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coast

APRIL 2021

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See page 26 for this month's deal

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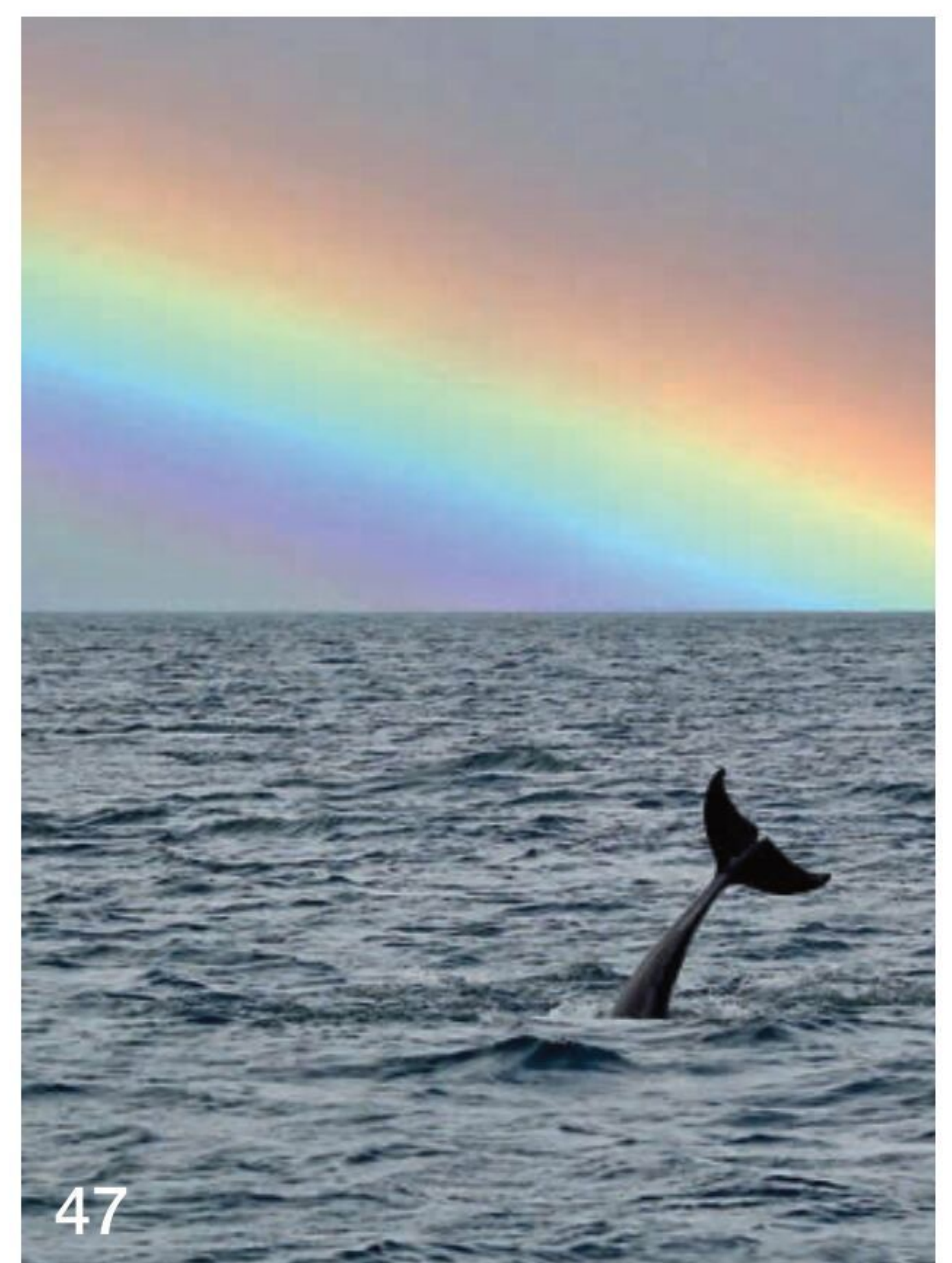
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— WELCOME —



The stunning seascapes of Northumberland are the focus of this issue of **coast**. Sitting on the north-east coast of England, just below the Scottish border, this county has a wild and unique character of its own, with dramatic castles, an abundance of wildlife and fantastic walking trails. As property here is far more affordable than many seaside locations, it's becoming a more and more popular destination for the those seeking the solace of the sea. Turn to page 45 to find out more.

We've also gathered together the top 10 places around the British Isles to spot seabirds, so that you can begin to plan a life-enriching bird-watching trip on our coastline as soon as travel restrictions are lifted. Turn to page 36 for some inspiration. We know this is a difficult time for our community, and how challenging and isolating the past year has been, so it's been amazing to hear so many positive stories from our readers about how you are staying connected to your coast community. Please do keep writing to me at coast.ed@kelsey.co.uk and if you can't get to the shops, remember you can now buy single issues of the magazine at shop.kelsey.co.uk and can sign up to our free weekly Beachcomber newsletter on our website coastmagazine.co.uk to keep topped up with vitamin sea while restrictions are still in place. Good health to you all!

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— THE CREW —

This month's contributors share their coastal musings



WILLIAM THOMPSON

William is a tide expert and author of *The Book of Tides*. He currently lives on a yellow catamaran with his family (partner Naomi and kids Otilie, six, and Arva, three) and is at the start of a five-year sailing voyage around the world. An avid thalassophile (lover of the sea),

William designs evocative prints illustrating tide cycles and shares his knowledge of the sea to improve people's adventures – all available at tidalcompass.com. This month, on page 78, he explores the unique qualities of headlands and peninsulas – windswept places richly layered with flora and marine fauna.



JESSIE JOHNSON

Jessie is a freelance writer for a range of national magazines and has been part of **coast's** editorial team since 2013, writing news and features. After over a decade living in London she and her young family have re-located to the Lincolnshire coast where she

grew up. This spring she's looking forward to dipping her toes into the North Sea, going on sunny coastal bike rides, writing her novel and being woken up by the resident seagulls. Lifestyle store and café, Maranta in Cleethorpes, which is now local to Jessie, is April's 'Shop of the Month' – see page 14.



JENNY OLDAKER

Jenny is a freelance writer specialising in travel, wildlife and lifestyle features for a wide range of magazines. She is based in Bristol but spends as much time as possible on the South Wales coast, and is never happier than when she is by the sea and

combing the sands for fossils and other beach finds. Writing the feature on some of the best places to spot seabirds around the British Isles – turn to page 36 – gave her a fresh appreciation of the amazing diversity of birdlife around our shores. She's planning a puffin pilgrimage to Skomer as soon as restrictions allow.



LEAP OF FAITH

This stunning image was taken by Walter Baxter while on a 'seafari' with Berwick Boat Trips (berwickboattrips.co.uk), which operates its small passenger boat, *Border Rose*, from Berwick-upon-Tweed. Passengers frequently spot seals, dolphins, gannets and a wide variety of seabirds on these two-hour expeditions out on the water around the most northern coastline of Northumberland. As well as a daytime safari, the company also offers sunset trips – what a beautiful way to spend an evening. Tickets cost £18. *For more information about Northumberland, turn to our special section starting on page 45.*



K

Karma Group



Karma Salford Hall, The Vale of Evesham



Karma St. Martin's, Isles of Scilly

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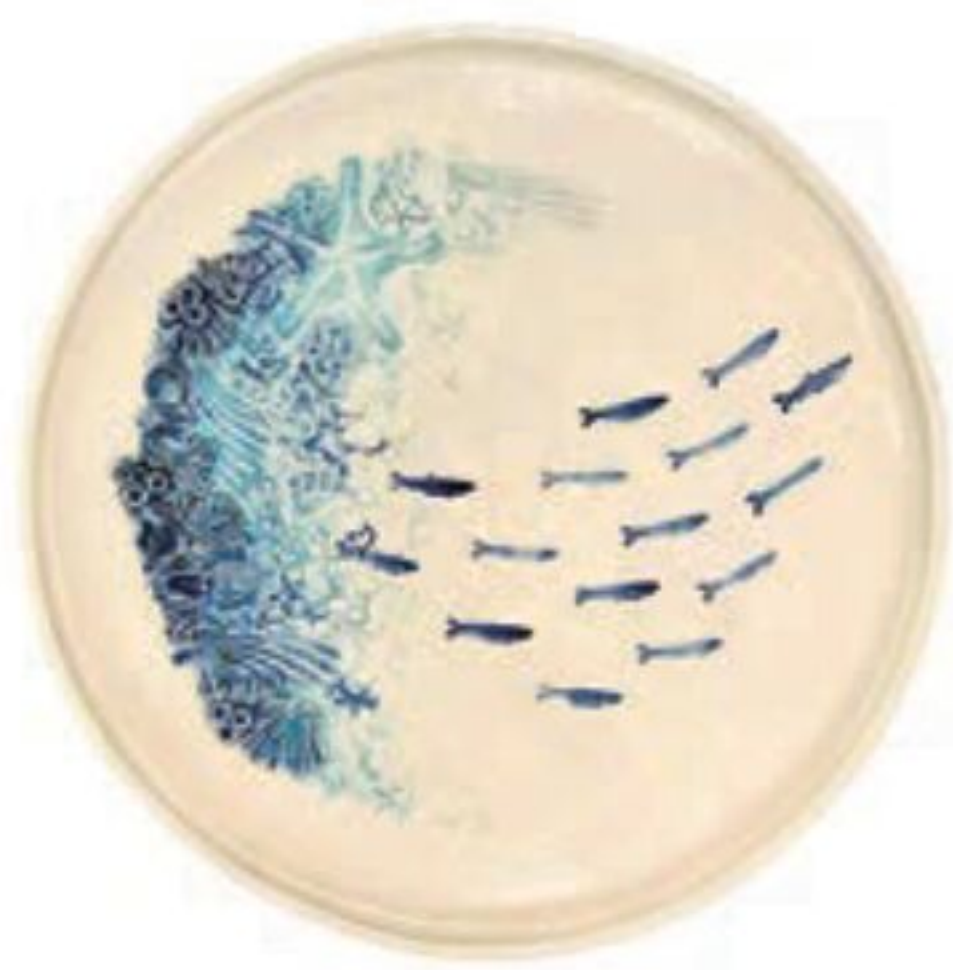
Every month, we trawl the nation's coastline to bring you news of the people, places and exciting goings-on that are worth knowing about



FIND OF THE MONTH

Brighten up your kitchen with these great Fish & Wave tea towels and reusable dish cloths from Cornish company Liga (£10 and £6.95, loveliga.co.uk).

CATCH OF THE DAY



1 THIS PLATE

Handmade on the coast of West Wales by family firm Welsh Otter, this ceramic plate, detailed with sea life, will make a handsome addition to a dresser or a wall (£48, welshotter.co.uk).



2 THIS SEASONING

Liven up stews, dips, sauces and roasties with a sprinkle of Everyday Seaweed Seasoning, sustainably harvested on the North Yorkshire coast (£9.75, seagrown.co.uk).



3 THIS DRYROBE

Loved by a nation of sea swimmers for its super-warm lining and waterproof outer shell, this dryrobe Advance will keep you warm as toast straight out of the waves (£150, dryrobe.com).



4 THIS LAMPSHADE

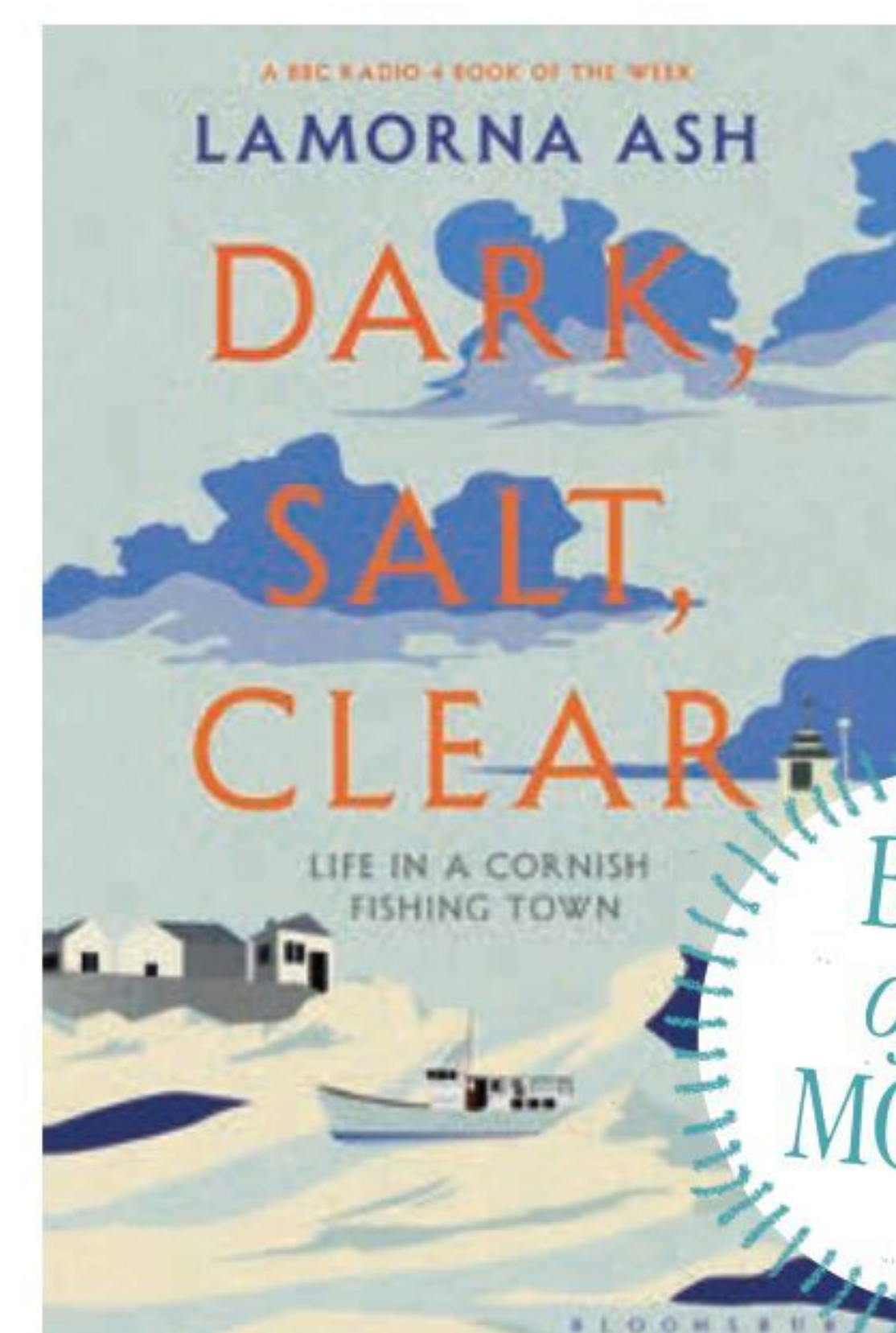
Soft yet striking, this chic Spiral Shell natural rattan lampshade is sure to create a real talking point in any room, and it's available in medium or large (from £180, rockettstgeorge.co.uk).

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



ECO-CLEAN

Cold pressed soaps infused with seaweed, clay, pumice and essential oils are part of a new collection of sustainable bodycare products from LEGRA, a small, family-run business based in Leigh-On-Sea on the Essex coast. LEGRA's natural deodorants are made from butters, clays and minerals, are free from parabens and synthetic fragrances, and packaged for sale in fully recyclable cardboard tubes (legrasoap.com).



BOOK
of the
MONTH

Cornish waters

When Lamorna Ash leaves London for the Cornish coast, a place of rose-tinted childhood summer holidays, she finds a different world. Newlyn, a fishing town near Land's End is messier and harder, seemingly not a place that would welcome strangers. Then Lamorna goes out with a local fishing crew. Revealing the tension, grit and camaraderie of a community defined by the sea, she learns to gut fish and weather storms, confronting the looming shadow of globalisation with a raw, poetic sensitivity. *Dark, Salt, Clear: Life in a Cornish Fishing Town* by Lamorna Ash (hardback, £16.99, Bloomsbury).

Bags of appeal

What to do with that holey old rucksack you haven't used since your gap year? New community initiative 'Re-Home Your Bag' from specialist bag maker, Millican, is fixing up old, unwanted bags and finding new homes for them – supporting social projects and communities at home and abroad. The service is free and for each bag donated, senders receive a 10% discount code for Millican. To find out more information, visit homeofmillican.com.



DISH OF THE MONTH



The New Inn mackerel burger with beetroot relish and horseradish mayo

- 1 large cooked red beetroot, diced
- Small bunch chives, finely chopped
- ½ lemon
- 1 tbsp crème fraîche
- 1 tbsp horseradish sauce
- 2 tbsp mayonnaise
- Drizzle of rapeseed oil
- 4 mackerel fillets
- 2 brioche burger buns
- A large handful of rocket
- Salt and pepper to season

Method (serves 2)

1. Make the beetroot relish by combining beetroot, chives, juice from the half lemon and crème fraîche in a small bowl and set aside.
2. In a separate bowl, combine the horseradish and mayonnaise, also setting aside for later.
3. Lightly oil and season the mackerel fillets – grill skin side up for approximately 3-4 minutes (depending on the size of your fish) until lightly golden.
4. Toast the brioche buns. Spread the bottom bun with beetroot relish and the top bun with the horseradish mayonnaise.
5. Stack the mackerel fillets, rocket and sandwich buns together to create your burger.
6. Serve and enjoy.

To find out more about The New Inn, visit tresco.co.uk/eating/new-inn.



Fish to your dish

Until we can feast on the fruits of the sea in restaurants and cafés nationwide, Fishworks, the London-based fishmonger and restaurant – has created the next best thing. Alongside the eat-at-home Fruits de Mer and smoked fish platters, you can also learn how to shuck oysters from the comfort of your kitchen. The Oysters and Wine Experience Box includes a dozen Jersey oysters, a bottle of house wine, a wooden-handled oyster knife and access to an online shucking class led by head fishmonger, Benny. To find out more, visit fishworks.co.uk/athome.



OCEAN-READY LINER

Heading for completion this spring The Liner, on Falmouth's Gyllyngvase Beach, is a £35m regeneration project of 53 one-, two- and three-bedroom apartments and two duplex penthouses (one already reserved), looking out to sea. Designed by the St Ives architectural practice Poynton Bradbury Wynter Cole to echo the sleek bow and upper decks of an ocean liner, most of the bedrooms have sea views and open onto balconies, terraces or private patios. Located on Cliff Road, The Liner is next to St Michael's Resort, where residents can take advantage of the luxury spa and health club facilities. Prices per apartment from £325,000 to £1,600,000 – go to acornpropertygroup.org for more information.

SHOP OF THE MONTH

Maranta, Cleethorpes, Lincolnshire

A global pandemic hasn't stopped business owners Olivia Herrett, Sam Rodwell and Kelly Blackburn from marrying their respective passions of jewellery, plants and Midcentury antiques to create the coolest lifestyle store on the east coast. Championing small brands and local artists, Maranta also serves up loose leaf teas and coffee from speciality roasters Iron & Fire, along with a counter of doughnuts, cakes and biscuits made by local guest bakers. To browse its wares online, visit marantaliving.co.uk.



Sea bounty

Artisan jeweller Lydia Wood-Power works from her shop and studio in Margate's Old Town to create unique collections of silverware, inspired by her seaside surrounds and the woodlands of Kent. The Coastal Collection features delicate starfish rings, chunky silver bangles ringed with tiny beach charms, a sea urchin pendant and a periwinkle necklace to name but a few forever pieces informed by the sea. To see all these and more, visit lydiawoodpower.com.

Paul's walking no longer an uphill battle thanks to **TURMERIC+**

Walking is one of the most beneficial forms of exercise, and also one of the most underestimated in terms of well-being. It's a great way to reach the recommended level of physical activity needed to stay healthy without the toll to joints, ligaments and muscles that more demanding sports exact.

When taking longer walks however, some of us can experience skeletal and muscular discomfort. Paul Goddard, 62, a Nordic Walking instructor from Saffron Walden in Essex, swears by a product called Turmeric+ as an effective means of keeping him active.

"I decided to become a Nordic Walking instructor in 2009 and started walking forty to fifty miles a week. Two years ago it became uncomfortable to walk distances that should have been easy for someone of my age and fitness levels. I felt very apprehensive as walking is not only my passion, but my business."

Paul continues: "I started doing some research. I learned that turmeric could be helpful and bought supplements ... and then stumbled upon Turmeric+."

Curcumin, the active ingredient in turmeric, is difficult for the body to absorb. Some turmeric products offer high levels of curcumin but unless this is easily absorbed by the body, the higher amounts make little difference.

The need for easy absorption is what led the scientists at FutureYou Cambridge to create Turmeric+ using the patented 'Curcuma Phospholipid Complex' formulation. It's thirty times more absorbable



"Soon after taking it I experienced that 'light-bulb' moment"

than standard turmeric and contains vitamin C, which contributes to normal collagen formation for the normal function of cartilage.

"Soon after taking it I experienced that 'light-bulb' moment – I realised my knees felt like they used to. I take Turmeric+ religiously now. I walk around two hundred miles a month and even my customers have remarked on my mobility.

"Walking is great for fitness as well as your mental health.

Being able to walk easily has made a huge difference to my life and I feel fitter now than I did twenty years ago."

Adam Cleevely, CEO of FutureYou Cambridge comments:

"We want to support more people to get active and we think Turmeric+ can play an important role in that journey. We have tens of thousands of happy Turmeric+ subscribers who regularly tell us about their positive stories, just like Paul."

FutureYou
CAMBRIDGE

Try **Turmeric+** before you buy it

FutureYou Cambridge, the nutraceutical company known for its science-backed health supplements, is offering new customers the chance to try its flagship product, Turmeric+ for just the cost of the £1.50 postage.*

Turmeric+, was developed in Cambridge with the backing of a scientific advisory board including luminaries such as Dr Nicholas Shenker, a leading rheumatologist and chronic

pain expert at Cambridge University Hospitals NHS Foundation Trust (Addenbrooke's). The formulation is thirty times more absorbable than standard turmeric, and also contains vitamin C which contributes to normal collagen formation for the normal function of cartilage.

Since launching the product the company has continually received positive feedback from happy customers, particularly on Trustpilot, the independent online review platform.

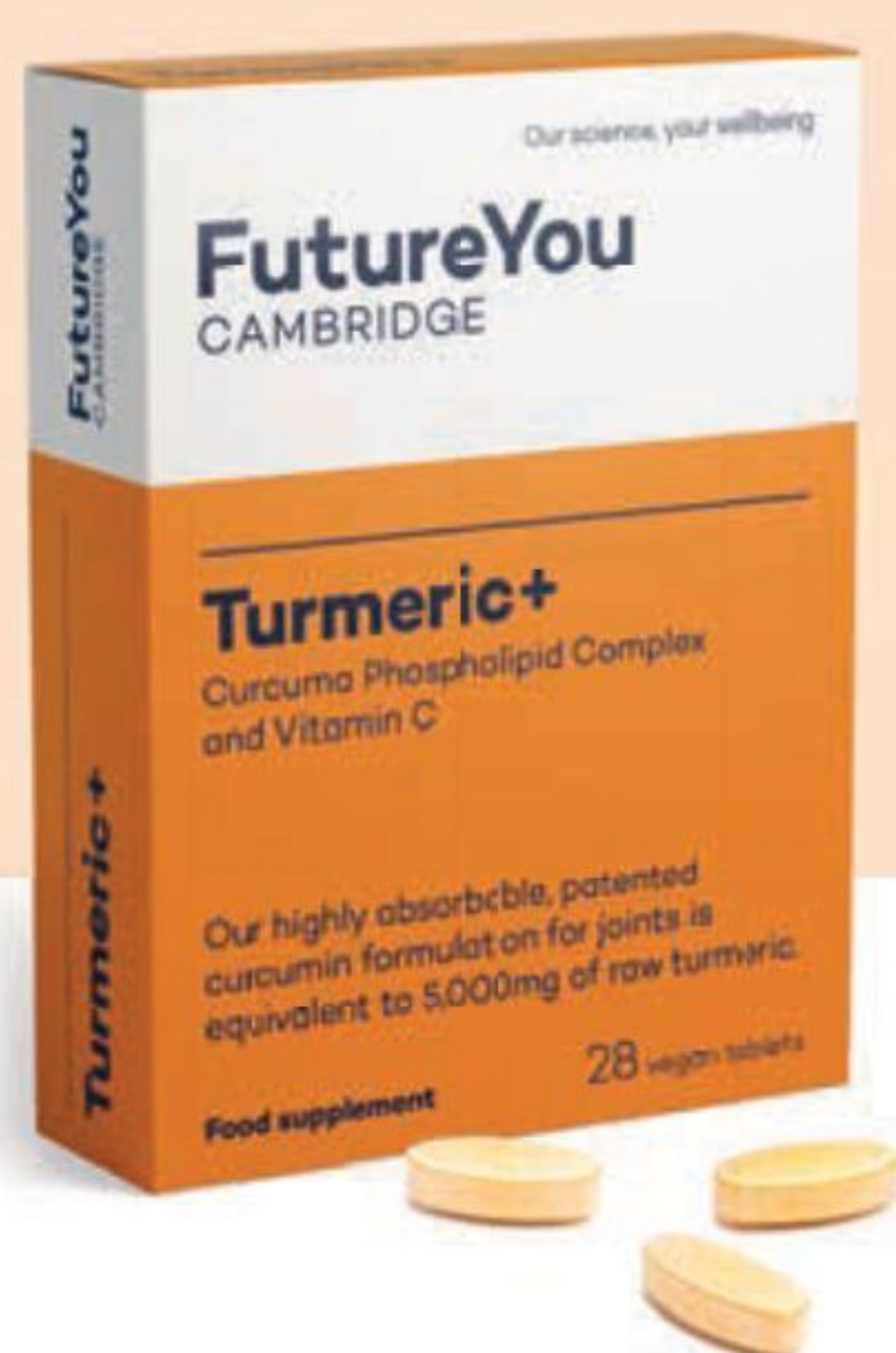
'As far as I'm concerned this stuff is magic... Highly recommend!' wrote one 5 star

reviewer. 'The product appears to meet all its promises and the service levels from FutureYou are first class,' said another.

'We're very happy to give people their first pack for free so they can experience it for themselves,' says Adam Cleevely, the company's CEO.

'It might sound bonkers but it really isn't. We're that confident in the effectiveness of our formulation.

'I can't think of a better way to convince people. If they like it, they will stick with it. Tens of thousands of customers already do.'



To claim your free 28 day Turmeric+ subscription trial pack worth £16.80, visit **FutureYouOffers.co.uk** or freephone **0800 808 5740** quoting code **TF26**

If it's not for you, simply cancel your subscription at any time, without obligation.

Discount valid until 30th April 2021. **Turmeric+ contains vitamin C which contributes to normal collagen formation for the normal function of cartilage and bones.** New UK customers only. One free trial per household. Your first box is free (Just pay £1.50 postage) and you will be enrolled into a flexible subscription (£16.80 every 28 days). We regret but we cannot take payment for this offer by cheque. You can stop deliveries at any time without obligation. See website for more information on our subscription service. Turmeric+ from FutureYou Cambridge should be consumed as part of a healthy and balanced diet and lifestyle. If you are taking any prescribed medication or have any medical conditions always consult your doctor or pharmacist before taking vitamins or supplements. Trial pack promotion cannot be used in conjunction with any other promotions.





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—HER COASTAL WARDROBE—

Liven up your look with a splash of colour as we head into spring – fashion stylist Polly Banks has some vibrant options at the ready



- 1** Long-sleeve T-shirt, £110, Oblivious? **2** Adam sunglasses, £385, Cones & Rods **3** Black T-shirt, £95, Oblivious? **4** Hummingbird floral trousers, £175, Gant **5** SJC trainers, £140, Sans Matin **6** Baggu Brown Cow print bag (one of 10 designs), £36, Couverture & The Garbstore
7 Hummingbird floral blazer, £325, Gant **8** Corell Corell Circle Velvet sweatshirt, £235, Couverture & The Garbstore
9 Laite Works embroidered pouch, £69, Couverture & The Garbstore For where to buy, see Stockists, page 98

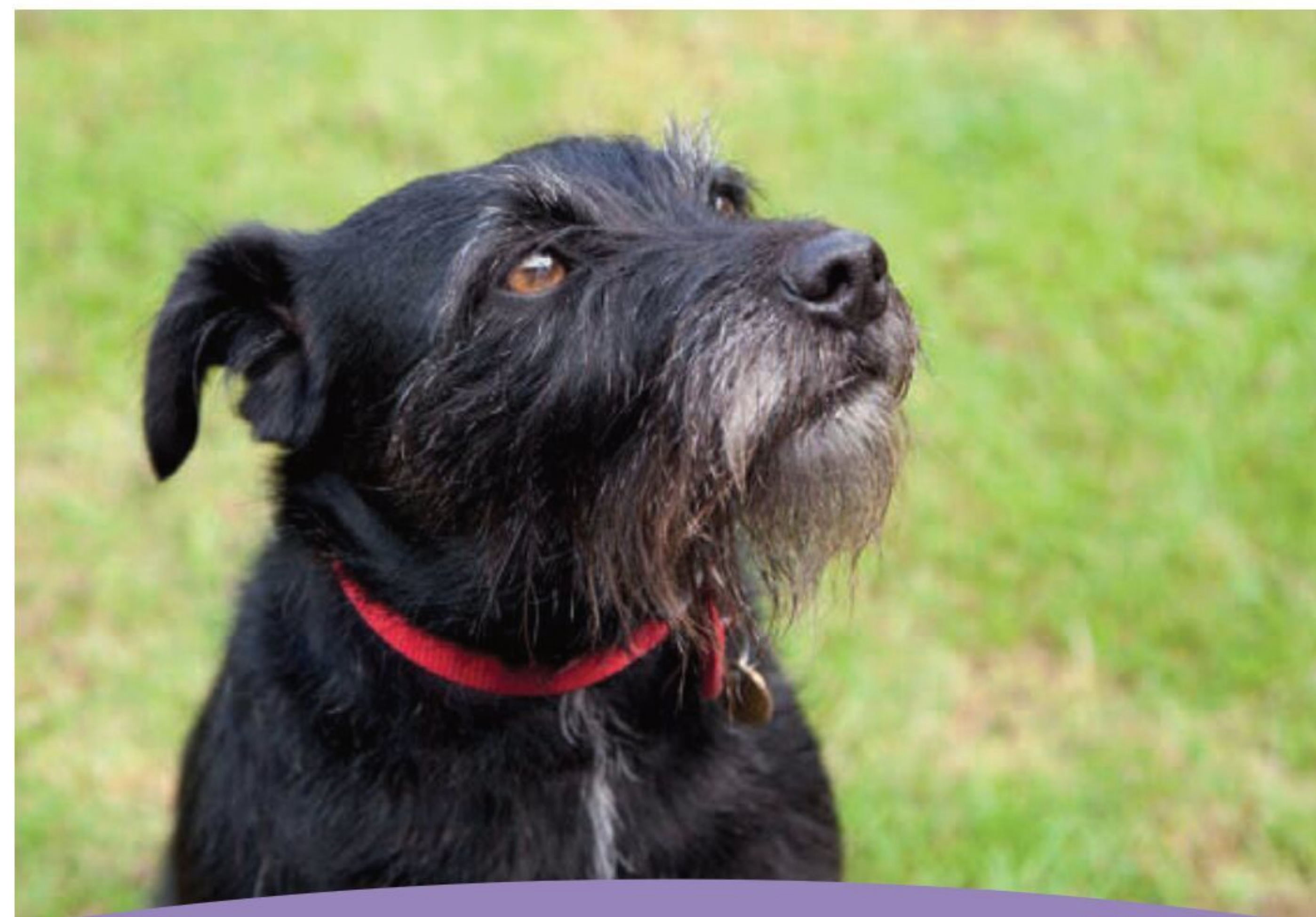
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shoal

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Image shows a bespoke Shoal in a private residence on the north coast of Kent.

— HIS COASTAL WARDROBE —

Fashion stylist Polly Banks selects some lighter fabrics for spring by the seaside – now all you need is the weather...

1



2



3



8



4



5



7



6



1 Bucket hat, £40, Gant **2** Orange summer blazer, £350, Gant **3** Mystery Ranch full moon bag, £40, Couverture & The Garbstore **4** The Superior Labor leather bird coin case, £60, Couverture & The Garbstore **5** Mollusk Cheeseburger tee, £37, Couverture & The Garbstore **6** Orange summer trousers, £165, Gant **7** Classic Dan suede loafers, £165, Sebago **8** Palm print shirt, £70, Penfield For where to buy, see Stockists, page 98



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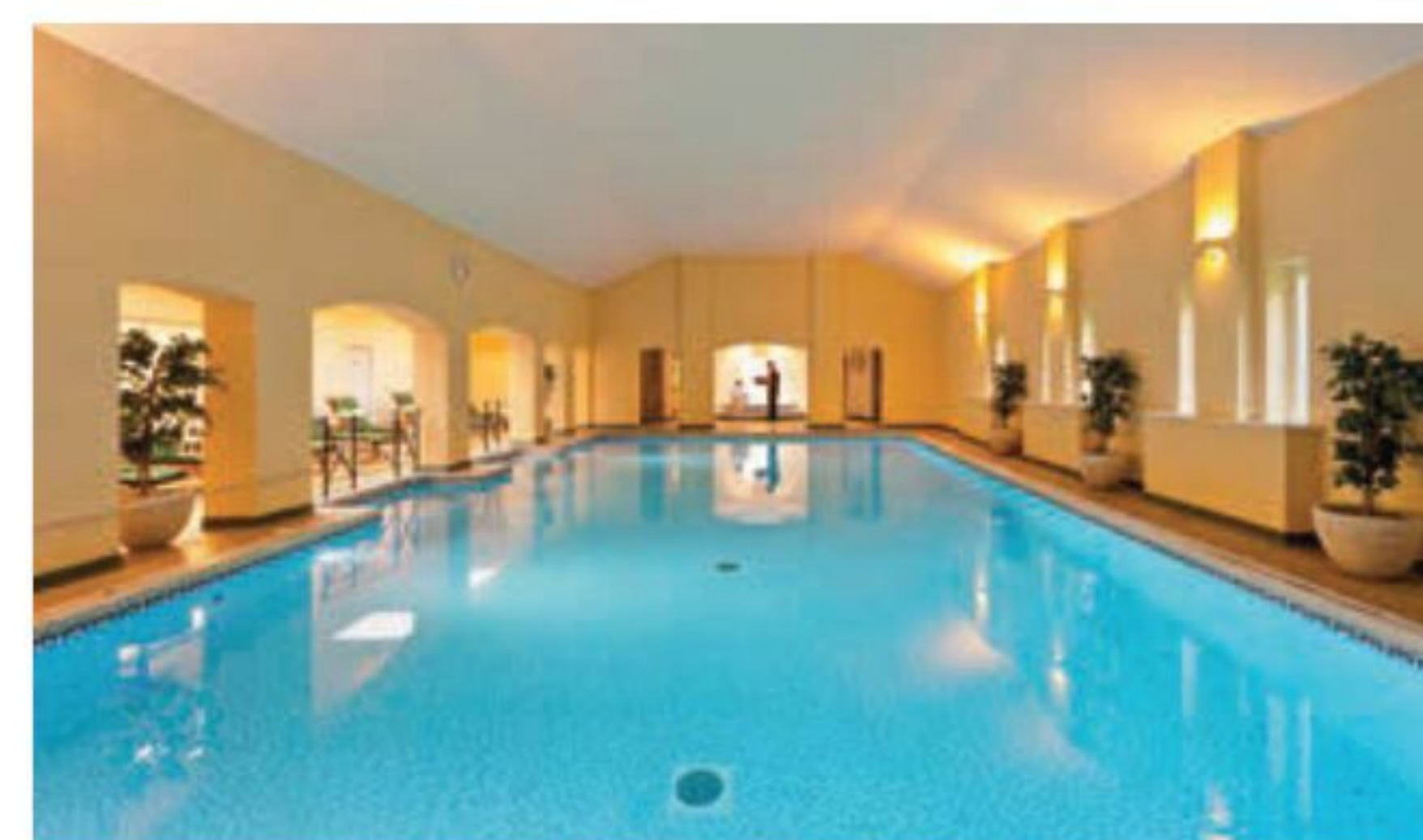
New beginnings ...



clemandcolifestyle.com

WIN A LUXURY TWO-NIGHT STAY FOR TWO IN WALES

This month, our lucky winner and guest will head to Bodysgallen Hall and Spa for a relaxing spa break with gardens and Snowdonia as a backdrop



Picture a winding road, climbing up Pydew Mountain, cutting through 200 acres of woodland. Tall chimneys appearing through the trees, a hint at the magnificent proportions of this 600-year-old manor house.

Inside Bodysgallen Hall and Spa you're rewarded with a romantic interior straight out of a novel; a myriad of winding corridors – imagine the centuries of whispered conversations that must have been held here. The oak-panelled hall and brooding drawing room, huge fireplaces and dark wood; it's opulence from a bygone age. Climb the narrow time-worn stairs within the 13th-century tower,

believed to have been the watchtower for the construction of Conwy Castle. Spot an obelisk, the Great Orme and Snowdonia further in the distance.

With feet on terra firma meander through the restored 17th-century parterre, admiring the lily pond and rose gardens. Inside a converted farmhouse you'll find the well-appointed health and beauty spa, complete with its magnificent 50ft pool.

Nearby, the UNESCO-listed medieval Conwy Castle sits within the confines of Britain's most intact walled town. The wild beauty of Snowdonia National Park is also a must-see. And not to be missed is Llandudno, with its 19th-century pier.

YOUR PRIZE

Two nights in a Superior King Room for two people, with breakfast each morning, a three-course dinner on one night, and a 25-minute spa treatment each. For more on the hotel, see prideofbritainhotels.com/hotels/bodysgallen-hall-and-spa.

HOW TO ENTER

Please go to the competition page at coastmagazine.co.uk and answer this question by 30 April:

Which castle is close to Bodysgallen Hall?

- A) Pembroke Castle
- B) Cardiff Castle
- C) Conwy Castle

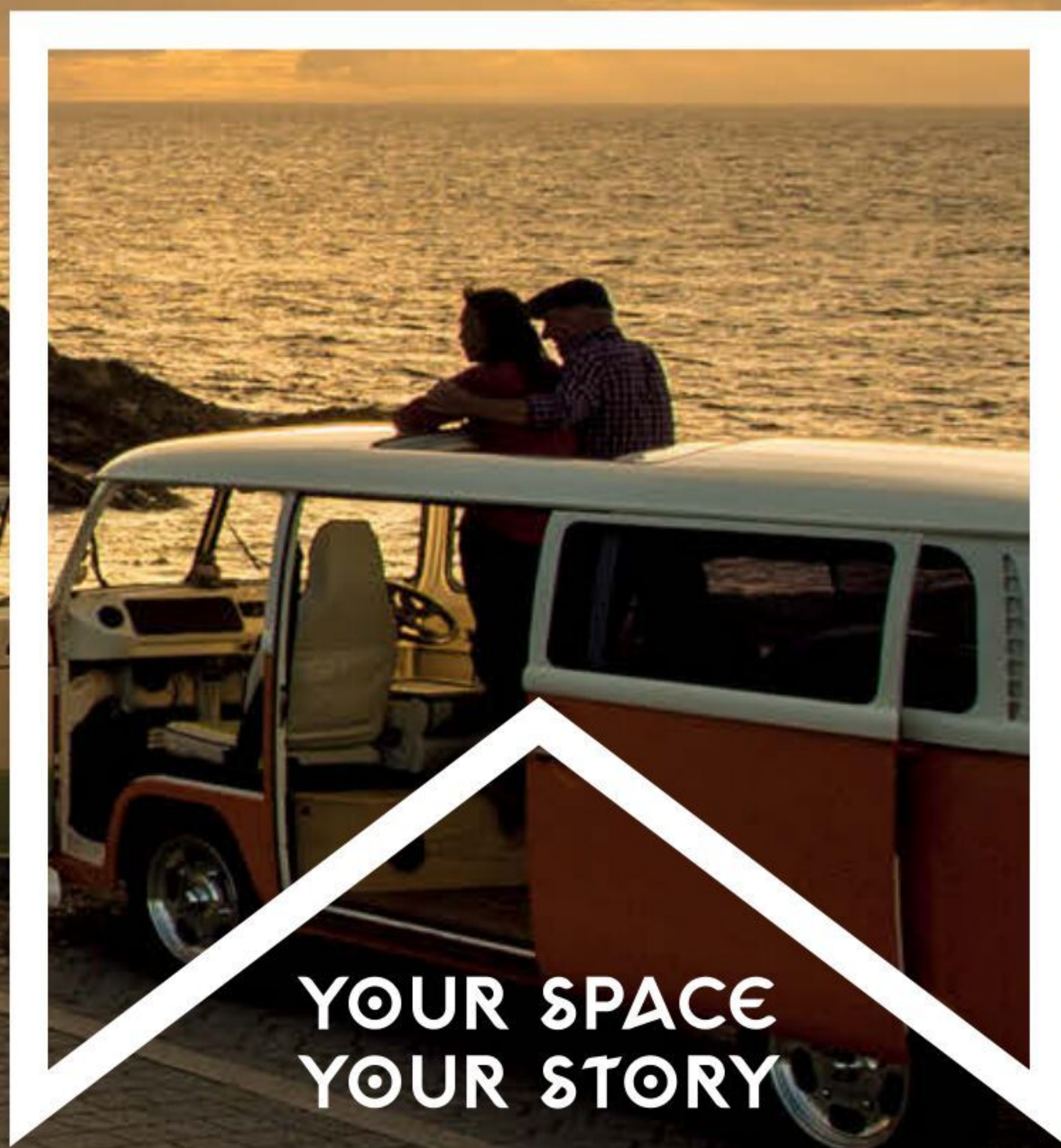
TERMS AND CONDITIONS Prize is subject to availability. Prize valid from 31 October 2021 through to 31 March 2022, excluding 24-26 December and 31 January. Prize is non-refundable and no cash alternative is available. No travel is included. Entries close at midnight on 30 April. The draw is final and 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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YOUR SPACE
YOUR STORY



HOT HOTEL

Q Square by Supercity Aparthotels, Brighton

WHAT'S THE BUZZ? This apartment hotel is set in a prime location for an action-packed city break by the sea. Step outside and feel an immediate air of excitement as the bustling city centre, with its shops and restaurants, is on your doorstep. A five-minute stroll will take you Brighton Beach, which is dotted with popular attractions including the Palace Pier and the i360 Tower. After a busy day exploring, Q Square is an ideal base to rest and recharge, whether that's relaxing in your private suite, working out in the on-site gym, or enjoying a cocktail at the recently opened bar.

WHAT ARE THE ROOMS LIKE? Modern, comfortable and light. Stylish furnishing has been used throughout the suites, which all have sofas, coffee and dining tables, and king-size beds with soft linen sheets. The kitchen and bathroom are both fitted beautifully, and splashes of bright colours in the décor reflect the vibrancy of the city. Luxurious touches such as a coffee machines and large TVs complete with Sky Package will help you settle in nicely.

BEST SEA VIEW? The Penthouse Suite opens up onto a roof-top terrace, where in

the warmer months you can lie on the sun-loungers and gaze beyond the city rooftops, out to the horizon. Wake up in the morning and press a button next to the bed to raise the electric blinds and watch the sunrise over the sea, while snuggled under your duvet.

HOW'S THE FOOD? This is self-catering accommodation, so the kitchen is fully equipped with everything you need to cook up a storm. However, on the ground floor there is a newly opened cocktail bar managed by L'Atelier Du Vin, which operates award-winning bars in Brighton.



This modern aparthotel is in the heart of Brighton in Queen Square, offering you an ideal base for a seaside city break



Although at first glance it looks like a food menu, cocktails are the main fare, with side dishes to accompany your drink. I indulged in a Smoke Session cocktail made with whisky, aged sweet vermouth and pear liqueur, and a Ladybird, a basil gin-based cocktail with strawberry and lemon flavours. The bar staff will also be happy to make any classic drink of your choice if it's not on the menu.

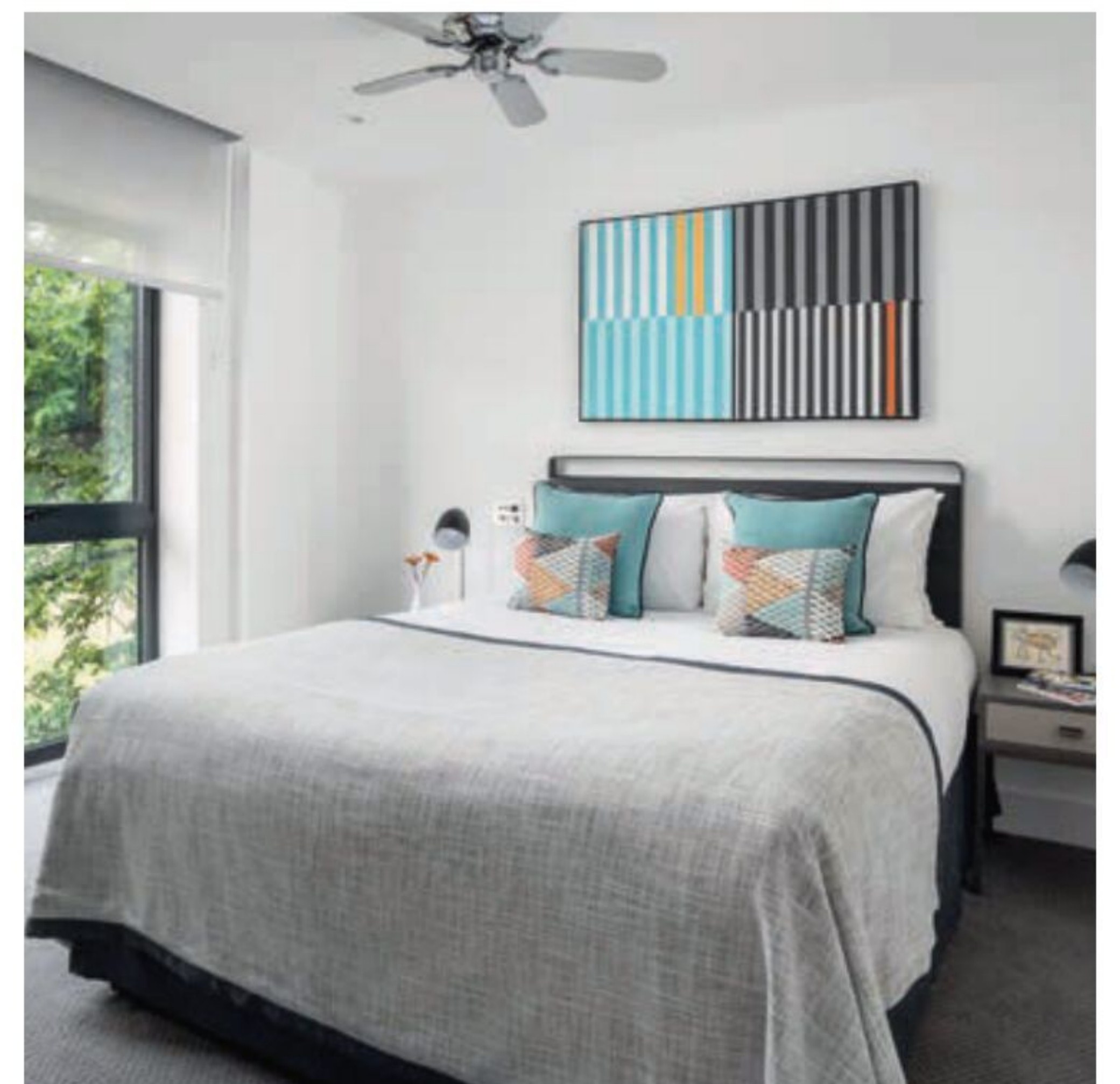
ECO CREDENTIALS? The roof-top solar panels feed into the building's electrical power supply. Any paper used is from recycled stock and over the next few months there is a plan to replace the plastic key cards.

ACCESSIBILITY? There are wheelchair-friendly rooms with accessible bathrooms available. There is no car park at the hotel, but nearby parking is available at a reduced fee, or travel by train, as the station is less than a 10-minute walk.

WHAT WILL IT COST? The Studio Penthouse Suite costs from £130 per night, or the One-Bedroom Penthouse Suite costs from £160 per night. Studio Suites start from £75 per night. Prices fluctuate seasonally and longer stays benefit from reduced rates.

HOW DO I BOOK? Call 0203 8189070 or visit supercityuk.com.

Jessica Reid





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Alex Fisher,
Editor-in-Chief

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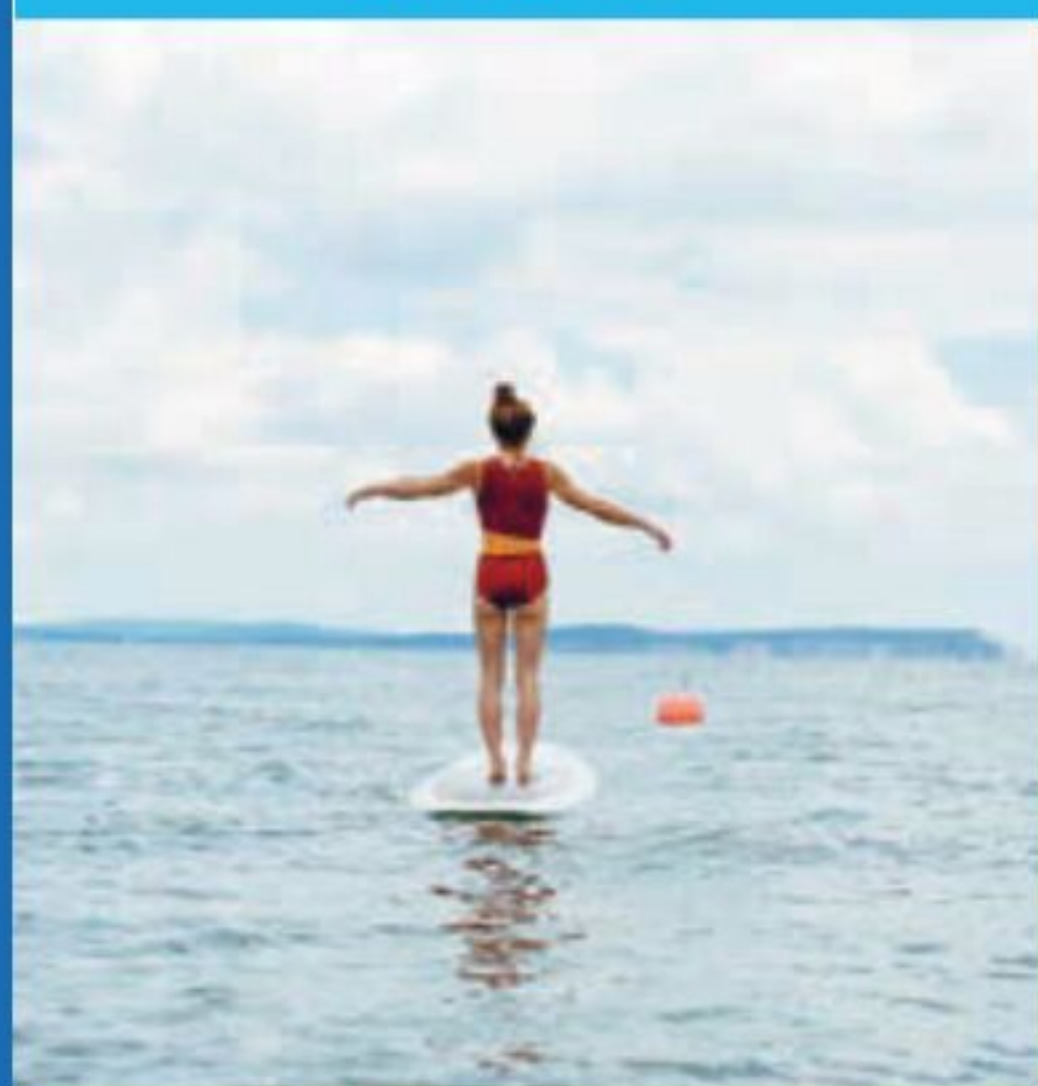
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SCENES FROM THE SOUTH DOWNS

Prize-winning artist Faye Bridgwater seeks inspiration for her paintings on the Sussex coast, spotting birds, beaches and beautiful vistas

WORDS CAROLINE WHEATER

'You feel so small in this huge seascape, looking across the shoreline to the horizon and the jagged edge of the sea and the cliffs,' says artist Faye Bridgwater of the spectacular South Downs that hug her hometown of Brighton & Hove. A non-driver, she loves to walk in these chalk hills, taking the bus to the Seven Sisters coastal path perhaps, or staying local, striding up Race Hill after dropping her children off at school. 'It has the best view across Brighton, and on a clear day you can see Shoreham and over to the Isle of Wight.'

The Sussex downs, with their smooth, undulating forms and ancient history, are behind most of Faye's expressive, abstract paintings, executed in a bold palette of acrylic paints, oil pastels, watercolours, pencil, and pen and ink. 'When you're out walking, those shapes capture your eye – it may be the curve of a cliff, or a coloured square of a field miles away. Sometimes, I feel my arm moving as I walk, as if capturing the shape of a hill so that I can replicate it on the canvas when I get home. These downland views feed continuously into my work.'

A couple of years ago her palette was dark and moody, but since early 2020, after taking two professional courses on colour, she's embraced brighter hues



ABOVE Artist Faye Bridgwater OPPOSITE One of Faye's colourful pieces, called *Midsummer Downs*

– introducing dazzling pinks and yellows, even fluorescents. She makes marks, too, using seabird feathers, driftwood and hag stones (stones with a hole in them, said to have magical powers) that she finds among the flotsam and jetsam of local beaches.

CHANGING PLACES

Faye grew up in landlocked Watford, studied sculpture in Sheffield and, after graduating, lived in and around London. She discovered Brighton when 



ABOVE *View Finders* shows Faye's use of colour
BELOW Faye in the studio OPPOSITE A striking
Brighton Skies image from Ben Nazarko



she got a job in a local gallery, commuting from the capital. By 2009, she and her husband David decided to relocate to the coast, with their one-year-old daughter, Dotty. 'I haven't looked back, my only regret is that I didn't move here sooner – I'd have had so much fun in those clubs when I was younger!' she says, laughing.

The family, which now includes son Fred, lives in the hilly Queen's Park area of Brighton, with an enviable sea view. 'I'm always running upstairs to look at the sunset, I have to pinch myself that I'm living by the sea, which takes me 13 minutes to walk down to,' remarks Faye. 'I didn't know anyone when I moved here but it's a really accepting place and now I'm part of this wonderful community – it was a good life choice.'

SHARING SKYSCAPES

This community grew hugely a couple of years ago, when Faye set up a Facebook

group called Brighton Skies – a forum for people to share photographs of south-coast skylines, from Eastbourne to Littlehampton. From tiny beginnings it has now attracted 16,000 members and people post images from dawn to dusk. 'Brighton Skies is a place to escape to and to feel connected to other people. There'll be a rainbow, for example, and members will post how it looks from where they are. These images are a huge inspiration to me, and I sometimes make them a starting point for a painting,' explains Faye.

Now 42 years old and the recipient of two important art prizes in 2020 – the People's Choice Award in The Derwent Art Prize, and the John Purcell Paper Prize awarded by the Royal Institute of Painters in Watercolours – Faye feels happier than ever in her own skin. 'Winning those prizes gave me more confidence and my paintings







'You feel so small in this huge seascape, looking across the shoreline to the horizon and the jagged edge of the sea and the cliffs'





became more confident as a result, with a bolder, more spontaneous line. At art school it was all quite conceptual and I struggled with the judgement of other artists. Now I feel that fine art expressed in a domestic setting can be beautiful. I'm making a living as an artist, I feel relaxed and I'm enjoying it, and other people like it too.'

CREATIVE FLOW

The growing popularity of Faye's art has allowed her to build a garden studio, a homage to Derek Jarman's Prospect Cottage at Dungeness, where she paints inside and out on the lawn, when the weather is nice. She describes her creativity as being like the tide, going out,

then crashing in again – at the beginning of the first lockdown she found it hard to paint, but within a few months the muse had returned and she created her Summer Collection, a sell out.

'For me, painting is almost a meditative process – I never know what's going to come,' Faye says, explaining how she works on a single collection of canvases all at once, and tends to move quickly between them. 'I want the brushwork to be spontaneous on every painting, and it gives me the opportunity to be as expressive as I want.' She may work in a flurry, but her paintings reflect something more peaceful and permanent, the timeless natural beauty of the South Downs coast.



ABOVE Faye shows some of her work LEFT Faye's piece called *Light, Line and Reflection* OPPOSITE The artist on the coast that inspires her paintings

FIND OUT MORE ABOUT FAYE'S WORK

- Faye Bridgwater's Winter Collection of paintings is available now, at prices from £285. View her online gallery and check for details of upcoming shows at fayebridgwater.com.
- A small selection of prints is currently available from King & McGaw in Newhaven, Sussex. To order, call 01273 511942 or go to kingandmcgaw.com.
- Faye's *Studying Murmurations*, which won the People's Choice Award in The Derwent Art Prize 2020, will go on show at gallery@oxo, the exhibition space at Oxo Tower Wharf on London's South Bank, this year – see website for dates (oxotower.co.uk).
- In 2021, Faye will also be creating some new work for Gallery 94, the shop and art gallery at Glyndebourne, East Sussex, where the famous annual opera festival is held. Browse glyndebourneshop.com to find out more.

Find Brighton Skies on Facebook and Instagram.

SUNSET SKY BIRDS PHOTOGRAPH BEN NAZARKO
FAYE BRIDGWATER PAINTINGS ANDRÉ LICHTENBERG
FAYE BRIDGWATER PORTRAITS JO THORNE

*'Painting is almost a
meditative process –
I never know what's
going to come'*



10 BEST PLACES TO SPOT SEABIRDS

From comical puffins and sleek gannets to leggy waders and dabbling sea ducks, our shorelines teem with fabulous birdlife – so on with the beanie and jacket and go discover

WORDS JENNY OLDAKER

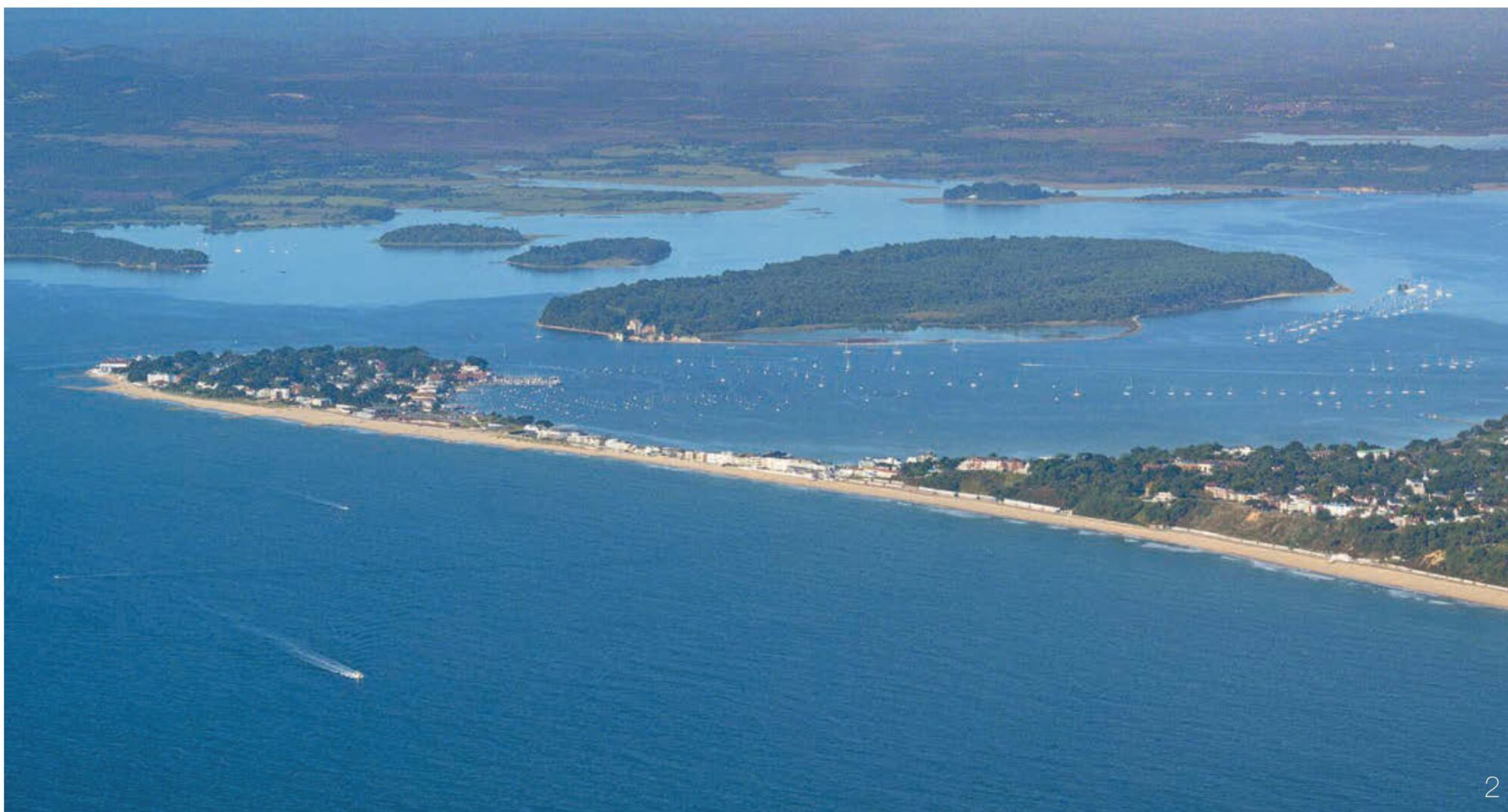




The chip-guzzling gulls of seaside resorts are just a small part of the UK's seabird story. While they're certainly the most regularly visible species, the British Isles enjoys a diverse army of coastal birds, playing host to several globally important breeding colonies – around eight million seabirds from 25 species nest here each year, while many more waders, divers and sea ducks winter in coastal estuaries, and rare migrants pause en route to warmer climes. Today, overfishing, pollution and climate change are among the threats facing seabird populations, but campaigns from wildlife charities and the implementation of Marine Protected Areas in our waters are helping lead the fightback. We can all do our bit to help, and observing birds in their coastal habitats is a thrilling and accessible first step.

SKOMER ISLAND, PEMBROKESHIRE

1 If you want to see puffins, beautiful Skomer off the coast of West Wales is the place to get up close and personal with these iconic seabirds. Arriving at their underground burrows on the island in April and remaining here until August, peak season (late-May to July) offers the rare opportunity to see hordes of scurrying puffins – sometimes right around your feet! Skomer is also home to the world's largest colony of Manx shearwaters, with around 350,000 breeding pairs on the island. However, only overnight guests are likely to spot them, as Manx shearwaters spend their days at sea, returning to their nests at night. Skomer is open from April to September with a strict daily limit on visitor numbers. *Find out more at welshwildlife.org.* ➡



2

POOLE HARBOUR, DORSET

2 Europe's largest natural harbour is an important destination for birds of all kinds, but one of its most exciting is the osprey. The Poole Harbour Osprey Translocation Project aims to restore a breeding population of these impressive birds of prey to the south coast, and seeing one soaring above the coastline is always a thrill. Look out for the exotic-looking spoonbill too: this popular resident is often seen frequenting Brownsea Lagoon. The area also boasts an impressive count of waders and wildfowl, especially in winter – though the unique geography here provides myriad different habitats, so there's a vibrant variety of birdlife to enjoy throughout the year. *Find out more at birdsofpooleharbour.co.uk and dorsetwildlifetrust.org.uk.*



2

SOUTH WALNEY, CUMBRIA

3 The windswept shingle of South Walney on the north-west coast of England is a haven for birdlife and is especially important for its gulls – it's home to a third of the UK's declining lesser black-backed gull population. Sea ducks, such as the distinctive eider, are also worth looking out for (it's one of the southernmost places to see breeding eider ducks in Europe). While March to August is arguably the best time to visit South Walney, there are attractions all year round, with diverse migrants in autumn and a host of waders and wildfowl in winter, creating a bustling spectacle against the peaceful backdrop of Morecambe Bay. *Find out more at cumbriawildlifetrust.org.uk.* ➡➡➡



3

BEMPTON CLIFFS, EAST YORKSHIRE

4 This RSPB-run reserve is the ultimate seabird city. Each spring and summer its vertiginous chalk cliffs are alive with the cacophony of almost half a million seabirds, whose precarious-looking nests cover every available inch of space. Razorbills, gullemots and kittiwakes are regular sights, arriving in springtime to breed. You may even spot a waddling puffin, fresh from a foray for sand eels. The gannets, however, make for the most compelling spectacle – majestic white giants, cruising the coastline and hurtling into the sea at up to 55 miles per hour in pursuit of fish. Even when the breeding colonies have left, the area remains home to tree sparrows and short-eared owls, giving year-round appeal to this dramatic location. *Find out more at rspb.org.uk.*

CLEY AND SALTHOUSE MARSHES, NORFOLK

5 The wide-open skies and flat expanses of this East Anglian coastal reserve make it a peaceful, spirit-lifting place to visit at any time of year. And birds clearly agree, as they flock here enthusiastically. This Norfolk Wildlife Trust site encompasses a variety of habitats and its location, jutting into the North Sea, means it attracts rare migrants in autumn, blown off course from their usual migration routes (sightings last year included a dusky warbler, Pallas's warbler and lesser yellowlegs). Resident species include waders like redshank, wood sandpiper and avocet, while marsh harriers can also be spotted along the reed beds, seeking prey. *For more information, go to norfolkwildlifetrust.org.uk.*



SOUTH STACK CLIFFS, ANGLESEY

6 During breeding season you'll find all the usual suspects nestled on the craggy South Stack Cliffs, as razorbills, guillemots, puffins and gulls bring the rocks to life with their squawking, flapping antics. But this picture-perfect location has another ornithological attraction too. South Stack is one of the few places in Britain where you can see the rarest member of the crow family, the chough. This sleek, scarce resident, with its distinctive red beak and legs, can be seen all year round here, swooping around these Anglesey cliffs and heathland. The RSPB's information centre at Ellin's Tower is the perfect place to enjoy both the birdlife and magnificent views stretching across the Irish Sea. *Find out more at rspb.org.uk.*



UDALE BAY, HIGHLANDS, EASTERN SCOTLAND

7 For an abundance of ducks and geese, Udale Bay on the Cromarty Firth's southern shore is the place to be. This tranquil spot comes into its own from September to April, when pink-footed geese arrive in their hundreds and sea ducks such as wigeon and scaup bob around in the bay. During winter months birdwatchers can expect to be rewarded by vast flocks of waders too, from bright-legged redshank to stocky oystercatchers. Winter may be the peak time to catch a diversity of species here, but there are attractions for summer visitors too, who may be lucky enough to catch sight of ospreys hunting in the bay. *Find out more at rspb.org.uk.*





GLENELG, HIGHLANDS, WESTERN SCOTLAND

8 The UK's successful sea eagle reintroduction programme means that these enormous birds can now be glimpsed around the Isle of Wight and England's south coast. But it was in the west of Scotland that the initiative began, and it is still this part of the country that enjoys the most sightings of the UK's largest bird of prey. A good location for spotting sea eagles is serene Glenelg on the west coast: a breeding pair – nicknamed Victor and Orla – have made this area their home and can often be seen here in the summer, both from the shore and from the car ferry that crosses to Kylerhea on the Isle of Skye. *Find out more at skyeferry.co.uk.*



DUNGENESS, KENT

9 The broad expanse of Dungeness has a stark beauty, and is a magnet for wild birds. This unique place, the largest shingle promontory in the world, attracts birdwatchers year round – but spring and autumn are the best times to spot passing migrant species. Notable sightings in 2020 included black kites, a gull-billed tern, red-flanked bluetail and various warblers. In fact, there is so much variety that visitors can expect something new almost every day here. The Dungeness Bird Observatory is perfectly positioned to spot birds on the coast, while the RSPB Dungeness site, set just back from the sea, incorporates varied habitats, from open shingle to wildflower meadows. *Find out more at rspb.org.uk and dungenessbirdobs.org.uk.*



Please adhere to all government guidance regarding coronavirus. Check with relevant organisations in case of restricted access to reserves or islands before booking any trip.

THE FARNE ISLANDS, NORTHUMBERLAND

10 This archipelago is one of the UK's best wildlife destinations, and Inner Farne and Staple Island are the best islands for bird (and seal!) spotting. The National Trust owns them both and boat trips land here from spring to autumn. In spring, expect to be hit on arrival by a wall of sound from the multitude of nesting birds, and awed by the sight of fluttering forms in every direction. Puffins are arguably the stars of the show, and can be seen busying themselves across the islands from April to July. But it's the Arctic terns that are likely to get closest to you – these slender birds are notorious for defending their nests by dive-bombing passing visitors! *For more information, see nationaltrust.org.uk.*

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This beautiful county is full of natural wonders, with stunning dark skies, marine wildlife encounters and opportunities to engage with nature

Dunstanburgh Castle is one of several you'll find dotted along the Northumbrian coast



WORDS CAROLINE WHEATER
DUNSTANBURGH CASTLE PHOTOGRAPH ENGLISH HERITAGE
ADVENTURE NORTHUMBERLAND PHOTOGRAPH GEORGINA SOWMAN



PURE ADVENTURE

Along with great sweeps of sandy beach to walk upon and castles to explore, the breathtakingly beautiful Northumberland coast offers plenty more fun for active kids and adults. Adventure Northumberland (adventurenorthumberland.co.uk) runs kayak, stand-up paddleboard and canoe trips around the River Coquet, which flows into the sea at Amble.

Launched last summer, a tandem kayak trip will take in the puffins, rare roseate terns and grey seal colony on Coquet Island, a rocky offshore RSPB reserve,

£45 per adult. Stand-up paddleboarding sessions on the Coquet river are popular too, and suitable for those with little or no experience of the sport, £45 per adult or £35 for the under-18s.

A little further north, at Beadnell, KA Adventure Sports has stand-up paddleboarding, kitesurfing, surfing and coasteering sessions to pick from, starting at £35 for an adult surf lesson (kitesurfinglessons.co.uk). Find inspiration for a break at visitnorthumberland.com or by calling 01670 622152.



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10 THINGS TO DO IN NORTHUMBERLAND

coast writer Jessie Johnson gathers inspirational ideas for things to experience in this beautiful county



Craster Harbour is famous for its kippers so make sure to indulge in this smoky treat



1 HOLD THE FORT, BAMBURGH

On 4 April, visitors can discover bunkers, anti-tank defences and the secret military history of Bamburgh as part of a three-mile WWII-themed walk ending with hot drinks and admission to Bamburgh Castle. For times and ticket prices, visit bamburghcastle.com.

2 AMBLE ABOUT, AMBLE

Home to arts, crafts and the mighty Amble Sundial, this characterful harbour town has something for everyone. Take a sea kayak or puffin cruise out to RSPB seabird sanctuary Coquet Island, just a mile off the coast, before feasting on fish and chips or freshly steamed mussels at seafront restaurant, The Fish Shack (boathousefoodgroup.co.uk).

3 TAKE A PILGRIMAGE, LINDISFARNE

Cut off from the mainland twice a day by the tides, the Holy Island of Lindisfarne is packed full of mystery and ancient history. Explore the castle and the 12th-century priory and enjoy staggering views across the nature reserve (visitnorthumberland.com).

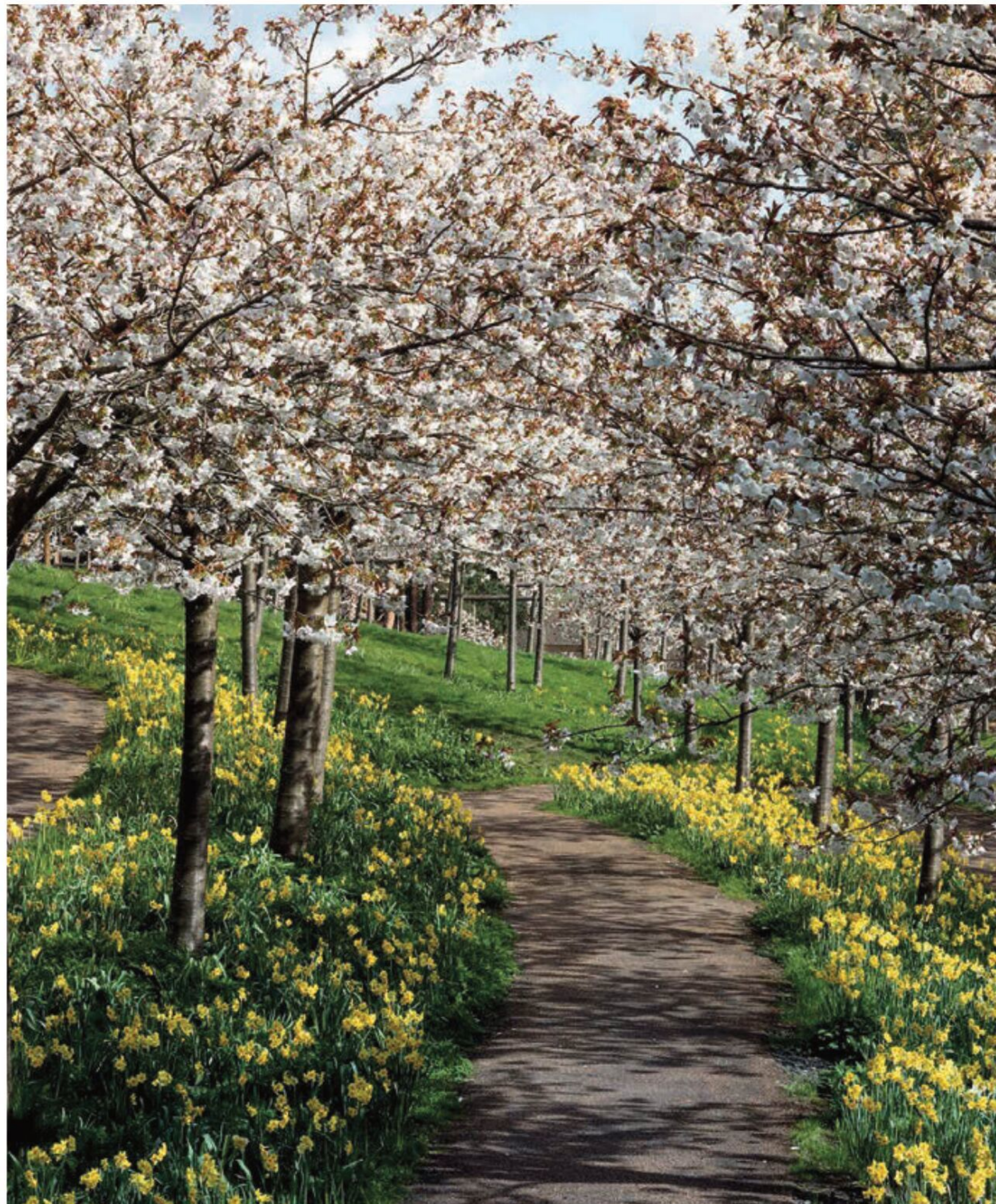
ABOVE Mighty Bamburgh Castle is an impressive sight on the Northumberland coast BELOW Dip into Bamburgh's past with a World War II-themed walk where you will learn about this period of its history



BAMBURGH PHOTOGRAPHS PAUL NORRIS CRASTER PHOTOGRAPH MATT AUSTIN
DUNSTANBURGH PHOTOGRAPH ENGLISH-HERITAGE.ORG.UK
BLOSSOM PHOTOGRAPH ALNWICK GARDEN



ABOVE L Robson & Sons is a Craster institution RIGHT Bask in the blossom at Alnwick Garden BELOW Walk to Dunstanburgh Castle



4 GET A KIPPER FIX, CRASTER

The small fishing village of Craster is famed for its kippers. Make a beeline for L Robson & Sons (kipper.co.uk), a family company that still cures its fish in century-old smokehouses, and pick up a supper of smoked salmon fishcakes or kipper paté from its well-stocked shop. From here, make a morning of it by taking a 30-minute walk following the coastline to 14th-century fortification, Dunstanburgh Castle (english-heritage.org.uk).

5 SEE BLOSSOM AND BROOMSTICKS, ALNWICK

Dust off your magic spell books for a trip to Alnwick Castle, the location for some of Harry Potter's most iconic scenes. Wander in resplendent blossom at Alnwick Garden, home to the world's largest Taihaku Cherry Orchard, and dine out at the Treehouse Restaurant (alnwickgarden.com).





6 WALK THE COAST
Defined by castles, sweeping beaches, rocky headlands and characterful fishing villages, the Northumberland Coast Path is a mostly level 62-mile walk with a few steep climbs, split into six stages for walkers. Find out more, plus accommodation options, at northumberlandcoastpath.org.

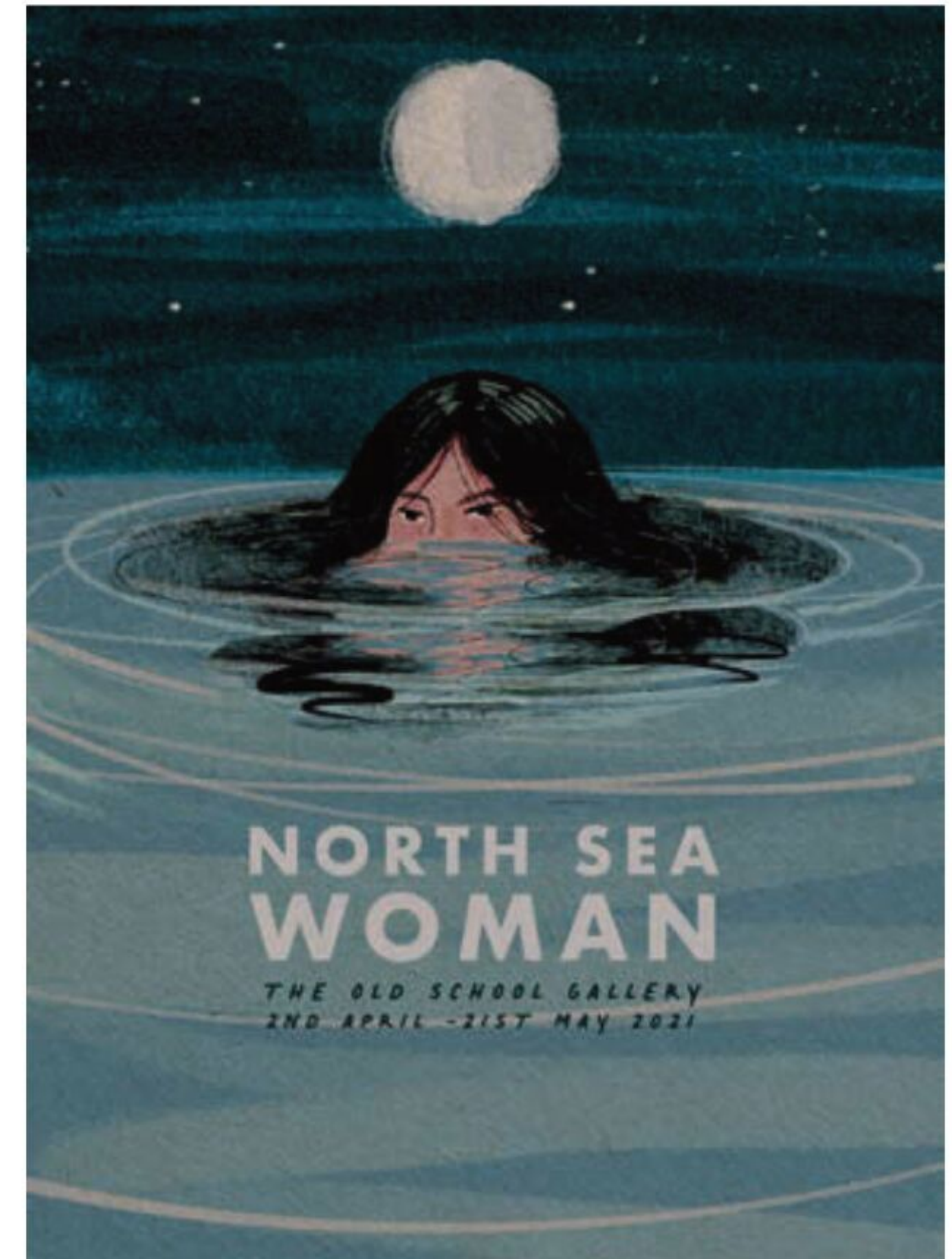
7 TOUR THE TWEED, BERWICK-UPON-TWEED
Spot seals, dolphins, gannets and seabirds as part of a 'Seafari' on the River Tweed with Berwick Boat Trips (berwickboattrips.co.uk). On dry land, wander around the Elizabethan walls of England's most northerly town, soak up the latest exhibition at Berwick Museum and Art Gallery or take to the family-friendly sands of Spittal Beach for ice-cream and sandcastles.

8 TAKE A SECRET RIVER TRIP, WARKWORTH
Nowhere does coastal fortresses like Northumberland, and Warkworth Castle is no exception. As part of a visit,

ABOVE & BELOW Who knows what great marine creatures you will spot on a Seafari trip on the *Border Rose* with Berwick Boat Trips? The company runs sea and river trips from its Berwick-upon-Tweed base



BERWICK BOAT TRIPS PHOTOGRAPHS WALTER BAXTER
WARKWORTH HERMITAGE PHOTOGRAPH ENGLISH HERITAGE



ABOVE & RIGHT Browse evocative art at Alnmouth's Old School Gallery, where *North Sea Woman* is the new exhibition BELOW Visitors to Warkworth Castle can be rowed up river to the mysterious Hermitage



guests can be rowed half a mile up river to the Hermitage, a mysterious cave-like chapel that's carved out of the rock (english-heritage.org.uk).

9 SEE THE WOOD FROM THE TREES, DRURIDGE BAY

Sited just a few minutes' walk from the beach, Druridge Country Park is a picturesque, 65-acre natural escape featuring a nature reserve, mixed woodland, play area and a visitor centre complete with café and toilets (woodlandtrust.org.uk/visiting-woods/woods/druridge-bay-country-park).

10 GO FOR A CULTURAL CAMP, ALNMOUTH

Book a night or three in a camping hut sited on St Oswald's Way run by The Old School Gallery in Alnmouth. The gallery's latest exhibition, *North Sea Woman*, runs from 2 April-21 May (theoldschoolgallery.co.uk).

Opening times are subject to government guidelines. Please check websites or phone ahead before visiting.



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COAST CHARACTER

This year, Northumberland Coast Ambassador Patrick Norris celebrates the 10th anniversary of his guided walks company Footsteps – and, as ever, he's looking forward to introducing new visitors to the beauty of this wild shoreline

WORDS & PHOTOGRAPH **STEVE NEWMAN**

I first fell in love with the Northumberland coast in 1966 when as a boy we came on family holidays here. Paddling and walking on these incredible beaches and rainy afternoons spent in tearooms, watching the waves crash on the shore, made an indelible impression on me. My time in the Royal Navy also gave me an affinity with the sea so when it came to looking for somewhere to start a guided walks business, my wife Louise and I upped sticks from Swindon and relocated here in 2011.

I hold the Hill and Moorland Leader Award and now run a successful walking holiday business, introducing people to the wonders of the Northumberland coastline. I've always been keen on

history and wildlife and this coast has an abundance of both. There's something magical about crossing the mud flats to the Holy Island of Lindisfarne – where saints and early Christians walked – when the tide is out and the seals are calling. When you look up at the stone walls of incredible castles such as Bamburgh and Dunstanburgh, perched on the cliffs high above the waves, it's not an exaggeration to say that history squelches under your feet in the wet sand.

Around three-quarters of the walks we operate each year are along the coast, and even the ones we do inland offer a magical moment as we climb over a hill to see the sea stretching out before us. In our spare time Louise and I walk on

the beach with our dogs and scan the sea for puffins or maybe gannets flying to the huge colony over at Bass Rock or search for moths and plants that thrive on the shoreline. I like to think I'm living the dream and the business has won awards recently – the latest is the Silver Award for Experience of the Year given by the North East England Tourism Awards 2020 – but what I really enjoy is sharing this place with people from outside the county. One of my greatest pleasures is when we see a pod of dolphins close to shore and our guests gasp with delight. It makes it all so worthwhile.

Find out more information about Footsteps' guided walks at footstepsnorthumberland.co.uk.





PLAYFUL PUPS

The Farne Islands are home to the UK's largest grey seal breeding colony, and seeing these cheeky, agile, young pups off the Northumberland coast makes for a thrilling wildlife encounter

WORDS & PHOTOGRAPHS HENLEY SPIERS



ABOVE Heading off on the seal adventure BELOW Henley gets ready to dive OPPOSITE A curious pup

We hear the seals before we see them, their soulful cries calling out from the islands, like a cross between an owl and a melancholic dog. Approaching the craggy shoreline, lumpy grey bodies come into sight, huddled together and howling, their patchy grey coats blending perfectly with the landscape. Moving awkwardly on land, they transform into agile swimmers as soon as they drop into the cool waters of the North Sea. A pair of the more enterprising seals swim out to meet our boat, examining us with large curious eyes and twitching a bewhiskered snout. We excitedly gear up, ready to join them.

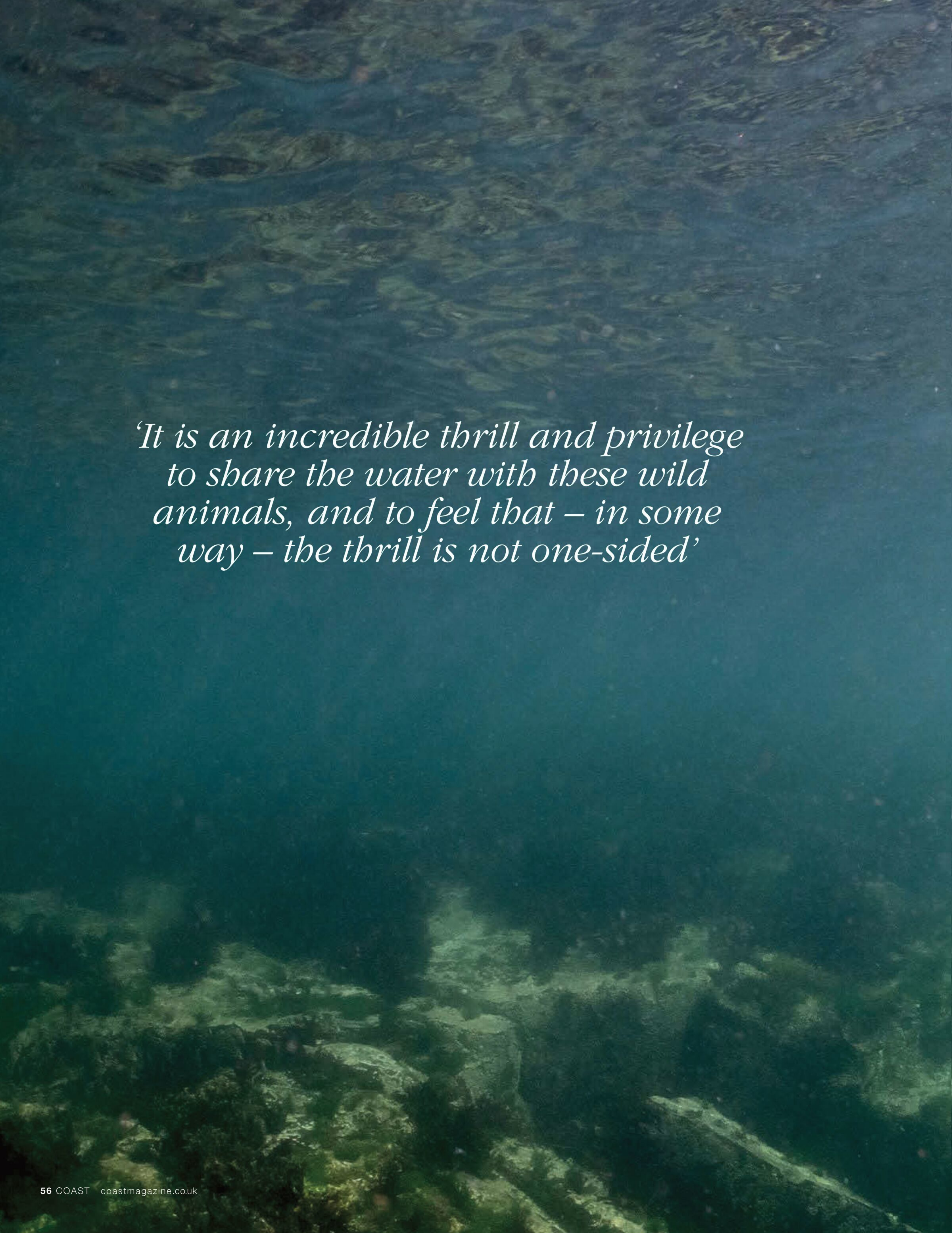
I'm in Northumberland, visiting the Farne Islands in search of encounters

with one of Britain's most charismatic coastal animals: the grey seal. It may come as a surprise, but the UK counts as one of best places to encounter grey seals, and is home to 40% of the global population. The Farne Islands boasts the largest breeding population in England, with around 1,000 pups joining the colony every year. Although thought to have numbered just 500 in 1900, grey seal numbers rebounded impressively after the implementation of protective laws in 1970, and a population of 120,000 is now at home on our coast.

ANCIENT SANCTUARY

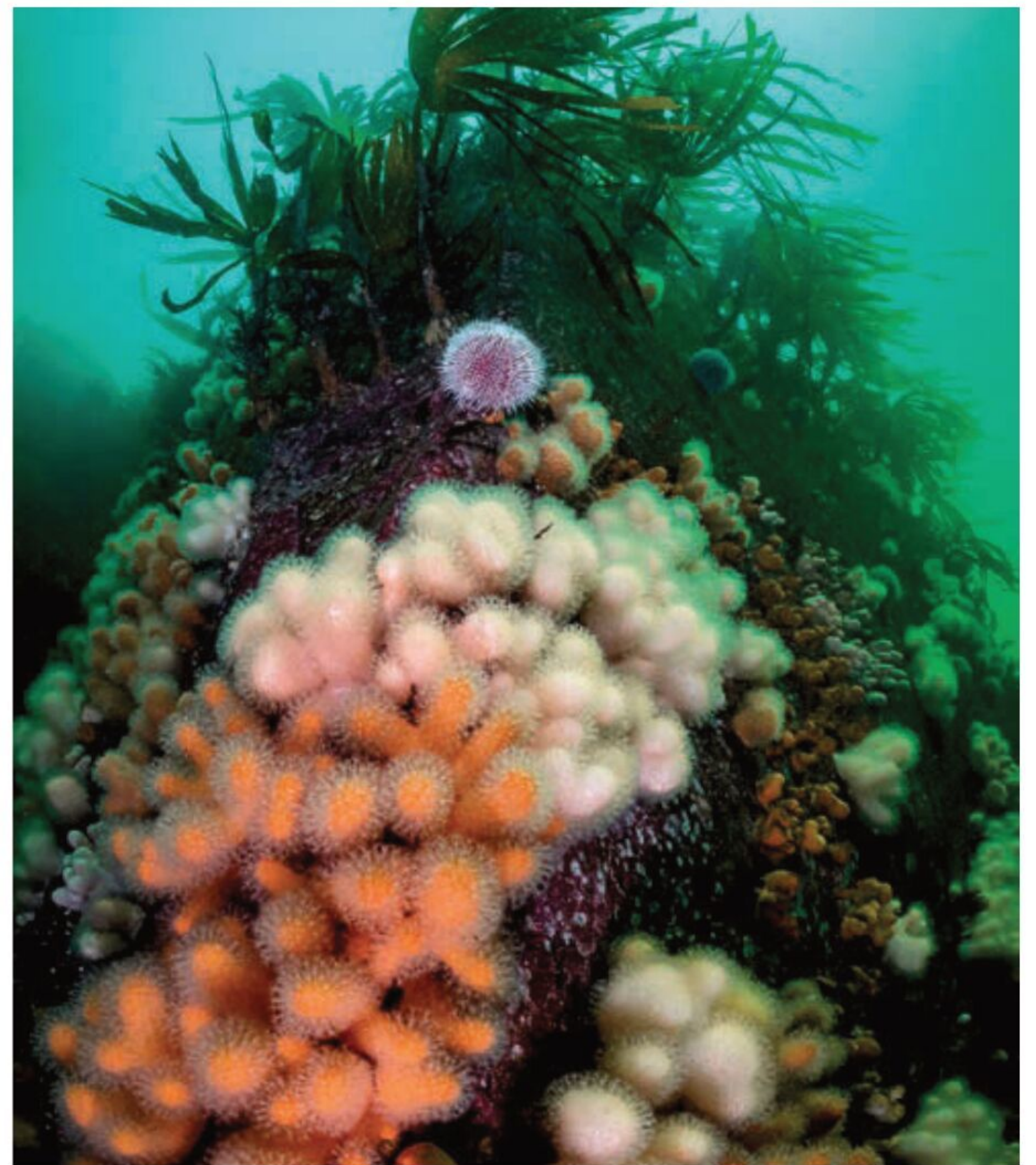
We base ourselves in the scenic coastal town of Seahouses, munching





*'It is an incredible thrill and privilege
to share the water with these wild
animals, and to feel that – in some
way – the thrill is not one-sided'*





on delicious, deep-fried doughnuts as we gaze across at the nearby Farne Islands. Numbering 15 to 20 scattered isles, depending on the tide, it takes us just 20 minutes by boat to reach the nature sanctuary. Although today the archipelago is owned and maintained by the National Trust, monks were the first to inhabit these isolated islands back in the 7th century, hunting seals, which were prized

ABOVE Diving among the kelp ABOVE, RIGHT Dead man's fingers coral BELOW Ready to play now?

for their flesh and oil. The monks were far-sighted in the conservation of other wildlife, however, and St Cuthbert's special law of 676 protecting seabirds is thought to be the first of its kind anywhere in the world.

Fast forward to present day, and summertime visitors can witness 150,000 breeding pairs of seabirds enjoying the sanctuary of the Farne Islands. This avian wonderland is reason enough to visit, however those who do not also peer beneath the surface will only experience part of an area Sir David Attenborough described as his favourite place in the UK to see nature at its best.

PLAYFUL PUPS

Jumping into the water, I'm almost immediately buzzed by a grey seal, appearing suddenly and waving its flippers, before disappearing again. The alignment of good weather and seal interactiveness comes in late summer and early autumn. At this time, the sea conditions are at their most reliable and the seal pups are old enough to venture away from their parents. A young seal is similar to a canine pup in many ways, exhibiting an enthusiastic zest for fun and play, the difference being that a grey seal pup is a large, wild animal, weighing over 100kg by the time you meet it.

A seal pup's weight gain from birth is

an astounding feat of nature. Coming into the world as a fluffy, white furball of 14kg, a newborn will put on about 2kg per day for nearly a month, briskly turning into a cartoonishly rotund, blubbery torpedo. The pups we encounter are further along in their development, venturing out in the water in small groups, equipped with a heady mix of confidence, curiosity, and playfulness. These grey seals take particular delight in our fins, biting them gently the moment we have our backs turned. It's a game of underwater hide-and-seek, with the seals vanishing into the green water when you actively look for them, then reappearing swiftly with a tug on your fin once you turn your attention elsewhere. They are incredibly flexible, able to contort their bodies with an enviable elasticity, while somehow managing to always maintain their gaze towards you. It is an incredible thrill and privilege to share the water with these wild animals, and to feel that – in some way – the thrill is not one-sided.

The underwater scenery around their home waters also merits attention. I crane my neck upwards to take in a spectacular reef wall, dropping down 25m underwater. It is festooned with life, and dead man's fingers – a type of soft coral – cascades down the sheer rockface. The orange and white bodies reach out, polyps raking in





ABOVE, RIGHT The underwater world of the islands has plenty to offer as well as seals – tiny blue-rayed limpets which are less than the size of a fingernail hang onto the kelp ABOVE, LEFT These pink and white sea urchins feed on the kelp forest ABOVE Henley went out for his diving trip with Serenity Boat Tours in Seahouses



ABOVE In the summer, visitors to the Farne Islands can easily see the awe-inspiring sight of up to 150,000 pairs of breeding seabirds in the Northumbrian skies

nutrition from the water column. Edible sea urchins dot the sea bottom, coming in a pleasing palette of whites and pinks. The urchins feed on the kelp forest that sways elegantly close to the surface. The kelp will grow and fade seasonally, and is the vital component in the vertical food chain upon which this ecosystem relies. As the protective sheen on the bronze kelp fronds wears away, small animals will come to nibble at it. My personal favourite are the blue-rayed limpets, clustered into small colonies, with each not more than a fingernail in size. They will carve out a small pit in the kelp

where they hold fast, and the iridescent blue lines running down their shell makes them visually unforgettable.

I'm startled out of my reflections by a nibble on the fin, and spin around to be greeted by familiar sets of whiskers and expressive, cheeky eyes. These two pups are clearly wondering why I am not trying to play with them still, however I barely have time to bring my camera up before they dart away again, arrow quick. I follow their tracks through the gully, gently ascending close to the surface. A seal jumps acrobatically out of the water, while hundreds of birds pass overhead,

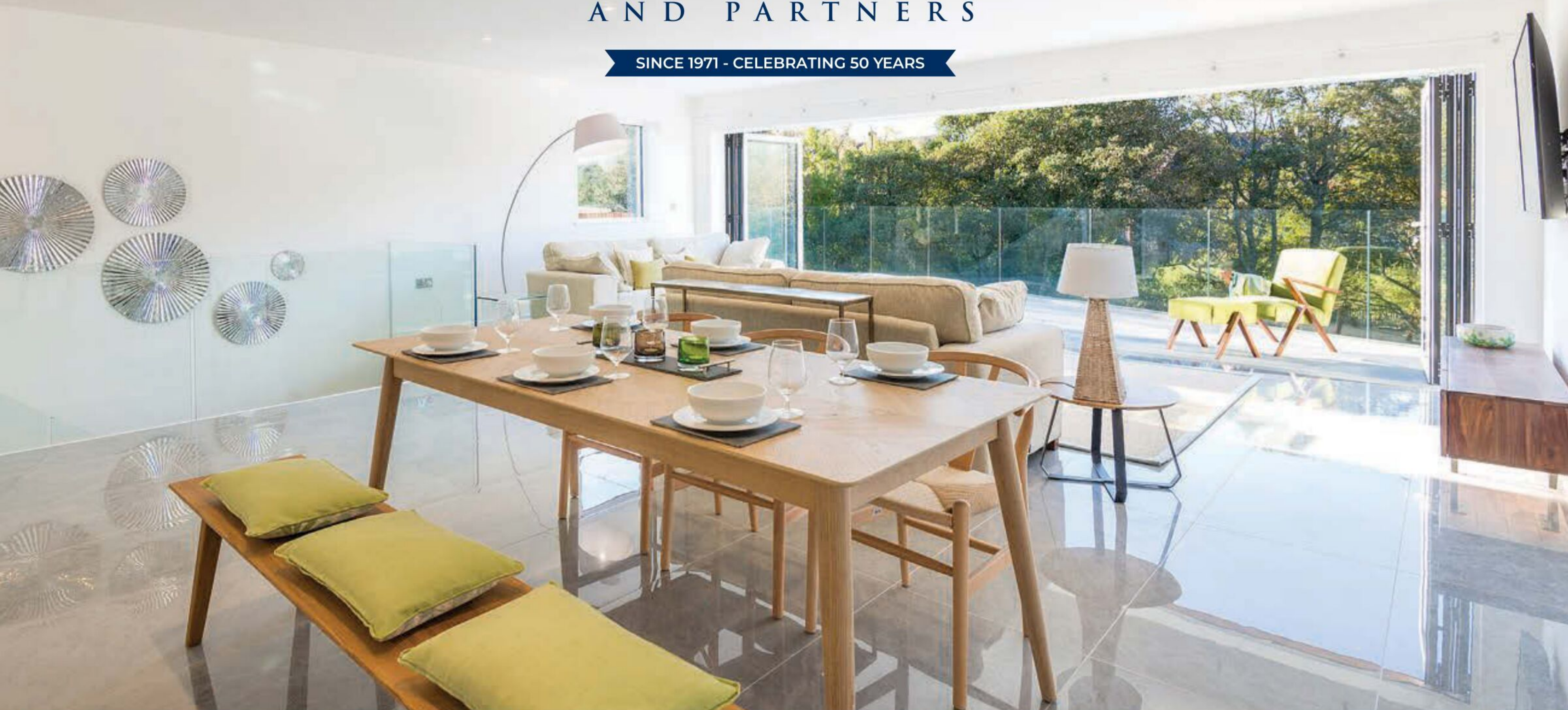
framed by perfect blue skies. I smile in peaceful satisfaction and make a silent vow to return to the Farne Islands next year.

Henley dived with Serenity Boat Tours (farneislandstours.co.uk), and stayed at the Olde School House in Seahouses (theoldeschoolhouse.co.uk), priced from £80 per night B&B, for a double or twin room. Please check current government travel advice before booking any trip in the UK.

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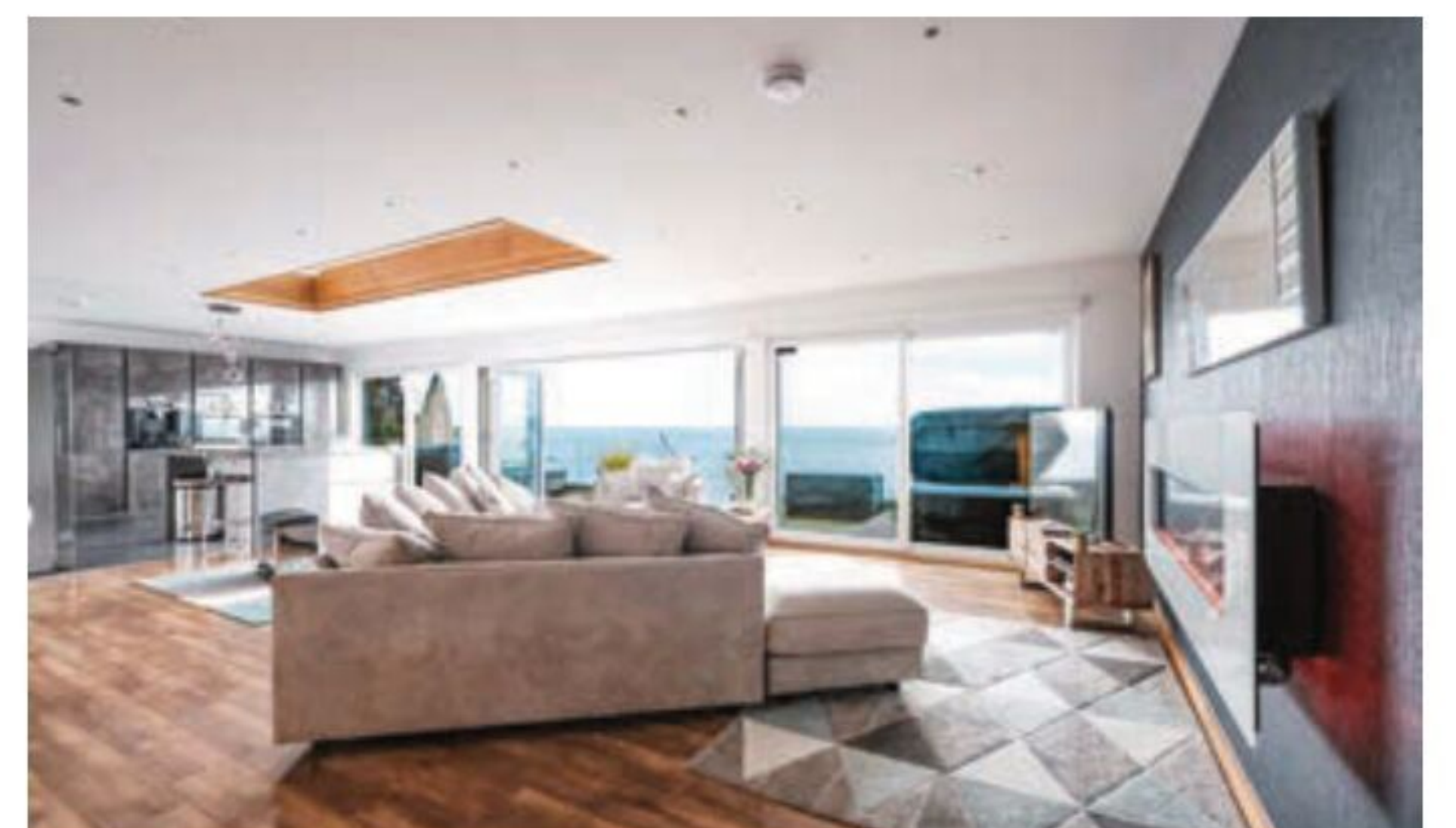
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10 HOMES *to* BUY *in* NORTHUMBERLAND

From an apartment in a former grain mill to a coastal caravan, here's our pick of the latest properties for sale by the sea

COMPILED BY ALICE WESTGATE



1

PROPERTY OF THE MONTH
WAREN MILL £275,000

Enjoy wonderful seascapes from Bay View, a three-bed apartment in a former grain mill. *See 1 overleaf*



1 WARREN MILL £275,000

Previous page: Gaze out over Budle Bay from Bayview, a three-bedroom apartment on the second floor of an historical building on the heritage coastline. Residents have the use of communal grounds and there are unspoilt stretches of golden sandy beaches nearby. **George F White** (01665 603581, georgefwhite.co.uk).

2 BERWICK-UPON-TWEED £395,000

No 9 Pier Maltings is a three-bedroom townhouse in a converted Grade II-listed property right on the harbour. It has a separate garage and is within walking distance of the town centre. The kitchen is on

the second floor, while the top-floor sitting room has views over the estuary and the Northumbrian coastline. **Tyne & Tweed** (01289 331555, tyneandtweed.com).

3 SPITTAL £495,000

Beachcomber is a detached house that overlooks the promenade, just a few metres from the sand. It has four bedrooms, a conservatory, a garden and coastal views from most of its rooms. **Rettie & Co** (01289 305158, rettie.co.uk).

4 DUNSTAN £500,000

In a small village close to Craster, Crag View is a stone-built detached family home with three

bedrooms and a self-contained two-bed annexe that would be ideal as a holiday let or for extended family. Views from the balcony take in Dunstanburgh Castle and the coast, and there is a mature garden with patio. **Sanderson Young** (01665 600170, sandersonyoung.co.uk).

5 BERWICK-UPON-TWEED £950,000

This versatile property incorporates Tower House, a Grade II-listed Georgian home, plus stone-built Tower House Cottage and a large studio/business space. Together they have six bedrooms and three reception rooms, as well as a large garden and lovely views over the



Tweed to the pier and lighthouse. *Fine & Country* (0191 239 0818, fineandcountry.com).

6 SEAHOUSES £675,000

There are terrific views of the North Sea and the Farne Islands from No 14 Castle View, a detached house with a sizeable garden and a garage. This property has eight bedrooms, two of which could be used as an income-generating holiday let annexe. *Bradley Hall* (01665 605605, bradleyhall.co.uk).

7 BAMBURGH £375,000

Radcliffe Turret is a first-floor apartment in popular Bamburgh. With two bedrooms and a living

8 *If quirky character and a great garden make your heart sing, this could be the ideal home for you*

room that forms part of the turret, it also has a private garden and views that stretch north over the sea to Holy Island and west towards the Cheviots. *Finest Properties* (01434 622234, finestproperties.co.uk).

8 WARKWORTH £595,000

Dating from 1873 and recently extended, Old Helsay Cottage is a stone-built property with two bedrooms and lots of character features, including beamed ceilings and an inglenook fireplace. There's also a lovely garden with a patio that makes the most of views over the River Coquet towards medieval Warkworth Castle. *Aitchisons* (01668 281819, aitchisons.co).

9 NORTH SEATON £89,999

While away your holidays at Clearwater, a luxury caravan at Sandy Bay Caravan Park near Newbiggin-by-the-Sea. It comes fully furnished and sleeps up to eight people, while excellent on-site facilities include a pool, bar and restaurant. *Pattinson* (01670 568096, pattinson.co.uk).

10 BAMBURGH £845,000

Set in the sought-after coastal village of Bamburgh, Mizen House is a recently refurbished property with four bedrooms, all of which have views of the famous castle, coast and countryside. *Mansons* (0191 209 2222, mansons.net).



Sandy Lanes

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An exclusive gated development of luxury homes on the spectacular south coast of the Isle of Wight, Sandy Lanes offers new owners an excellent rental return on investment in a beautiful location with a swimming pool, bar, restaurant and tennis courts, 24 hour security and an on-site maintenance team.

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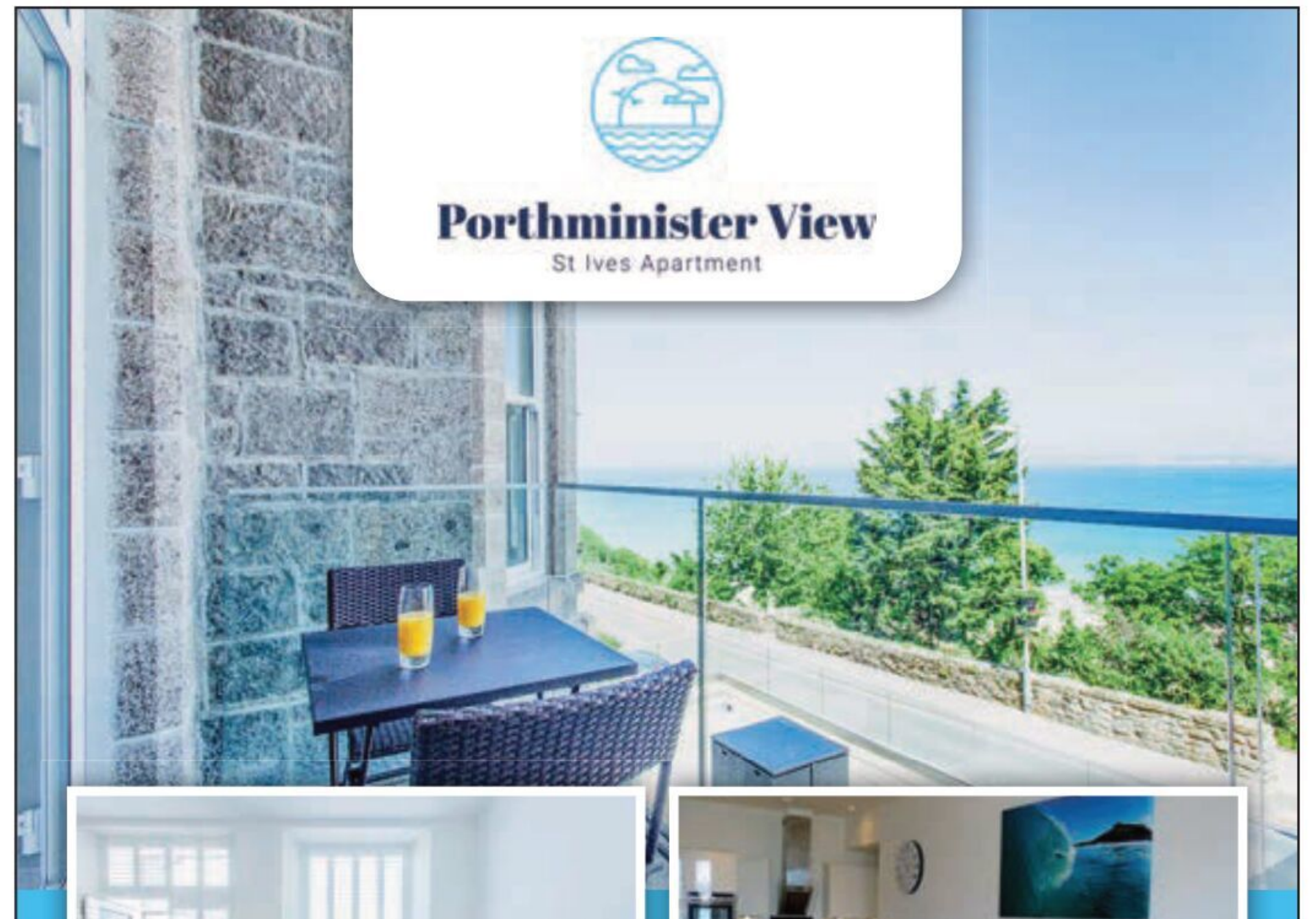
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MAKING *the* MOVE

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



A WEST WALES INVESTMENT

Close to Tenby on the Pembrokeshire coast, Penally Grange is an exclusive gated community of 45 luxury holiday lodges, available to buy or to hire for a short break. The lodges, designed by Bristol company Oakgrove Lodges & Park Homes, come with two, three or four bedrooms and are fitted out with a range of finishes and furnishings, tailored to suit the buyer's taste and style. Each lodge sits in its own plot and has an outdoor patio and hot tub; extras can include studies, walk-in wardrobes and hidden en-suite bathrooms. To buy, lodges start at £185,000. Call 01834 843180 or browse penallygrange.co.uk. Holiday rentals are handled by Hoseasons, book at hoseasons.co.uk.

ECO CHOICE

You don't often get a seafront apartment with the environmental credentials of The Penthouse at Seaton Beach. The eight-dwelling beachside block, with enviable views onto East Devon's Jurassic Coast, is built and certified to Passivhaus Plus standards, ensuring a high level of comfort along with excellent energy efficiency and low running costs. Encased in maintenance-free zinc, super-insulated, and topped with solar panels, Seaton Beach uses 90% less energy than a standard new build and feeds any spare energy back into the grid,



making it 2050-ready for when Europe aims to go carbon-neutral. All parking spaces are pre-wired for electric cars too. The Penthouse, overlooking Seaton's promenade, costs £950,000, for details go to seatonbeach.co.uk.



KENT COAST CALLING

In a major report on the rise in London homebuyers swapping city life for sea air amidst the pandemic, Kent topped the table of 20 coastal locations offering a more relaxed lifestyle. The traditional seaside towns of Ramsgate, Broadstairs and Margate have all benefited, explains Megan Rigden, a spokesperson for Kent-based Blueberry Homes. 'Despite coronavirus, we've seen a continued interest in our latest luxury development, Royal Sands Ramsgate (above), where almost half of the first phase has now been



reserved off-plan,' she says. 'And our Ocean Drive Broadstairs luxury development has only a few sea-view apartments left. On the Kent coast relocators can enjoy award-winning beaches, a rich cultural and arts

scene, the sense of history, plus an array of good cafés and restaurants.' And, of course, properties here are a fraction of the price of those in the capital. Call 01843 850008 or browse blueberryhomes.co.uk.

PHILLIPS & STUBBS



Rye Harbour

£325,000

A mid terrace character cottage in the coastal fishing village of Rye Harbour, with access onto the Rye Harbour Nature Reserve and coastal walks. Currently run as successful holiday let. Living room, kitchen/breakfast room, 2 bedrooms. Garden with home office/garden room. EPC F



Rye, East Sussex

£1.295m

A charming Grade II Listed period house fronting Mermaid Street, Rye's most famous street. Drawing room, dining room, conservatory, kitchen/breakfast room, cellar, 4 bedrooms, study. Vaulted attic room currently used as artists studio. Large enclosed garden.



Rye, East Sussex

£1.45m

A stunning detached 7 bedroom Edwardian house situated on the edge of Rye with off road parking and the ability to walk in to the Town. Accommodation of over 4000 sq. ft includes games room, living room, open plan kitchen/dining room/family room, utility, pantry, snug and study. Garden and single garage. EPC E



Appledore, Kent

from £760,000

An exclusive development of just four high specification detached contemporary homes overlooking the Military Canal in the picturesque village of Appledore. 4 bedrooms, living room with woodturning stove. Open plan kitchen/dining area. Garden and terrace overlooking canal. Completion due May 2021. Predictive EPC D



Rye, East Sussex

£365,000

A Grade II Listed three storey period cottage situated within walking distance of the Ancient Town. The property is over three floors and includes kitchen, living room, 2 bedrooms, lower ground floor garden room and store. 50' rear garden.



Playden, Nr. Rye, East Sussex

£835,000

A substantial attached Edwardian family house affording light, well proportioned accommodation. Dining hall, living room, orangery, kitchen, cellar. 5 bedrooms. Double garage. Loose box/store. Mature garden, field and shelter, over 2 acres in total. EPC D



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10 HOMES *to* BUY BESIDE *the* SEA...

From a manor farm in Devon to a Scottish retreat, here's our pick of the latest properties for sale by the sea

COMPILED BY ALICE WESTGATE



PROPERTY OF THE MONTH

LEE BAY, DEVON £3,625,000

Handsome Lee Manor sits above a quiet rocky inlet on the rugged Devon coast, three-and-a-half miles from Woolacombe.

See 1 overleaf



1 LEE BAY, DEVON £3,625,000

Previous page: This seven-bedroom coastal manor house near Woolacombe Beach has uninterrupted sea views and comes with Lee Manor Farm, which includes a residential barn conversion, a shepherd's barn and 89 acres of land. **Stags** (01271 322833, stags.co.uk).

2 HAMBLE, HAMPSHIRE £425,000

There are spectacular views over Southampton Water from No 5 Hamble Cliff House, a Grade II-listed ground-floor apartment in a building that dates from 1801 and was converted into separate

homes in 1990. As well original features, it has two bedrooms, communal gardens and a slipway. **Brambles** (02380 408200, brambles-estateagents.com).

3 HEYBROOK BAY, DEVON £427,500

No 11 Longlands Drive is a detached house half a mile from the beach. It has four bedrooms, a garage, a garden and sea views that can be enjoyed from the sitting room and loggia-style top-floor balcony. **Marchand Petit** (01752 873311, marchandpetit.co.uk).

4 KYLE OF LOCHALSH, HIGHLAND £159,000

Surrounded by hills and mountains

and close to the Skye Bridge, Heather View is a three-bedroom bungalow in a quiet spot in this popular village. It has a wraparound garden and is the perfect spot from which to explore this stretch of the west coast. **The Isle of Skye Estate Agency** (01599 534555, iosea.co.uk).

5 GLANDORE, COUNTY CORK €585,000

Two traditional farmhouses were renovated in 2005 to create Top of the Hill, a high-spec five-bedroom property with a smart contemporary interior. It sits in around an acre of land overlooking lovely Glandore Harbour. **Charles McCarthy** (+353 282 1533, charlesmccarthy.com).



5



7



8



6



9



10

6 SOUTHWOLD, SUFFOLK £1,650,000

No 10 South Green is a four-bedroom villa that has wonderful views and is just a minute's walk from the beach. Built in 1820 with classic Georgian proportions, it has two wrought-iron balconies, casement windows and shutters. *Durrants* (01502 723292, durrants.com).

7 MILFORD-ON-SEA, HAMPSHIRE £795,000

Uninterrupted views over to the Isle of Wight are a huge selling point at Dalkeith, a three-bedroom house with a south-facing back garden – all within walking distance of the village and the beach. *Caldwells*

② *Enjoy the great views, communal gardens and tennis court at this lovely period home*

(01590 675875, caldwellsnewforest.com).

8 FOWEY, CORNWALL £2,000,000

Merchants House is a waterfront property that's currently divided into four lucrative holiday lets with six bedrooms, six bathrooms and four reception rooms between them. Tucked away in the heart of town, it comes with two frape moorings so you can make the most of its setting. *Rohrs & Rowe* (01872 306360, rohrsandrowe.co.uk).

9 PORT ISAAC, CORNWALL £595,000

Beautifully restored Grey Roofs is a stylish character cottage in the

heart of this popular north-coast village. With three bedrooms and an elevated terrace that looks across the famous harbour, it's currently a successful holiday let. *John Bray & Partners* (01208 862601, johnbraysales.co.uk).

10 GOODWICK, PEMBROKESHIRE £345,000

Ymyl Y Graig stands in an elevated spot, looking out across Fishguard Bay and close to Goodwick Sands. Set over three floors and with five bedrooms, this property would make an excellent coastal B&B or guesthouse. *West Wales Properties* (01239 615915, westwalesproperties.co.uk).

TASTE OF THE ISLAND

When lockdown struck, the acclaimed Isle of Wight chef, Robert Thompson, launched a menu delivery service to send his mouthwatering food direct to customers. He shares his story with **coast** – along with some divine recipes

WORDS **CAROLINE WHEATER** PHOTOGRAPHS **DAVID GRIFFEN**

Top chef Robert Thompson wanted to be a cook from the tender age of 10, and was washing up dishes in his brother's restaurant aged 13. Just a decade later, in 2006, he won his first Michelin star at Winteringham Fields restaurant in Lincolnshire, the youngest British chef ever to receive this supreme foodie accolade. He was tipped for stardom by influential restaurant critic Jay Rayner and didn't disappoint, winning a second Michelin Star at The Hambrough hotel in Ventnor in 2008, where he had gone to be head chef.

Since those heady days, Robert has made the Isle of Wight his home. 'I love the sea and now couldn't imagine not being near it and living here. I find it relaxing and also thought-provoking,' he remarks. In 2015, he opened his first solo venture, Thompson's, in Newport. The kitchen is on open view to guests who flock to experience Robert's legendary light but inventive touch with seasonal, often locally sourced ingredients.

'I love the spring when the wild garlic

starts to shoot up,' says Robert. 'It marks the beginning of the growing year which continues with mushrooms, sea herbs and then cherry tomatoes from The Tomato Stall. Ben Brown in the Arreton Valley supplies our strawberries and asparagus, moving on to squashes in autumn. Paul, our game dealer, sources local partridge, mallard and hare for us, and we get our goat's cheese from Green Barn Farm.'

During the pandemic, Robert has had to become even more ingenious as Thompson's temporarily shut its doors to customers. Instead, he launched UBChef, a food delivery service offering premium two- or three-course menu boxes, with prep and most of the cooking already done. 'At the start of lockdown, for the restaurant to survive, I needed to develop another way of guests dining with us so the 'you be chef' concept was born and proved hugely popular. People really enjoyed the experience of producing restaurant food without starting from scratch.'

The delicious news is that UBChef is



ABOVE Award-winning chef Robert Thompson came up with his UBChef concept last year

now available countrywide, so, if you've always wanted to channel your inner chef and impress your guests, what are you waiting for? To whet your appetite, here are some of Robert's recipes. ➡➡➡



Ceviche of mackerel feel
like it might be beyond
you? Not with UBChef...



Ceviche of Cornish mackerel, horseradish cream, cucumber & crispy skin

- 2 large mackerel filleted & pin-boned
- 1 small tub crème fraîche
- 1 leaf bronze gelatine – soak in cold water
- 30g grated fresh horseradish or 1 tsp horseradish sauce
- 1 lemon
- 1 bunch pink radishes
- 1 lime
- ½ cucumber – skin, deseed & cut into thin batons. Freeze until solid then defrost in fridge

Method (serves 4 as a starter)

1. Carefully skin the mackerel and lay each

piece of skin on a lightly oiled baking mat. Place a mat on top as well as a heavy tray and bake at 170C for 20 minutes or until golden and crispy. Allow to cool.

2. Warm one spoon of the crème fraîche in a pan with the gelatine, allow to melt fully while stirring.

3. Whisk the remaining crème fraîche, lemon zest, juice and horseradish together adding the gelatine mixture and seasoning to taste. Allow to firm in the fridge.

4. Slice the radishes very thinly into a bowl. Lightly oil four 10cm circles of

silicone paper before laying the radishes on top, work from the outside to the centre. Top with another piece of paper, then chill until needed.

5. Beat the crème fraîche lightly and transfer to a piping bag. Carefully dice the mackerel, tossing with a little rapeseed or olive oil, seasoning, lime juice and zest.

6. Pipe a 10cm circle of crème fraîche on four plates, divide the dressed mackerel between each plate and top with a radish fan. Finish by arranging the crispy skin and cucumber batons on top.

Thai mussels

- 1 tin of coconut milk (full fat)
- 2 red chillies, de-seeded and sliced
- 1 small piece of ginger, finely shredded
- 6 Kaffir lime leaves
- 2 cloves garlic, crushed
- 1 small bunch coriander, coarsely chopped
- 50ml soy sauce
- 2 sticks lemongrass, sliced thinly
- 1 lime
- 1 lemon
- 1kg mussels - de-bearded & rinsed
- 150ml white wine
- Seasoning

Method (serves 4)

1. Mix the coconut milk with the chillies, ginger, lime leaves, garlic, coriander, soy sauce and lemongrass. Add the zest of the lemon and lime as well as the juice. Season well.
2. Heat a medium-sized pan and add the mussels together with the white wine. Cover and cook until the mussels have just opened, pour in the coconut milk. Continue to cook until the coconut milk is hot.
3. Arrange in a bowl, pouring the infused sauce over.



'People really enjoyed producing restaurant food without starting from scratch'



Char-grilled leg of lamb with salsa verde

- 1 leg of lamb, de-boned by butcher
- 1 lemon, juice & zest
- Rapeseed oil

For the salsa verde

- 1 bunch mint, leaves picked off
- 1 large bunch of parsley
- 1 tsp Dijon mustard
- 2 tsp red wine vinegar
- 50ml rapeseed oil

Method (serves 6 as a main course)

1. Slice the lamb (with the grain) into 2cm thick slices. Place in a non-aluminium dish and add the lemon zest, juice and a little rapeseed oil. Cover and leave to marinate for at least 2 hours.
2. Blend all of the salsa verde ingredients together until you have a smooth paste. Slowly add the rapeseed

oil until incorporated.

3. Heat a large char-grill pan and then add the lamb slices without overcrowding the pan.
4. Cook for 2 minutes approximately on each side, depending on how you like your lamb.
5. Rest the meat before slicing, and serve with the salsa verde.





Gypsy tart

- 500g plain flour
- 250g soft butter
- 175g icing sugar
- 2 whole eggs
- 2 egg yolks
- 1 tin evaporated milk
- 340g dark muscovado sugar

Method

1. Using a mixer or a food processor, combine the flour, butter, icing sugar, eggs and yolks until the mixture just comes together. Remove from the machine and very lightly knead to make sure that the pastry is evenly mixed. Chill for an hour to rest.
2. Roll out the pastry and line your greased and floured tart ring, ensuring that all sides are even with no gaps, before blind baking at 185C until the pastry is crisp.
3. Using the whisk attachment, whip the evaporated milk and sugar together for 15

minutes at high speed – the mixture will be thick when it's ready.

4. Pour into the pastry case and return to the oven at 120C for 10 minutes or until just set. Allow to cool slightly before cutting. Serve with fig or raspberry sorbet or crème fraîche.

Tips

- Use cling film to line the pastry case as baking paper will tear the pastry when you take it out of the oven – and no, it won't melt at this temperature!
- The pastry recipe will make enough for more than one tart. Flatten the rest into discs and freeze – they'll take no time at all to defrost if they're not rolled into balls.
- For a chocolate pastry variation, swap 50g of flour for 50g of cocoa powder.
- Use a silicone mat on a baking tray and a tart ring – this makes it far easier to remove the pastry case.

- Feed the pastry into the entire pastry ring and make sure the pastry is higher than the edge of the ring as it will shrink back when cooked.
- Instead of using baking beans to bake blind, line the case with cling film and use a mixture of split peas and rice to fill the case right to the top – you can put them into a jar and save to use again.
- The filling, like a meringue, will 'weep' sugar if left for too long so make on the day you plan to eat the tart.

UBChef menus change every week and are available to order up to a month in advance at ubchef.com. Thompson's is at 11 Town Lane, Newport, Isle of Wight PO30 1JU (01983 526118; robertthompson.co.uk).

COASTAL DISCOVERY

HEADLANDS

This month William Thomson explores the unique qualities of headlands and peninsulas – spectacular, next-to-nature places that support rich marine ecosystems and command the utmost respect from experienced sailors

Before we started exploring the coast on our sailing boat *Luna*, the primary method of travel for the Thomson tribe was by campervan – and our van must have been to nearly every headland around Britain. Before venturing to a new region, I would scour the maps and pinpoint places where the land projected out to sea, making sure we went there. Why? Because at headlands everything is intensified – the tides, currents, winds and waves are all more dramatic at a ‘cape’. The sky feels bigger, the sea looks wilder and the horizon stretches further away. The sea views are the best you will experience short of climbing the mast of a boat, and a headland gives you a feeling of being out in the ocean in a way no other part of the coastline can (apart from a pier). But while there are no piers



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

I know that you park a van on, we could easily take our camper to the end of a peninsula and enjoy a night of wild camping, surrounded by water on almost all sides and falling asleep to the sound of wind howling and waves crashing. Best of all, we could do all this without risking the wrath of the sea.

For dangers there are. Of all the coastlines around Britain, its headlands have the greatest concentration of dangerous features. I learnt this the hard way during a nerve-wracking afternoon sailing *Luna* around St Albans Head, just around the corner from Poole in Dorset. An underwater reef extending out to sea creates deadly overfalls (steep breaking waves) that you must avoid by either taking an inshore passage within 50m of the shore, or staying at least three nautical miles offshore. I opted for the latter,

planning for us to pass three-and-a-half miles off the headland, just to be safe. But still, after a lumpy ride from the Isle of Wight in choppy seas, I was horrified to see a wall of whitewater stretching ahead as we passed due south of St Albans Head. With the powerful currents and 20-knot wind pushing us westwards, there was nothing we could do to escape the danger. It was little consolation that the squiggly lines indicating overfalls were well to our north, or that we were over a mile south of the reef and its scattering of shipwreck signs. I thought positioning us that extra bit offshore was enough to clear the danger. But I was wrong.

In the seconds we had before hitting the chaotic whitewater, I quickly furled the genoa (big sail at the front) to reduce our speed. The mainsail had two reefs in (it was about 50% its normal size)

The Headland

*Expect eddies here
when currents are flowing
to the right*



William's son Arva getting ready to pass a headland (tidalcompass.com)

and our engine was idling to help in case it was needed. Thankfully, the kids were safely asleep in the saloon, mildly seasick after what was already a rough ride. But the waters off that headland were on another level. One moment we were high up on the crest of a steep wave, then we were deep in its trough, surrounded by overhanging crests breaking from all angles. My consolation was that this was only the edge of the overfalls, and that the wind and

currents would soon push us through them. And sure enough, in a matter of minutes we were out of the steep breaking waves. That night, as we calmed our nerves with a strong beverage in a yachtman's pub in Weymouth, I spotted a sign over the window quoting 'a smooth sea never made a skilled sailor'. It made me feel happier about the experience while I reflected on the vital lesson of the day; give headlands a very, very wide berth.

WHAT TO EXPECT...

STRONG CURRENTS

When currents hit a headland, they are deflected down its side and accelerated, as shown to the west (left) of Portland Race on the Tidal Compass opposite. In many ways a similar effect happens with the wind, and it has been noted that winds are especially fickle around headlands, ranging from calm to severe as you pass around.

OVERFALLS

When tidal currents are funnelled down a headland they often crash into an underwater extension of the headland. On a calm day, this will create a roaring cacophony of breaking waves, while the surrounding waters are completely flat. This often gives a false sense of security to the unprepared, and the transition from calm to chaos happens shockingly quickly. The best way to avoid these overfalls is to stay well away from the headland, or time your passage for Slack Water. Because the conditions are powered by currents, if there are no currents there will be no overfalls and you will have a window of opportunity to pass through safely – especially if it is Neap Tides just after a half moon when Slack Water lasts longer and the currents are not so fast.

EDDIES

Eddies are areas of water where the currents flow in a circular direction and they are often found on the 'downstream' side of a headland (see Tidal Compass opposite). The theory goes that a fast current will hit the headland and flow around it, leaving an area of low pressure immediately downstream. Nature's response is an eddy circulating water against the prevailing current to 'fill the gap' of low pressure. The edge of the eddy, where the two currents collide, is called the eddyline and it's where whirlpools are often found, their size determined by speed of currents.



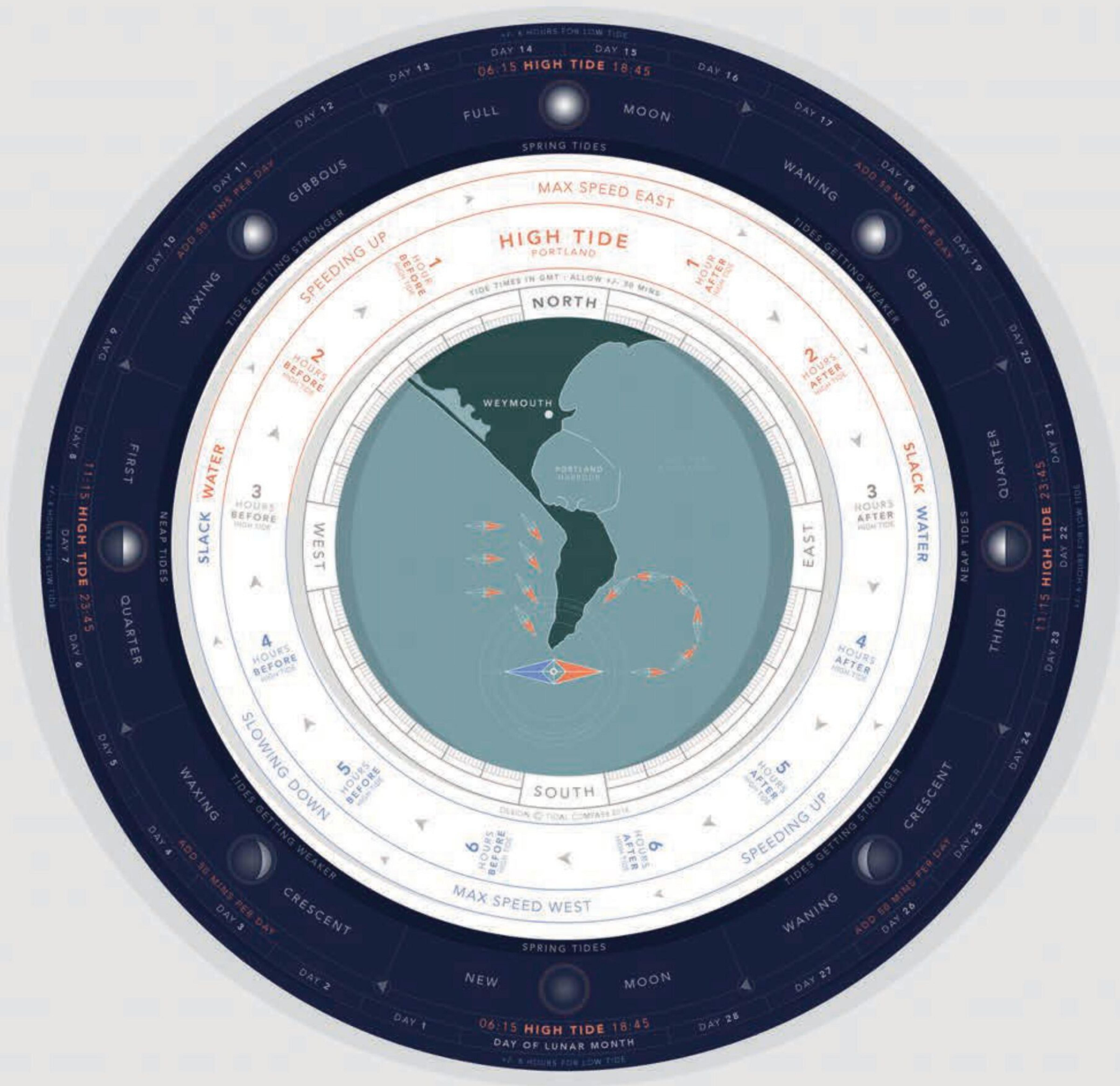
PORTLAND BILL

50° 31' N 002° 27' W

Portland Bill in Dorset is one of Britain's most iconic headlands and home to the infamous Portland Race, described as 'the master terror of our world'. Just like St Albans, and many others around the UK, the land extends out to sea with an underwater reef that creates overfalls when the strong currents, accelerated by hitting the headland and rushing down its side, crash into the reef. The waves here are typically steep and close together, staying in one place while the water rushes through.

On some headlands, a swell or wind against stream at a headland is enough to create dangerous seas, even if there is no underwater feature. The secret is to pass at slack water, when the currents are weakest. But when the currents are at maximum flow, a typical pattern can be observed, as shown by the Tidal Compass to the right. On the 'upstream' side, the currents hit the headland and are accelerated down to its tip. On the 'downstream' side, all the water flowing past the promontory creates a 'gap', which is filled by a slow moving eddy moving in a lethargic circle.

*‘Currents get funnelled down the upstream side
and eddies form on the downstream side’*

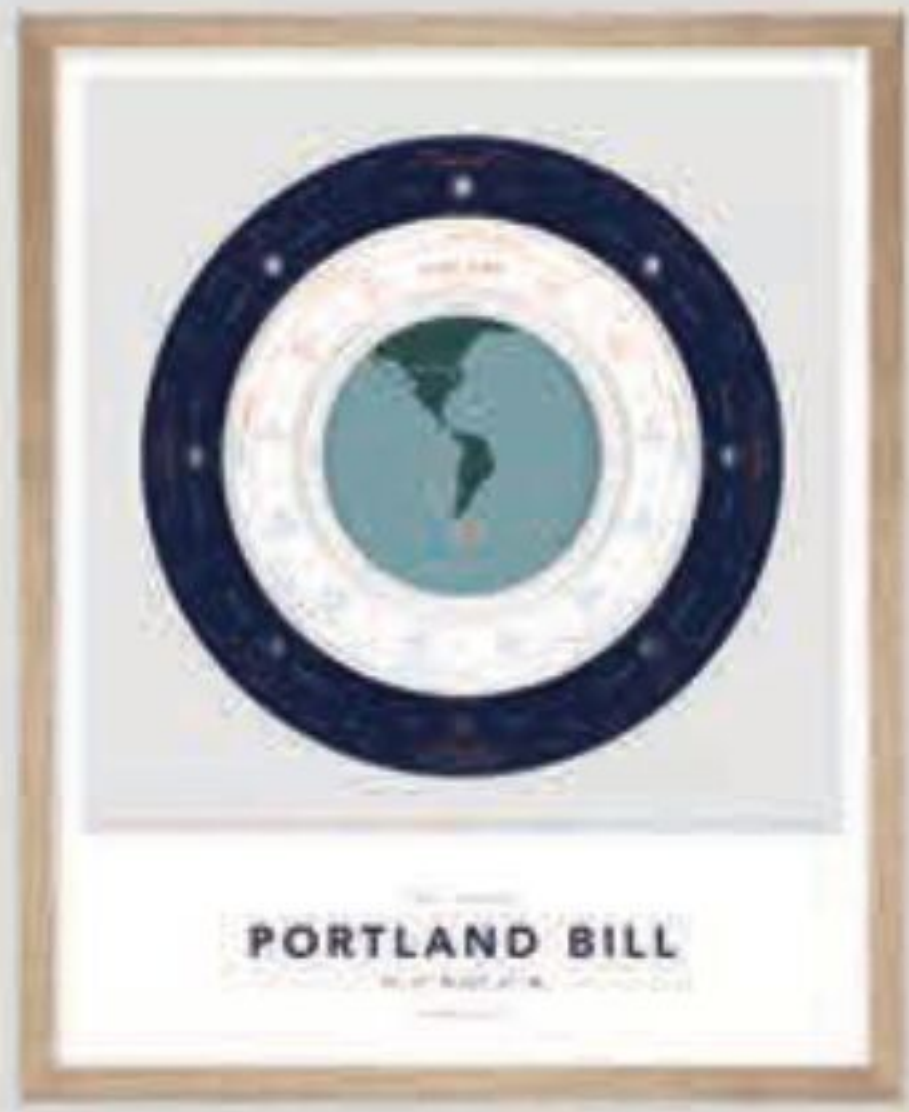


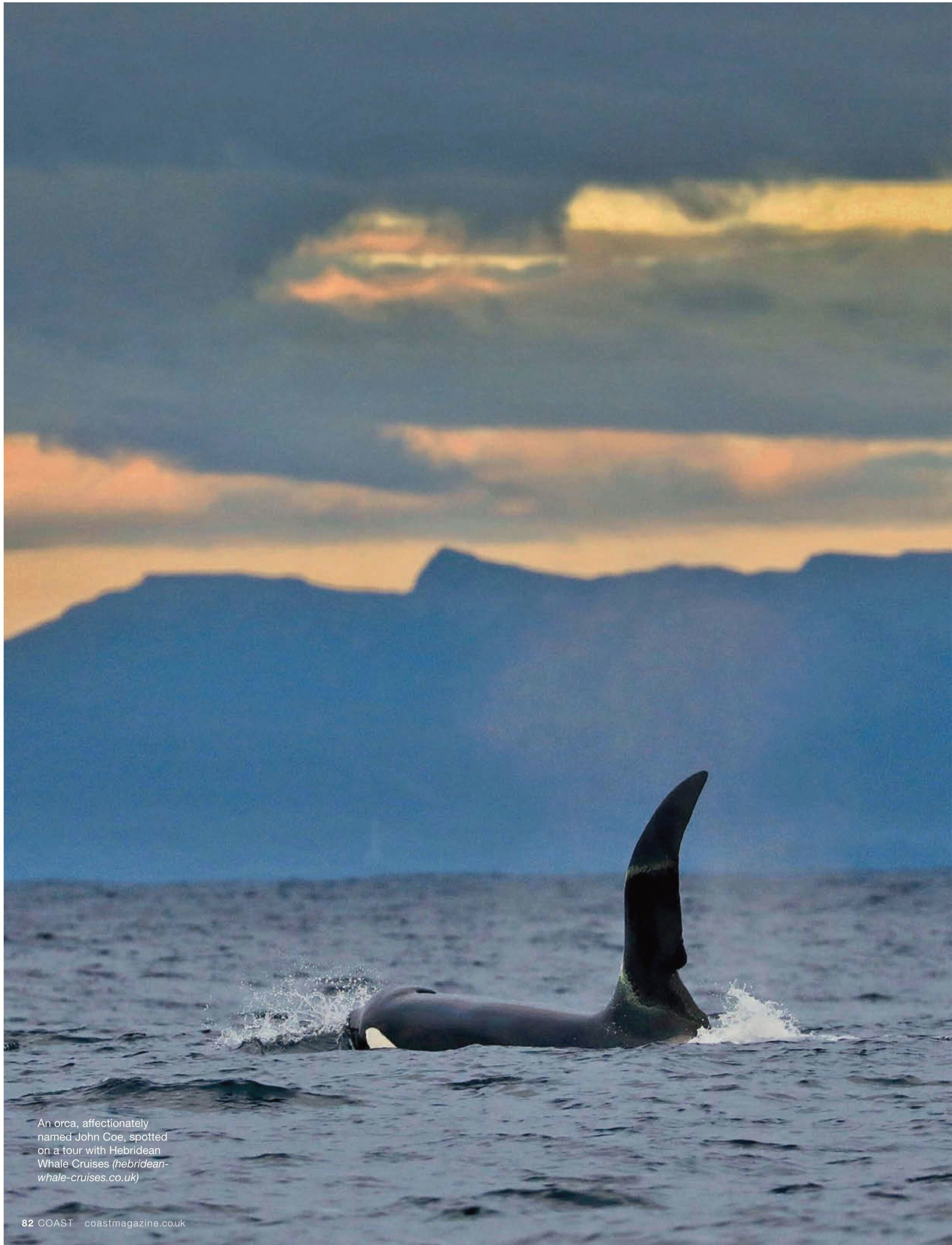
INSTRUCTIONS

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





An orca, affectionately named John Coe, spotted on a tour with Hebridean Whale Cruises (hebridean-whale-cruises.co.uk)

SEAS THE POWER

As we have discovered in this feature, the topography of a peninsula accelerates the elements along its side, culminating in a dramatic display of tides, waves, winds and currents at its tip. However, what we have not explored – so far – is that swept along in the currents is plankton, the foundation of the marine food chain. Just like the elements, plankton is concentrated at headlands and this results in an extremely rich ecosystem that sets off what is essentially a feeding frenzy. All levels of the food chain are attracted to the feast, from simple fish to sophisticated apex predators like the orca, or killer whale. Many people are surprised to discover that these phenomenal creatures, measuring six metres long and weighing over 4,000kg, can be spotted from the UK coast. But it is true, and the best place to see them is from a headland on the north-west of Scotland.

The photograph opposite is of one of Scotland's most famous orcas, John Coe, who has been regularly spotted from Tiumpan Head on the Isle of Lewis. When it comes to whale-watching,

headlands have the double advantage of creating an environment where orcas thrive and providing a safe place for people to watch them. Binoculars are essential if you do decide to perch on the end of the promontory; my favourite pair is made by Konus (*top*) and was sold to me on the recommendation that the cross-channel ferry captains use them, so they should be good enough for me. They are, and priced at less than £100 they are fantastic value for money. But if you have a larger budget then the Nikon (*middle*) binoculars are highly regarded for whale-watching. Stepping up a notch again, the Canon pair (*below*) has image stabilisation, which is perfect for counteracting the gentle rocking of a boat if you want to experience the orcas in their element. The best way to do this is on a trip with Hebridean Whale Cruises, whose team took the photograph of John Coe and have expert knowledge of the local waters and those orcas that call it home.

Next month, William will explore the characteristics of inlets.



Best sub-£100
(konus.com)



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(nikon.co.uk)



Best high-range
(canon.co.uk)

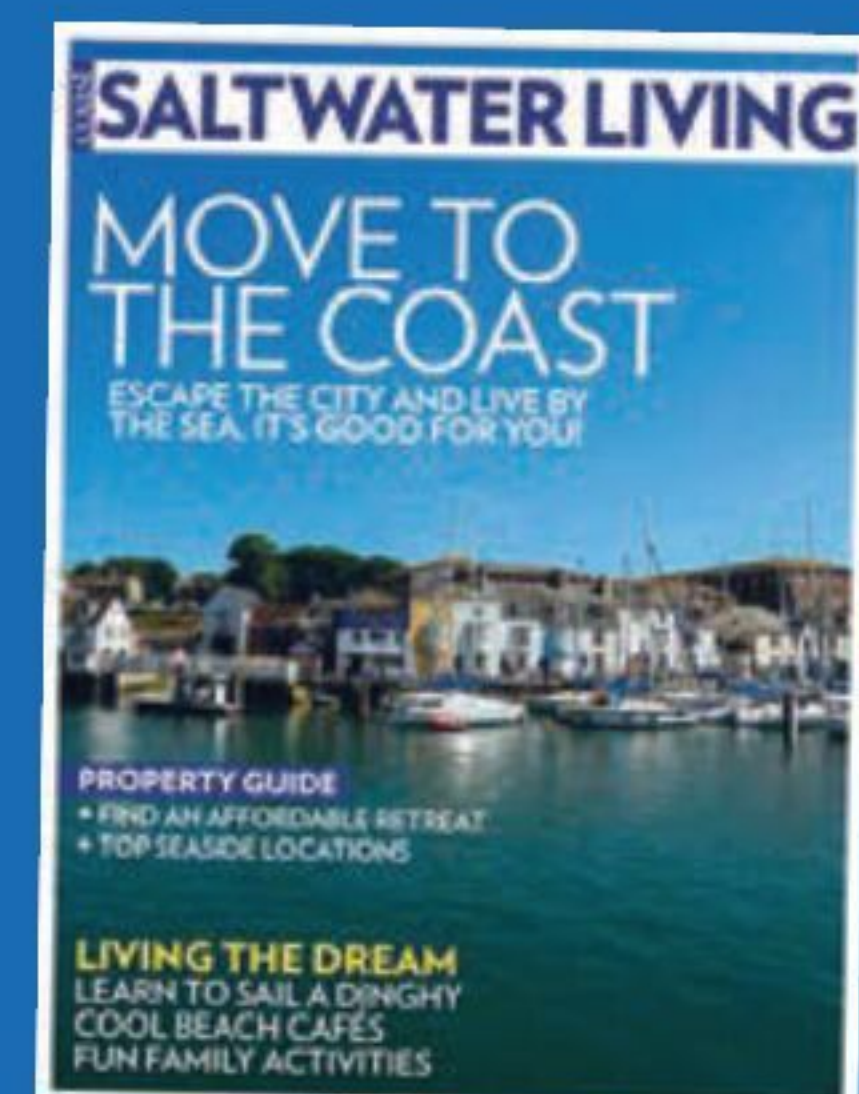


Follow William's journey as he sails with his young family aboard the Tidal Compass catamaran, sharing techniques to #SeasThePower.

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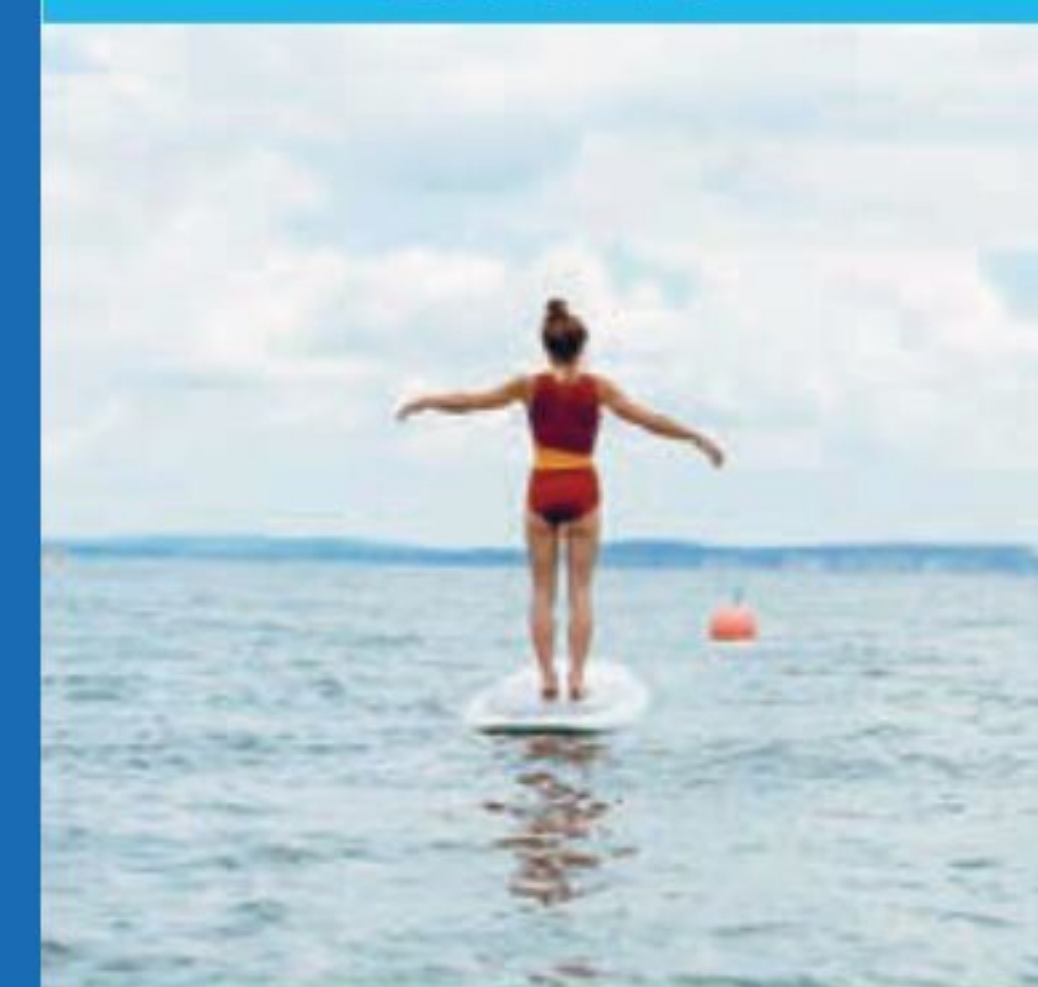
Best shoreline restaurants, foodie trails and recipes

ARTS & CRAFTS



Coastal artists and simple, stylish craft projects

LIVING

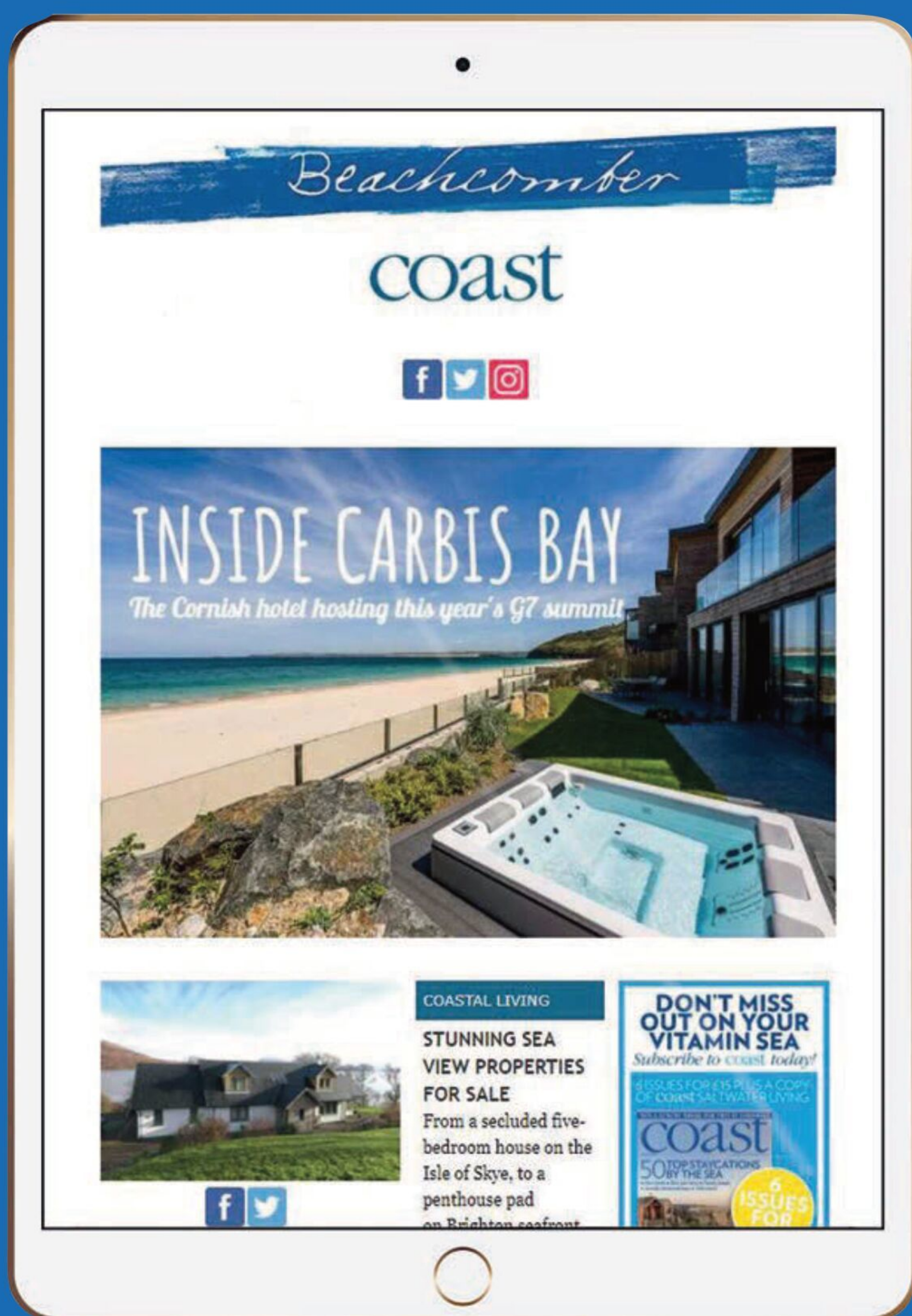


An insider guide to enjoying an active, outdoor life

NATURE



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DOG-FRIENDLY BEACH HOLIDAYS

There's a wealth of pet-friendly stays around the British Isles, but – our coast-loving readers ask – do they have dog-friendly beaches nearby?
Anne-Claire Heels rounds up some ideal options

If you normally spend your holidays pottering through Provence or ambling through Andalusia with your four-legged friend in tow, this year Brexit might be giving you some pause (or should that be paws?) for thought. When travelling to an EU country, or even Northern Ireland now, your pet needs to be microchipped, have a valid rabies vaccination, a costly animal health certificate you must obtain from an approved vet ahead of time, and – for certain countries including holiday faves Malta and Ireland – a tapeworm treatment, and that's before you factor in current Covid-19 conditions. (And it's worth noting these pet requirements also apply to assistance dogs.) But don't despair, if you want to go doggy paddling with your pooch there are loads of options right here on your doorstep.

DORSET

The paddle: Monmouth Beach and Church Beach in Lyme Regis allow dogs all year round. At Front Beach they are welcome on a lead between 1 October and 30 April, but not allowed between 1 May and 30 September. Nearby Charmouth East Beach welcomes dogs at all times (on the Golden Cap side of the river). However, they should be kept on a lead in the car park and while making their way to the beach.

The pad: The Little Sea House is a charming chalet right on shingle-and-

sand Monmouth Beach – so if it's sea view and long walks you're after, you really couldn't get much closer! The chalet is built to a high spec and offers comfortable accommodation with heating, a kitchen, shower room, double-glazed windows and a private decked area. Three people can be accommodated, though it's not suitable for children under six, and the family dog is welcome too (01297 443550, toadhallcottages.co.uk/holiday-cottages/the-little-sea-house/1865).



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NORFOLK

The paddle: The vast beaches at Holkham and Wells on the county's north coast inspire awe on first sight (and second, and third...), and regularly feature in 'best UK beach' lists. They are as popular with dog-walkers as they are with beach-goers, with their atmospheric pinewoods, sand dunes and colourful beach huts. Holkham National Nature Reserve is also a crucial habitat for several species however, including shore-nesting birds, so there are proposals for zoning and certain times or areas where dogs may have to be kept on a lead. Please follow local signage and see holkham.co.uk/nature-reserve-beach/dogs for further information.

The pad: The Well House in Wells-next-the-Sea is a stylish town house sleeping eight in five bedrooms. A spacious 400-year-old property in the centre of this photogenic seaside town, it is close to all the local amenities and packed with character and luxurious touches. There's also a south-facing terrace with pond, off-road parking for two cars, and one dog is welcome (barefootretreats.co.uk).



NORTHUMBERLAND

The paddle: Embleton Bay is a long stretch of golden sandy beach, leading to the atmospheric, much-photographed ruins of Dunstanburgh Castle. Popular with families, this terrific beach is also dog-friendly all year round, and there's plenty of room to stretch those legs.

The pad: If you fancy a romantic escape in a pretty coastal village and you have more than one dog, then five-star Lost Lobster Cottage in Embleton could be just the ticket. Only 16 minutes' walk from the beach, this cute cottage blends character with modern comfort, sleeping four, and welcoming up to four dogs as well. It boasts a wood-burning stove, a roll-top bath and a secure garden (01665 710700, coquetcottages.co.uk).



LUSKENTYRE PHOTOGRAPHS GRAEME CAUGHEY

ISLE OF HARRIS

The paddle: Luskentyre must surely be one of the most Insta-gorgeous beaches you'll find anywhere – definitely no filter needed. With its aquamarine water, white sands and windswept dunes, this is one you could mistake for the tropics on a good day, and even on a less good day it's still magnificent. Your and your dog might even have it to yourselves, though you might spot dolphins, seals or even sea eagles on your walk. Just heavenly.

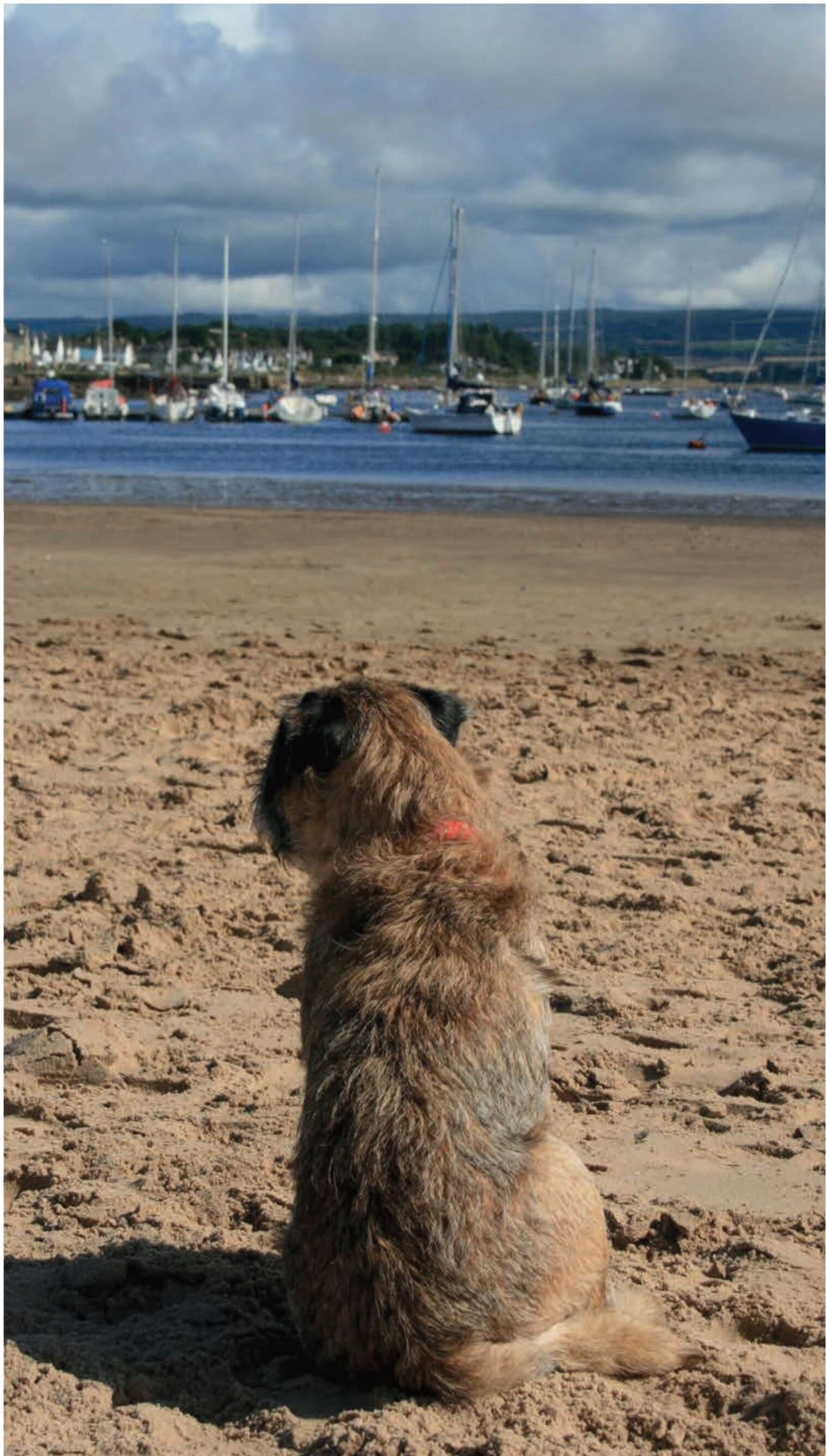
The pad: Gaze across to that world-class beach from the verandah of 1 Luskentyre, an idyllic island escape converted from a croft house. It has a contemporary feel and sea views in abundance – it sleeps four in two king-size bedrooms, and one dog is welcome too (at a charge of £25). New for 2021 will be a hot tub in an oak-framed gazebo sited privately behind the house with fabulous views west to the dunes and the sunset (01381 610496, lhhscotland.com).



MORAY

The paddle: The picturesque village of Findhorn on Scotland's Moray coast has a great dog-friendly beach, and from there you can easily walk along to neighbouring Roseisle Beach – with its sand dunes and pinewoods – which also welcomes dogs. If you're into watersports, walking and wildlife, then you'll soon discover that the Findhorn area is truly fantastic.

The pad: Sweet Rosebay Cottage sits in the village just a stone's throw from the sea as well as local amenities, and offers comfortable accommodation for up to six people, plus a dog. It's well suited to those with children, as a stair gate, travel cot and portable high chair are provided, and the enclosed garden will be handy with the hound too (07966 298899, findhornholidaycottage.co.uk).





CEREDIGION

The paddle: Sandy Cilborth Beach lies immediately north of larger Llangrannog on the Ceredigion coast, loved for wonderful walking and wildlife. Cilborth can be accessed from Llangrannog at low tide or via steps. Man's best friend can roam without restrictions at any time of the year at Cilborth, while on Llangrannog Beach itself restrictions apply from May to September.

The pad: Penbontbren is an award-winning luxury B&B situated in the nearby village of Llandysul. It was converted from an 1800s farmhouse, and also offers suites in beautiful grounds close to Ceredigion's beaches and the Wales Coast Path. Best of all, it provides some dog-friendly accommodation options, and you and your pooch will receive a warm welcome from your dog-friendly hosts (01239 810248, penbontbren.com/bed-and-breakfast-dog-friendly).



KENT

The paddle: If you're more charmed by shingle than sand then this is one for you. Walmer is famed for its Henry VIII-era castle, and its pebbly shingle shore, where dogs are free to wander everywhere. The further south you head towards Kingsdown, the quieter it becomes. There are no dog restrictions on Walmer Beach, and access is straight from the road, where there is also parking.

The pad: Five miles inland in Sandwich you'll find 13th-century Gore Cottage, a characterful four-star property that sleeps five and welcomes up to four dogs. Here in the Kent countryside you'll be well placed for local amenities and much of Kent's varied coastline. Dogs are charged at £20 each per full or part week (holidaycottages.co.uk/cottage/79263-gore-cottage).





YORKSHIRE

The paddle: Robin Hood's Bay was known to have been used by smugglers in times past – but these days it's the haunt of day-trippers and dog-walkers, and open to dogs all year round. Do take care to check the tide times though, it comes in fast here and the sandy beach is quickly submerged. The village is on The Cleveland Way, and within the North York Moors National Park, so you'll be spoiled for walkies, whichever way you go.

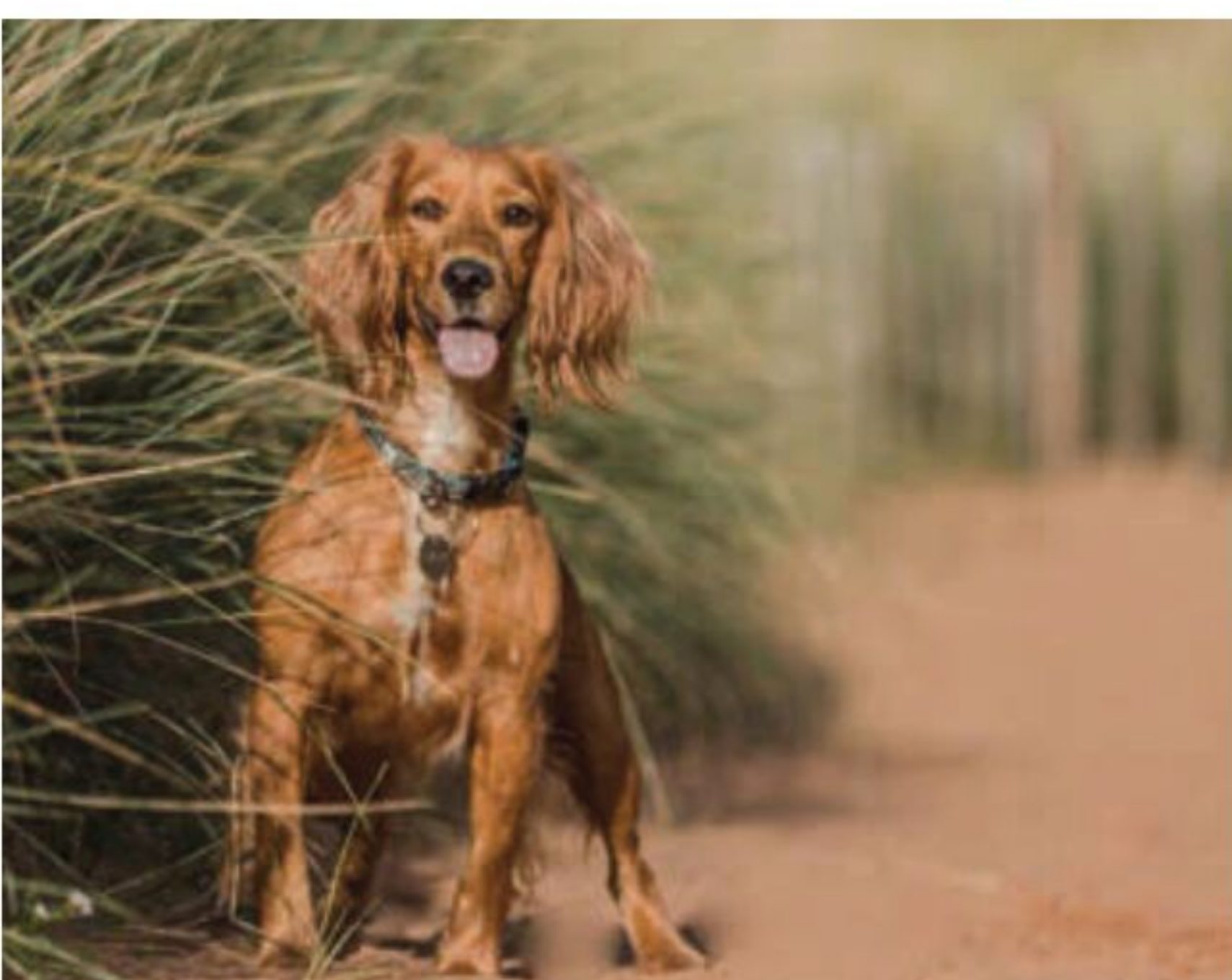
The pad: Lovely Lenwood is a handsome sandstone cottage in the cobbled streets of this picture-postcard fishing village – and a real bonus is that it's within walking distance of everything from welcoming pubs to independent shops to the beach itself. This eclectic five-star building has sea views from the top floor, a quaint little courtyard outside, and sleeps four in two bedrooms. Two dogs are also welcome – they are charged at £20 each per full or part week (caninecottages.co.uk).



DEVON

The paddle: Dawlish Warren is famed as one of Devon's family favourites. By taking a short walk through woodland you can reach this lovely spot – there are 1.5 miles of sand and beautiful views to enjoy. Dogs are allowed on the beach all year round past groyne 3; they are allowed on the beach up to groyne 3 from 1 October to 31 March only.

The pad: Set just inland from Dawlish Warren Beach, Cofton Holidays has a family-friendly 80-acre park offering accommodation for every budget, from camping and caravans to cottages and luxury lodges. There's loads to entertain the kids, great walks for dogs, it's open all year round, and if you visit in low or mid season there is no additional charge for four-legged friends. There's even a dog-friendly pub on site... cheers! (01626 890111, coftonholidays.co.uk/dog-friendly-holidays).



Robin Hood's Bay on the Yorkshire coast is an ideal choice for a dog-friendly break, with both the coast and the North York Moors to explore on foot





CORNWALL

The paddle: Harlyn Bay is considered one of the best and safest family beaches in Cornwall, and you'll find it just to the west of busy buzzy Padstow. This wide expanse of golden sand attracts surfers, kayakers and walkers as well as families, and the good news is that dogs are welcome here too, all year round. Woof!

The pad: Stylish Trelawn sleeps 10 people in five bedrooms and boasts wonderful views over Harlyn Bay on one side, and the Cornish countryside on the other. It's all about al fresco living at this place – from the hot tub to the enclosed garden to the terrace and balcony – though there's also a wood burner and a media room should the weather turn inclement. Up to two dogs are welcome, at a cost of £50 per week for the first dog, then £25 per week for the second dog (01208 895570, perfectstays.co.uk).



HARLYN PHOTOGRAPH VISIT CORNWALL/SEAN HUGHES

Note: Always check local signage – guidance may vary at different times of the year – and follow the rules. Leave only paw prints and make sure to take waste away with you. Please check government travel advice before booking any trip.

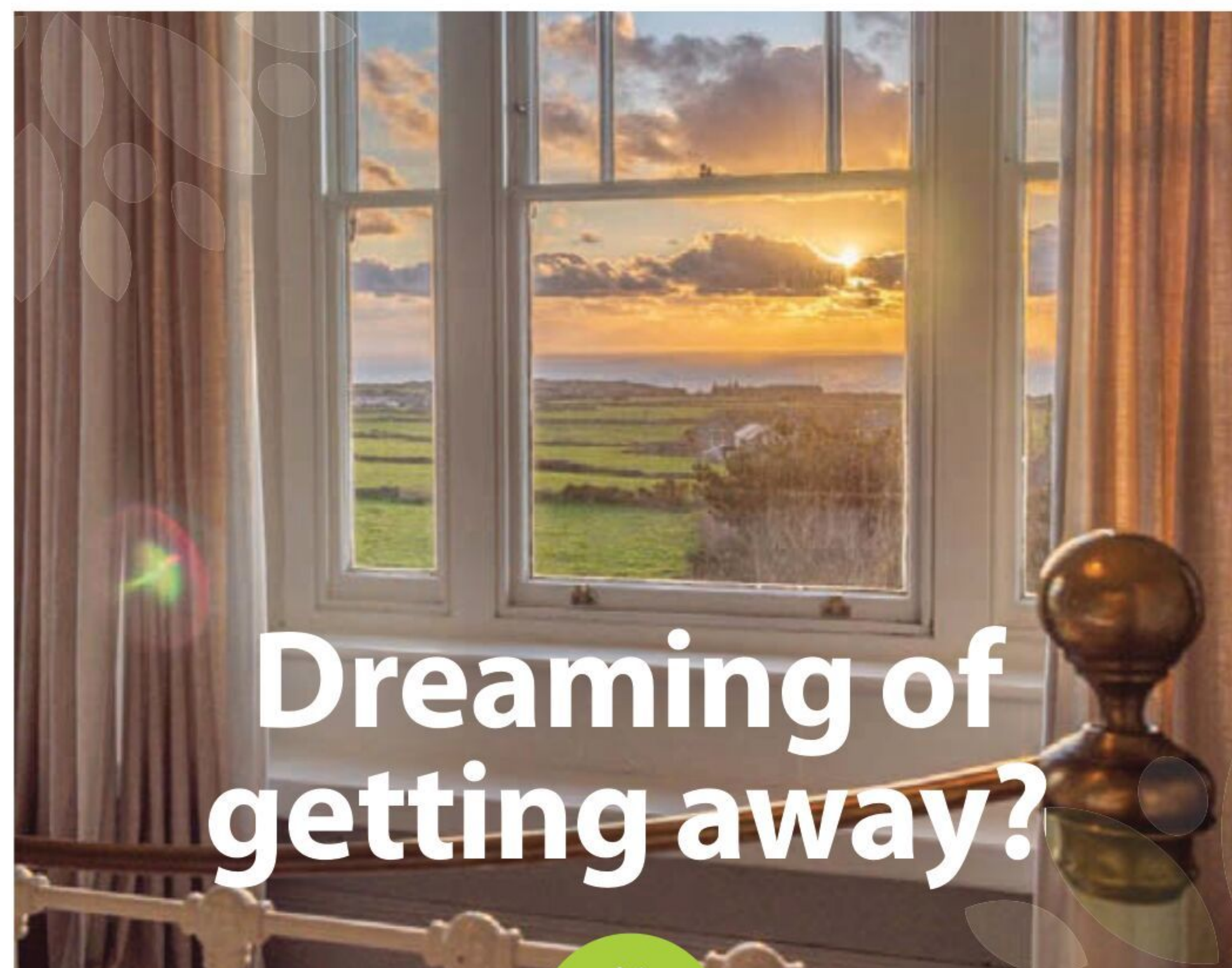


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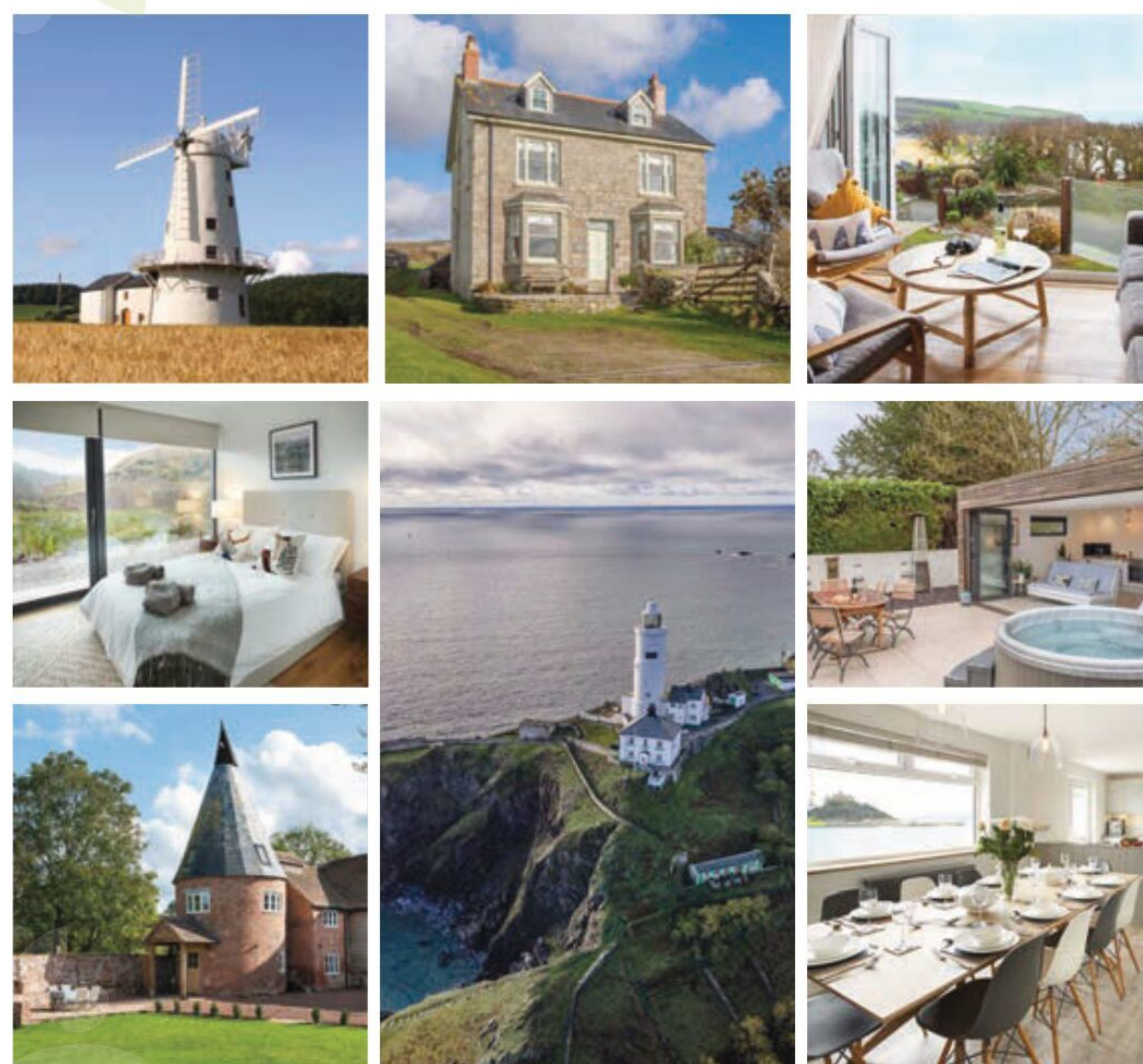


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SEADOGS

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PRICE There is a charge of £15 per dog per night – please advise the hotel at time of booking if you'd like to bring yours along.

HOW DO I BOOK? Call 01654 767213 or go to trefwales.com.



DOGS WELCOME

Out now is the latest edition of *Saltwater Living*, with a focus on dog-friendly accommodation and ideas all around the UK (£6.99, shop.kelsey.co.uk).

DOG HOUSE WITH A DIFFERENCE

If your pooch is a bit of a princess who loves nothing more than being pampered, modular home builder Built & Spaces has created a luxury £1,200 dog kennel with a double-glazed window, copper roof, automatic door and a heated floor. The Plymouth-based company specialises in garden rooms, home offices and extensions, and says that the canine concept was driven by customer demand (builtandspaces.co.uk).





DOG of the MONTH

Here is Echo her first day on the boat in Dartmouth Harbour in Devon. *The Crowthers*

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

LAP OF LUXURY

If you're planning a trip to the South West this year and want to take your canine chum, check out the finalists of Devon Tourism Awards' dog-friendly category, sponsored by pet food maker Forthglade.

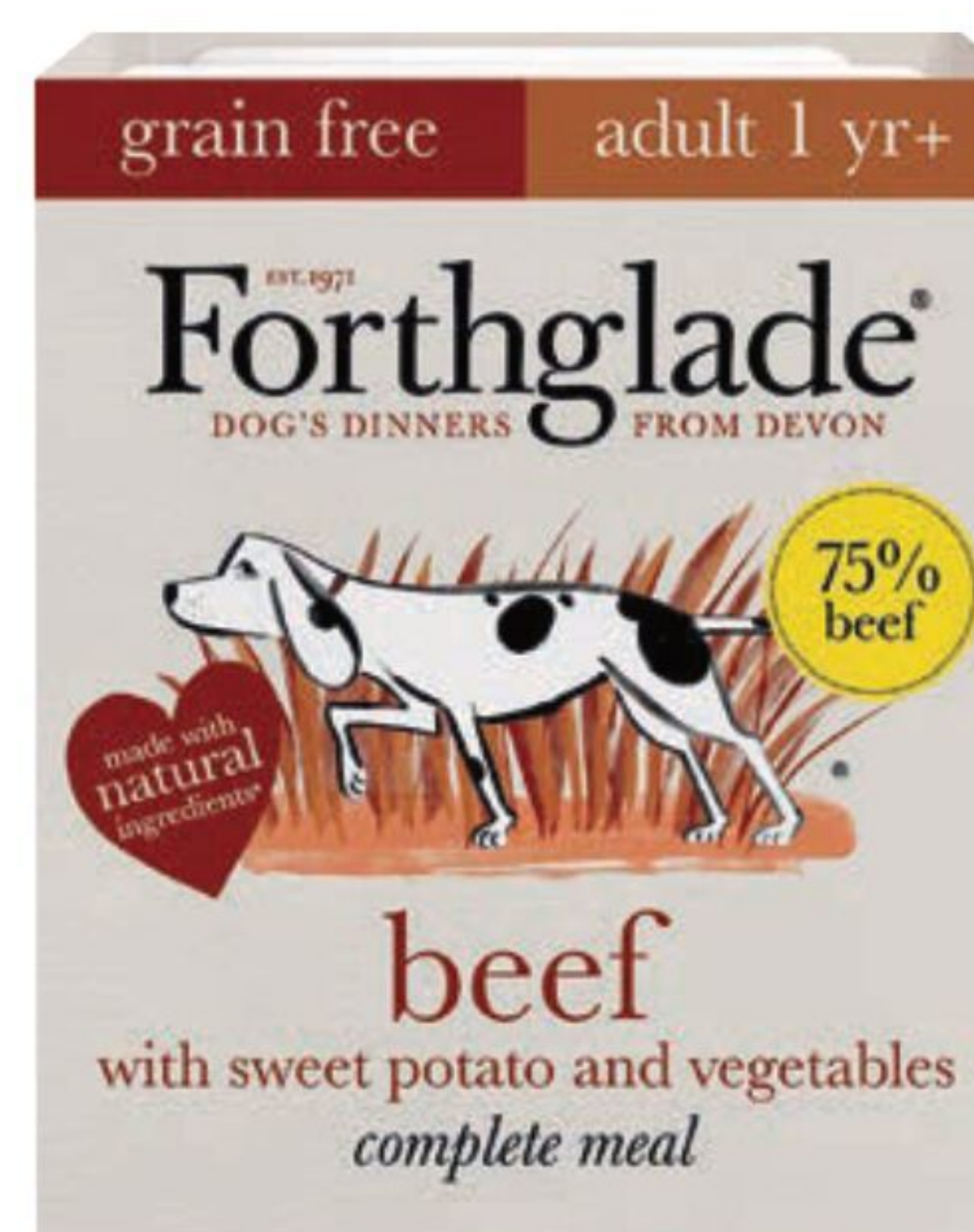
Bovey Castle hotel on Dartmoor has a pooch parlour as well as a spa and a 275-acre estate to explore (boveycastle.com), while Stowford Farm Meadows camping and

caravan site near Ilfracombe offers 70 acres of woodland walks and day kennels (stowford.co.uk).

The winner, Millbrook Cottages in Umberleigh, North Devon, offers luxurious accommodation for couples set within a 32-acre private estate. Treats include a pre-bookable hot tub in the woods, pamper treatments and two fishing lakes (millbrookcottages.co.uk).



WORDS ANNE-CLAIRE HEELS



IN ASSOCIATION WITH FORTHGLADE

A Devon-made beef feast

Forthglade has launched a tasty beef recipe as part of its award-winning grain free meals for dogs. Made using natural ingredients, the complete wet meal contains 75% beef, with sweet potato, vegetables, vitamins and minerals. Free from junk or fillers. (£1.45 for a 395g tray, forthglade.com).



RUFF & TUMBLE READER OFFER

Ruff & Tumble dog-drying coats take the hassle out of dealing with a wet dog in minutes – and now coast readers can get a 20% discount when buying one. Classic Drying Coats (RRP from £28.95) come in four different colours and in sizes from Dachshund Mini to Giant Mountain Dog. They boast two layers of absorbent towelling to wick away wet from your dog faster than you can with a towel. Use code 'CSTMG20' at the checkout, valid until 30/06/21 (ruffandtumbledogcoats.co.uk).



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FLASH, BANG, WALLOP



— 1960 —

Thought I'd share my favourite
beach picture of my dad, brother
and I down in Cornwall. This was
probably about 60 years ago and
it still brings a smile to my face.

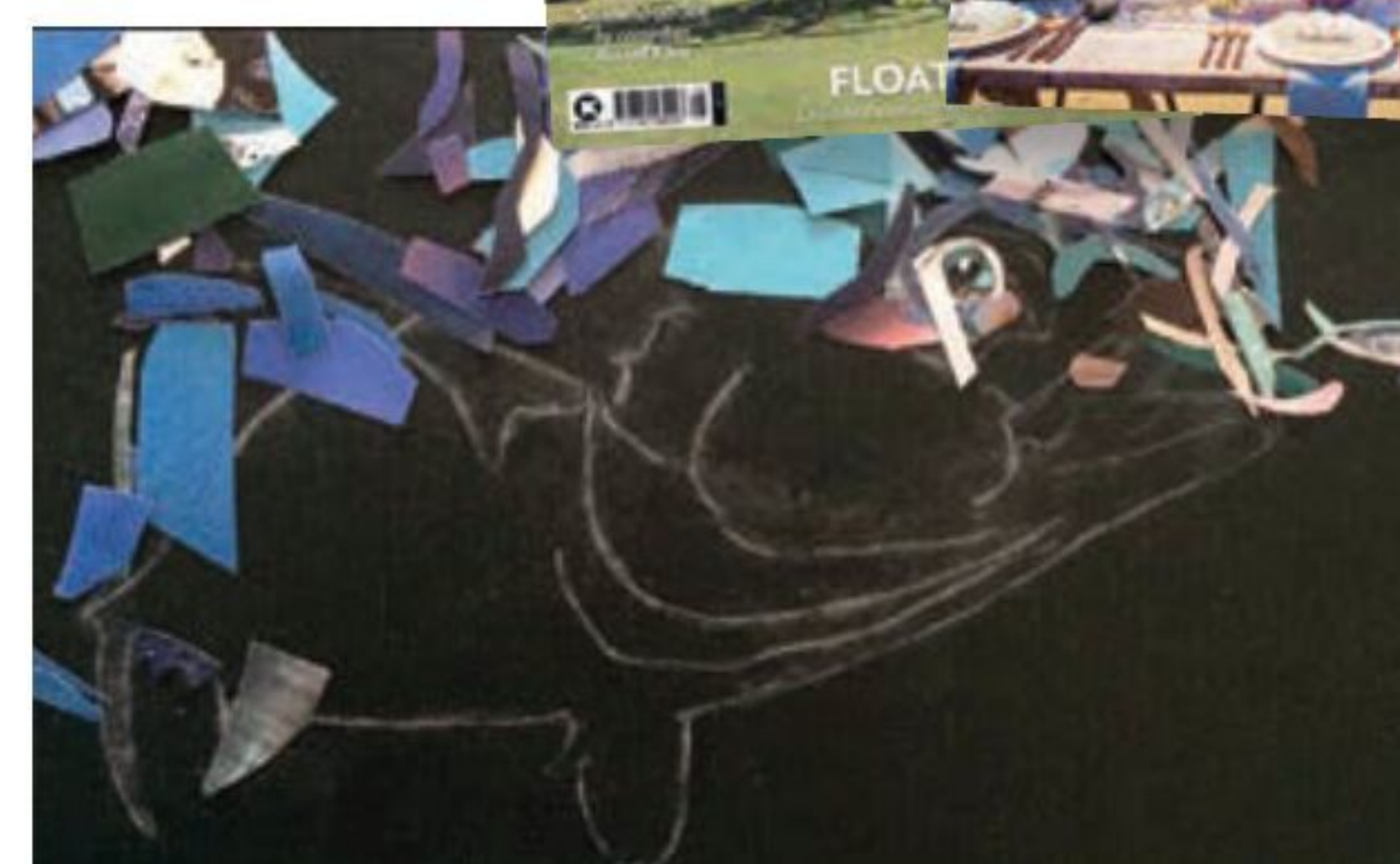
Chris

ART FROM coast CUTTINGS

Here are some photos of an art project I did a few weeks ago. Inspired by the beautiful photos in **coast**, I went about cutting out all the shades I could find to create my Mighty Tuna mosaic. It took four hours to put together and, as it was just for fun, I did not stick it down to keep, but blew it away when I had finished. I do have a stop motion video on my Facebook page, [facebook.com/VanZeilOriginals](https://www.facebook.com/VanZeilOriginals), but thought you might like to know how the magazine gave me my first inspiration for 2021. *Donna Van Zeil*

THANKS FOR THE INSPIRATION

You really did excel yourself with the February edition of **coast**. It must be so difficult trying to inspire your readers and find things for them to do and see in the constantly changing COVID conditions. I enjoyed all the articles this month, especially 'Going solo' by Jini Reddy. I can only suggest she gets/borrows a dog to explore with though. A walk is always enriched by a wagging tail and contented face of a happy hound. Keep up the great work. *Sarah Milne*



WHAT YOU TWEETED...

@HollyTuppen One of my fave new locals @wildflorhove in this month's @coastmag @alexfishermedia #brightonfood

@Gottacraft So proud to see that the island is featured in the top 10 places for a staycation in the February issue of @coastmag is on the #isleofsheppey #kent @VisitKent @Visit_Swale

@effes22 Picked up my copy today. Bedtime reading tonight



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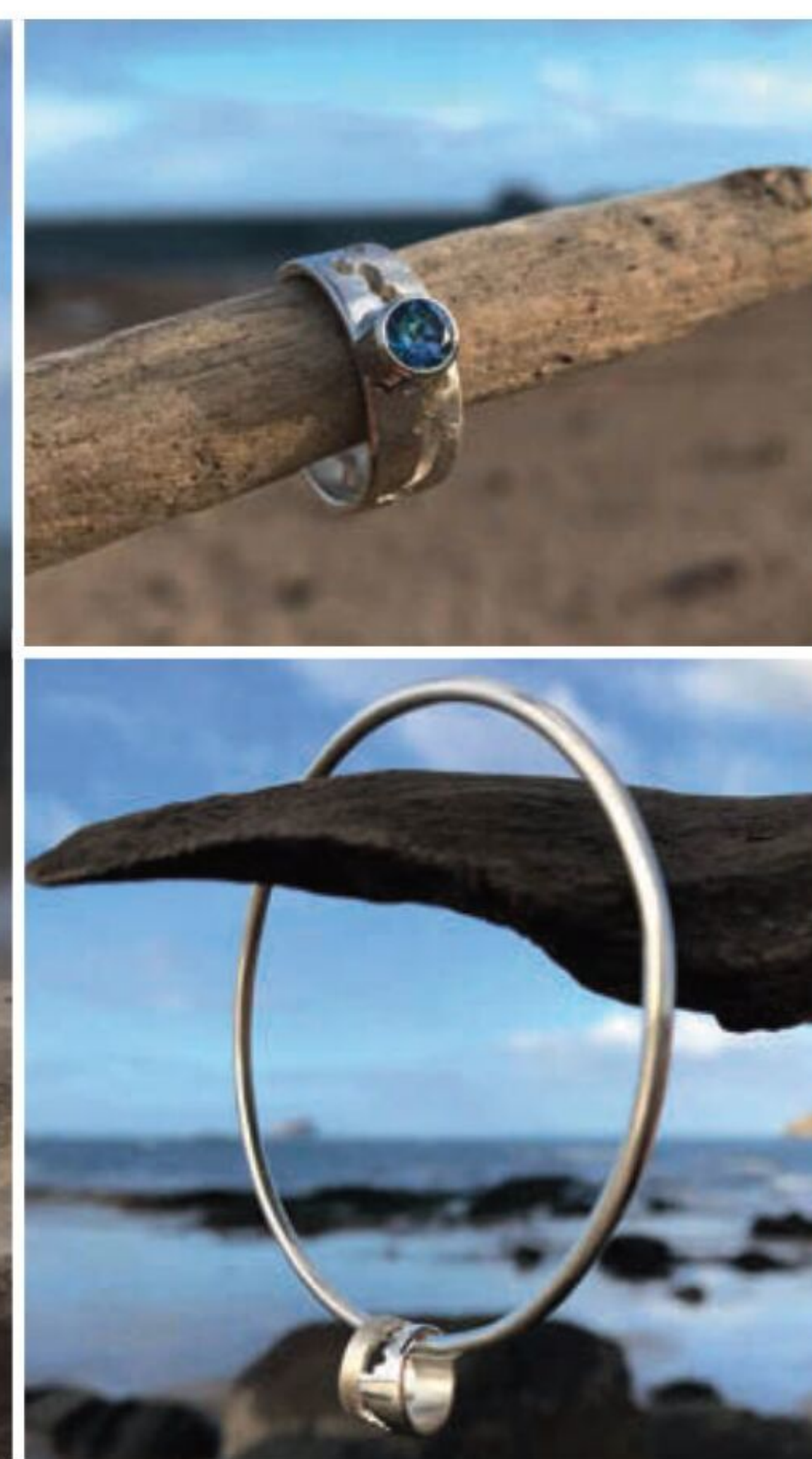




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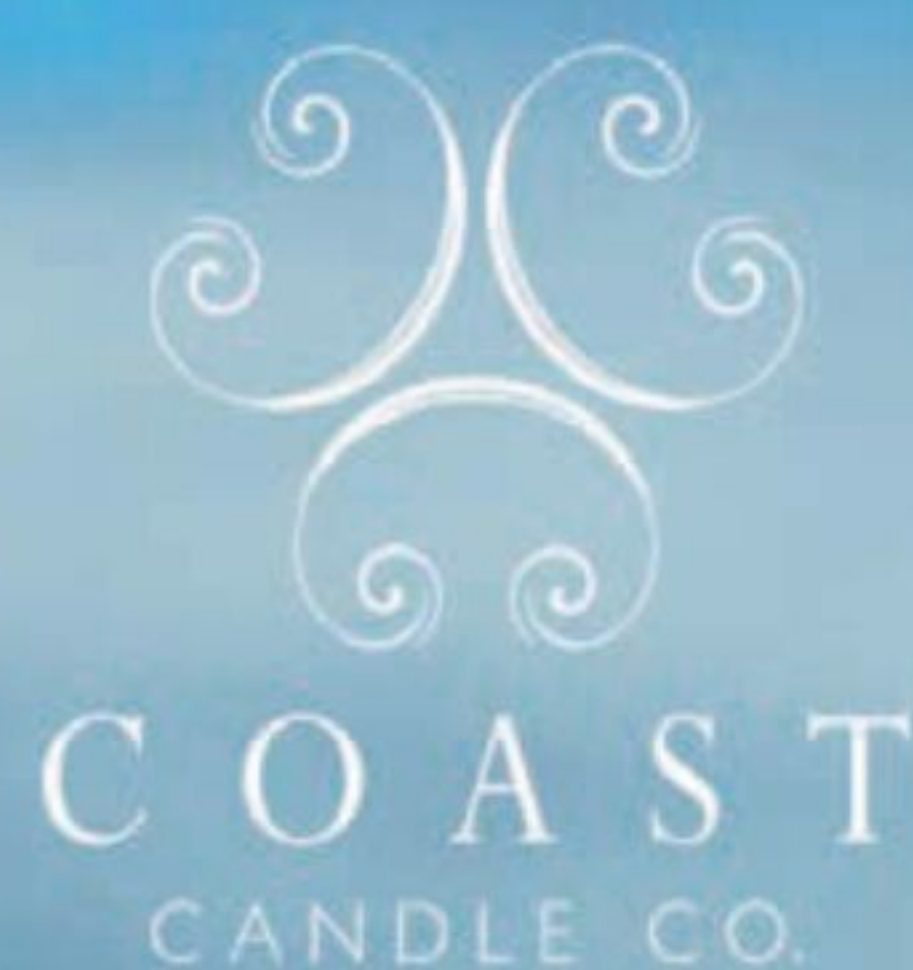
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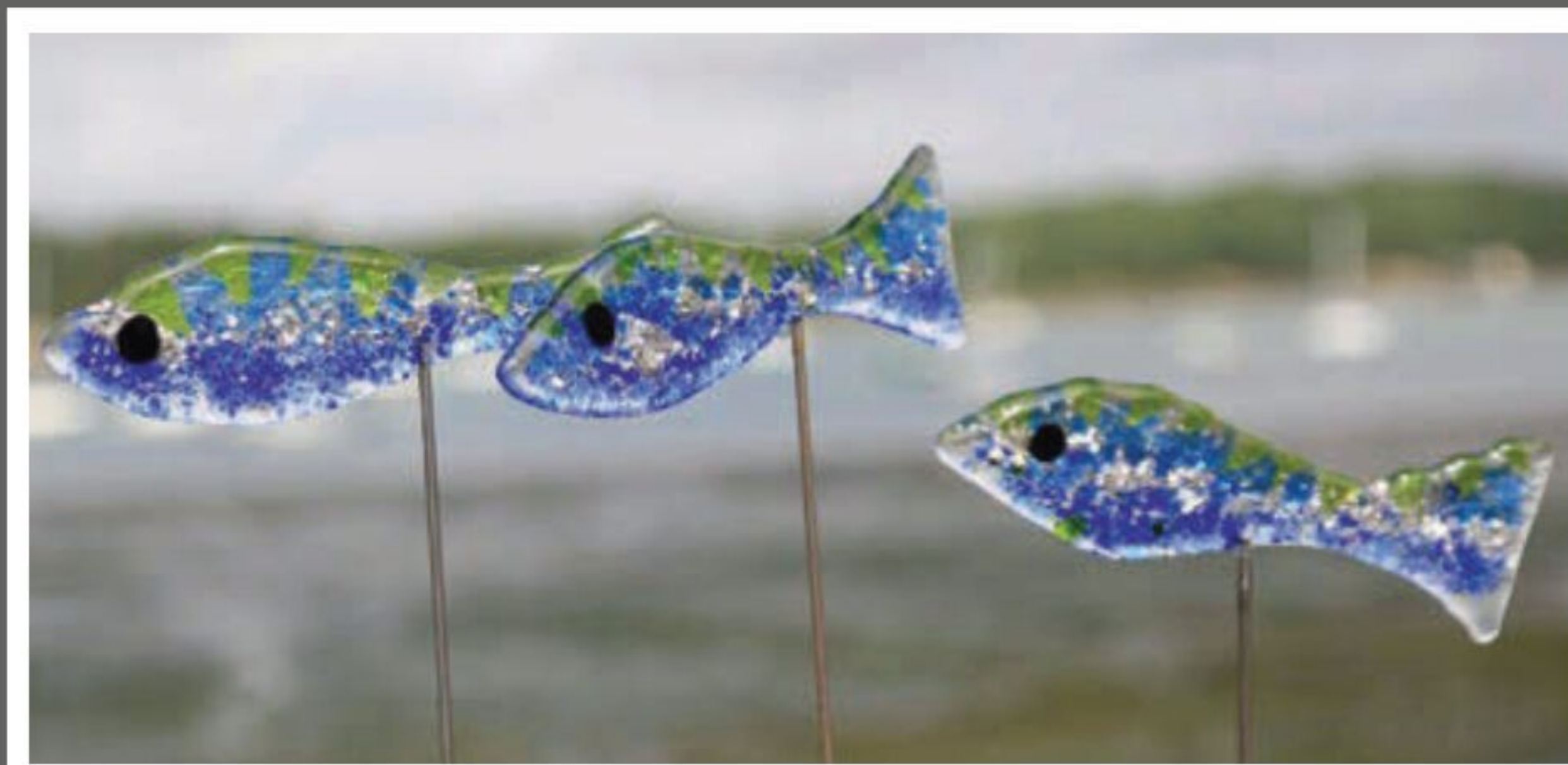
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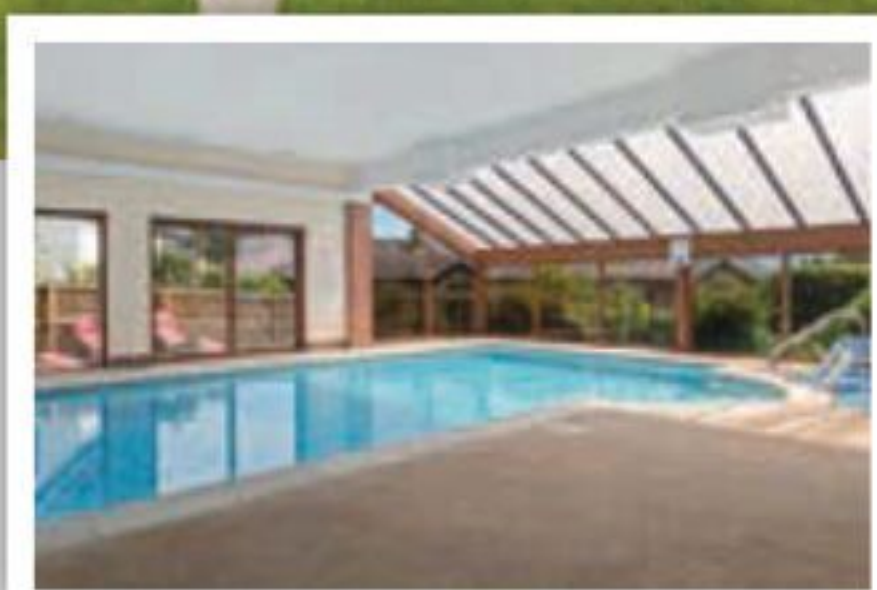
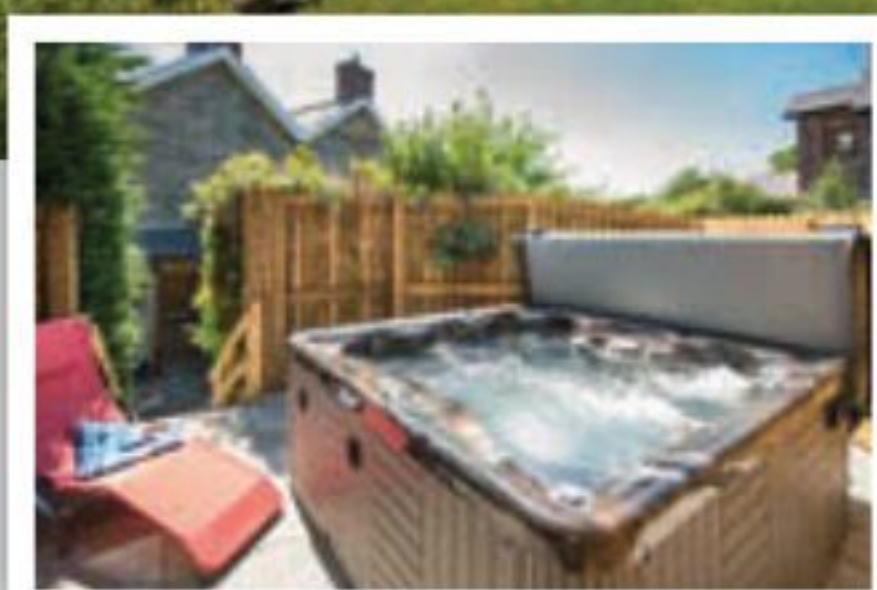
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— MY COAST —

Co-founder of The Seafood Restaurant in Padstow and one of the West Country's leading business people, Jill Stein adores the wild Atlantic coastline she calls home

INTERVIEW **CAROLINE WHEATER**



I moved to Cornwall from the North West in 1968 and I wouldn't want to live anywhere else. I live on the north Cornish coast (*pictured*), in a village called Trevone, five

minutes' drive from Padstow where the business is based. I can see the sea from my bedroom window and it's a 10-minute walk to the beach from my house. I used to be a real gym bunny but since lockdown last March I've been out walking every day, sometimes twice a day. I've found it really beneficial – it's good to get out into the sea air and clears your head. I like taking photographs too.

Often I go out with Bocca, a working cocker spaniel who belongs to my son

Jack, chef director of the Rick Stein restaurants. Bocca is very energetic and I enjoy having a companion to walk with. From Trevone, we either turn right towards Padstow, or left down to Harlyn Bay. It doesn't matter if the weather's not great – autumn and winter are my favourite seasons because it's very quiet, and I love feeling the wind on my face. Every day is different here, sometimes the sea is flat, sometimes there's a lot of surf; the colours are ever-changing too, from pale blue to dark grey, and in spring the cliffs are covered in pink thrift and blue squill.

There are no shops or cafés in Trevone so, if I'm nipping out for coffee and cake or a nice breakfast, I'll go to the Cherry Trees Coffee House in Padstow, or for a glass of wine at BinTwo wine bar on The

Drang. I cook for myself every day and make one of my favourites, spaghetti vongole, with tiny beach mussels that I collect down at the beach. I steam them open with white wine and finish off with chopped shallots and parsley. In summer, a perfect day might be going to Rocky Beach with my three grandchildren for a paddle in the natural sea pool that emerges at low tide. Or in the evening, sitting on the beach around 7pm with a friend, sharing a glass of wine. The Atlantic coast is beautiful at any time, wild and a bit romantic.

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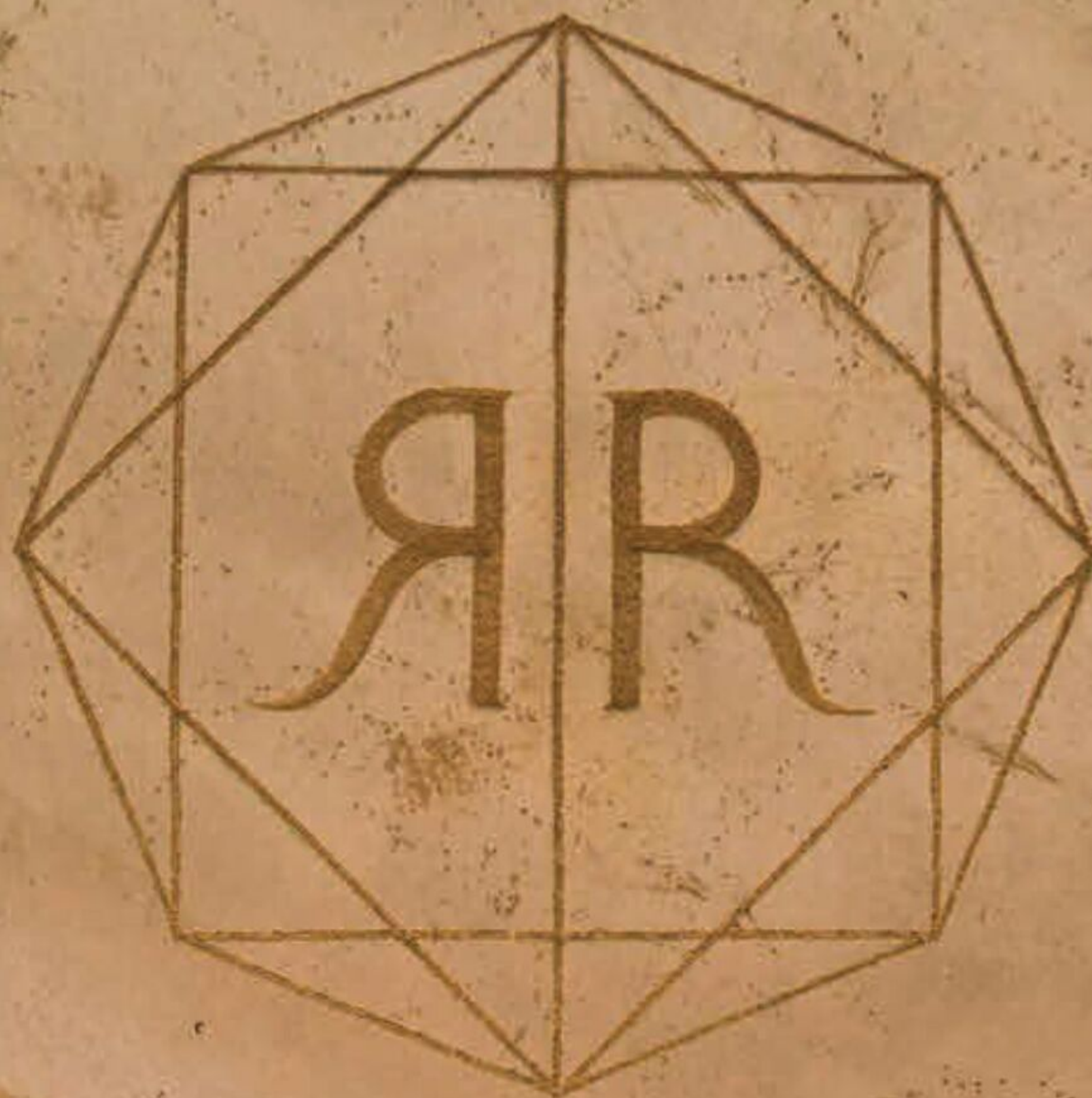


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