

COASTAL PATH

Enjoy the unique charms of twelve Beautiful British and Irish Coastlines



TWENTY TWENTY SIX



OLD HARRY ROCKS, STUDLAND BAY, DORSET, ENGLAND

Once part of a continuous chalk coastline that was eroded away in the last ice age, leaving behind individual rock stacks, Old Harry is the single stack standing furthest out to sea but is also the collective name for all of Handfast Point’s iconic, towering, shard-like formations.

Photo © S Hansche / Getty Images

DECEMBER 2025

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	49
7	8	9	10	11	12	13	50
14	15	16	17	18	19	20	51
21	22	23	24	25	26	27	52
28	29	30	31				1

FEBRUARY 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	6
8	9	10	11	12	13	14	7
15	16	17	18	19	20	21	8
22	23	24	25	26	27	28	9

JANUARY 2026

S	M	T	W	T	F	S	WK
				1	2	3	1
4	5	6	7	8	9	10	2
11	12	13	14	15	16	17	3
18	19	20	21	22	23	24	4
25	26	27	28	29	30	31	5

1	THU	
2	FRI	
3	SAT	
4	SUN	
5	MON	WK 2
6	TUE	
7	WED	
8	THU	
9	FRI	
10	SAT	
11	SUN	
12	MON	WK 3
13	TUE	
14	WED	
15	THU	
16	FRI	
17	SAT	
18	SUN	
19	MON	WK 4
20	TUE	
21	WED	
22	THU	
23	FRI	
24	SAT	
25	SUN	
26	MON	WK 5
27	TUE	
28	WED	
29	THU	
30	FRI	
31	SAT	



RUNSWICK BAY, YORKSHIRE, ENGLAND

At low tide, the sandy beach and rugged cliffs on this part of the Jurassic Coast at Runswick, just a few kilometres north of Whitby, give way to a shoreline dotted with hundreds of water-worn boulders waiting to be clambered upon and rock pools to be explored.

Photo © Marc Bedingfield / Alamy Stock Photo

JANUARY 2026

S	M	T	W	T	F	S	WK
				1	2	3	1
4	5	6	7	8	9	10	2
11	12	13	14	15	16	17	3
18	19	20	21	22	23	24	4
25	26	27	28	29	30	31	5

MARCH 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	10
8	9	10	11	12	13	14	11
15	16	17	18	19	20	21	12
22	23	24	25	26	27	28	13
29	30	31					14

FEBRUARY 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	6
8	9	10	11	12	13	14	7
15	16	17	18	19	20	21	8
22	23	24	25	26	27	28	9

1	SUN	
2	MON	WK 6
3	TUE	
4	WED	
5	THU	
6	FRI	
7	SAT	
8	SUN	
9	MON	WK 7
10	TUE	
11	WED	
12	THU	
13	FRI	
14	SAT	
15	SUN	
16	MON	WK 8
17	TUE	
18	WED	
19	THU	
20	FRI	
21	SAT	
22	SUN	
23	MON	WK 9
24	TUE	
25	WED	
26	THU	
27	FRI	
28	SAT	

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BOYEEGHTER BAY, COUNTY DONEGAL, IRELAND

Thought to have gained its intriguing name due to the unpredictable and dangerous rip tides and currents in the bay, Murder Hole Beach is actually two sandy beaches that are separated at high tide, accessible via the neighbouring Tra Na Rossan Beach or a 20-minute walking trail from Melmore.

Photo © Tom Mackie / AWL Images

FEBRUARY 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	6
8	9	10	11	12	13	14	7
15	16	17	18	19	20	21	8
22	23	24	25	26	27	28	9

APRIL 2026

S	M	T	W	T	F	S	WK
			1	2	3	4	14
5	6	7	8	9	10	11	15
12	13	14	15	16	17	18	16
19	20	21	22	23	24	25	17
26	27	28	29	30			18

MARCH 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	10
8	9	10	11	12	13	14	11
15	16	17	18	19	20	21	12
22	23	24	25	26	27	28	13
29	30	31					14

1	SUN	
2	MON	WK 10
3	TUE	
4	WED	
5	THU	
6	FRI	
7	SAT	
8	SUN	
9	MON	WK 11
10	TUE	
11	WED	
12	THU	
13	FRI	
14	SAT	
15	SUN	
16	MON	WK 12
17	TUE	
18	WED	
19	THU	
20	FRI	
21	SAT	
22	SUN	
23	MON	WK 13
24	TUE	
25	WED	
26	THU	
27	FRI	
28	SAT	
29	SUN	
30	MON	WK 14
31	TUE	

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17th: Bank Holiday (N. Ireland)



FRESHWATER BAY, ISLE OF WIGHT

A picturesque bay on the western side of the island, this flint and pebble beach gives way to sand only at the lowest of tides, allowing time-limited access by foot to caves, at the base of the chalk cliffs, that were formed by sea erosion and used by smugglers in centuries gone by.

Photo © Alessandro Saffo / 4Corners

MARCH 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	10
8	9	10	11	12	13	14	11
15	16	17	18	19	20	21	12
22	23	24	25	26	27	28	13
29	30	31					14

MAY 2026

S	M	T	W	T	F	S	WK
31					1	2	18
3	4	5	6	7	8	9	19
10	11	12	13	14	15	16	20
17	18	19	20	21	22	23	21
24	25	26	27	28	29	30	22

APRIL 2026

S	M	T	W	T	F	S	WK
			1	2	3	4	14
5	6	7	8	9	10	11	15
12	13	14	15	16	17	18	16
19	20	21	22	23	24	25	17
26	27	28	29	30			18

1	WED
2	THU
3	FRI
4	SAT
5	SUN
6	MON
7	TUE
8	WED
9	THU
10	FRI
11	SAT
12	SUN
13	MON
14	TUE
15	WED
16	THU
17	FRI
18	SAT
19	SUN
20	MON
21	TUE
22	WED
23	THU
24	FRI
25	SAT
26	SUN
27	MON
28	TUE
29	WED
30	THU

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3rd: Bank Holiday (UK)
6th: Bank Holiday (UK not Scotland)



CENTRAL PIER, BLACKPOOL, LANCASHIRE, ENGLAND

As its name suggests, the historic Central Pier, projecting 341 metres into the Irish Sea, has been at the heart of the Blackpool coastline and traditional seaside entertainment since it opened in 1868, joining its older neighbour, the North Pier, and latterly the South Pier (originally the Victoria Pier) which opened in 1893.

Photo © Mark Sykes / AWL Images

APRIL 2026

S	M	T	W	T	F	S	WK
			1	2	3	4	14
5	6	7	8	9	10	11	15
12	13	14	15	16	17	18	16
19	20	21	22	23	24	25	17
26	27	28	29	30			18

JUNE 2026

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	23
7	8	9	10	11	12	13	24
14	15	16	17	18	19	20	25
21	22	23	24	25	26	27	26
28	29	30					27

MAY 2026

S	M	T	W	T	F	S	WK
31					1	2	18
3	4	5	6	7	8	9	19
10	11	12	13	14	15	16	20
17	18	19	20	21	22	23	21
24	25	26	27	28	29	30	22

1	FRI	
2	SAT	
3	SUN	
4	MON	WK 19
5	TUE	
6	WED	
7	THU	
8	FRI	
9	SAT	
10	SUN	
11	MON	WK 20
12	TUE	
13	WED	
14	THU	
15	FRI	
16	SAT	
17	SUN	
18	MON	WK 21
19	TUE	
20	WED	
21	THU	
22	FRI	
23	SAT	
24	SUN	
25	MON	WK 22
26	TUE	
27	WED	
28	THU	
29	FRI	
30	SAT	
31	SUN	

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4th: Bank Holiday [UK]
25th: Bank Holiday [UK]



KILVE BEACH, EX/MOOR, DEVON, ENGLAND

Forming part of the Jurassic Coast on the Bristol Channel, the slate and shingle beach at Kilve, backed by limestone cliffs, is a favoured destination for fossil hunters due to the multitude of impressive ammonites and fossilised reptilian remains found here.

Photo © Valeriy Egorov / Getty Images

MAY 2026

S	M	T	W	T	F	S	WK
31					1	2	18
3	4	5	6	7	8	9	19
10	11	12	13	14	15	16	20
17	18	19	20	21	22	23	21
24	25	26	27	28	29	30	22

JULY 2026

S	M	T	W	T	F	S	WK
				1	2	3	27
5	6	7	8	9	10	11	28
12	13	14	15	16	17	18	29
19	20	21	22	23	24	25	30
26	27	28	29	30	31		31

JUNE 2026

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	23
7	8	9	10	11	12	13	24
14	15	16	17	18	19	20	25
21	22	23	24	25	26	27	26
28	29	30					27

1	MON	WK 23
2	TUE	
3	WED	
4	THU	
5	FRI	
6	SAT	
7	SUN	
8	MON	WK 24
9	TUE	
10	WED	
11	THU	
12	FRI	
13	SAT	
14	SUN	
15	MON	WK 25
16	TUE	
17	WED	
18	THU	
19	FRI	
20	SAT	
21	SUN	
22	MON	WK 26
23	TUE	
24	WED	
25	THU	
26	FRI	
27	SAT	
28	SUN	
29	MON	WK 27
30	TUE	

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WHEAL COATES MINE, ST AGNES, CORNWALL, ENGLAND

The rugged moorland and coastal path along this part of north Cornwall provide the ideal place to watch the sunset across the Atlantic, the ruins of the 19th-century Towanroath Shaft engine house that served the Wheal Coates tin mine a reminder that this idyllic landscape was once the scene of intense industry.

Photo © Carlo Irek / 4Corners

JUNE 2026

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	23
7	8	9	10	11	12	13	24
14	15	16	17	18	19	20	25
21	22	23	24	25	26	27	26
28	29	30					27

AUGUST 2026

S	M	T	W	T	F	S	WK
30	31					1	31
2	3	4	5	6	7	8	32
9	10	11	12	13	14	15	33
16	17	18	19	20	21	22	34
23	24	25	26	27	28	29	35

JULY 2026

S	M	T	W	T	F	S	WK
			1	2	3	4	27
5	6	7	8	9	10	11	28
12	13	14	15	16	17	18	29
19	20	21	22	23	24	25	30
26	27	28	29	30	31		31

1	WED
2	THU
3	FRI
4	SAT
5	SUN
6	MON
7	TUE
8	WED
9	THU
10	FRI
11	SAT
12	SUN
13	MON
14	TUE
15	WED
16	THU
17	FRI
18	SAT
19	SUN
20	MON
21	TUE
22	WED
23	THU
24	FRI
25	SAT
26	SUN
27	MON
28	TUE
29	WED
30	THU
31	FRI

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13th: Bank Holiday (N. Ireland)



BEACHY HEAD LIGHTHOUSE, SEVEN SISTERS, EAST SUSSEX, ENGLAND

Located at the foot of Beachy Head’s towering chalk cliffs – the tallest in the UK – the lighthouse was built in 1902 to replace the 1834 Belle Tout Lighthouse, perched atop Beachy Head, whose illumination was found to be regularly obscured by sea mists.

Photo © ClickAlps / AWL Images

JULY 2026

S	M	T	W	T	F	S	WK
			1	2	3	4	27
5	6	7	8	9	10	11	28
12	13	14	15	16	17	18	29
19	20	21	22	23	24	25	30
26	27	28	29	30	31		31

SEPTEMBER 2026

S	M	T	W	T	F	S	WK
		1	2	3	4	5	36
6	7	8	9	10	11	12	37
13	14	15	16	17	18	19	38
20	21	22	23	24	25	26	39
27	28	29	30				40

AUGUST 2026

S	M	T	W	T	F	S	WK
30	31					1	31
2	3	4	5	6	7	8	32
9	10	11	12	13	14	15	33
16	17	18	19	20	21	22	34
23	24	25	26	27	28	29	35

1	SAT	
2	SUN	
3	MON	WK 32
4	TUE	
5	WED	
6	THU	
7	FRI	
8	SAT	
9	SUN	
10	MON	WK 33
11	TUE	
12	WED	
13	THU	
14	FRI	
15	SAT	
16	SUN	
17	MON	WK 34
18	TUE	
19	WED	
20	THU	
21	FRI	
22	SAT	
23	SUN	
24	MON	WK 35
25	TUE	
26	WED	
27	THU	
28	FRI	
29	SAT	
30	SUN	
31	MON	WK 36



TRÆTH LLYFN BEACH, PEMBROKESHIRE, WALES

This rural cove on the Pembrokeshire coastline, just south of Porthgain, is only accessible on foot, via steep stairs descending the sheer cliffs from the Pembrokeshire Coast Path, and visitors are rewarded with a tidal, sandy beach with a stunning tail of rocks into the sea that offers rock pooling riches.

Photo © Riccardo Spila / 4Corners

AUGUST 2026

S	M	T	W	T	F	S	WK
30	31					1	31
2	3	4	5	6	7	8	32
9	10	11	12	13	14	15	33
16	17	18	19	20	21	22	34
23	24	25	26	27	28	29	35

OCTOBER 2026

S	M	T	W	T	F	S	WK
				1	2	3	40
4	5	6	7	8	9	10	41
11	12	13	14	15	16	17	42
18	19	20	21	22	23	24	43
25	26	27	28	29	30	31	44

SEPTEMBER 2026

S	M	T	W	T	F	S	WK
		1	2	3	4	5	36
6	7	8	9	10	11	12	37
13	14	15	16	17	18	19	38
20	21	22	23	24	25	26	39
27	28	29	30				40

1	TUE
2	WED
3	THU
4	FRI
5	SAT
6	SUN
7	MON
8	TUE
9	WED
10	THU
11	FRI
12	SAT
13	SUN
14	MON
15	TUE
16	WED
17	THU
18	FRI
19	SAT
20	SUN
21	MON
22	TUE
23	WED
24	THU
25	FRI
26	SAT
27	SUN
28	MON
29	TUE
30	WED

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DUNCANSBY STACKS, DUNCANSBY HEAD, CAITHNESS, SCOTLAND

Almost pyramidal in appearance, the razor-sharp peaks of the Duncansby Stacks make these sandstone rock formations some of the most unusual and stunning examples in the UK, with the Great Stack reaching 60 metres in height, taller than the neighbouring mainland cliffs.

Photo © Kav Dadfar / AWL Images

SEPTEMBER 2026

S	M	T	W	T	F	S	WK
		1	2	3	4	5	36
6	7	8	9	10	11	12	37
13	14	15	16	17	18	19	38
20	21	22	23	24	25	26	39
27	28	29	30				40

NOVEMBER 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	45
8	9	10	11	12	13	14	46
15	16	17	18	19	20	21	47
22	23	24	25	26	27	28	48
29	30						49

OCTOBER 2026

S	M	T	W	T	F	S	WK
				1	2	3	40
4	5	6	7	8	9	10	41
11	12	13	14	15	16	17	42
18	19	20	21	22	23	24	43
25	26	27	28	29	30	31	44

1	THU
2	FRI
3	SAT
4	SUN
5	MON
6	TUE
7	WED
8	THU
9	FRI
10	SAT
11	SUN
12	MON
13	TUE
14	WED
15	THU
16	FRI
17	SAT
18	SUN
19	MON
20	TUE
21	WED
22	THU
23	FRI
24	SAT
25	SUN
26	MON
27	TUE
28	WED
29	THU
30	FRI
31	SAT



HOLKHAM BEACH, WELLS-NEXT-THE-SEA, NORFOLK, ENGLAND

A long stretch of pale sand, backed by extensive grassy dunes, makes Holkham Beach one of the gems of the North Norfolk coast and forms part of Holkham National Nature Reserve, an oasis for ground-nesting and overwintering birds including oystercatchers and little terns.

Photo © Mike Powles / Getty Images

OCTOBER 2026

S	M	T	W	T	F	S	WK
				1	2	3	40
4	5	6	7	8	9	10	41
11	12	13	14	15	16	17	42
18	19	20	21	22	23	24	43
25	26	27	28	29	30	31	44

DECEMBER 2026

S	M	T	W	T	F	S	WK
				1	2	3	49
6	7	8	9	10	11	12	50
13	14	15	16	17	18	19	51
20	21	22	23	24	25	26	52
27	28	29	30	31			53

NOVEMBER 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	45
8	9	10	11	12	13	14	46
15	16	17	18	19	20	21	47
22	23	24	25	26	27	28	48
29	30						49

1	SUN	
2	MON	WK 45
3	TUE	
4	WED	
5	THU	
6	FRI	
7	SAT	
8	SUN	
9	MON	WK 46
10	TUE	
11	WED	
12	THU	
13	FRI	
14	SAT	
15	SUN	
16	MON	WK 47
17	TUE	
18	WED	
19	THU	
20	FRI	
21	SAT	
22	SUN	
23	MON	WK 48
24	TUE	
25	WED	
26	THU	
27	FRI	
28	SAT	
29	SUN	
30	MON	WK 49



GIANT'S CAUSEWAY, BUSHMILLS, NORTHERN IRELAND

The spectacular hexagonal stepping stones of this UNESCO World Heritage site were formed around 60 million years ago, by volcanic activity creating thousands of basalt columns that tumble into the Atlantic Ocean, a geological process that resulted in a remarkable natural wonder.

Photo © Adam Burton / AWL Images

NOVEMBER 2026

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	45
8	9	10	11	12	13	14	46
15	16	17	18	19	20	21	47
22	23	24	25	26	27	28	48
29	30						49

JANUARY 2027

S	M	T	W	T	F	S	WK
31					1	2	53
3	4	5	6	7	8	9	1
10	11	12	13	14	15	16	2
17	18	19	20	21	22	23	3
24	25	26	27	28	29	30	4

DECEMBER 2026

S	M	T	W	T	F	S	WK
		1	2	3	4	5	49
6	7	8	9	10	11	12	50
13	14	15	16	17	18	19	51
20	21	22	23	24	25	26	52
27	28	29	30	31			53

1	TUE
2	WED
3	THU
4	FRI
5	SAT
6	SUN
7	MON
8	TUE
9	WED
10	THU
11	FRI
12	SAT
13	SUN
14	MON
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17	THU
18	FRI
19	SAT
20	SUN
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22	TUE
23	WED
24	THU
25	FRI
26	SAT
27	SUN
28	MON
29	TUE
30	WED
31	THU

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25th: Bank Holiday [UK]
28th: Bank Holiday [UK]