of Scotland. As a keen walker, she appreciates the variety of routes along different parts of the East Lothian coastline: from cliff-top castles to pristine beaches and saltpans to nature reserves, this area has it all. Visiting the hidden gem, Dunbar, for a long weekend she was inspired by the independent character of the town and its strong community vibe. Read all about it on page 92.

HELEN BLUNT
Based in the Kent countryside, Helen is the owner of graphic design company Creative Suite Ltd, which specialises in all things print media. She is also **coast's** Art Editor and is inspired each month by the beautiful photography of our wonderful coastline that dances across her screen as she creates the editorial pages. She daydreams about one day living closer to the sea, a pull made even stronger by reading articles such as the holiday focus on page 85 – a selection of gorgeous locations on the emerald isle, the island of Ireland.

SHOAL PATROL

Photographing shoals of bib (*Trisopterus luscus*) can be a challenge, as these striped fish are highly reflective and change direction constantly. One summer, photographer Matt Doggett was drifting through crystal clear waters over an area of huge boulders off the Jurassic Coast in Dorset. 'The boulder-tops were covered with red seaweeds, sponges and antenna hydroids,' says Matt. 'Suddenly I was joined by this small shoal of bib, which swam alongside and just in front of me for several minutes. They bunched together nicely, allowing me to snap away as we floated along in the gentle current. It's wonderful, relaxing dives like this that give you fond memories of diving around the British Isles and keep you coming back for more.' Matt was inspired by the Marine Conservation Society's Seasearch scheme, a volunteer diving programme that monitors underwater life *(mcsuk.org)*.

PHOTOGRAPH MATT DOGGETT

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BEACHCOMBER

Every month, we trawl the nation's coastline to bring you news of the people, places and exciting goings-on that are worth knowing about

FIND OF THE MONTH

This gorgeous 'You, Me and the Sea' blanket is made in England from 75% recycled cotton and is perfect for breezy beach days (160 x 110cm, £80, atlanticblankets.com).

CATCH OF THE DAY

1 THIS GIN

Made with foraged Cornish botanicals, Daring Gin is a collaboration with Michelin-starred chef Paul Ainsworth aiming to mimic the smooth mouth-feel and zinc-like properties of Cornish oysters (*£75/50cl, salcombegin.com*).

2 THESE FLIP-FLOPS

Eco-footprints don't get better than Ocean Refresh. Each pair of its flip-flops is crafted from single-use plastic bottles from our coast and is 100% recyclable. Non-slip and water-resistant (*£24.99, oceanrefresh.com*).

3 THIS BASKET

Throw your beach essentials into a raffia Bato Marine Bag from Hampshire-based BasketBasket. The Fairtrade baskets are hand woven in Africa using natural and sustainable materials (*£48, basketbasket.co.uk*).

4 THIS FAN

Stay cool when temperatures start to soar with this stylish Fairtrade Bolga Zephyr fan. Made in Ghana from natural straw, it comes in a wide range of bold, uplifting patterns and colourways (*£32, lolaandmawu.com*).

WHAT'S FLOATING YOUR BOAT? Let us know on our Facebook page, facebook.com/coastmagazine, or email us at coast.ed@kelsey.co.uk

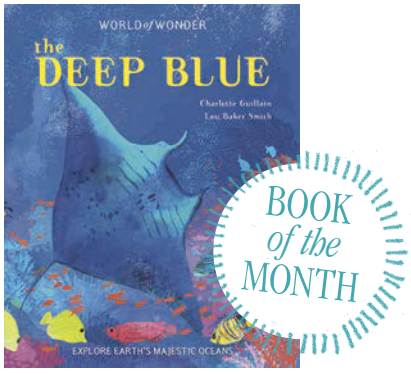
A PIRATE'S LIFE

Whether you're pitched at the beach, in the garden or the forest, building a den is the stuff of magic. This pirate-themed den kit (£45) is perfect for swashbucklers who can use tools – including jute rope, steel tent pegs, a mallet and tarpaulin – to create their very own pirate hideaway (adult supervision advisable). Complete with an eye patch and pirate bunting, the kit comes in a durable, cotton-webbed haversack for easy smuggling port to port *(thedenkitco.com).*

Eco-float

As most outdoor swimmers will know, drybag tow floats are a crucial part of the experience, providing safety, visibility and a place to store essentials. Now, swim guiding company Puffin Swim has created the UK's first eco-friendly tow float made from… recycled bottles. Says co-founder Andrea Kelly: 'Choosing eco-friendly floats is one way swimmers can reduce the impact of single-use plastics and help the environment.' To find out more, visit *puffinswim.co.uk.*

DEN PHOTOGRAPH THEDENKITCO.COM
SWIM PHOTOGRAPH STEVE ASHWORTH MEDIA



Underwater classroom

While there's fun to be had building sand forts and paddling in the sea, *The Deep Blue* is a wonderful chance for children to learn of the wonders that lie beneath. Joining armies of urchins marching across the seabed and stinging swarms of jellyfish as they 'swoosh through the black water like strange glowing aliens', we hear of marine meadows, underwater forests, deep-water chimneys, and the desperate plight of a plastic ocean. A gentle, lyrical introduction to the mighty depths for budding marine biologists aged 5-7. *The Deep Blue by Charlotte Guillain, illustrations by Lou Baker Smith (£12.99, hardback, QED Publishing).*

COCKTAIL OF THE MONTH

Who Dares Wins

Created by world-renowned chef Paul Ainsworth and his team of mixologists to celebrate innovative Daring gin, Who Dares Wins is a luxurious take on a Ramos Gin Fizz, combining classic flavours of fresh citrus, anise and coastal botanicals, with the rich, decadent and buttery notes of Daring.

- *50ml Salcombe Gin Voyager Series Daring developed with Paul Ainsworth*
- *15ml lime juice*
- *15ml yuzu juice*
- *25ml star anise syrup**
- *25ml cloudy apple juice*
- *12.5ml buttermilk**
- *12.5ml single cream**
- *25ml egg white**
- *soda to top up*
- *Apple blossom, to garnish*

Method (SERVES 1)

1. Chill a highball glass in the freezer.

2. Place all the ingredients except the soda into a Boston shaker and dry shake for 15 seconds. Add ice to the shaker and then shake vigorously for a further 15 seconds.

3. Strain the mixture through a Hawthorne strainer into the chilled highball glass and garnish with apple blossom.

*For a dairy-free alternative, use 25ml oat milk and half a pipette of foaming bitters instead of the buttermilk, single cream and egg white.

Buy Salcombe Gin Voyager Series Daring from salcombegin.com/shop for (£75/50cl) and at Salcombe Gin store the Victuallers, Amazon and leading off-trade outlets.

BLACKPOOL PHOTOGRAPH © TATE/JOE HUMPHRYS

DAZZLING LIGHTS AT SEA

A programme of dynamic cultural events and exhibits featuring the work of international artist Dr Chila Kumari Burman will light up Blackpool Illuminations this autumn, thanks to a £48k grant from the Arts Council National Lottery. Along with an artist in residence at Lightworks, the bespoke factory and home of Blackpool Illuminations, there will also be a series of digital commissions to create new work for the promenade, The Blackpool Tower and St John's Square. The new light installations will be revealed during the Blackpool Illuminations season (3 September 2021-3 January 2022) and Lightpool Festival (15-30 October 2021). To find out more, go to *visitblackpool.com/things-to-do/blackpool-illuminations.*

Starry suppers

A proper Sunday roast at The Star and Garter - an award-winning restaurant set in a Georgian Townhouse in the heart of Falmouth – is in high demand, thanks to tender, locally sourced meats, heavenly roasties, silky gravy and all the green trimmings. Thank goodness, then, for the roasts-to-go boxes that can be delivered anywhere within the UK and ready within 30 minutes of getting to your door. A roast box for two includes two main meals with a decadent pudding – throw in a ready-to-drink cocktail (Negroni or Bloody Mary) and you've got everything you need for a stay-at-home date night under the stars *(from £38, starandgarterfalmouth.co.uk).*

SHOP OF THE MONTH

LIGA, Fowey, Cornwall

Four years after founding sustainable homeware business LIGA in Cornwall, Jennie and David Elderkin have set up their first own-label shop in Fowey. It will showcase the entire LIGA range, such as placemats, coasters, trays, trivets, tableware and kitchen textiles with sustainable cork – from Portugal's Montado forests – at the core of the collection. LIGA's ethos is to make sustainable materials affordable and useable for everyday products, with the majority designed and hand-finished in Cornwall. Other sustainable brands on offer include Green Pioneer, Thought, Weaver Green and Helen Round *(loveliga.co.uk).*

Pier support

Clevedon Pier in North Somerset has scooped the Pier Society's coveted 'Pier of the Year' award – the only pier to have taken the title three times. Ironically, 2020 – which threatened the future of many of our coast's iconic landmarks – marked the 50th anniversary of Clevedon Pier's collapse. Yet, boosted by grants from the lottery, staff and volunteers created an outdoor museum to tell the story of the Grade I pier's heritage along with flower displays to support social distancing, enabling Clevedon Pier's safe re-opening. Second place was awarded to Llandudno Pier in North Wales while Norfolk's Cromer Pier took third. To find out more, visit *piers.org.uk/pier-of-the-year.*

CLEVEDON PIER PHOTOGRAPH MARK KENYON

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—HER COASTAL WARDROBE—

Stay cool in our selection of breezy summer clothes and accessories, gathered in by fashion stylist Polly Banks

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1 Riviera linen T-shirt, £35, Finisterre **2** Gelor short-sleeve shirt, £100, Napapijri **3** Hibiscus bikini top, £106, and Hibiscus bikini bottoms, £116, Eberjey at Selfridges **4** Shibori silk scarf, £85, Toast **5** Julia woven cross-body bag, £22, Accessorize **6** Wide-leg hemp trousers, £155, Toast **7** Esparto espadrilles in Umber Brown, £80, Toms **8** Kernowaii 100% organic cotton shorts, £60, Finisterre

For where to buy, see Stockists, page 116

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— HIS COASTAL WARDROBE —

Head to the beach for a fab day out in our pick of understated summer gear, chosen by fashion stylist Polly Banks

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1 Santa Cruz Sunflower shirt, £55, Urban Outfitters **2** GBA-900-4AER water-resistant watch, £119, G-Shock **3** Aloha t-shirt, £50, TSPTR at Couverture & The Garbstore **4** Santa Cruz Sunflower shorts, £40, Urban Outfitters **5** Santa Cruz tote bag, £24, Asos **6** Vagabond Seth sandal, £90, Office **7** Court sand suede trainers, £185, Roscomar **8** Emberton portable bluetooth speaker, £129, Marshall **9** Copacabana T-shirt, £34, International Running Club *For where to buy, see Stockists, page 116*

COAST CHARACTER

Artist Fiona Matheson has lived on the north coast of Scotland for over two decades and her vibrant, dynamic paintings celebrate the wild shorelines of the Moray Firth and the landscape of the Black Isle beyond

WORDS **CAROLINE WHEATER** PHOTOGRAPH **TIM DYKE**

Inverness is at sea level and we live up a hill a mile from the city centre and a 15-minute walk to the seashore. From our house we can see the Moray Firth and the hills of the Black Isle. We moved here in 2000 from the landlocked Midlands; I was born in Aberdeen and wanted to be closer to my grandparents and relatives. It wasn't a difficult choice to make a new life that combined the benefits of a lively city with vast stretches of wild, deserted coastline and white sandy beaches, just minutes away. I'm so glad that our three children will always have this to come back to.

My purpose-built garden studio faces north – the best light for painting in – with windows down one side. I get constant inspiration from the landscape and the little crofts and bothies within in. I've seen the Northern Lights, especially in spring, and in the summer it can be light all night. Sometimes I go out to the coast to collect things to use as inspiration – it might be grasses or heather for their colour, or a piece of driftwood with a great texture. I love faded things and go to the expansive, sandy beach at Nairn to find them, or Eathie beach for Jurassic fossils.

There are lots of lovely places to eat here, good theatre, and outdoor adventure at Aviemore and Ben Nevis. I'm a golfer and to play the links courses is something that I immensely enjoy – Fortrose & Rosemarkie, The Nairn, and Castle Stuart all have water lapping near the edge of the fairways. My absolute favourite place for an outing is Chanonry Point lighthouse on the Black Isle, with its views across to Fort George. The location alone is stunning, but it's also possible to see some of the 200 bottlenose dolphins that live in the Moray Firth. You can see them feeding and playing just metres away from the shore.

Browse Fiona's prints and paintings, and check out exhibition information, at fionamatheson.com.

WIN A LUXURY SEASIDE BREAK FOR FOUR IN KENT

coast and Whitstable Holiday Homes have a three-night stay for up to four and a dog in a fabulous beach house in the coastal town of Whitstable

Blue Point is located right on Whitstable beach, enjoying panoramic sea views and Turner-worthy sunsets. This spacious seaside-inspired two-bedroom house is set over three floors. The ground floor has a modern, fully equipped kitchen and dining area for four, which opens onto the charming seated terrace.

Ascend the stairs to the lovely twin room. The relaxing lounge with its window seat has dual-aspect sea views and a balcony. Up another level is the gorgeous master bedroom, with its picture window. There is a family bathroom and walk-in shower; a garden perfect for catching the morning sun; and private parking for one car.

Whitstable is renowned for its oysters, beach walks, stunning sunsets, working harbour and independent traders, as well as its close proximity to some of Kent's major visitor attractions.

YOUR PRIZE

A three-night stay for up to four people and a dog at luxurious self-catering holiday home Blue Point in Whitstable, Kent. For more about the property, visit *whitstableholidayhomes.co.uk/blue-point*

HOW TO ENTER

Please go to the competition page at coastmagazine.co.uk and answer this question by 31 August 2021:

What shellfish is Whitstable famous for?

A. Oysters
B. Lobsters
C. Crabs

TERMS AND CONDITIONS Prize for four guests maximum plus a well-behaved dog. Prize valid until 31 March 2022. Stay dates exclude July, August, Christmas, New Year and February Half Term. Prize is non-refundable and no cash alternative is available. No travel is included. Entries close at midnight on 31 August. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media, Whitstable Holiday Homes and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. Our winner will be notified within 28 days. If our winner fails to respond after three attempts at contact, a new winner will be drawn. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or its affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. **coast** is a Kelsey Media brand. Here at Kelsey Media we take your privacy seriously and will only use your personal information to provide the products and services you have requested from us. We will only contact you with news and special offers via the preferences you have indicated. We will never share your information with any third party without your consent. You can view our full Privacy Policy at kelsey.co.uk/privacy-policy

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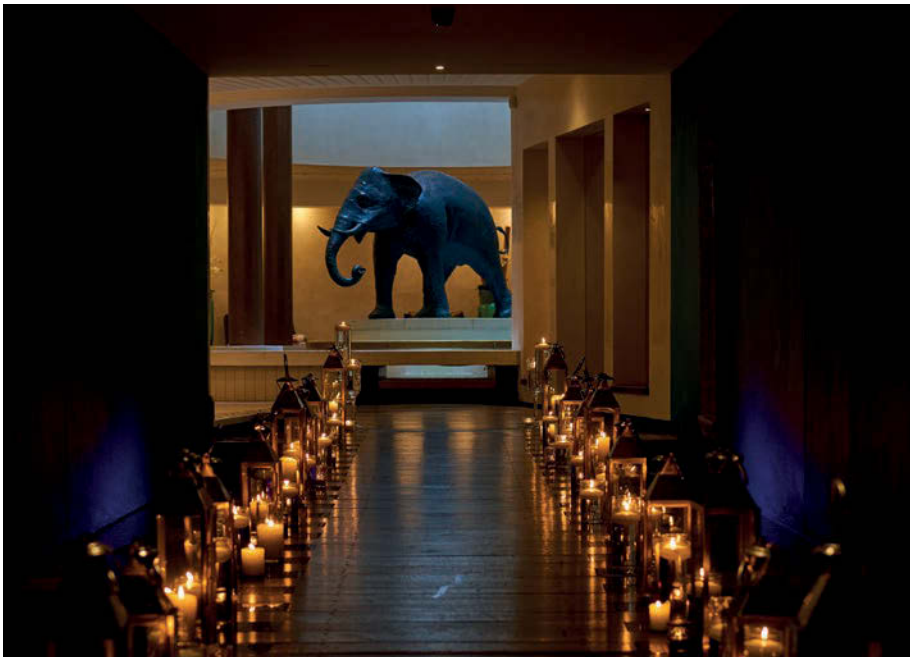
WIN A SPA STAY ON THE DURHAM COAST

This month **coast** has teamed up with Pride of Britain Hotels to offer a luxurious overnight spa stay for two at Seaham Hall and Serenity Spa



A visit to Seaham Hall is a walk in the past, and what a past... Built in 1791, these walls could tell tall tales to rival the most far-fetched soap opera. The poet Lord Byron married Annabella Milbanke here in 1815, and the building served as a war-time hospital through both World Wars. Abandoned and left to ruin, it became a secret bottling and distribution centre of Scottish whisky in the prohibition years.

But this remarkable stately home is no museum. Far from it – it's full of life. A destination known locally as one of the greats, it mixes timeless elegance with contemporary ideals of luxury – seamlessly. Walk through the grand Georgian pillars and imposing doors and you know you're somewhere special.

With 37 acres of meticulously landscaped garden and spa, views of the crashing North Sea and an individual, opulent interior, it's flamboyant often, and welcoming always. Lord Byron would absolutely approve. For more information, see *prideofbritainhotels.com/hotels/seaham-hall-hotel.*

YOUR PRIZE

A midweek one-night stay – Monday to Thursday – in a Junior Suite, with a three-course dinner in The Dining Room, breakfast the following morning, a bottle of Taittinger in your suite on arrival, a Temple Spa 'My Kinda Mood Ritual' each (120 mins), spa access from 3pm on day of arrival to 12 noon on day of departure. Suite available from 3pm to 12 noon.

HOW TO ENTER

Please go to the competition page at *coastmagazine.co.uk* and answer this question by 31 August:

Which famous poet is associated with Seaham Hall?

A) Alfred, Lord Tennyson

B) Lord Byron

C) John Keats

TERMS AND CONDITIONS Excludes Bank Holiday Mondays and October half term, subject to availability, bookable to 16 December 2021. Prize is non-refundable and no cash alternative is available. No travel is included. Entries close at midnight on 31 August. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media, Pride of Britain Hotels and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. Our winner will be notified within 28 days. If our winner fails to respond after three attempts at contact, a new winner will be drawn. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or its affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. **coast** is a Kelsey Media brand. Here at Kelsey Media we take your privacy seriously and will only use your personal information to provide the products and services you have requested from us. We will only contact you with news and special offers via the preferences you have indicated. We will never share your information with any third party without your consent. You can view our full Privacy Policy at kelsey.co.uk/privacy-policy.

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Alex Fisher,
Editor-in-Chief

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AN EAST COAST ADVENTURE

Matt Heason and his family stayed in a COOLSPIRiT apartment, The Sands, and enjoyed an active weekend break at North Bay, Scarborough

The east coast has never really featured on my adventure radar. Maybe it's because I'm not much of a morning person, preferring to watch the sun go down than rise, naturally gravitating west for my fun. But with the easing of lockdown came the opportunity to stay in a sea-view apartment in Scarborough. There was a follow-up offer to use the myriad 'toys' in the rainbow-coloured beach huts below the apartment – surfboards, sea kayaks, stand-up paddleboards... Where there's a wetsuit involved, there's scope for adventure. How have I managed the previous 48 years without paying this area so much as a second glance?

SETTING OFF

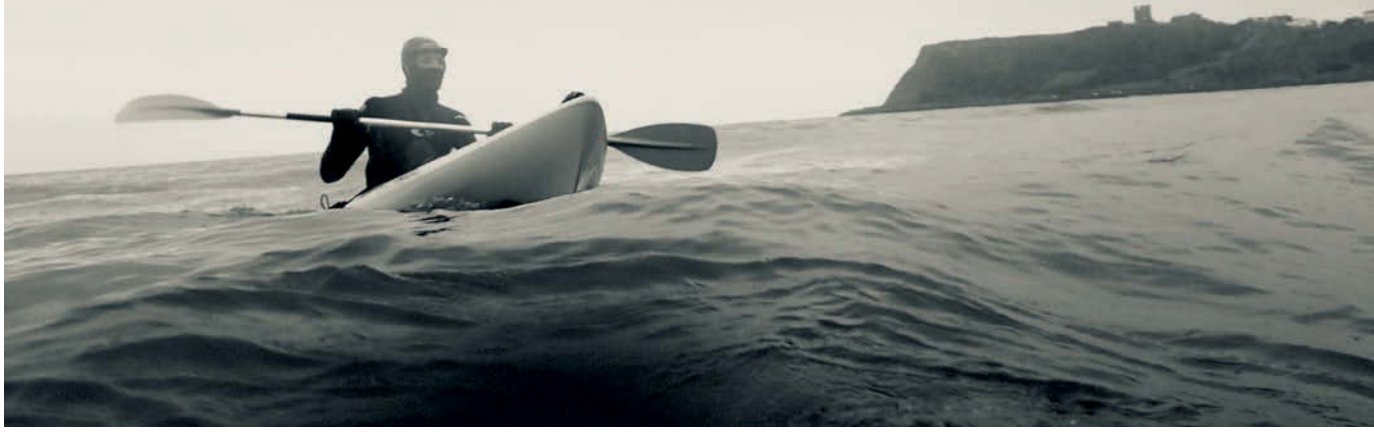
It's a nice surprise when it takes us only two hours to reach the apartment from the Peak District. Knowing there's a storm coming, Dylan and I head straight to the beach for a quick dip. We drip-dry in the last warmth of the day's sun, mesmerised by the light play on the herring-boned sand. The beach is one of 76 Blue Flag beaches in England. Back in the apartment we shower. Fresh pizzas are cooked and eaten in the open-plan living space, music live-streaming, co-existing without bickering. All good.

SOLO SUNRISE SWIM

5am. I quarter open the eye that's not buried in my pillow. There's a pinky glow piercing the Venetian slats. I slide out of bed trying not to wake anybody else, grab the swim robe and ever-so-quietly open the door. The dog is waiting for me, excited in the way only a dog can be at 5am. From the front doors it's approximately 10m to the sand! I try to find a sensible balance of mindfulness in the moment and the excitement of a genuine solo sunrise swim. The latter wins – I sprint into the water…

By breakfast, heavy rain hammers on the windows and the beach is deserted. We gorge on croissants, eggs, toast, cereal, a spicy tomato salsa with a local seaweed-infused salt, seemingly unlimited orange juice and fancy coffee from the machine in the kitchen. The idea of a run in the rain is greeted with disdain from everyone but the dog. Eventually we brave the elements on a walk.

Next, it's time to make the most of a high tide, now pretty much lapping at the beach huts. We grab sea kayaks and assess the situation. There's a strong on-shore wind pushing things north along the beach. There's a life-guard station, and a few surfers out in the swell, which is rolling at about 3 or 4ft. It takes a while to figure out how to get beyond the breaking waves before we realise that these kayaks are virtually bomb-proof and glide over the top of oncoming waves with ease. Again and again



BELOW Wetsuit on, it's time to take to the water RIGHT The apartments are just moments from the sea, where the beach huts are home to all manner of kit for making the very most of the coast

we tackle the sets of white rollers head on, paddle out some 30m, turn and ride one of them back in.

The evening is spent soaking off the salt, playing games, cooking, eating, drinking and watching a film. Exactly my sort of mini-break.

SUNDAY SUP & SURF

Sunday dawns more brightly than forecast, the sun bringing the temperature well up into double figures. We're off to Peasholm Park. It's quirky, part-Japanese theme park, part-gothic cemetery.

We have a surf lesson booked after lunch, but there's precious little surf so we opt for stand-up paddleboards. After a quick paddle beneath the 4th-century castle on the headland between the two bays that split the town, we make our way back to the patrolled bit of beach and try surfing the boards on the modest-sized waves. The instructor is impressed with the boys and swaps their paddle-boards for actual surfboards. They are light enough to harness the waves and are up and surfing in no time. And loving it!

With a tinge of sadness we pack and leave, wending down the coast to the bird sanctuary at Bempton Cliffs for some openness and big views. The birds are raucous and plentiful. The cliffs twice as big as anything I'd imagined the east coast as laying claim to. A fitting reminder to not underestimate a place before checking it out. East coast, we promise we will be back.

COOLSPIRiT
HOLIDAY APARTMENTS

APARTMENTS @ THE SANDS

COOLSPIRiT has five, 5-Star, self-catering holiday apartments in The Sands Complex on the beach in North Bay, Scarborough. Two are Sea-View, three Non-Sea View, with the Non-Sea View including a free beach hut. Comfy beds, super-fast Wi-Fi, Nespresso coffee machines, and the Sea-View ones are dog-friendly as well. With a 'Free Beach Hut' apartment, you have the use of a beach hut for the duration of your stay, plus there's free electric car-charging on site. To book, go to *coolspiritapartments.co.uk*. See also *visitscarborough.com* and, for more on Matt, go to *heason.net.*

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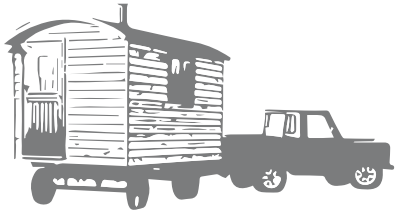

10 BEST GARDEN ROOMS

Some of us may still prefer to socialise in our gardens, so here are some creative ways to extend living space without an extension

WORDS **JESSIE JOHNSON**

2

1 BEST FOR…
DOORSTEP SEASIDE

Raj Tent Club offers a dreamy range of tents for al fresco entertaining; from The Lily Pond *(pictured on previous page)* to luxury camping tent The Bhurj – big enough for two single beds for summer nights under the stars. Our favourites are the Beach Tents, which come with an awning to provide shade or privacy. Mix and match your preferred colour of ceiling and stripey wall to create a beach-inspired haven in your own back yard. For prices, visit *rajtentclub.com/shop/tents.*

2

2 BEST FOR…
LIVING WITHIN NATURE

Taking inspiration from the classic, stately glasshouses of the Victorian era, Hartley Botanic has been hand-crafting replicas since 1938. It offers varying styles, heights and structures to suit the bespoke needs of the modern gardener – from the dinky but regal Paxton Glasshouse to the Victorian Grand Manor design which can include cold frames, partitions for growing and additional doors made to order. For prices, see *hartley-botanic.co.uk.*

3 **BEST FOR…** A SHE SHED

During lockdown the humble garden shed has become a thing of covetable splendour – a place to sit down with a cuppa and a bit of peace and quiet. The Posh Shed Company caters to every taste; from the small but perfectly formed potting shed *(pictured)* to bespoke sheds made to fit in with your green surroundings. Suitably posh shades of shed range from 'Dusky Rose' to 'Posh Elephant' and the top price option for each model comes with bells and whistles such as double-glazed windows, solar panels, a weather vane and fully insulated floor, ceiling and roof, along with delivery and assembly. Prices for the Potting Shed start from £2,333 *(poshshedcompany.co.uk).*

4 **BEST FOR…**
BACK GARDEN MAGIC

Sussex-based Tree Tents take al fresco shelters to dizzying new heights. The Tree Tent is a spherical, suspended tree house made with sustainable and recycled materials that can be fitted with customised features, such as a micro wood-burner for cosy nights up in the trees. If you haven't got your own plot of woodland just yet, the Okra Pod *(below)*, available to seat either two, four or six people, makes weatherproof dining a breeze. If you want to get fancy, Tree Tents can even customise the pods with solar charging panels, heated cushions or a wacky colour of your choice. For prices, visit *treetents.co.uk*.

5 **BEST FOR…** 360˚ VIEWS

Is it a bed? Is it a dining table? Yes and yes. This luxury rotating seating pod offers panoramic views of your favourite trees or flower beds and can be turned to either keep shelter from the cold or to allow sunshine to flood its many panes. Handmade in the UK by Farmer's Cottage using spruce timber arcs and a stainless steel exterior, it comes with a height-adjustable table seating eight, which lowers to create a full circle bed. Each pod comes with a 10-year guarantee and is delivered and assembled by the makers. Prices start from £8,999 *(johnlewis.com).*

6 **BEST FOR...** A SECRET NOOK

This handsome Parisienne Arbour from Squires is a modest but perfectly formed place to stop and sit a while. Made from FSC-certified timber, the seat measures up at 212cm in height to the tip of its curved apex roof and features a diamond trellis design that can be dressed with cushions and fairy lights for a post-dusk glow. Available in store or for delivery, simply assemble in the favourite corner of your garden, pour a glass of chilled wine and soak up your green space. Prices from £209.99 *(squiresgardencentres.co.uk).*

7 **BEST FOR...** A GARDEN OFFICE

We love the eco-values at Eurocell, which rescues thousands of end-of-life PVC-U frames from landfill each year to build its new line of garden rooms. The signature shed, Kyube, starts from a size of 3 x 2.5m and customers can choose from a range of doors, windows and cladding to suit their preferences. Ideal as an outdoor office, music room or relaxation space. Prices for the

timber Kyube start from £10,940, including full installation *(eurocell-home.co.uk).*

8 BEST FOR… STATEMENT SEATING

Perfect for morning coffee with friends or a sundowner tipple, the Garden Wheel Bench from Cuckooland brings a dash of drama and style to your outdoor space. Its luxurious water-resistant interior, which seats six, is enveloped by spruce timber and a stainless steel roof that reflects heat and offers shade. Made in the UK, the cushion covers come in green, charcoal or burgundy, and installation is included for mainland UK customers. Prices start from £3,495 *(cuckooland.com).*

8

9 BEST FOR… GARDEN CHIC

Crafted from Nordic Spruce, the Palmako Paris Cabin is a smart addition to any garden. Whether you're after an office or an artist's studio, the ready-made walls, measuring up at a minimum of 18mm along with a 98mm-thick internal cladding, keep you cocooned from the hustle and bustle of the house. Add tongue & groove-style roofing, double toughened glass and a five-year guarantee and you've got a stylish, ready-to-assemble getaway on your own doorstep. Prices start from £4,134 *(gardenstreet.co.uk).*

9

10 BEST FOR… VISITING GUESTS

Set over two levels, new modular builds from Garden Retreats are designed to last a lifetime, constructed from fibre glass and carbon fibre, which ensure that the buildings are strong but lightweight. All-electric, heat and air conditioning is included internally and the buyer chooses their own individual wall and floor styles and patterns. The Garden Retreat buildings are clad in lifetime-lasting composite materials that don't require maintenance. Prices start from £25,000 *(gardenretreats.com).*

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BY JOHN MILLER

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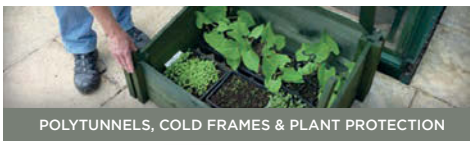

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Find freedom from driving this summer

Enjoy some true 'me' time, with a traffic-free train trip along the beautiful coastline of South and West Wales. From the bars and grills of Cardiff Bay to the beach-filled tip of Pembrokeshire, it's an exciting, wildly diverse part of the world, with stunning scenery, gourmet food and everything in between.

Train hopping along the way gives you the opportunity to explore this whole range of Welsh wonders. Relive legends in fairy-tale castles, browse crafts and creations in contemporary art galleries, and stroll for miles along the beautiful Wales Coastal Path. With over one hundred miles of coastline, there's plenty of opportunity to indulge. Whether you fancy diving into the waves from a Blue Flag beach or tucking into fish and chips on the seafront, your adventure is all here waiting for you.

Green for go

What better way to arrive and get around in this lush green landscape than by going green? Leaving the car behind and having a hands-free coastal adventure is even easier with the West Wales Rover bus ticket. It lets you hop on and off, so you can come and go as you please.

Or if you want to explore a particular town or city, like Cardiff or Swansea, add PlusBus when you book your train ticket at **GWR.com**

By going car-free, you'll save money too. From 50% off admission at the wonderful National Botanic Garden of Wales to free entry to St Fagans, Cardiff's huge open-air, award-winning museum, there are lots of offers for car-free travellers – find out more at **goodjourney.org.uk**

Llansteffan Castle
Photo: @CarmsCouncil

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Wear a face covering

Travel at quieter times

Gower

Paradise in a peninsula

The Gower Peninsula was the first place ever to be named an Area of Outstanding Natural Beauty, and you can see why. Sweeping golden sands, dramatic dunes, magical wooded headlands and views that stretch seemingly forever. Surfing, strolling or sailing, there's no better or more beautiful place to enjoy the great outdoors.

Eat at a Michelin-starred restaurant that's right on the beach, or paddle into one of the hundreds of bays and coves along the coast. You may well spot seals or even dolphins as you explore. Don't forget the binoculars – Gower is a spotter's paradise, with rare birds like choughs, Manx shearwaters and more.

Burry Port
Photo: @CarmsCouncil

Pembrokeshire

From the largest map to the smallest city

Train connections at Carmarthen or Swansea station give you access to Transport for Wales services to Pembrokeshire in the far west of Wales. This is a land of rugged and rolling coasts with miles of beaches and secluded coves. Historic Pembroke Castle is home to the largest map of Wales in the UK. St Davids is a charming, tiny city with a magnificent cathedral at its heart and marvel at nearby Abereiddy with its other-worldly blue lagoon. Tenby is another highlight, with its quaint harbour and brightly coloured Georgian townhouses and characterful side-alley bistros.

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With travel from London Paddington to Carmarthen, Ferryside, Pembrey & Burry Port, Swansea, Bridgend or Cardiff from just £20.50 one way, isn't it time to plan your summer break?

Swansea

Cardiff and Swansea

Contemporary, cosmopolitan cities

Cardiff is a bustling city with lots of long Victorian arcades lined with stylish boutiques, cafés and restaurants. There's sport and culture aplenty too. Meanwhile, Swansea, Wales's second city, is the perfect base for discovering the surrounding countryside, including Mumbles, the picturesque seaside resort with a charming Victorian pier.

Langland Bay, Swansea / Gower

Carmarthenshire

An inspirational landscape

Home to lush rural landscapes, crystalline coastlines and a quaint town, Carmarthenshire is a surprising mixture of old and new. Visit Llansteffan Castle, with its stunning views across the Twyi River, towards Ferryside and its beachside GWR train station across the estuary. Stroll an eight-mile long, award-winning beach at Cefn Sidan. Or be inspired by the poet Dylan Thomas, with a visit to his Boathouse in Laugharne. And it's all just a magical train journey away with services every day, starting from London Paddington.

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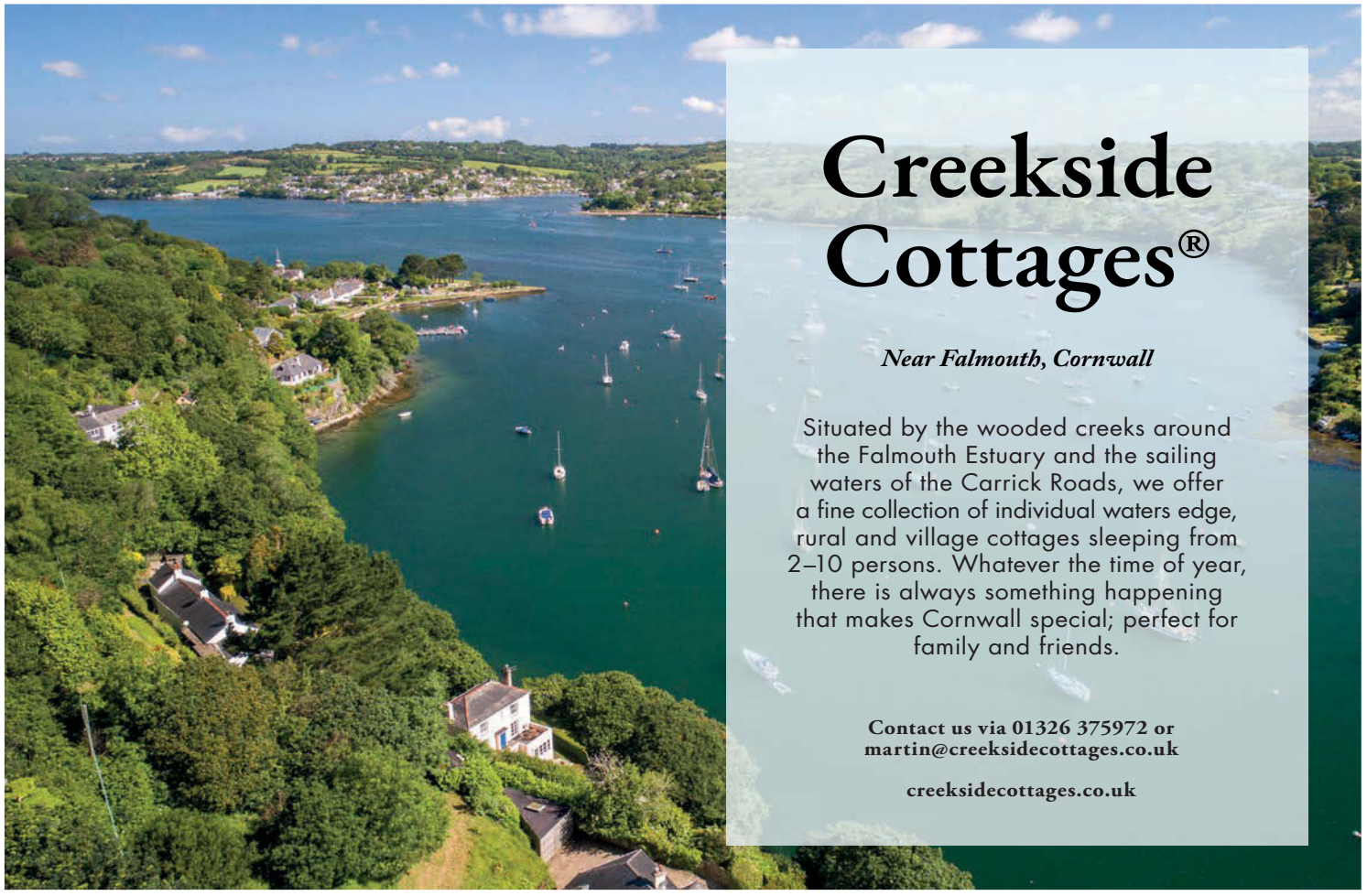
THE BEACH IS CALLING

Don't miss a moment, don't hesitate – if you possibly can, find a way to head to a beach. Watch the waves, walk barefoot, take a dip. Spend some time with yourself, your family, your friends and reconnect to what life is really all about. The beach is calling...

Beach huts on Mudeford Spit, a narrow strip of sand between Hengistbury Head and Mudeford at Christchurch in Dorset

PHOTOGRAPH HELEN HOTSON/SHUTTERSTOCK



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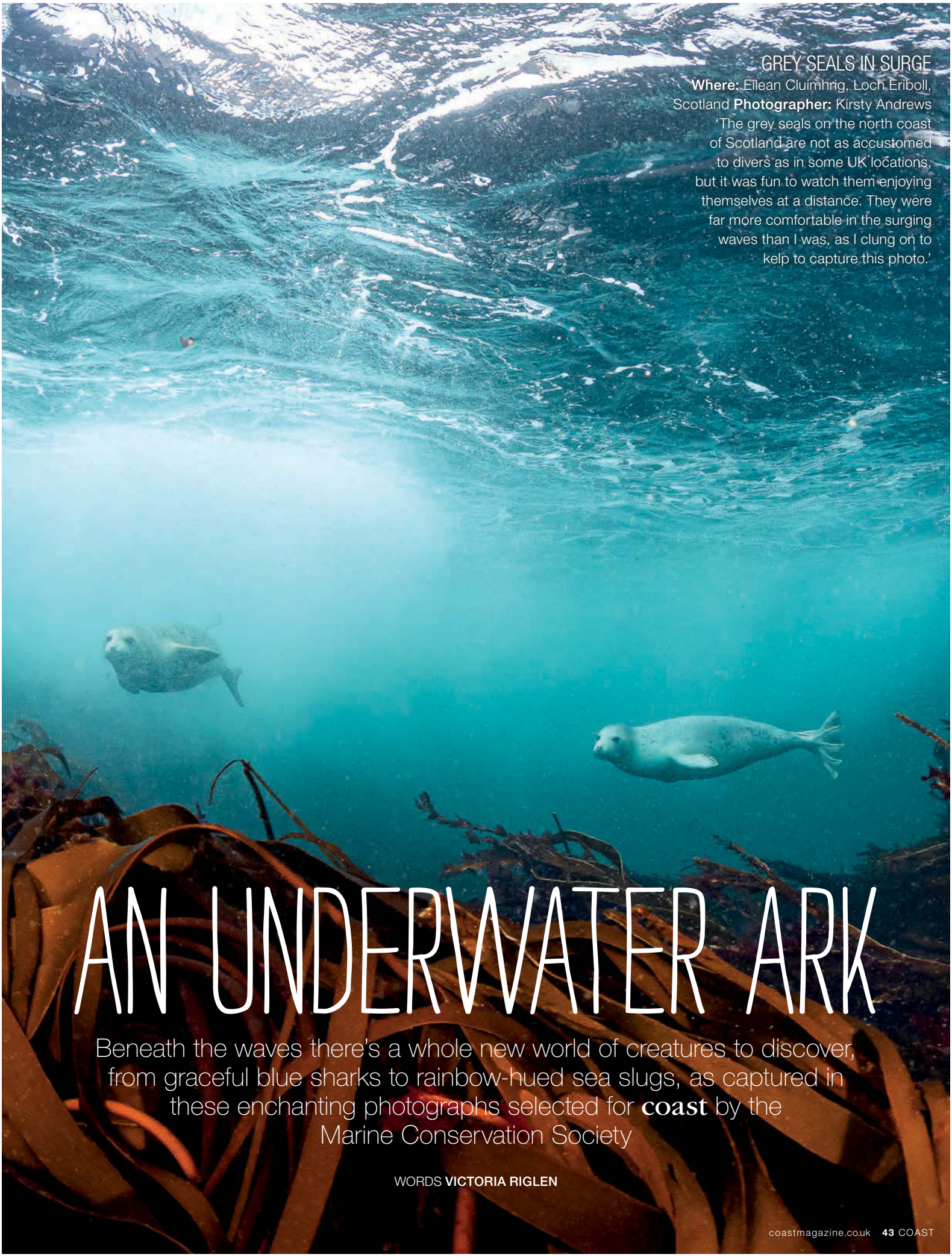


GREY SEALS IN SURGE

Where: Eilean Cluimhrig, Loch Eriboll, Scotland **Photographer:** Kirsty Andrews

'The grey seals on the north coast of Scotland are not as accustomed to divers as in some UK locations, but it was fun to watch them enjoying themselves at a distance. They were far more comfortable in the surging waves than I was, as I clung on to kelp to capture this photo.'

AN UNDERWATER ARK

Beneath the waves there's a whole new world of creatures to discover, from graceful blue sharks to rainbow-hued sea slugs, as captured in these enchanting photographs selected for **coast** by the Marine Conservation Society

WORDS **VICTORIA RIGLEN**

TOMPOT BLENNY

Where: Babbacombe Beach, Torquay, Devon

Photographer: Kirsty Andrews

'This tompot blenny is presenting a smiley face to the camera but he's actually carefully guarding a stash of eggs in the crack behind him. Male tompots can be quite feisty in guarding their territory, which they keep clean and tidy, ready for several females to lay eggs in, if they're lucky. They will fertilise the eggs and guard them for around a month in the early summer.'

'This tompot blenny is presenting a smiley face to the camera but he's actually carefully guarding a stash of eggs in the crack behind him'

Kirsty Andrews, photographer

BASKING SHARK

Where: Isle of Coll, Inner Hebrides, Scotland **Photographer:** Mark Kirkland

'I've been over to this island regularly in the last few years to photograph this huge fish as it migrates up the west coast of Scotland. I wanted to do something different from the classic head-on open-mouth shot, so I had a custom bit of photography gear built to try and take split shots – something rarely seen. It was two years in the planning and a real technical challenge due to the dark, plankton-rich waters, but I had a glorious week on the island with multiple dreamy encounters. This shot was taken on the last night, just as the sun was setting.'

From the Jurassic Coast of Dorset to the west coast of Scotland, there's an array of incredible seascapes and marine animals to be discovered in our coastal waters. In celebration of our seas, the Marine Conservation Society has selected some special imagery to share with **coast** readers. Some of the pictures come from the charity's Seasearch initiative, a volunteer diving programme to monitor underwater life, which has been running for 30 years. It gives photographers the opportunity to hone their underwater camera skills and has helped protect species such as the spiny lobster and spoon worms, and important habitats including Norfolk's chalk reefs and Lyme Bay's reefs and cobbles.

Seasearch diver Georgie Bull, the first winner of the Marine Conservation Society's Young Ocean Optimist of the Year award, says of the exhilarating hobby of underwater photography: 'When people ask me what my favourite dive site is, I struggle to think of one that isn't in a seagrass habitat. I love the adventure of exploring deeper sites, but there is something incredibly charming about the accessibility, immense diversity, and beauty of seagrass. Seagrass habitat is a fantastic poster child for British marine biodiversity and loved by marine enthusiasts.' Seagrass meadows have declined dramatically in the last few decades but can still be found in shallow water in estuaries, bays and inlets such as Studland Bay in Dorset.

Over the pages of this article, read the photographers' stories behind their captivating images and be inspired to visit the coast as lockdown eases and summer is in full spate.

Find out how to get involved with the Seasearch project at *seasearch.org.uk*. Donate to or join the Marine Conservation Society at *mcsuk.org.*

BROWN CRAB AMONG SPONGES

Where: Falls of Lora, Loch Etive, Scotland **Photographer:** James Lynott

'Situated at the narrow entrance to Loch Etive, near Oban, the Falls of Lora has a reputation of being a bit of a scary dive. Given that the tide races through creating upwells, whirlpools, and standing waves, it's easy to understand why. But done at the right time, it is an excellent site and easily a favourite shore dive of mine. There is such amazing underwater topography and proliferation of life at this site, there was plenty to admire and photograph. While swimming along one of the gullies this crab caught my eye, as it seemed to be comfortably nestled into the yellow breadcrumb sponge and hydroids surrounding it.'

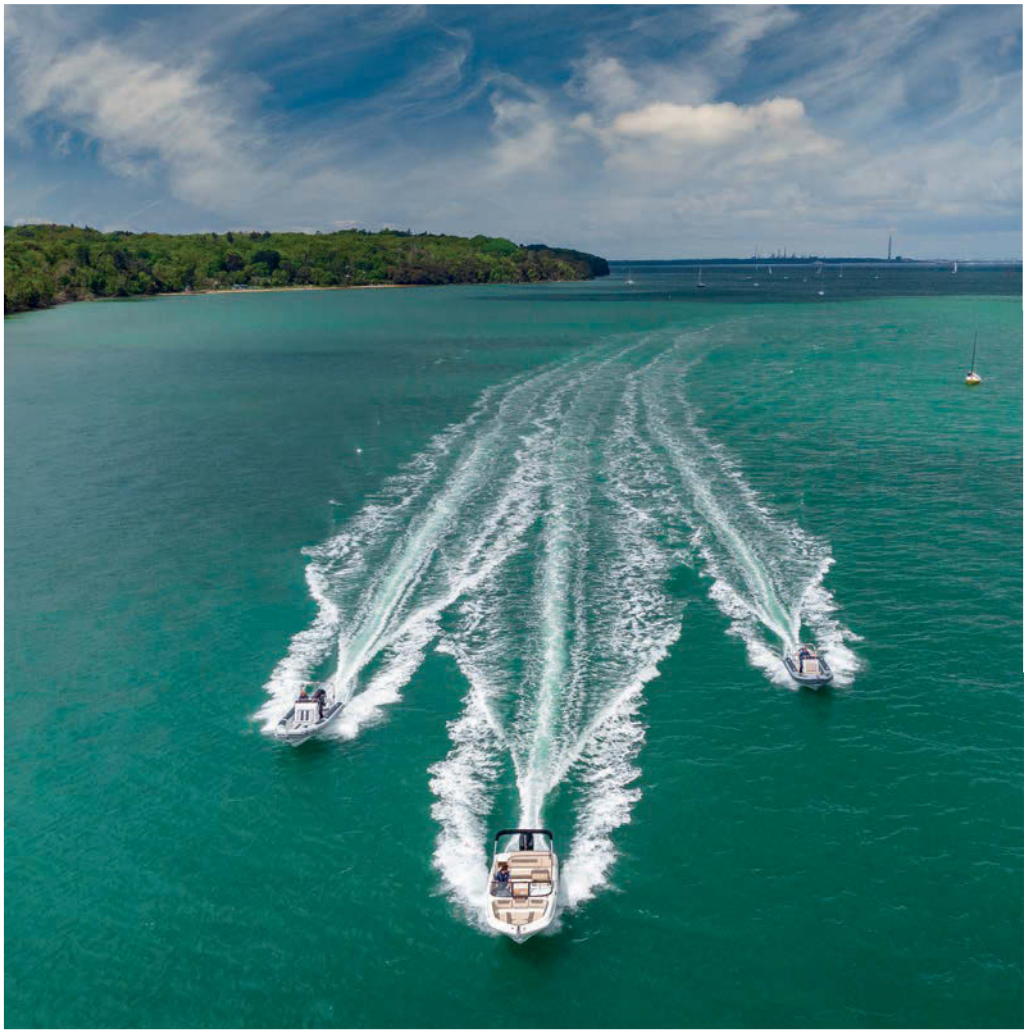
SPINY STARFISH

Where: Wembury, Devon
Photographer: Paul Naylor
'This starfish, slowly walking up to the top of the kelp canopy, was seeking a good vantage point from where it could release its spawn. A chemical sent out by females with their eggs prompts neighbouring starfish to join the party.'

SNAKELOCKS ANEMONE SHRIMP

Where: Swanage Pier, Dorset **Photographer:** Matt Doggett

'The shrimp is a warm-water species which, prior to 2007, was found only as far north as the Channel Islands. Since then, the shrimp has become well established along the Dorset coast. It's a favourite among local Seasearch divers and underwater photographers alike, and always a joy to find. Despite its extravagant colour, it can often be very hard to spot as it lives protected among the stinging tentacles of the snakelocks anemone which also frequents warmer waters. When not lit with a torch or a flash, these tiny shrimp can be quite transparent. Breeding females are larger with vivid pink and white colours along their bodies. Non-divers might be able to find these shrimp in some of our deeper rockpools, so keep your eyes peeled this summer.'



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Established in Florida, USA, in 1989, Freedom Boat Club has been making boating more accessible for people for over 30 years. That's because we do all the work, leaving you with more time to get on the water and explore with family and friends.

We have recently launched our first UK location, with exciting plans to expand across UK and Europe. Our new club is in Portsmouth, near Port Solent – one of the most desirable UK boating destinations. We take every effort to make sure you have the safest, simplest and most enjoyable experience on the water. With a new clubhouse and fleet, the team are ready to show you the ropes and are welcoming new members.

How does Freedom Boat Club Work?

- Join us! Become a member to the oldest, largest, members-only boat club.
- We buy, maintain, insure, clean, and store the boats. All boats are safety checked and fuelled ready for you to enjoy.
- Enjoy unlimited access to any boat in our home fleet. Simply book via our online reservation system.
- Experience reciprocal access to a variety of boats in over 260+ locations across Europe, the US and Canada.
- Receive free full Royal Yachting Association accredited training.

The new purpose-built clubhouse delivers a relaxing and welcoming environment where you can relax after your time on the water and enjoy refreshments and member Wifi. With regular social events and BBQs, the clubhouse is a perfect environment to socialise with family and friends and we welcome your furry friends too!

To learn more about membership, our clubhouse and fleet: visit *freedomboatclub.co.uk*, call 023 9323 3255 or email *Portsmouth@freedomboatclub.co.uk*.

THE ISLE OF MAN – THE ULTIMATE SPACE TO REVIVE THIS SUMMER

Having rarely spent as much time at home as we have done this past year, we're all in need of a little escape to recharge, and where better to do it than in the heart of the British Isles

Whether rejuvenating in a retreat to soothe the soul, or out exploring the wide blue yonder, the Isle of Man has endless space to revive and make you feel alive, where you can choose to do everything or nothing at all.

As the first entire jurisdiction in the world to be awarded UNESCO Biosphere status, the island is a nature lover's paradise. Whether you are heading here for a romantic getaway or a break with the whole family, falling in love with the natural wonders of the Isle of Man will be top of your itinerary.

If you're looking for total peace and tranquillity, lose yourself among a world of tangled trees at one of its 18 National Glens, where tumbling waterfalls, deep rock pools and incredible scenery await you. Or for dazzling displays of blooms you may also wish to take the Manx Electric Railway from the island's capital, Douglas, up the east coast to Ramsey where you can visit the Milntown Gardens, where 15 acres of gardens and woodland are just waiting to be explored.

The Isle of Man's shores are also home to many fantastic beaches. From sandy stretches to pebbly coves, you'll find the perfect spot for a picnic, walk or even a swim. Over on the west of the island, there's beautiful Peel Beach, which is overlooked by an ancient fortress – Peel Castle. With its golden sands and idyllic views, here you can enjoy a visit to Davison's Ice Cream Parlour, which sells

luxury, homemade Manx dairy ice cream and chocolates. Lots of other quaint seafront pubs, cafés and seafood restaurants can also be discovered in Peel, which is known locally as 'sunset city' for the phenomenal sunsets it is known to see regularly.

Alternatively, try something different and grab a glass of rhubarb fizz in Port Erin at Foraging Vintners. This working winery produces non-grape based varieties of sparkling wine using local products like rhubarb, elderflower and honey, and is a wonderful place to enjoy the taste of nature while admiring the breath-taking views across Port Erin bay.

Wander in wonder this summer as you explore the vast openness that the Isle of Man has to offer.

SCAN ME

Book your Isle of Man escape now by scanning this QR code or at *visitisleofman.com.*

BEACH DINING

For the perfect beach barbecue… take hot seaside days and lazy holiday nights, add in best friends and much-loved family, and blend with outdoor eating ideas honed by food writers Marnie Hanel and Jen Stevenson

A blazing beach bonfire is the stuff summer memories are made of, but if you're less than confident in your live-fire finesse or blocked by a bonfire ban, it's time to roll out the good old-fashioned Smokey Joe. Here are a few helpful hints for getting a fire-licked lunch or dinner all up on your grill.

• **Grill on the go.** If you're reluctant to rely on an unfamiliar summer holiday rental's barbecue, or just prefer to pack your own heat, invest in a portable propane or charcoal grill. Propane pros are undeniable; small, lightweight fuel canisters eliminate the need to lug around messy charcoal, and the lighting process is pretty much foolproof. But there are, of course, those who argue that propane misses the whole point. Card-carrying member of the charcoal club? Fair enough – there is definitely something alluring about a smoke-kissed steak.

• **Chimney sweep.** If you're cooking with coals, lay off the lighter fluid and meet your best fire-starting friend: the charcoal chimney. Resembling a giant beer stein, this tool is equally delightful but with zero hangover – just stuff newspaper in the bottom, fill it with charcoal (we prefer lump hardwood for a cleaner, hotter burn and better flavour), set it on the grill grate, and light. Wait 15 to 20 minutes until the coals are red hot and covered with whitish-grey ash, then dump the coals into the bowl of the grill and commence cooking.

• **Chop it like it's hot.** Grilling gadgets abound, but no monogrammed steak-branding iron could ever replace the fundamentals. Heatproof gloves, basic tools (barbecue tongs, metal spatula, wire grill brush), a sharp knife, a cutting board, and a few platters/sheet pans/grill baskets for transferring food will set up any grillmaster (or novice) for food-safe success. Since gathering the goods is always the greatest barrier to outdoor cooking, pack these items in a kit in your car (bonus points for adding aluminium foil, paper towels and compost bags) and you might be amazed by just how many spontaneous grilling sessions follow. If you really get into this, then add a folding table, which doubles as both a grilling station and a stout shade for the cooler you can now open because it's no longer piled with grill tools.

ABOVE Jen (left) and Marnie have plenty of ideas to inspire you to create summer-perfect fare

• **Heat zone.** Create customised heat zones by piling hot coals on one side of the grill for high, direct-heat cooking, and establishing a no-coals zone on the other half to provide indirect heat for slow-cooking or smoking, or as a refuge for accidentally flambéed food.

• **Keep calm and grill on.** Speaking of flambéing, should rogue flames suddenly flare don't panic or pour anything on them (especially not your tequila on the rocks) or simply play the fiddle while dinner burns. Using barbecue tongs, calmly evacuate any flaming vittles to a less turbulent section of the grill and act like you meant to singe off all that pesky arm hair.

• **Well done.** There are a multitude of tests for 'doneness' – the finger test, the palm test, the cheek test, the sniff test (if your chop smells burnt, it's probably burnt). But when in doubt, just pull the meat thermometer out; you're aiming for 145°F (63°C) for fish, pork or beefsteak; 160°F (71°C) for ground beef or pork; and 165°F (74°C) for whole or ground poultry.

THE ULTIMATE SAND SPREAD

Prepare to be the envy of the beach when you settle into this lavish coastal compound, complete with lounge-style seating for 12, tiki torch and twinkle light illumination, surround sound via strategically placed Bluetooth speakers, and a frosé-fuelled feast to remember. All it takes are a few shovels and visionary volunteers willing to work for beer and bragging rights.

Grilled Vegetable Platter With Harissa Yogurt and Chermoula

Slice the vegetables into equal-thickness pieces so everything grills quickly and evenly, aiming for finger-friendly versus floppy – hence the spears, wedges, and rounds. Once you fire up the grill, buddy up vegetables with similar cooking times, and organise the groups from left (quickest-cooking) to right (longest) so it's easy to remember in which order to take them off

Ingredients (serves 4)

- *60ml rapeseed oil*
- *1 bunch thin rainbow carrots, tops trimmed, halved lengthwise*
- *1 bunch Tenderstem broccoli*
- *225g thin asparagus spears*
- *1 small aubergine, cut into 6mm rounds*
- *1 sweet onion, cut into 6mm rounds*
- *1 fennel bulb, trimmed and cut into 8 wedges, with the core intact*
- *300g large Padrón peppers*
- *2 small courgettes, quartered lengthwise*
- *2 small yellow squash, quartered lengthwise*
- *Kosher salt and freshly ground black pepper*
- *Harissa Yogurt (recipe opposite)*
- *Chermoula Sauce (recipe opposite)*

Method

1. Prepare a hardwood charcoal fire in a grill or heat a gas grill to medium-high. Using a wire brush, clean the grill grates thoroughly, then use a silicone brush to brush the grates with oil.

2. Grill the vegetables in batches over medium-high heat until tender and slightly charred. (For suggested total cooking times, see right.)

3. Artfully arrange the vegetables on a platter and sprinkle with salt and black pepper. Nestle the bowls of harissa yogurt and chermoula among the vegetables and serve.

Suggested cooking times

Padrón peppers: 5 minutes
Asparagus: 5 to 7 minutes
Onion: 7 minutes
Yellow squash: 8 to 10 minutes
Courgette: 8 to 10 minutes
Tenderstem broccoli: 10 minutes
Aubergine: 10 minutes
Rainbow carrots: 10 to 12 minutes
Fennel: 12 minutes

Harissa Yogurt

Makes about 240ml

- *225g plain full-fat Greek-style yogurt*
- *1 tbsp harissa*
- *1 tbsp fresh lemon juice*
- *½ tsp kosher salt*
- *Pinch of freshly ground black pepper*

Method

1. Whisk together the yogurt, harissa, lemon juice, salt and pepper in a small bowl.
2. Transfer to a wide-mouthed 240ml jar, seal, and refrigerate until ready to use, up to five days.

Tiny Tip: Keep that jar of harissa – a highly versatile North African chilli paste – front and centre in the fridge. Stir it into salad dressing, scrambled eggs, and hummus; slather it over meat and vegetables before grilling; and mix it into ground beef to give burgers a peppery punch.

Chermoula Sauce

Makes 360ml

- *2 tsp cumin seeds, toasted and crushed*
- *1 tsp coriander seeds, toasted and crushed*
- *3 garlic cloves, peeled*
- *1 tsp sweet paprika*
- *1 tsp smoked paprika*
- *¼ tsp cayenne pepper*
- *1 tsp kosher salt*
- *60ml fresh lemon juice*
- *180ml extra-virgin olive oil*
- *60g fresh coriander, coarsely chopped*
- *30g fresh flat-leaf parsley, coarsely chopped*
- *10g fresh mint leaves*

Method

1. Combine the cumin, coriander seeds, garlic, sweet and smoked paprikas, cayenne pepper, salt, and lemon juice in a food processor and process until smooth.
2. With the processor running, add the olive oil in a thin stream. Add the fresh coriander, parsley, and mint and process until the herbs are minced.
3. Transfer to an airtight container and refrigerate until ready to use, it will last up to five days.

Tiny Tip: Chermoula, a deeply flavourful North African condiment, isn't just vibrant on vegetables; it adds an audacious herbaceous garlic and cumin kick to fish, chicken, lamb, couscous, and quinoa, too.

Project Paella

Sometimes the most elemental dishes are the most impressive, and at its core, this beloved Spanish staple is really very simple – a paella pan, a few handfuls of rice, plenty of rich broth, the best quality ingredients, and a hot fire (or grill). Find traditional Bomba rice at your favourite specialty market or online; it's possible to use another short-grain rice such as Arborio, but it won't be quite the same.

Ingredients (serves 6)

- *3 tsp sweet Spanish paprika*
- *1 tsp kosher salt, plus more as needed*
- *½ tsp freshly ground black pepper, plus more as needed*
- *680g boneless, skinless chicken thighs (4 to 6, depending on size), cut in half*
- *1.4 litres chicken stock*
- *Two 240ml bottles clam juice*
- *½ tsp saffron threads*
- *5 tbsp extra-virgin olive oil*
- *1 red bell pepper, diced*
- *1 small yellow onion, diced*
- *1 large tomato, puréed (see Tiny Tip)*
- *4 garlic cloves, minced (see Tiny Tip)*
- *15g chopped fresh parsley, plus 2 tbsp to garnish*
- *225g fresh green beans*
- *360g uncooked Bomba rice*
- *2 sprigs rosemary*
- *225g raw jumbo shrimp (about 12), peeled and de-veined*
- *455g manila clams*
- *1 large lemon, cut into*
- *8 wedges*
- *Aioli, for serving*

Tiny Tip: If you can't be bothered to fuss with/wash the food processor or blender in the name of tomato pulverisation, grate the tomato on the large holes of a box grater instead, and while you're at it, use the small holes on the other side to finely grate the garlic.

Tiny Tip: If you end up with leftover broth, save it for chowder, or tomorrow night's paella.

Method

1. Prepare a beach bonfire or a hardwood charcoal fire in a grill, or heat a gas grill to medium-high.
2. Mix together 1 teaspoon of the paprika, salt and pepper, and sprinkle the mixture over the chicken thighs.
3. Bring the stock and clam juice to a simmer in a large saucepan over medium-high heat, then add the saffron, crumbling it in with your fingers. Turn off the heat and let the broth sit (keep it as hot as possible; you may even want to quickly reheat it before its big moment in step 5).
4. Heat 3 tablespoons of the olive oil in a 38 or 40cm paella pan on the grill until very hot. Brown the chicken, for about 2 minutes on each side. Transfer the chicken to a plate and set aside. Add the remaining 2 tablespoons of olive oil to the pan, then add the bell pepper and onion and sauté until soft, about 5 minutes. Mix in the tomato and garlic, then let everything cook, stirring occasionally, until dark, thick, and sticky, 5 to 7 minutes.
5. Stir in the remaining 2 teaspoons paprika and 15g of the parsley, then stir in the chicken and green beans until coated with the sauce. Add the rice and stir until completely coated. Pour in 6 cups of the hot broth and quickly bring the paella to a boil. Add the rosemary, and season the paella with salt to taste. Make sure the rice, chicken, and beans are evenly distributed across the pan, then quit stirring and cook at a rapid simmer for 10 to 15 minutes more, adding more broth in 120ml increments as needed (i.e., when the rice absorbs so much broth that it starts peeking above the surface of the liquid but isn't yet tender). Rotate the pan every now and then for even heat, but don't stir!
6. Space the shrimp evenly around the pan. Do the same with the clams, pressing them gently into the bubbling broth and rice, hinge down so that they open facing up. After a few minutes, turn the shrimp so they cook on both sides. Simmer the paella for another 10 minutes or so, adding more broth as needed (see Tiny Tip), until the rice is tender but still slightly al dente, the shrimp are a lovely pink, and all the clams are open (discard any that aren't).
7. Remove the paella from the heat and let it rest for 10 minutes, then scatter the remaining 2 tablespoons parsley over the top, garnish with lemon wedges, and then serve (with aioli, if desired).

Watermelon Limeade

Nothing beats the summer heat like watermelon, and limeade is one of our favourite hot-weather refreshers – so it made sense to combine the two. We love a high pucker factor, so we held back on the honey, but you may want to adjust up, especially if your melon's kind of a dud. To make this into fizzy watermelon limeade, add a splash of sparkling mineral water or club soda – and to make this into 'let's get this party started' watermelon limeade, add a splash (or waterfall) of tequila.

Makes about 1.6 litres

- *960g cubed watermelon (seedless or seeds removed)*
- *240ml fresh lime juice*
- *2 tbsp honey*
- *Watermelon wedges, for garnish (optional)*
- *Lime zest curls, for garnish (optional)*

Method

1. Combine the watermelon, lime juice and honey in a high-speed blender and purée until smooth. Serve over ice, garnished with a watermelon wedge and/or lime zest curl, if you feel like wrestling with the citrus zester.

Tiny Tip: If you think a little spice might be nice with this cooling combo, add a pinch of cayenne before you hit the blender button.

Extract from *Summer: A Cookbook* by Marnie Hanel and Jen Stevenson (£15.99, Artisan Books, © 2021). Illustrations by Emily Isabella.

SALVIMAR

TRY IT NOW

SPEARFISHING IN FALMOUTH

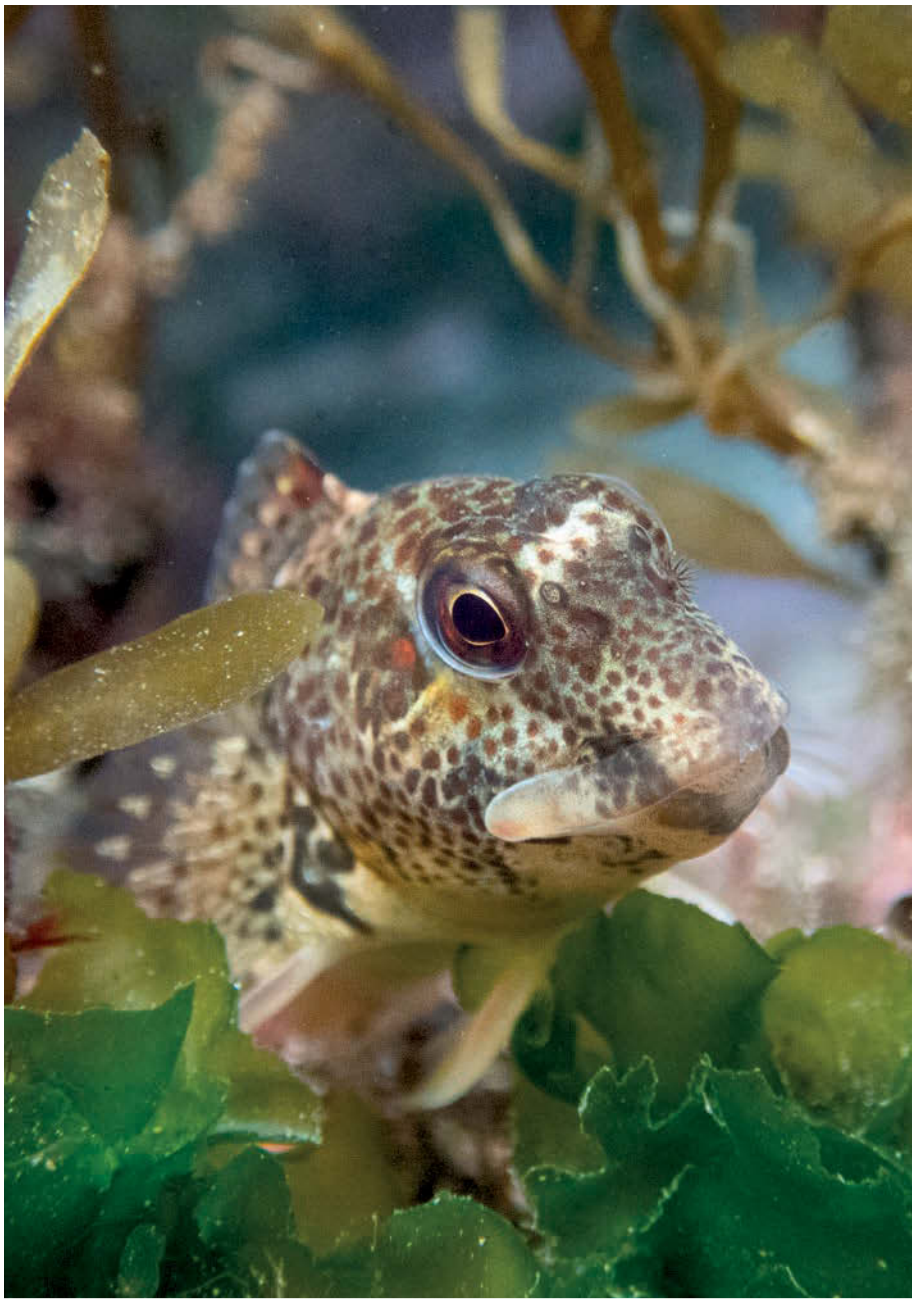
Captivated by the idea of catching her own supper, novice spearfisher Katy Davidson spent a day on the Cornish coast, learning how to become a safe and effective 'speara'

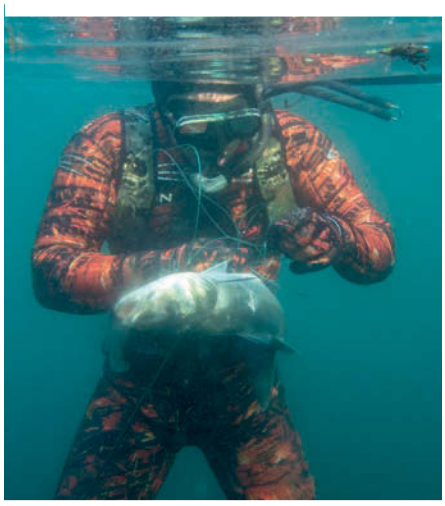
Spearfishing UK is a tribe of passionate 'spearos' based in Cornwall who have created an international business around their knowledge of this fast-growing sport. As well as being a one-stop-shop for underwater equipment – from camouflage wetsuits to speedy foot fins – the founder, Tony Eynon, is dedicated to teaching newcomers how to start out in this sport safely and effectively. For novices, the emphasis is on acclimatisation to the process and learning to use the equipment rather than bagging lots of fish – although this can easily happen on your first experience too. Around the Cornish coast this might include sea bass, pollock, cod and shellfish such as lobster and scallops, caught individually, in the most sustainable way possible, without bycatch.

My teacher on the one-day Spearfishing UK beginner's course is Laith Dajani, who started working with Tony while he was at Falmouth University, studying marine and natural history photography. He was drawn to spearfishing because it connects to the hunter-gatherer instinct in all of us, allowing us to be selective and sustainable in how we eat seafood. One to one, I'm about to discover this new way of hunting underwater.

PHOTOGRAPHS LIAM GREGORY
KATY DAVIDSON PORTRAITS CHRIS MOAKES

THESE PAGES Katy Davidson decided to get in touch with her hunter-gatherer side and headed to Falmouth to try a spearfishing course with Spearfishing UK off the coast of Cornwall





10AM THE SCHOOL OF FISH

I meet Laith at Swanpool Beach, a lively and sheltered cove on the outskirts of Falmouth. Before we get to submerge ourselves in the ocean – inspiring equal amounts of excitement and trepidation – Laith takes me through all the essentials of spearfishing safety, not something to be glanced over.

We cover the importance of breathing techniques, which are akin to that of freediving. Laith calmly explains how staying relaxed is one of the most effective ways to extend your breath hold underwater. Surrounded by camouflage neoprene, orange floats, ropes and sharp hardware, I get an insight into a whole new world of marine hunting as each piece of equipment is described and demonstrated for me before it's time to embrace my inner Bond Girl!

12PM KITTING UP

As I prepare to get into my rather fetching turquoise camo, two-piece wetsuit, Laith surprises me with a warmed bottle of what is known as 'slippy' – a biodegradable lubricant for helping ease you into your necessarily snug suit. 'We spend a long time underwater and unlike normal wetsuits that allow a lot of water in between your skin and the neoprene, these suits have to contend with buoyancy and cold temperatures so they are purposefully tight to allow only the minimal amount of water in, meaning your body doesn't lose essential warmth by heating excess water,' he explains. So I lube my suit and in I squeeze, admittedly without much grace and with some assistance from Laith, who assures me that it gets easier with practice.

He then adds a leaded weight belt, which will help me reach depths without struggling too hard and wasting my oxygen stores, fits me with booties, flippers, gloves, a knife strapped to my calf, and a snorkel and mask. Nearly all

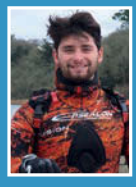
of which is camouflage print, not as a fashion statement but as an essential part of what is fundamentally stalking and hunting underwater game. We head for the sea, flippers on as we get deep enough to float and off we 'fin', me with gun in hand and Laith towing our bright orange float, with an anchor, for safely spending time around any mark we stop to dive at.

1PM A LITTLE TARGET PRACTICE

You don't have to go far to start fishing, contrary to what many believe. The majority of spearfishing takes place in the rocky shallows and sandy beds of coastal coves and beaches with depths averaging around four to 12 metres. I'm excited to get below the surface and Laith explains the techniques for getting the smoothest and deepest dive using as little energy as possible. I float for a minute looking down at the sandy seabed, making sure that I'm feeling relaxed and calm, then I make like an otter and disappear. I reach the bottom and grab some evidence of my successful first dive – a handful of sand to show Laith as I surface again.

I'm told that my dive technique is good but Laith points out, 'Try to keep your legs straight behind you – it helps with a more direct descent and it reduces the

ASK THE PRO

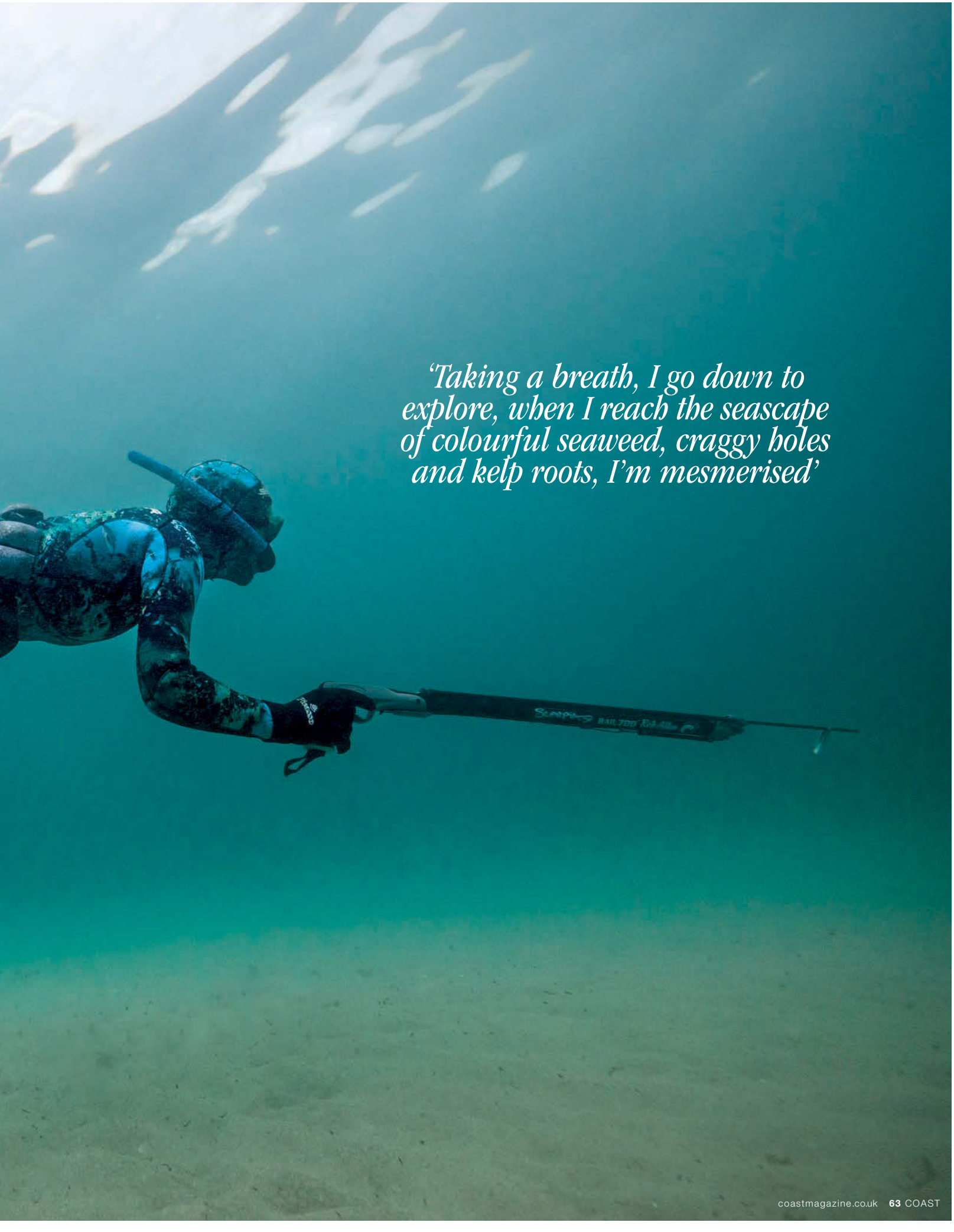


Laith Dajani is manager at Spearfishing UK. 'Spearfishing is a core part of my personality and helps me to feel like I'm finding my roots in nature again. But I'm also proud to be a spearfisher because it is the most sustainable and humane way to catch seafood, as we choose exactly what will be on the table that night. There's no waste, no bycatch and we learn to shoot properly, minimising any suffering to the animal.

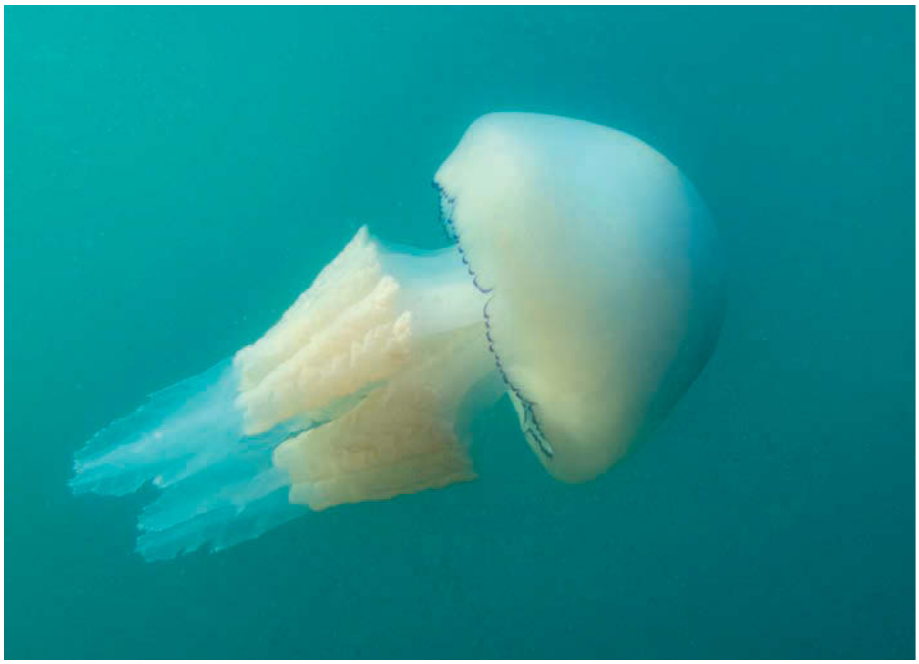
'For me to pass my knowledge on to our students brings great joy. Firstly, I know that when they leave me at the end of the day, they'll be fully knowledgeable about how to be safe in the water. Secondly, they'll also know how to catch and prepare the freshest, most sustainable seafood there is.'

PRO PORTRAIT KATY DAVIDSON

PHOTOGRAPH CHRIS MOAKES



'Taking a breath, I go down to explore, when I reach the seascape of colourful seaweed, craggy holes and kelp roots, I'm mesmerised'



THESE PAGES The course consists of learning all the safety essentials for being in the water for this activity, and then getting familiar with the various pieces of kit and equipment, plus the techniques used in spearfishing

NEED TO KNOW

• Spearfishing UK usually runs courses out of the Falmouth area and in Dorset. Group sessions cost £150 per person, or £250 for a one-to-one course. It runs courses all year round but the best conditions are in summer leading into autumn. Book online at *spearfishing.co.uk* or call 01726 217066 to find out more. If you decide to take up the sport, the company offers spearfishing kits that contain everything you need, starting from £442.70, a saving of at least £50.

• Laith and his colleagues encourage as much practical experience on the course as possible and often you'll find yourself bagging something for the dinner table, whether it be a fish that you manage to shoot with beginner's luck (and Laith's expert tuition, of course) or perhaps being successful in the battle of 'bug' hunting, managing to eke a crab or lobster out of its hidey hole. If you don't get lucky, the instructors may catch something for you if there are fish about.

size of your profile in the water.' After a few more dives I'm ready to start using the hardware. Laith drops a bright pink foam fish to the seabed with a weight and rope so it floats a couple of feet above the sand and shows me how to load my gun while floating.

I dive again, gun in hand and line myself up with the sitting target, there's a strange sense of distortion in distance – even a foam fish can move quite suddenly in this fluid environment, which means that a whole side of fish to aim at can quickly become an inch when it moves 45 degrees. Thankfully I hit it.

2PM STALKING OUR PREY

Schools of fish often hide out amongst the rocks and sea kelp forests that edge cliffs and coves. Like flocks of floating birds, the fish dart about when disturbed, seeking shelter amongst the fronds of these swaying seaweeds. We see a few wrasse gliding gently below us. 'You can use the seaweed either to slowly stalk the fish while camouflaged or to quietly wait amongst it for fish to come by,' Laith explains. I try to imagine having enough time to do this after diving down and getting into position.

Taking a breath, I go down to explore, when I reach the seascape of colourful seaweed, craggy holes and kelp roots, I'm mesmerised. The weighted belt comes into its own and I guide myself through small gullies by pulling on rocks, spotting crabs tucked into sandy holes and pushing aside kelp like long grasses.

3PM TO THE HUNTER, THE SPOILS

My confidence in this new watery playground has settled and we can start

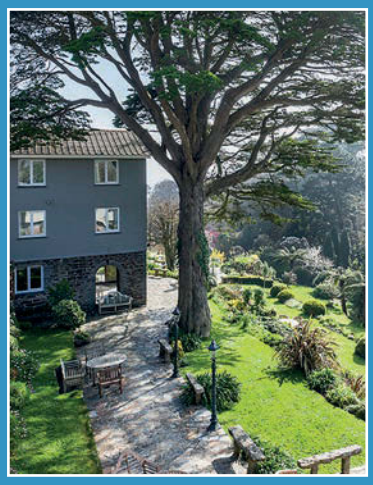
thinking about catching some dinner. Laith has brought a squeezy bottle of heavily salted water to lure the razor clams out of the sandy ocean floor. 'You have to keep an eye out for what looks like a keyhole-shaped hole in the sand and squeeze the salty water in to the hole, the clams push back as the salinity is too high for them and then rise up a few centimetres,' he explains to me. 'You have to grab them swiftly and firmly, and pull them out steadily.'

I take the bottle and dive down to have a go. It's not long before I spot the kind of hole he's mentioned and see a hint of white inside. However, at this point I'm almost out of breath so I memorise the spot and head back up for a fresh store of oxygen. Dropping back down again, I make straight for the same area, locate the hole and squirt! Sure enough, like magic, up pops a couple of inches of razor clam shell. I grab it quick and then pull. It puts up a surprising amount of resistance, but I am the victor. With some help from Laith, we collect eight in total and load up the float.

3.30PM SPOTTING QUARRY

As I happily bob about on the surface, waiting for Laith to bring up the anchor ready to head back to shore, a school of wrasse appear below me and before I've even thought about it, I've let off a shot. The spear glances off the tail of the fish that I've aimed for and it darts away unscathed. In spite of not bagging the wrasse, I feel a little sense of pride at seeing my instincts kick in while relaxing on the surface about to finish for the day. As we fin back to the shore, I'm already daydreaming about my return.

WHERE TO STAY IN FALMOUTH



• MEUDON HOTEL
A hidden-gem hotel near Falmouth, set in eight-and-a-half acres of sub-tropical gardens with a private beach, aptly named Bream Cove, where you can get in some pre- or post-course snorkelling for practice. From £219 per double room per night, on a B&B basis. To book, call 01326 250541 or visit *meudon.co.uk.*

• ST MICHAEL'S RESORT
Tucked away just behind neighbouring Gyllyngvase Beach in Falmouth, this four star resort features contemporary coastal bedrooms, an award-winning spa, a state-of-the-art health club and ocean-view dining. From £139 per person, per night, on a B&B basis. To book, call 01326 312707 or visit *stmichaelsresort.com.*

2

PHOTOGRAPH DAVY J

TRIED AND TESTED

BEACH READY!

You can have more fun at the beach with the right kit. Here's some of our top recommendations for getting in the water, whatever the weather!

1. LONG-SLEEVE PRO CHANGE ROBE

We all love sea swimming, but when it's chilly it's lovely to have a warm robe to wrap up in the moment you get out of the water. This Red Original comes in men's and women's sizes, a great range of colours and has a fleece lining that soaks up the water quickly. Big enough for changing in, with hidden side stretch panels, it gives you the freedom to swim anywhere, anytime. *(£144.95, redoriginal.com)*

2. SWIMSUITS

The Waste Collection by Davy J is made from ECONYL® yarn – a 100% regenerated nylon from spent fishing nets, pre-consumer plastic components and textile discards. Hard wearing and durable, this amazing range is intended for cold water swimming in designs to flatter all shapes and sizes. (*Classic red swimsuit, £140, davyj.org)*

3. WATERPROOF BACKPACK

We love this 30-litre backpack that's made with CYCLEPET, which uses 100% recycled PET plastic bottles, reducing single-use plastic pollution. Lightweight and durable, it will keep all your gear dry (even in pouring rain), has roll-top closure, welded seams, reflective details and an adjustable chest strap. There's a hidden internal zipped pocket for keys or jewellery, and a removable laptop organiser. There really is nothing this bag doesn't have that you need to spend the day having a coastal adventure! *(£99.95, redoriginal.com)*

4. SANDALS

These Crocs Tulum sandals are great for in or out of the water – there's no need to change and you can keep your feet protected from sharp objects. Job done *(£34.99, crocs.co.uk)*

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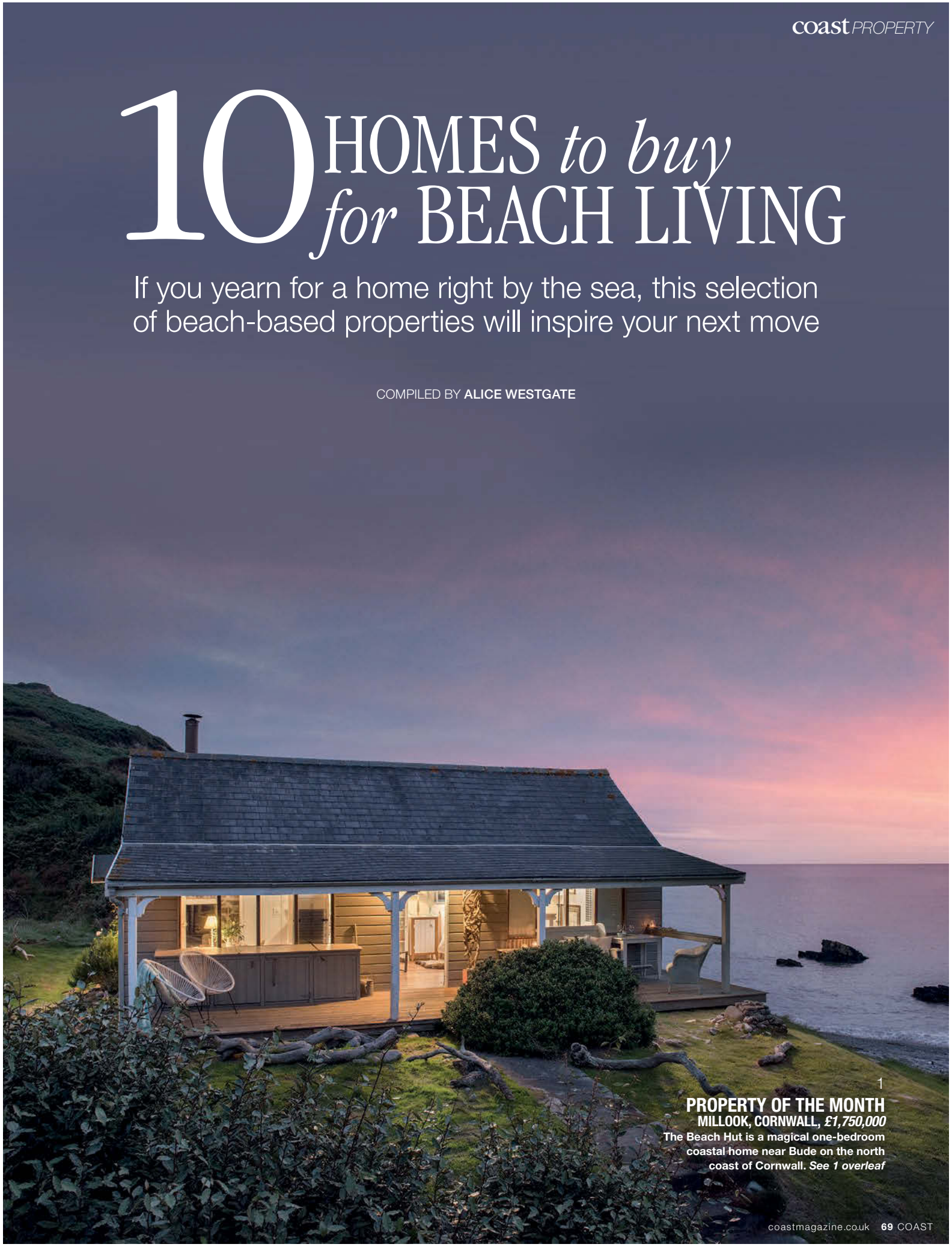
10 HOMES *to buy for* BEACH LIVING

If you yearn for a home right by the sea, this selection of beach-based properties will inspire your next move

COMPILED BY **ALICE WESTGATE**



1

PROPERTY OF THE MONTH

MILLOOK, CORNWALL, *£1,750,000*

The Beach Hut is a magical one-bedroom coastal home near Bude on the north coast of Cornwall. ***See 1 overleaf***

PHOTOGRAPH UNIQUE HOMESTAYS

1 MILLOOK, CORNWALL
£1,750,000

Previous page: The Beach Hut is a magical one-bedroom coastal home near Bude on the north coast of Cornwall. With 40 acres of land including the surrounding clifftop and 1.4 miles of beach, this former tearoom is currently a very successful holiday let. ***John Bray & Partners (01208 862601, johnbraysales.co.uk).***

2 EMSWORTH, HAMPSHIRE
£575,000

Once a fisherman's cottage, No 44 South Street is now a waterfront home in the conservation area, just one house back from the harbour and sailing club. It has one/two bedrooms, a roof terrace overlooking the sea and a walled garden. ***Jackson-Stops (01243 786316, jackson-stops.co.uk).***

3 TIGHNABRUAICH, ARGYLL & BUTE *£325,000*

Set on the glorious west coast of Scotland, Ardvaar is a handsome detached Victorian house with uninterrupted views over the Kyles of Bute. This five-bedroom property sits right on the foreshore and has a mature 1.2-acre garden. ***Robb Residential (0141 225 3880, robbresidential.com).***

4 BROADSTRAND, CO CORK
€350,000

A stone's throw from magnificent Broadstrand beach, this three-bedroom house is in need of updating but has an unbeatable location facing the bay and near the picturesque village of Courtmacsherry. ***Charles McCarthy (+353 282 1533, charlesmccarthy.com).***

(5) This lovely property, for sale for the first time in 25 years, is close to the village of Devoran

5 POINT, CORNWALL
£1,150,000

South-facing Lynwood occupies a gorgeous position on Restronguet Creek, above a small beach and within walking distance of the public slipway. This detached and extended cottage has three/four bedrooms, four/five reception rooms and a half-acre garden with workshop. ***Lillicrap Chilcott***

5

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10

(01872 273473, lillicrapchilcott.com).

6 RYE HARBOUR, EAST SUSSEX *£1,350,000*

Tide House is a three-bedroom contemporary coastal home just a short walk from the beach. It's close to the mouth of the estuary, too, and has sea views from most of the rooms, plus two balconies and a garden with detached workshop/studio. *Phillips & Stubbs (01797 227338, phillipsandstubbs.co.uk).*

7 ALDEBURGH, SUFFOLK *£795,000*

Jubilee Villa is a three-storey townhouse on Crag Path, overlooking the beach. Lovingly restored, it has two double bedrooms, one of which has its own balcony, two reception rooms and a small courtyard. *Flick & Son (01728 452469, flickandson.co.uk).*

If you'd like to advertise your property for sale in coast, contact Zara Mehmet on 07415 325673 or email zara.mehmet@kelsey.co.uk.

8 WALMER, KENT *£575,000*

The Penthouse at 24D The Beach is a spacious maisonette right on the seafront. It occupies the second and third floors and has two/three bedrooms, a courtyard garden and wonderful views towards France. *Bright & Bright (01304 374071, brightandbright.co.uk).*

9 HALLSANDS, DEVON *£625,000*

Sitting right next to the beach and the coastal path leading to Start Point lighthouse, semi-detached Cormorant is a fabulous seaside bolthole that has three/four bedrooms and a bright, sunny open-plan living space. *Luscombe Maye (01548 845474, luscombe maye.com).*

10 MAENPORTH, CORNWALL *£1,500,000*

Maenvale is a four-bedroom house at the end of a private lane, just a few hundred yards from Maenporth beach. A modern detached property, it looks towards Falmouth Bay and the Roseland Peninsula. *Lillicrap Chilcott (01872 273473, lillicrapchilcott.com).*

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A NEW DIRECTION

With lockdown, Newquay-based musician Brandon Hargrave's working life came to a halt, but his change in circumstances led to a new creative direction involving solar power, his own compositions, coffee and yoga

WORDS CAROLINE WHEATER PHOTOGRAPHS RICKY SERVES

Clear Atlantic water and year-round surf were two of the main things that persuaded musician and songwriter Brandon Hargrave to relocate to Newquay on the north coast of Cornwall. Two more were the feeling of solace and the sense of creative freedom that this rugged landscape gave him. Brandon first fell in love with the region on family holidays, an escape from his busier home county Hertfordshire. And when, very sadly, his brother Tyler died from cancer five years ago, it was to Cornwall that he returned. 'Afterwards, I felt lost and anxious all the time, and in 2017 I decided to drop everything I had in St Albans and move down here to start again. I wanted to hit the reset button,' he explains.

While the overall slower pace of life suited him, pre-pandemic Brandon was also travelling frequently for work, going over to Los Angeles to collaborate with producers and artists on songs, and playing live music at festivals all around the world. Returning to the surf and wild landscape of the Cornish coast always replenished him. 'Even when it's grey and windy, it's beautiful, and the surf scene is so good here – in summer I go out with the "dawnies" to surf at 6am before the tourists get up,' he says.

As lockdown descended last spring, Brandon's agent called to say that all his upcoming bookings were cancelled and, overnight, life came to a shuddering halt. It felt like another reset moment, a chance to work on his own music instead of another artist's brief. 'I decided to take a step back and appreciate what's going on here more,' says Brandon. 'I wanted to regain that feeling of freedom I had when I first moved to Cornwall, so I bought a Mercedes sprinter van, converted it into a solar-powered mobile music studio, and started up my own indy music label.'

So Koala Karlous – named after the relaxed Australian animal – was

koala
Coffee
Music
Yoga Wear
koala
KARLOVE

born. Once the 2020 lockdown was lifted, all last summer Brandon travelled around Cornwall, visiting his favourite beaches to surf mindfully and seek inspiration for his music. Highlights on his journey included the stretch of coast from Newquay to Perranporth to catch the glint of sunlight on water, Gwithian and Godrevy where he had perfect weather for surfing, pretty St Ives for a relaxed vibe, and exquisite white-sand Porthcurno on the south Cornish coast. *Luna, Full Moon* and *Surfin'* were some of the tracks that were recorded during that time and which struck an instant chord with his new-found fans on Spotify.

'I was suffering so I wanted to make music to help my mind relax and my body breathe. Little did I know that in just six months my music would connect to 1.7 million people and give me more than 70,000 monthly listeners, many of whom also practise yoga,' he says. 'Now, I'm back to making music full-time with no labels, no managers or any of the headaches or industry stresses that I had come across before.'

Romance was kindled too, as Brandon's music stream led to his online meeting with Daisy Peacock, a yoga teacher from Scotland who moved down to Cornwall last summer so that they could be together. In a little under a year, Daisy has established a local yoga teaching practice, Awakening Soul, and has helped turn the Koala Karlous mobile music studio into a solar-powered coffee shop. Brandon is chief barista, making delicious coffee in their La Marzocco 2 machine, while Daisy whips up vegan brownies and cakes to sell to customers. 'Together, we live and try to help as many people as we can,' says Brandon of these remarkable times.

FIND KOALA KARLOUS

• Brandon's solo Koala Karlous album is called *People Change*, while he teamed up with US musician Sol Rising to collaborate on the *Tides* album. A new EP, *Remind You,* was released in April.

• Find out more about Koala Karlous music and pop-up coffee shop on Fistral South Beach, which is open every day from 9am to 6pm (weather permitting), at *koalakarlous.com*. Daisy also sells a range of yoga wear through the website. Follow their journey on Facebook *@KoalaKarlous* and on Instagram *@koalakarlous*. You can also find Daisy on Instagram *@daisypeacockyoga.*

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INSPIRED BY THE COAST

HAZEL BATTERSBY

Hazel Battersby's passion for the seashore, from the secret coves of Applecross in Scotland to the sandy expanses of Brancaster in Norfolk, has found striking expression through her abstract paintings

WORDS CAROLINE WHEATER
PHOTOGRAPHS HUGO BATTERSBY & NEIL WARD

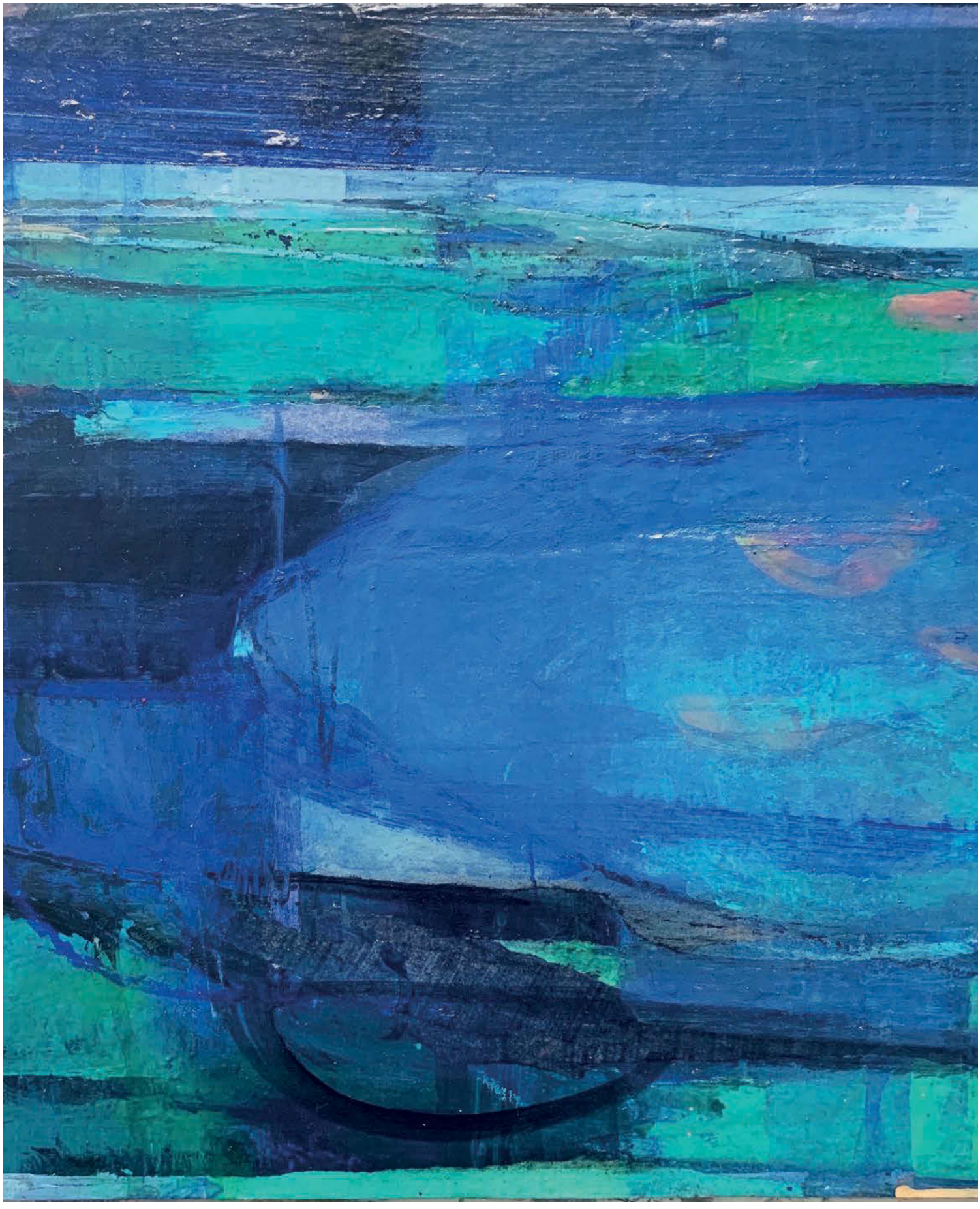
The Applecross Peninsula in Wester Ross, Scotland, has stupendous views over to the Isle of Skye and is studded with secluded coves to adopt for a day, with rug and picnic in hand. 'The environment changes hourly, from the weather to the light to the churning of the sea – it's a rugged and beautiful place,' says Hazel Battersby of one of her favourite and most fertile sources of inspiration. A graduate of Glasgow School of Art, Hazel lives and works in York; by day she's a school art teacher, by evening and at the weekend she's an abstract artist dedicated to capturing the spirit of the coast in her mixed media paintings that range from postcard sized to a metre-plus tall.

BELOW Hazel, pencil in hand, at Coldingham Beach

OPPOSITE One of Hazel's vibrant pieces, *High Tide*

'My husband Hugo and I go to the sea with our two boys whenever we can,' says Hazel. 'It's a quiet space far from the city. I like the wildness of secluded coves and the ruggedness of rocks. The coast is a place where you can switch off, sit and chat, be one with nature.' As the boys play with their buckets and spades, she'll get out her sketchbook to draw and make observations, counting the flat expanses of Brancaster in North Norfolk and the crescent sands of Coldingham Beach in Berwickshire as some of her favourite places to note and noodle.

Back home in York, before commencing on a new series of artworks she makes small mixed media collages to record ideas for marks, composition and colour. Then, ideas formed, she'll work in a flurry of paint and paper on at least two canvases at



ABOVE A work called *Cross Tides* - Hazel finds the coast an endless source of inspiration OPPOSITE, CLOCKWISE FROM TOP LEFT A sketch from one of Hazel's visits to the beach; pastels at the ready; Hazel and her dog Elvis enjoying the sea air; a dynamic piece called *In the Deep*; the artist busy in the studio working on a new painting

'I like the wildness of secluded coves and the ruggedness of rocks'

once, applying acrylic paints, pastels, charcoal, crayon, pencil and collage to build up textured abstracts of coastal scenes captured in moody hues of indigo, royal blue, turquoise, peach, purple and pink. Her paintings are never specific places, rather an outpouring of expression about the beach and sea, informed by her empathy with coastal places. 'I'm in my studio as often as I can – after the boys have gone to bed, at the weekend, totally absorbed in what I'm doing in a wonderful way. Sometimes I even forget to eat,' says Hazel, who plans to top up with inspiration this summer on the Scottish isles of Harris and Bute.

ABOVE *Tideline* shows Hazel's love of vivid blues to capture the sea's many different moods

FIND OUT MORE

- Browse Hazel's original mixed media paintings at *hazelbattersby.com.* Prices range from £100 for a postcard-sized artwork up to £2,000 for a large metre-plus painting. Some of her artworks are also available from galleries including Silson Contemporary Art in Harrogate and Cameron Contemporary Art in Brighton & Hove.
- Hazel will be exhibiting at York Open Studios this summer on the weekends 10-11 and 17-18 of July, from 10am to 5pm, see *yorkopenstudios.co.uk* for more information.
- Follow Hazel on Instagram at *@hazelbattersbyart.*

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Image shows a Shoal388 in a private residence in Nantucket, USA. Photography by Barbara Clarke.

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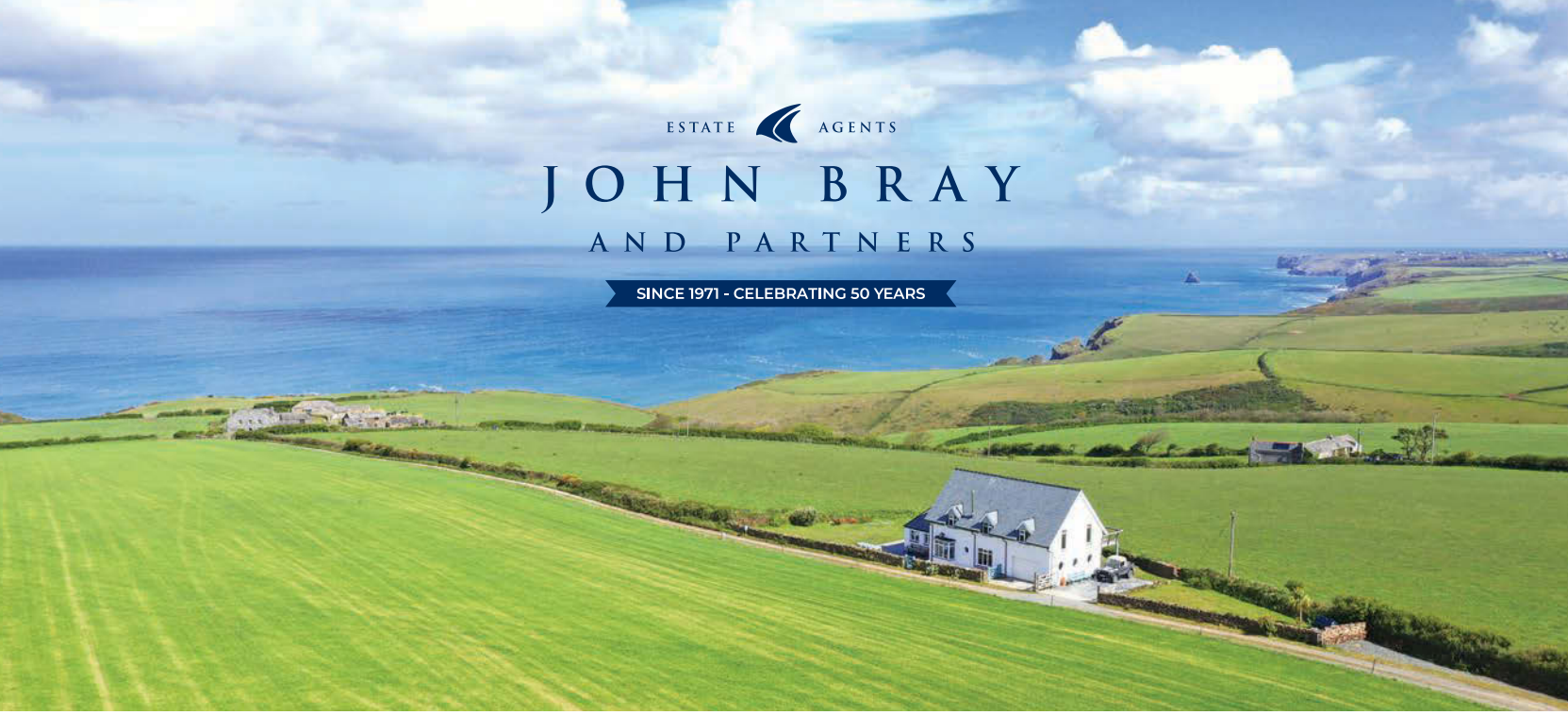

With uninterrupted, spectacular 180° sea views that stretch from Port Gaverne to Tintagel Head, this 6-bedroom detached property has been refurbished to create a cool, coastal home. Located just 5 minutes from Port Gaverne with terraces and gardens to enjoy the dramatic coastline, it has planning permission to extend further.

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With stunning sea views, this stylish and comfortable 2-bedroom ground floor apartment is located mere footsteps from the shores of Trebarwith strand. With open plan living spaces, a private parking space and your very own sea-facing terraces from which to enjoy the glorious sunsets.

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WORDS **ANNE-CLAIRE HEELS**

PHOTOGRAPH PARKNASILLA RESORT, KERRY

FOR… **A MAGICAL KINGDOM**

If the show-stopping combination of stunning shores and majestic mountains is what makes your heart soar, then set a course for Kerry. On the Iveragh Peninsula, in 'the kingdom' of Kerry in the south-west, you'll find the Parknasilla resort. Nestled on 500 acres along the Wild Atlantic Way with the village of Sneem to the west and the popular town of Kenmare to east, this luxury hotel estate has been offering warm hospitality in Ireland's tourist heartland for 126 years, whether you're staying in its beautiful suites and rooms, or self-catering in the courtyard lodges and woodland villas. Savour the best of Irish produce as you gaze out on a Kenmare Bay sunset from The Pygmalion Restaurant. Whether it's the spa and saltwater hot-tub or golf, swimming, walking trails and island boat trips, there's no shortage of things to do either, in a region steeped in heritage and folklore. See *parknasillaresort.com* for special offers.

FOR… **A LIGHTHOUSE KEEPER'S COTTAGE**

At the base of bumblebee-striped St John's Point Lighthouse in north-eastern Co Down, the Irish Landmark Trust has a couple of holiday cottages where you can really spend a night *right* on the coast. Sea views are absolutely guaranteed when you book into JP Ketch, a charming former keeper's cottage sleeping four, the perfect place for a spot of R&R in rugged surroundings. Reconnect with nature – discover Strangford Lough, an Area of Outstanding Natural Beauty, or the National Trust's Murlough National Nature Reserve, with its extensive dune system in the shadow of the Mourne Mountains, both a short drive away. And the nearby county town of Downpatrick is home to historic Down Cathedral – its churchyard is the resting place of St Patrick himself. Prices for JP Ketch start from £318 for two nights *(irishlandmark.com).*

FOR… **HISTORY ON HIGH**

This is one for the history buffs. Museums, abbeys, round towers, castles – they're all here in abundance in Ireland's Ancient East. The Boyne Valley is probably best known for that famous battle in 1690, but it's a peaceful place these days. Drummond Tower was built much later, in the 1850s, and this Victorian folly is now a gorgeous holiday rental with a roof-top terrace with 360° views of the surrounding lush green countryside of Louth. Expect a warm welcome, gaze out over the treetops when you awake, switch off in the sitting room and have sundowners on top of your world. The historic walled town of Drogheda where the River Boyne meets the Irish Sea is close by – here you can find out more about that Battle of the Boyne – and going back even further in time is the extraordinary Newgrange site in neighbouring Co Meath, a passage tomb complex dating back more than 5,000 years, making it older than Stonehenge and Egypt's pyramids – an astonishing and atmospheric experience for those who love to delve into the past. Louth is well known for its seafood too, with many fishing villages in the county, and the Carlingford Oyster Festival takes place a bit further up the coast every August. To book a stay, go to *drummondtower.com.*

FOR… **OCEANS OF FUN**

Clare is famous for the mighty Cliffs of Moher, the otherworldly limestone landscapes of The Burren, *Fr Ted* and traditional Irish music amongst other things, and the seaside town of Lahinch has become a firm favourite with surfers over the years, located as it is right on the Atlantic Ocean coastline. Cregg Beach 9 is a stunning contemporary house with three en-suite bedrooms sleeping six, an open-plan living area and spectacular ocean views, all just a short walk from the beach and the lively town. Lahinch is surf central, with Liscannor Bay's Atlantic breakers drawing those who want to learn and experienced surfers alike, so you'll find surf schools and stores a-plenty here. The town has an energy and atmosphere all of its own, as well as interesting little shops and places to eat, and a highly respected golf course that dates from the 19th century should you fancy something a little more sedate at any stage. If you're after a sociable surfy stay that's bound to be memorable, then this is the one for you – make a beeline for Lahinch. Prices for Cregg Beach 9 from £373 per night *(lahinchpropertymanagement.ie/en/cregg-beach-9).*

CREGG BEACH 9 PHOTOGRAPH MIKE O'LEARY/GREENGRAFFPHOTOGRAPHY.COM
SURFERS PHOTOGRAPH ©FAILTE IRELAND COURTESY OF FINN RICHARDS

FOR… **NORTHERN DELIGHTS**

The mere mention of heading to Donegal conjures up images of getting away from it all. And you'd be hard pressed to find a more lovely way of doing that than at Port Salon Luxury Glamping in the north of this northernmost county of the Republic. This acclaimed site is the stuff of getaway dreams. It offers five yurts with luxurious king-sized beds, cosy interiors and wood-burning stoves, all against a backdrop of breathtaking scenery and a three-mile-long sandy Blue Flag beach on the Atlantic inlet of Lough Swilly. Explore Ballymastocker Bay, see Fanad lighthouse on the headland just north of Portsalon, and soak up views of Great Pollet Sea Arch. From climbing, surfing and kayaking to birdwatching, horse-riding and hiking, it's hard to imagine a more ideal destination for those who love the great outdoors. If you time it right and are lucky, you might even see the Northern Lights… There is a two-night minimum stay for bookings in July and August, see website for prices and availability *(donegalglamping.com).*

PHOTOGRAPHS EMMA STEWART PHOTOGRAPHY

FOR… **QUIRKY GLAMPING**

The Oat Box was a 1960s horse lorry in a former life, and is now wonderfully quirky accommodation for two set on elevated farmland (hello hens!) close to the north coast in Co Derry. This vintage van is not lacking in comfort however, with a bespoke oak kitchen with Belfast sink, full shower facilities, a king-size bed and even a wood-burning stove in case of chilly evenings, so snuggle up with your loved one in this cosy haven and forget your old routine for a while. There's a little balcony, and a private outdoor dining area with sun loungers and a fire-pit, made for long summer evenings. It's close to the Blue Flag beaches of seaside towns Portrush (known for surfing) and Portstewart (golf), and just four miles from Bushmills, for those partial to a drop of fine Irish whiskey, as well as Coleraine with its shops and restaurants. World-famous attractions such as The Giant's Causeway, the Mussenden Temple and the old city of Derry-Londonderry are all within easy reach too. Go on, make some new memories… From £120 a night (*hostunusual.com/categories/host-unusual/the-oat-box, the property reference is 1564).*

FOR… **LOOKING TO THE SKIES**

Close to small sandy Tragumna Beach and the picturesque town of Skibbereen in West Cork sits the 163-acre Georgian Liss Ard Estate, with a private lake, gardens and woodland, and its fascinating Irish Sky Garden – a striking oval crater designed by renowned landscape artist James Turrell – where you are invited to lie down on a plinth and watch the changing skies above you without any distractions, thanks to its high sides. The more time you spend losing yourself in this mesmerising and mindful activity, the longer you'll want to do it. There are 25 large rooms here – stay in the Manor House itself, the adjoining Mews or the Victorian Lake House *(pictured).* Dine in Liss Ard's two AA Rosette-awarded restaurant – afternoon tea is always a treat. Make the most of the pristine grounds by booking midnight kayaking, or a rowing boat to go fishing in, or simply laze over a picnic on the lawn. Characterful Skibbereen is rich in history, a favourite with foodies, and a short drive from lots of lovely little fishing villages along the south coast. See *lissardestate.ie* for prices and availability.

FOR… **AN ISLAND EXPERIENCE**

Achill, Ireland's largest island, is linked to the mainland county of Mayo via a road bridge, making it a very easy option for an island getaway. With a number of Blue Flag beaches, impressive cliffs, a wealth of water sports and a family pub (known for its live Irish music) that claims to be 'the most westerly pub in Europe', this unspoilt Atlantic isle has plenty to keep visitors busy. Check out picture-perfect Keem Bay, book a boat trip, and try the famous Achill mountain lamb – you'll see sheep coolly grazing on near-vertical cliff-sides all over the island with nothing between them and the rolling Atlantic Ocean far below. Traditional Irish cottages Doogort Cottage, which sleeps six, and Achill Beach Cottage *(above & right),* sleeping four, are both a stone's throw from the beach on the north coast, and offer charming accommodation with modern comforts. Prices start from €168 per night and there's a minimum stay of three nights here in the summer, but trust me, you'll probably want to stay for longer *(uniqueirishhomes.ie).*

FOR… **A FAMILY ADVENTURE**

To most people, Sligo is synonymous with surfing. (Although WB Yeats or *Normal People* might also come to mind.) This north-western county has steadily built up a reputation as a brilliant place for adventure breaks. And four-star, family-friendly Diamond Coast Hotel – on the Wild Atlantic Way overlooking Killala Bay and within walking distance of sandy Enniscrone Beach – is an ideal base for exploring. The hotel prides itself on its generous family rooms, and there is a great kids club (and a babysitting service) to keep little ones occupied while parents take a well-earned rest, plus dining options from formal restaurant to casual bistro to hotel bar. There's also a plethora of activities to do as a family in the area. Water babies can learn how to ride the waves at Enniscrone's surf school or make a splash at Water Point Aqua Park, and the hotel can arrange SUP, kayaking, bike hire, horse-riding, hill-walking and pitch and putt. Special family holiday packages are available, book direct to get the best deals at *diamondcoast.ie.*

FOR… **THE SUNNY SOUTH-EAST**

Ireland's 'sunny south-east' is traditionally where many Dubliners head on their holidays for a change from the city, and it's not hard to see why. It's only a couple of hours from the capital by car, Wexford has the kind of beaches that have Hollywood calling – films as different as *Brooklyn* and *Saving Private Ryan* are just two that shot scenes on this county's impressive shores – and it's generally the place that enjoys the warmest driest weather in Ireland. Courtown is one of the popular family holiday spots along this coastline, and that's where you'll find The Beach House, a fabulous modern property that offers direct access to the beach. Sleeping eight in four stylish bedrooms, it has a spacious open-plan living area, panoramic views and a deck overlooking the sea equipped with a barbecue for al fresco dining, all of which make it an ideal family escape. And of course for those travelling from Britain, ferries from Wales come into Rosslare Harbour, just 42 miles down the coast – what could be simpler? Prices for seven nights from £636 *(sykescottages.co.uk).*

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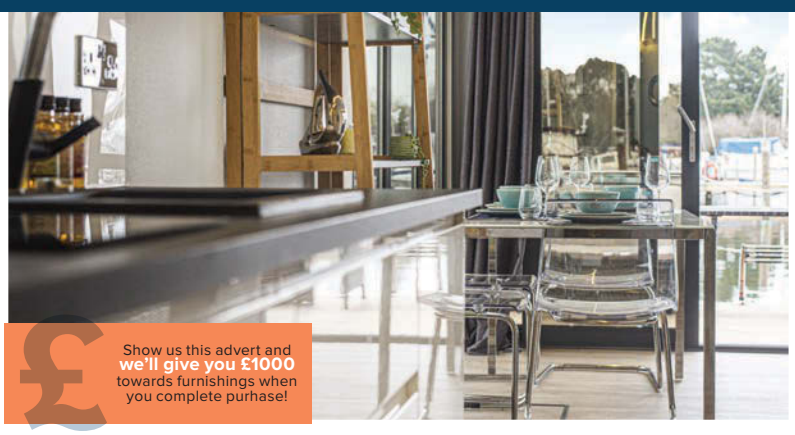

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MAKING *the* MOVE

Many of us aspire to live by the sea and in the next pages we give you the information you need to make that dream a reality

WORDS **CAROLINE WHEATER**

MOUSEHOLE HIDEAWAY

Mousehole is a classic Cornish fishing village where cottages tumble down to the sea and fields reach up to the sky. The simple life beckons, but there are plenty of diversions too, from pottery and paintings at Lamorna Cove and Newlyn, to performance art at the Minack Theatre, sailing at Marazion, and laidback lido life at Penzance's Jubilee Pool complex. Poised to take advantage of all this is Mount Pleasant Cottage, a stone house built around 1840 that's a short walk to the walled harbour. The property has four bedrooms and two large reception rooms, which look out over the sparkling waters of Mounts Bay. A lower ground floor holiday apartment with separate entrance brings in extra income. Offers over £1m, find out more at *lillicrapchilcott.com.*

RAMSGATE PHOTOGRAPH VISIT KENT

ISLAND DREAMERS

Five years ago, estate agents Georgie McCarthy and Paul Booker set up Waterside on the Isle of Wight to find and sell homes of all shapes and sizes near the water. Says Georgie: 'The island property market is booming because the pandemic has reminded people that they like to be outside and near the sea. Working from home has become the new normal and it's a quick commute back to the mainland. Prices are going up, but if you're quick and look hard, you can still find a small apartment with sea views from £250,000.' Properties currently on Waterside's books include two waterfront townhouses at Tides Reach *(above)*, within walking distance of Cowes town centre. The three-bedroom houses have marina views, plus a share of a pontoon with a slipway, price £575,000 each. To find out more, call 01983 300111 or go to *watersideisleofwight.com.*

TIME TO SPLASH OUT?

The value of the average coastal property in popular seaside towns has risen by 9.2% over a year, according to research by Zoopla. Urbanites are fuelling the demand as they opt for a gentler pace of life by the sea, says a report from Property Market Index. 'Clean air, café culture, less travel, more space and value for money are making coastal towns the go-to locations for property buyers,' says Ben Smith of Kentish estate agent Miles & Barr. More affordable hotspots include Ramsgate in Kent (*left*, average house price £251,253), Paignton in Devon (£232,300), and Worthing in Sussex (£366,973).

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10 HOMES *to buy* BESIDE *the* SEA

From a coastal home in North Yorkshire to a waterside townhouse in Old Portsmouth, here's our pick of the latest properties for sale by the sea

COMPILED BY **ALICE WESTGATE**

1

PROPERTY OF THE MONTH
RAVENSCAR, NORTH YORKSHIRE, *£499,950*
Scar View is a detached coastal house that has dramatic Robin Hood's Bay as its backdrop. ***See 1 overleaf***

1 RAVENSCAR, NORTH YORKSHIRE *£499,950*

Previous page: Scar View is a detached coastal house that has dramatic Robin Hood's Bay as its backdrop. A stone-built property in pretty Ravenscar, which sits in the North York Moors National Park, this house has has five bedrooms, two bathrooms, fabulous views and a garden. *Hunters (01723 336760, hunters.com).*

2 SALCOMBE, DEVON *£895,000*

No 2 Combehaven is a semi-detached three-storey house that is within easy walking distance of the town centre and has four bedrooms, estuary views from its balcony and a pretty south-facing garden. *Luscombe Maye (01548 845090, luscombemaye.com).*

3 BRIGHTON, EAST SUSSEX *£535,000*

The luxurious apartment at No 6 The Boardwalk is set in vibrant Brighton Marina and has two bedrooms plus views over the boats and out to sea from its east-facing balcony. It's also just a short distance from The Lanes and the pier. *Leaders (01273 622007, leaders.co.uk).*

4 MEVAGISSEY, CORNWALL *£1,350,000*

You can gaze out across Mevagissey Bay from Ocean View, a contemporary property with a stylish open-plan living space, four/five bedrooms, four bathrooms, a cinema room and a good-sized garden with a glorious terrace and hot tub. *Rohrs & Rowe (01872 306360, rohrsandrowe.co.uk).*

4 This super-stylish modern home sits in a spectacular location on the Cornish coast

5 BIRCHINGTON, KENT *£1,250,000*

Tucked away on a gated plot in this north-east Kent village, Stella Maris is a detached castellated house with five bedrooms and a large garden with a covered dining area that's perfect for outdoor entertaining. There's also a garden chalet with power that would be ideal as a home office. *Miles & Barr (01227 200600, milesandbarr.co.uk).*

5

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8

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6 HAPPISBURGH, NORFOLK *£625,000*

Dating from 1701, The Old Swan Inn is a fascinating property with six bedrooms, two one-bed annexes, a cellar, various outbuildings, lots of original features, and views of the famous Happisburgh lighthouse. *Coast & Country Estate Agents (01263 800474, coastandcountryea.co.uk).*

7 WHITSTABLE, KENT *£675,000*

In a sought-after spot just a short walk from the beach and the high street, No 3 Island Wall is a mid-terrace character cottage with two bedrooms and a garden with a large cabin that would be perfect as a home office or extra bedroom. *Miles & Barr (01227 200600, milesandbarr.co.uk).*

If you'd like to advertise your property for sale in coast, contact Zara Mehmet on 07415 325673 or email zara.mehmet@kelsey.co.uk.

8 BIGBURY-ON-SEA, DEVON *£795,000*

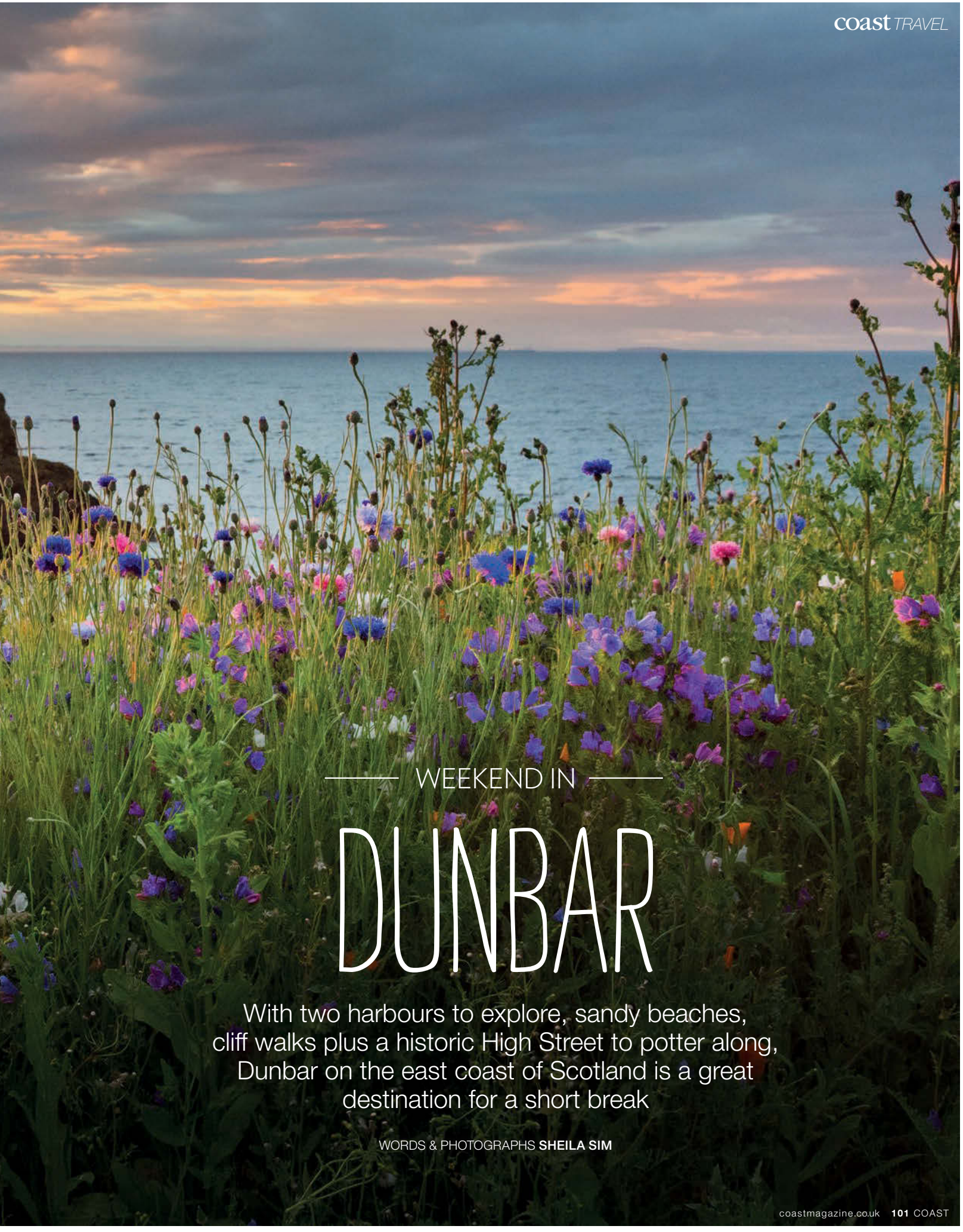
Surfers, which has panoramic views of Burgh Island, Bantham Beach and Hope Cove, is a four-bedroom house with a reverse-level layout and a full-width balcony to make the most of its setting. Bigbury Beach is just a short walk away. *Marchand Petit (01548 831163, marchandpetit.co.uk).*

9 COLBOST, ISLE OF SKYE *£225,000*

Taigh an Tobair is a three-bedroom cottage in a quiet crofting township close to the world-famous Three Chimneys restaurant on Skye. The house has views over Loch Dunvegan to the Coral Beaches and there's a burn running along the border of the garden. *Macleod & MacCallum (01478 611336, macandmac.co.uk).*

10 OLD PORTSMOUTH, HAMPSHIRE *£970,000*

No 9 Captains Row is a luxury waterside townhouse with four bedrooms, a balcony and a garden. There is a distinctive double-height semi-circular bay window at the side of the property giving great views over Camber Dock and the harbour. *Fry & Kent (0239 281 5221, fryandkent.com).*



WEEKEND IN

DUNBAR

With two harbours to explore, sandy beaches, cliff walks plus a historic High Street to potter along, Dunbar on the east coast of Scotland is a great destination for a short break

WORDS & PHOTOGRAPHS **SHEILA SIM**

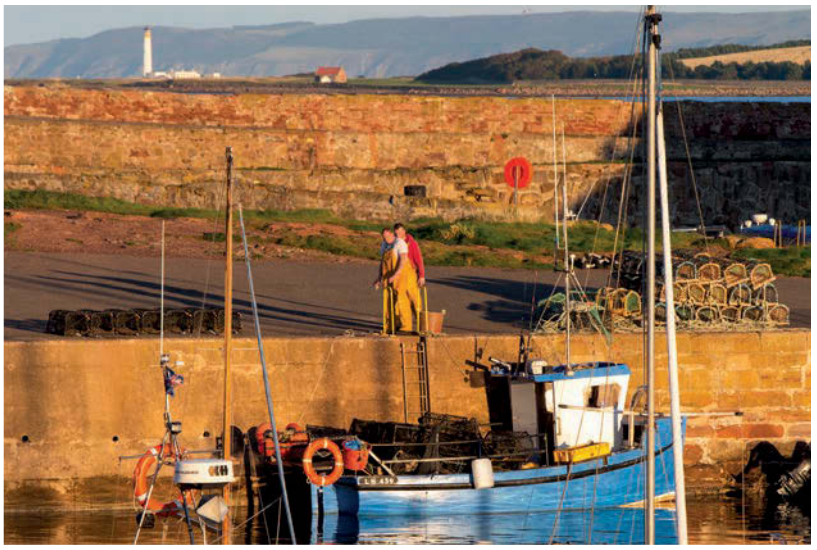
Known locally as 'Sunny Dunny' due to its high annual sunshine hours, this thriving seaside town in East Lothian lies 30 miles equidistant from Edinburgh and the English border. Blessed with the bountiful North Sea on one side and rich agricultural land on the other, Dunbar is still a working town. Some fishing and farming families go back generations and there's a strong sense of community here. Whether you're attracted by the brightly painted fishing boats in the harbour, or the rolling green hills inland, there's something to please the eye in every direction.

A Royal Burgh for over six centuries, Dunbar received its royal charter from King David II in 1370. The exclusive trading rights granted by the charter all those centuries ago find an echo in today's proud trades' association, and the town's buzzing High Street is home to independent cafés, shops and galleries – no franchises here. Dunbar's location near the border with England brought it regularly into conflict and two major battles took place here, in 1296 and 1650. The town's ruined castle, once amongst the most formidable in Scotland, is gradually crumbling into the sea. Dunbar was also the birthplace of John Muir, one of Scotland's most famous sons – a pioneer naturalist and conservationist who played an influential role in the establishment of America's national parks. The town marks the end of the John Muir Way, the 134-mile walking route across the central belt of Scotland.

ABOVE Sheila Sim says there is lots to do in Dunbar, which lies on the coast in East Lothian

7PM FRIDAY PM SETTLING IN BY THE SEA

Approaching Dunbar from the south, we know we've arrived when we see a big brown bear at the side of the road. The DunBear, a new sculpture created by artist Andy Scott, is a symbolic tribute to John Muir, commemorating the 19th-century naturalist's travels through America's wild places. We check into the Dunmuir Hotel. The 1902 Grill dinner menu looks great, but tradition demands that we go for an evening stroll and some sea air. For a simple supper we plump for haddock and chips at Adriano's on the High Street *(01368 862791, weareadrianos dunbar.co.uk),* run by local stalwarts Adriano and Marisa Andreucci, then round off the evening with a pint of



SEAFOOD PHOTOGRAPH © THE ROCKS

locally produced Belhaven Best beer at The Volunteer Arms, overlooking the harbour (01368 862278, *volunteerarmsdunbar.co.uk*).

10AM SATURDAY AM A BRISK CLIFF WALK

After a hearty Dunmuir breakfast we set out to walk the three-mile cliff-top loop, starting above the shingly beach near the castle ruins. This was once the site of an outdoor swimming pool, one of many that used to line the coast of Britain. In its heyday it saw thousands of tourists visiting every summer, but the increasing popularity of overseas holidays led to its eventual dismantling in 1984. The beach is now home to the annual European Stone Stacking Championships, which attracts competitors from all over the Continent *(stonestacking.co.uk).*

From the clifftop, the panorama is spectacular. To the north we can see across to Fife and the Isle of May, and the horizon is dotted with several volcanic plugs – including Bass Rock in the Firth of Forth, home to the world's largest colony of Northern gannets. The tide is out, allowing us to puzzle over the extraordinary local geology. The trail (which is the final stretch of the John Muir Way) skirts around the golf course and takes us down to the white sands of Belhaven Bay, where we watch the surfers before heading back into town.

1PM SATURDAY PM SEAFOOD SNACK

The sea breeze has made us hungry, so we score a takeaway lunch at the harbour from seasonal snack shack The Big Blu Sea *(07790 003572).* Munching on devilled Dunbar mackerel with mint and tomato salad, we watch fishing boats heading home with their catch; these days it's mostly prawns, lobster and crab, but for centuries Dunbar was at the heart of the herring industry. Near the old harbour on Victoria Street there is a sculpture, The Creel Loaders, which celebrates the women who carried heavy creels of salted herring from Dunbar to local markets; it's part of the Dunbar art trail *(dunbararttrail.com).*

PREVIOUS PAGES Sunset at the end of the John Muir Way

CLOCKWISE FROM TOP LEFT Visit John Muir's Birthplace; see the castle ruins by Victoria Harbour; Victoria Harbour with Barns Ness lighthouse in the background; The Rocks is a great place for dinner; enjoy a cliff-top walk – Bass Rock can be seen in the distance

2PM HARBOUR HISTORY

We explore both harbours. The older one is named after Oliver Cromwell, who crushed the

Scots at the Battle of Dunbar in 1650 but later donated money to improve the harbour; the other (whose construction was witnessed by a young John Muir) is named after Queen Victoria. Between the two harbours sits the Battery, built in 1781 on columnar basalt similar to the Giant's Causeway in Antrim. Newly restored, it's now home to an outdoor performance space and a small garden. The Harbour Trust has installed interpretation panels around the harbours to share fascinating snippets of local history.

4PM POTTERING AND SHOPPING

With some afternoon left, we have time to explore the gaily painted, listed High Street. Like old-town Edinburgh, it retains many closes, wynds and vennels; one is reputed to be haunted, but others lead to unexpected delights such as the Backlands community garden. This is a High Street with real character, and it's refreshing to find a range of independent and community-owned outlets instead of the usual suspects, epitomised by the Crunchy Carrot, Dunbar's enterprising community greengrocer and food store, and the Dunbar Community Bakery. The Found Gallery offers a range of work by local artists *(01368 863030; thefoundgallery.co.uk).*

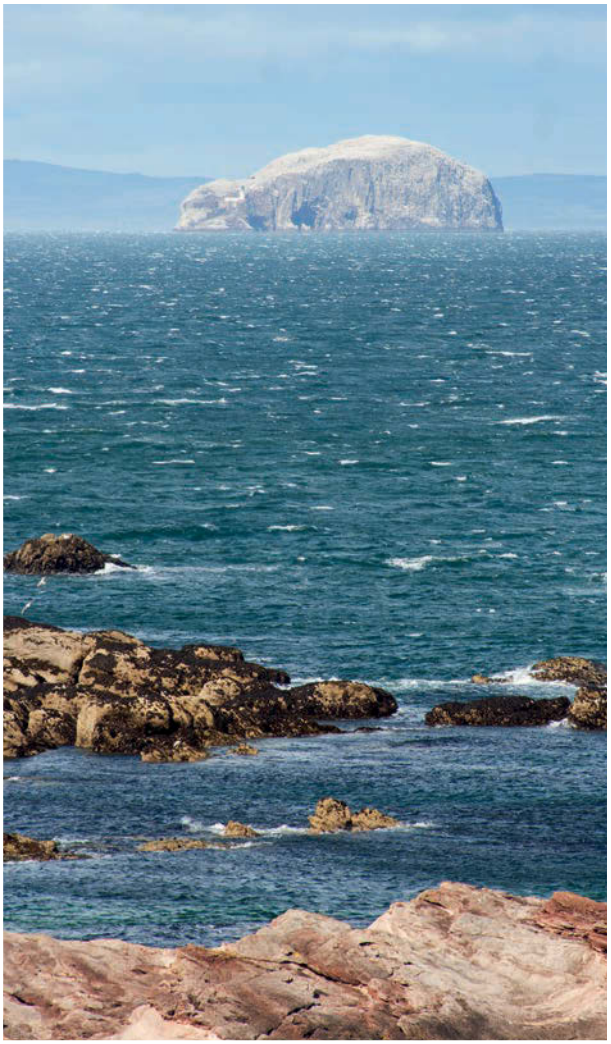
7PM COMFORT FOOD

This evening we dine at The Creel, a cosy wood-panelled restaurant with a view to the harbour. Local fish and seafood are prominent on the menu, and our meal of Eyemouth coley is simple and delicious *(01368 863279, creelrestaurant.co.uk).* Bijou micro pub The Station Yard entices us in on the way home with its array of Winton Brewery beers, including velvety Stooty Fruity Stout *(01368 864322, station-yard.com).*

CLOCKWISE FROM TOP LEFT Cromwell Harbour is picturesque at high tide; lobster pots at Victoria Harbour; The Creel Loaders statue celebrates the women who carried heavy creels of herring to market; Bass Rock seen from Belhaven Bay; The Dolphin is now a chic hostel; start your cliff-top walk from the castle ruins

10AM SUNDAY AM A WALK WITH VIEWS

We head inland to climb the hill Traprain Law, one of the volcanic bumps – called a 'laccolith' – that we saw on the horizon on yesterday's cliff walk, which was once the capital of the Celtic Votadini tribe. On its western slope in 1919, a group of archaeologists discovered treasure: some 250 fragments of



coins and exquisite silver tableware, forming the largest hacked-silver hoard found outside the Roman Empire. There are stupendous views from the top of the bump, too.

1PM

SUNDAY PM TASTY PIT-STOP

It's back to town for lunch at family-run Graze Coffee and Chocolate House, where we order bowls of homemade soup with sourdough bread, followed by the best scones we've ever tasted *(01368 864619, grazedunbar.co.uk).*

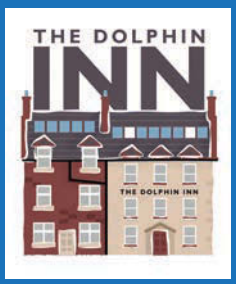
2PM

THE TALK OF THE TOWN

Next, we visit John Muir's Birthplace, a small museum in the house where he was born. It's inspirational to learn how an ordinary boy from Dunbar came to be a world-renowned figure, whose camping trip in Yosemite with President Theodore Roosevelt in 1903 led to the federal protection of America's wild places *(01368 865899, jmbt.org.uk).*

Next we hop across the road to Dunbar's oldest building, the Town House, the hub of civic life here since the 16th century. You can take a tour of the old jail cell and Council Chambers where witch trials were once held. The building also has a gallery belonging to the Dunbar & District History Society *(eastlothian.gov.uk/museums).*

We haven't had time to try surfing or paddleboarding *(c2csurfschool.com),* hire a bike *(belhavenbikes.co.uk),* or visit nearby Hailes Castle. But it's good to know there's so much more to come back for.



NEED TO KNOW

STAY AT…

• The award-winning Dunmuir Hotel is a family-run, dog-friendly hotel; Philip and Lesley (and Max the Dalmatian) will make you very welcome. Rooms are clean and simple, the bar is stylish and convivial and the breakfast sets you up for the day. Doubles from £97 B&B *(01368 862033; dunmuirhotel.co.uk*).

• The old Dolphin Inn has been transformed by its new owners into a chic hostel with 11 rooms, some dog-friendly: six doubles (two en suite), three twin, one triple and a bunk-room for six. It has a laundry/drying room, kitchen and bike storage. Standard £30ppn, en suite £35ppn *(01368 868427; dolphindunbar.com*).

• The Rocks is an 11-bedroom hotel in a fabulous cliff-top location, with doubles, twins and single rooms. If you're not staying it's a great place for dinner or drinks with wonderful sea views and an outdoor area. Standard double from £90 *(01368 868385; therockshoteldunbar.co.uk).*

HOW TO GET THERE

Dunbar lies just off the A1 trunk road. Trains run to and from Edinburgh (journey time from 25 mins) approximately every hour during the day. There are direct, regular rail services between London and Dunbar, calling at major towns.

FIND OUT MORE

For more information on Dunbar and surrounds, browse online at *60thingsdunbar.scot*, *dunbar.org.uk* or *visiteastlothian.org*.

COASTAL DISCOVERY
THE CLIFFS

This month William Thomson gets to grips with cliffs, the rocky edges of our island nation that lend themselves to exciting outdoor activities such as paragliding and sea trekking, a new import from Scandinavia

Nothing stirs the spirit quite like the sight of cliffs rising out of the sea. At their base we can gaze upwards, necks inclined to the sky with a sense of awe at the magnitude of rock above. And from the cliff-top we are rewarded with a view of the sea usually reserved for seabirds, gazing down at the water far below. However, be careful not to get too close, as many of Britain's cliffs are made from soft materials like chalk, which naturally collapse with very little warning. While this is not an issue with the hard rock found on Britain's most rugged shores, the famous White Cliffs of Dover, Sussex's Beachy Head and Dorset's Jurassic Coast are all infamous for cliff falls – so stay well away from the edge and avoid walking directly beneath the precipitous walls. Low tide is ideal because you can safely enjoy the underside of the cliffs without getting too close.

ABOVE William Thomson FRGS is author/illustrator of *The Book of Tides* and founder of Tidal Compass *(tidalcompass.com)*

When having adventures around cliffs, the main consideration is therefore the hardness of the rock, followed by the gradient of the slope. On moderately inclined cliffs an onshore breeze creates a superb opportunity for paragliding thanks to a phenomenon called 'orographic lift' where the wind is deflected upwards to create a thermal effect. A clue that this is happening will be birds gliding parallel to the cliff – and if it's good enough for them, it's good enough for us. Thanks to the wonders of modern technology we can essentially strap wings onto our bodies and leap off the cliff, gliding on the thermals just like the birds. However, you should only attempt this after officially recognised training and, even then, the conditions must be perfect. If the cliff is too steep the thermals will be too erratic, but if the slope is too shallow the orographic lift will be too weak. This is why some places, like 'The Warren' near Folkestone, are paragliding hotspots – but only when the wind is blowing onshore.

For paragliding, the angle of slope is the most important factor. But, if you want to start climbing along a cliff face, then careful attention must be paid to the rock's hardness. Portland's famous architectural stone is ideal for rock climbing, with established routes all around the isle. Further west, the igneous rock in Cornwall and Pembrokeshire is equally magnificent to climb over. However, technical climbing with ropes takes a lot of practice, so for many beginners a scramble around the cliffs has been neatly

branded ‘coasteering’. Equipped with a wetsuit, boots, helmet and buoyancy aid, coasteering is an adult version of running around a playground climbing, swinging and jumping off interestingly shaped structures. The more rugged the coastline the better, with arches making the best opportunity to climb as high as you can and then fall into the water. However, on no account should you attempt coasteering in those places with soft crumbling rock; just like paragliding, the UK has plenty of ideal coasteering hotspots which can be found on all corners of our rocky isles.

EXPECT...

OROGRAPHIC LIFT

When an onshore wind hits a cliff face it is deflected upwards to create a type of thermal called ‘orographic lift’. A clue that this is happening will be birds gliding along the cliff face and this is often a useful indicator to spot the wind direction, as orographic lift will not happen during an offshore wind.

DOWNDRAUGHT

The opposite of orographic lift is when an offshore wind creates a type of downdraught. The concept is that when wind blows over the cliff edge it leaves a gap at the cliff’s base where none of the air is getting. Nature’s way to fill this gap is to make an eddy with the effect of a very localised onshore wind, even though the main airflow is offshore.

EDDIES

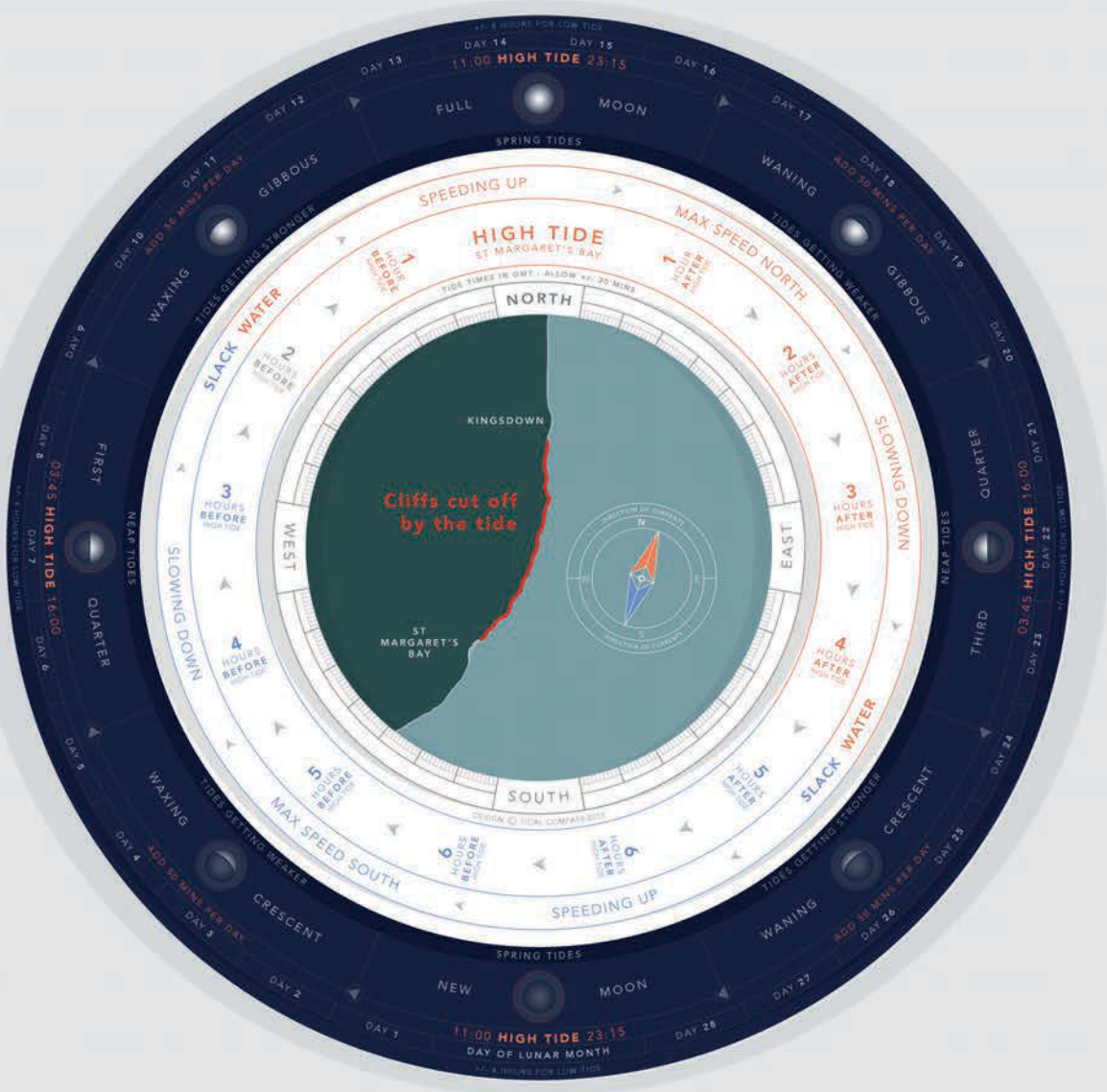
When looking down at a map view, the same concept as a downdraught will happen on the downwind side of cliffs that extend out to sea. In addition to this, as air blows into the cliff it is deflected along the side, resulting in stronger winds at the tips of the headlands.

LANDSLIDES

Landslides are a natural way for many soft cliffs to protect themselves from erosion. The concept is for the cliff fall to extend outwards and protect the base from getting undercut by the waves. Many landslides happen with little or no warning and can extend a hundred metres from the base of the cliff, so be very vigilant both near the cliff edge and at the base.

WHITE CLIFFS

Every year the RNLI spends thousands of pounds rescuing people cut off by the tide under cliffs. This is easily avoided by timing your adventures for when the tide is falling and returning before it starts rising. However, this can limit your time exploring, so a strategy I use is to find the lowest point of that walk and note the height of tide when it floods (the Imray Tides Planner shows you the tide heights every five minutes). With this knowledge, you can have an accurate picture of exactly what time you need to pass through the choke point. The reason most people get cut off is because they are on a higher stretch of beach when the choke point gets flooded and they don’t notice it happening because it may be hidden from view around the corner.

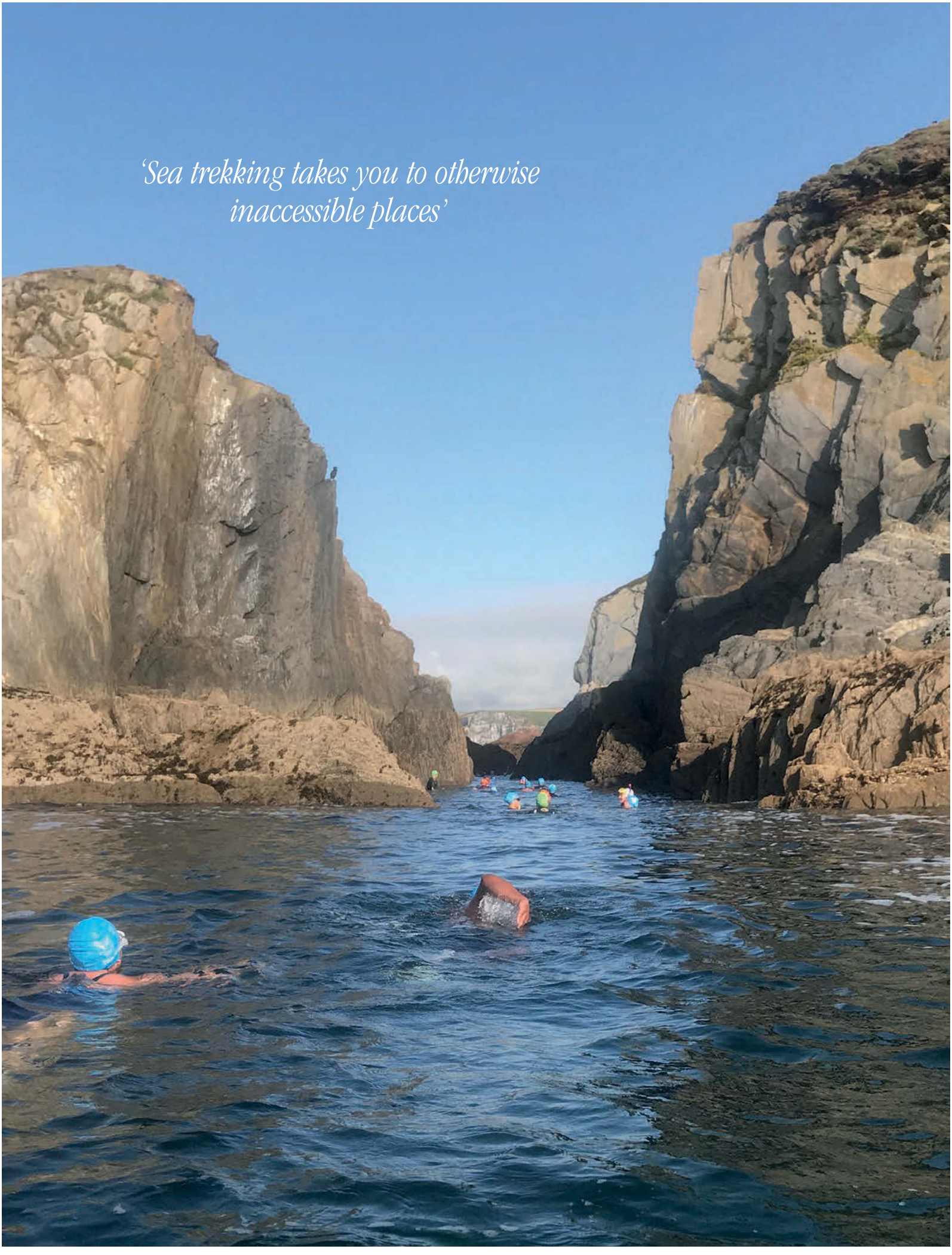


INSTRUCTIONS

DURING THE **HOURS IN ORANGE** TIDAL CURRENTS FLOW IN THE DIRECTION OF THE **ORANGE ARROW.**

DURING THE **HOURS IN BLUE** TIDAL CURRENTS FLOW IN THE DIRECTION OF THE **BLUE ARROW.**

Tidal Compass Print
www.tidalcompass.com


'Sea trekking takes you to otherwise inaccessible places'

SEAS THE POWER

Coasteering was pioneered in the 1970s by surfers in Pembrokeshire looking for an adrenaline rush on the days when there was no surf. Since its organic invention three decades ago the popularity of this activity has sky-rocketed, with officially recognised tour operators offering trips all around the UK. Wales' Blue Lagoon is one of the most popular spots where you will find a scene of utmost organised chaos, groups of thrill-seekers in brightly coloured helmets daring each other to jump from higher and higher cliff ledges, celebrated by the whoops of friends echoed around the lagoon's hard cliffs.

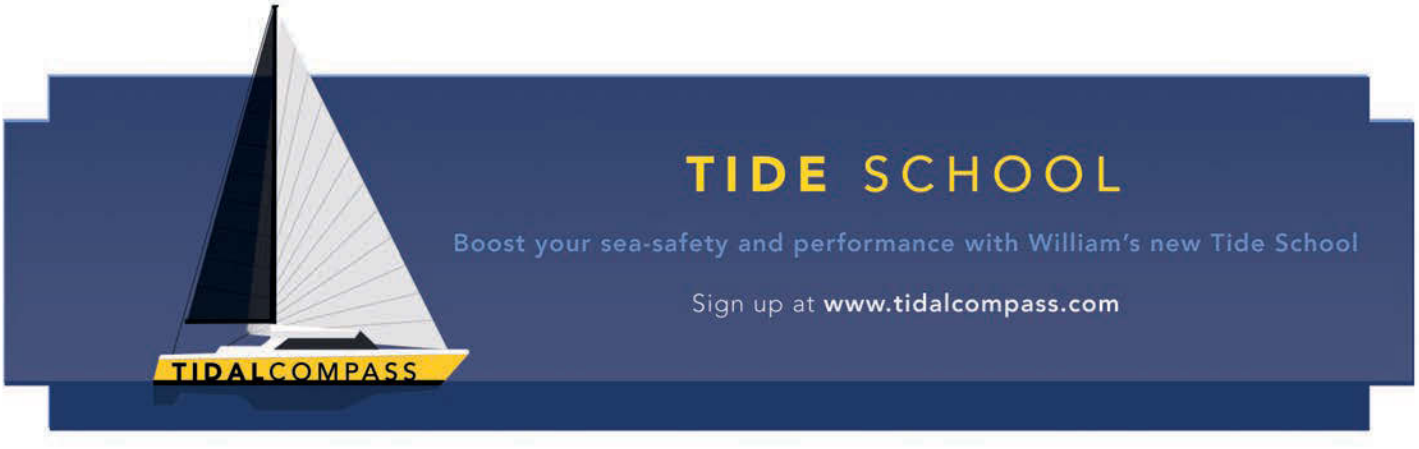
For those wanting a slightly more cultivated adventure than a mad afternoon of coasteering, 'sea trekking' is a new way to explore remote rocky coastlines. The idea is to have a waterproof flotation device that is easily carried on land and can be towed while you swim at sea, equipped with your essential camping kit for a multi-day trip. Originating in Scandinavia, sea trekking has come to our shores in recent years with the essential piece of equipment being a 'RuckRaft', which inflates to look like a miniature RIB with a waterproof sack to put your backpack in.

The joy of sea trekking is the freedom it facilitates. The concept is simple; walk until the sea cuts off your route and then jump into the water and tow the RuckRaft behind you. While the raft will support a full 70L backpack, you hardly notice it while swimming and it doubles up as a float if you get tired. This is perfect for swimming between islands with steep cliffs cut off by the tide (think west coast of Scotland) and opens up places that otherwise would only be accessible by boat. But the joy of sea trekking is that once you get to your destination you don't need to worry about what to do with the 'vessel' – it deflates into a small sack easily fitted back into a backpack. Can anything beat snoozing around a campfire on an uninhabited island that you swam to?

Next month, William will explore what to expect from islands

A RuckRaft will allow you to tow a 70L backpack, keeping it dry in the waterproof bag *(abovebelow.sc)*

SEA TREKKING PHOTOGRAPH ABOVEBELOW.SC



SEADOGS

If there's anything more joyful than making a visit to the coast in any season, it has to be heading there with your beloved dog

DOG-FRIENDLY PLACE TO STAY

Wheatfields Luxury Glamping, Kent

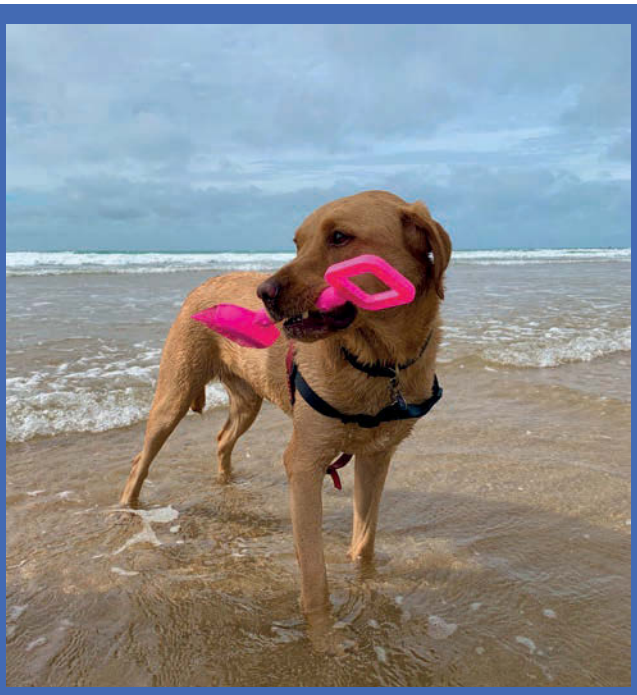
In a lovely location on a farm close to Romney Marsh, the charming town of Rye and the enormous beach at Camber Sands, are two luxurious self-contained safari tents pitched 60 metres apart. Sleeping eight people each, both have their own bathroom, kitchen and parking, and guests can check in without meeting the owners or at a safe distance if they wish. Enjoy the peace and quiet, abundant wildlife and excellent stargazing, plus there's a fire pit and a barbecue, as well as plenty of room for the dog to run around. PRICE Two-night mid-week stays from £350, dogs charged at £25. HOW DO I BOOK? Go to *goglamping.net.*

BEAT THE BOREDOM

Sometimes you can't bring the dog, so something to keep them occupied while you are apart is always handy. These two items help beat boredom and extend treat time – the Lickimat Buddy Treat Mat (£4) is designed for soft treats to be enjoyed slowly and can be frozen for a cool option in the heat, while the Beco Pets Natural Rubber Treat Ball (£5) lets you pop a treat inside it, leaving your pet to chase and chew the ball to release it. Both are made from non-toxic materials and come in a variety of sizes *(charleychau.com).*

GOT IT COVERED?

If you have dog-mad little ones who love baking or messy arts and crafts, these water-resistant Happy Dogs oilcloth aprons are perfect to keep clothes from getting wrecked in the process. They are designed for children aged two to eight, and can be personalised *(from £18, eleanorbowmer.co.uk).*



DOG *of the* MONTH

Here is our three-year-old fox red Labrador, Oakley, when we celebrated his birthday in Ilfracombe. He is such a salty sea dog and loves a pasty or ice cream in a picturesque working harbour! *Emma Davis*

Email your coastal canine photographs to *coast.copy@kelsey.co.uk.*

NEAT IDEA

It's easy for doggy grooming bits and bobs to end up scattered all over the place, and then you can't find something when you need it… Keep everything together in a handy storage pot from Garden Trading – the company has a couple of options, from the Stowell grooming bucket in a neutral colour that will suit any scheme *(right)* to its Kinloch option in a coastal green *(both £17, gardentrading.co.uk)*.

IN ASSOCIATION WITH FORTHGLADE

Looking for tasty natural treats? Try Forthglade's soft bites, available in salmon, lamb or turkey recipes, with additional ingredients including sweet potato, mint, dill, sage and parsley. Free from nasties, the hand-baked grain-free goodies are ideal for dogs with sensitive tummies. Suitable for dogs aged 2 months+. (RRP £1.50 per 90g pouch, forthglade.com)

FEELING VULNERABLE

With recent news that the iconic Old English Sheepdog is now on the Vulnerable Native Breeds list and that the top 10 that increased most in 2020 only featured three native breeds, the Kennel Club is urging people to do their research and consider all types of dog before deciding which one to buy. Otterhounds, English setters and Skye terriers have all declined in popularity for example, but the organisation hopes a new appreciation for the outdoors and relocations to the countryside might see renewed interest in some of these past favourites. A Kennel Club spokesman acknowledged that while Old English Sheepdogs do need plenty of exercise and grooming, he added that 'it is a breed that is faithful and trustworthy with an even disposition that can make a lovable family pet for the right owners'. More information on choosing the right dog for your family's lifestyle is available at *thekennelclub.org.uk.*

WORDS ANNE-CLAIRE HEELS. OLD ENGLISH SHEEPDOG PHOTOGRAPH © RUTH DALRYMPLE/THE KENNEL CLUB

—Your coast—

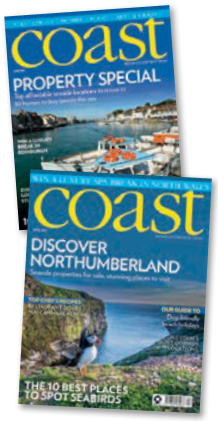
Our ocean-loving readers share their news, views and photographs from all around the British coastline

I'D LOVE TO HEAR YOUR VIEWS!

Please email me with your ideas, feedback, creative projects and reports of your coastal adventures at *coast.ed@kelsey.co.uk.*

Alex Fisher,
Editor-in-Chief
@alexfishermedia

COVER STARS



I love the front covers of coast magazine. The photography is stunning and makes me want to go to all these lovely places! Your magazine gets better with every issue and I should know, having had them all. Keep up the good work. *Anne Newman*

WHAT YOU TWEETED...

@LawrieCornish Perfect weekend reading, the current issue of @coastmag featuring @AcornPG Harbour Lofts development in Poole

@VisitIOW 'A jewel in the crown of the #IsleofWight's food scene, this tiny takeaway hut is owned by chef Emma Guy who has created a heaven-sent menu for days at the beach.' Check out The Beach Hut, Bembridge in @coastmag '10 Best Foodie Beach Shacks'

ROMANCE & REALITY

Despite living in landlocked Derbyshire, I am an avid fan of coast. As my husband and I own a yacht berthed in a marina in beautiful Pembrokeshire, I was delighted by your May issue featuring 'Marina Living'. I did, however, have to smile at the romantic image conjured by the 'clinking of halyards against masts'. Anyone who has spent a windy night in a marina understands why halyards should be tied off away from the mast! Please keep up the excellent features and beautiful photographs. *Sandra Newcombe*

LET SLEEPING DOGS LIE

I left my copy of coast on the stairs to take it up to read and our dog Percy fell asleep on it. Genuinely not staged – he likes to sleep on things he is sure we will come back to, so he doesn't miss out! *Amanda Royce*

FLASH, BANG, WALLOP

~1940s~

This is my mum Valerie in a wartime photo on the beach in Devon. It was taken in 1944. *Vanessa*

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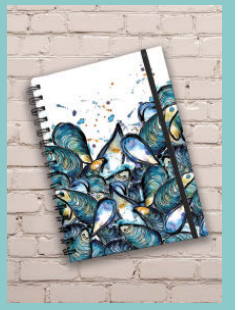

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EDITORIAL
EDITOR-IN-CHIEF: ALEX FISHER

Art Editor: Helen Blunt
Chief Sub-Editor: Anne-Claire Heels
Contributing Editor: Caroline Wheater
Social Media Manager: Jessica Reid
With thanks to: Alice Westgate, Polly Banks, Jessica Johnson

ADVERTISEMENT SALES
Commercial Manager: Zara Mehmet
(01732 447536) zara.mehmet@kelsey.co.uk

PRODUCTION
Production Executive Katie Hollands
(01732 440038) katie.hollands@talkmediasales.co.uk

MANAGEMENT
Chief Executive: Steve Wright
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KATE LEWIS

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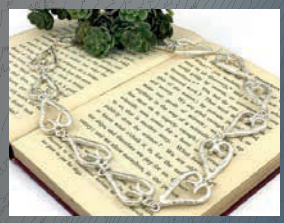

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All my Jewellery is Handmade at my Studio in Margate, Kent. My collections are quite varied starting with my first collection of silver heart jewellery created back in 2000. My more recent collections have been greatly influenced by my coastal surrounding of Margate and the woodlands of Kent. These pieces inspired by nature are continually developing and expanding. One Thing that runs through all my work though is my love of textures & bold solid pieces. The Majority of my work is in silver but i do have a small collection of 24ct Gold Vemeil. I hope you enjoy browsing my work and I hope to see you in Margate one day soon.

Lydia x

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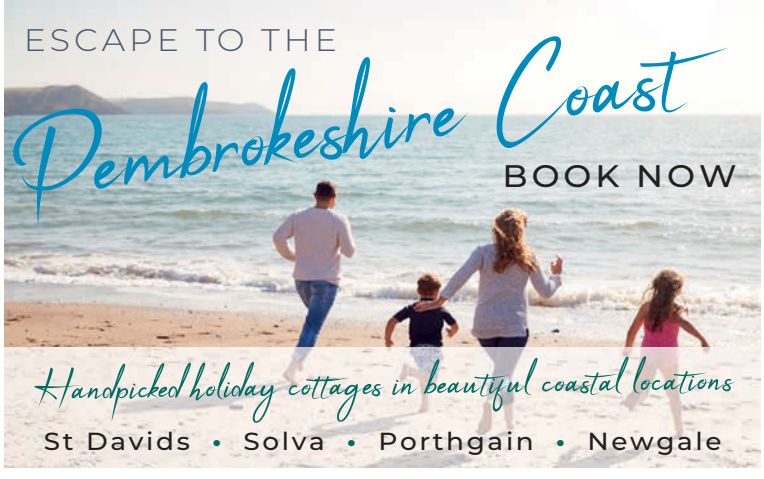

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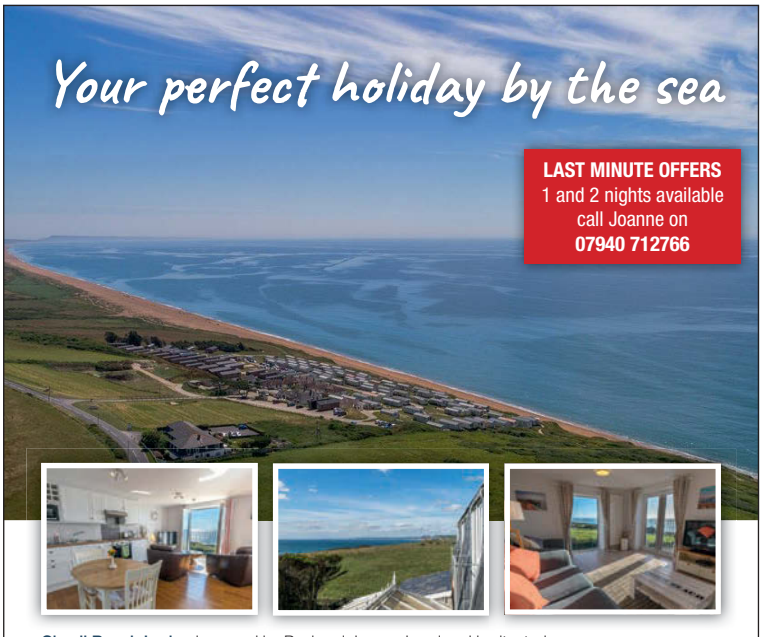

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Chesil BEACH LODGE

MY COAST

Michelin-starred chef Paul Ainsworth went to Padstow to establish his reputation and has built a happy life there, spending free time exploring the Camel Estuary with his wife Emma and their young daughter

INTERVIEW **CAROLINE WHEATER**

When I moved to north Cornwall from London in 2005, I wanted to open a restaurant – No 6 in Padstow – to showcase what I could do as a chef. I was on a mission and that was the only thing I cared about. Since then, I've made a life down here – I married Emma and we have a five-year-old daughter, Cici, and live near Wadebridge. The business has grown, and I'm surrounded by amazing people so in the last few years, I've had the chance to look up and appreciate what's around me, enhanced by having a little girl.

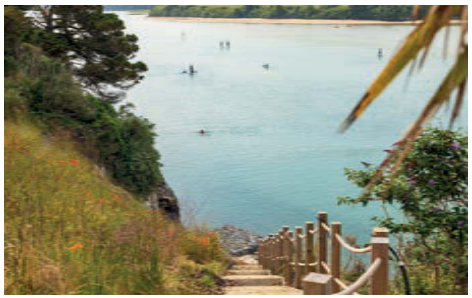
We work extremely hard, but I always take Sundays off and our favourite stretch of coastline to visit as a family is between Rock and New Polzeath. We might park up at Rock and walk across the sand dunes to Daymer Bay, or park at Daymer Bay and walk over to Polzeath – the surf beach. Our dogs Flossie, a Border Terrier, and Freddie a Cavapoo, come with us. I also love to go to these places when the swell is epic and watch the sea, our most powerful resource, in all its glory.

Baby Bay in New Polzeath is our favourite beach. It's a bit of a trek to get to and there are no food and drink outlets so it's quieter, a secret spot. A perfect outing would be picking Cici up from school, going down to Baby Bay, having a swim, then cooking up some burgers on a mini barbecue.

I run the Camel Trail several times a week, and often do some training from The Mariners – our pub in Rock – running onto Rock beach then up Brea Hill above the Camel Estuary *(pictured)*. From here you can see people in RIBs messing around, water skiers from the Camel Ski School, and working Cornish shrimpers plying the waters – it's a great atmosphere. Being outdoors gives me a sense of freedom and clears my head, and satisfaction that I've done something with the day.

• Visit the flagship Padstow restaurant, Paul Ainsworth at No 6, for Michelin-starred menus; Paul and Emma also run The Mariners pub in Rock, Caffè Rojano in Padstow, the Padstow Townhouse (a six-suite boutique bolthole with 'honesty' pantry), plus Mahé Cookery School next door to No 6. See *paul-ainsworth.co.uk*.

CAMEL ESTUARY PHOTOGRAPH THOMAS MARCHHART/SHUTTERSTOCK



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01872 306 360
info@rohrsandrowe.co.uk