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wasn't
something
I could forget
or bury**



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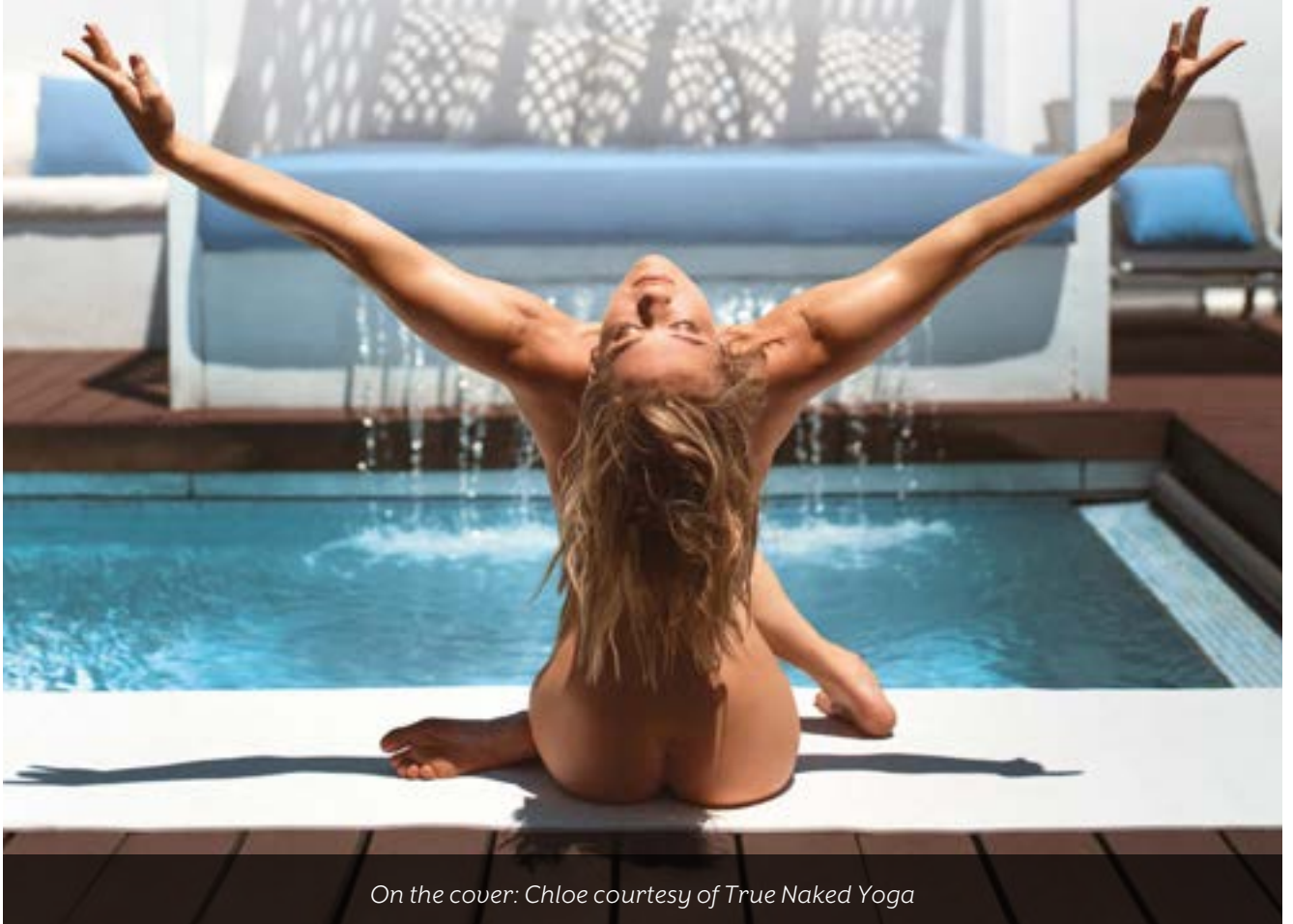


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You can't force non-naturists to 'convert' – but nor should you

Paul Rouse



On the cover: Chloe courtesy of True Naked Yoga



It's one of the many enduring (and out-of-date) clichés about naturism: that the only activities naturists take part in are volleyball and boules.

As we hope we prove this month, it's far from the truth.

May is marked not only by World Naked Gardening Day but also National Walking Month. It goes without saying that the former, by definition, is something you obviously do without clothes. And it's one of those events that anybody can latch onto, whether you're a naturist or not. We all have our gripes with social media, but one of the upsides is that it offers photo opportunities to just about anybody, and WNGD is certainly one of those designated 'days' that brings out people's fun side.

Walking naked however is more of a choice for dedicated naturists, but again, having a peg to hang something on

works to our advantage if we're looking to encourage more people to test-drive the lifestyle: and what better way to do that than organising a clothes-optional stroll through the countryside, and inviting all-comers? If the weather is kind, it's an experience that can be enjoyed to the utmost if the only thing you are wearing is a pair of boots.

You can't force non-naturists to 'convert' – but nor should you. Getting them to understand more about naturism however will always help. As Rod Currie explains with regard to the overtures he has made to festival organisers, you need to open up a dialogue. If you object to somebody trying to force their opinions on you, it's hardly surprising if they react in the same way to militant "I have the right to be naked" activism.

With a series of World Naked Bike Rides coming up, often a cause of friction, it will be interesting to see if that theory works in practice, and that we can indeed look forward to a summer of love...

Charity walk

H&E reader Keith Hillier-Palmer is organising a clothes-optional walk on 8 June in East Sussex, on behalf of the charity Breast Cancer Now.

It will take in part of the Cuckoo Trail, starting out in Heathfield at 10.30 a.m. and walking a distance of just over six miles to Hellingly, north of Hailsham. There is also an option of joining the walk at Horam, around two miles along the route, thus reducing the distance.



As Keith points out: "It is perfectly legal to walk nude in public, and both the local district council and Sussex Police are aware that the event will be taking place."

Keith has set up a Just Giving page for donations, and is working alongside Nothing On Events and other organisations to promote the walk. For more information contact him at keithpalmer17@yahoo.com



Activist art

Tate Britain in London recently played host to an intersection of art, history and activism, courtesy of The Neo Naturists.

The trailblazing artistic trio consisting of Jennifer Binnie, Christine Binnie and Wilma Johnson captivated visitors as they transformed their nude bodies into living representations of iconic nude artworks from the gallery's collection, challenging the audience with a provocative question: "Do women have to be naked to gain entry into the Tate Gallery?" The lecture was part performance art, part art history, and part legitimate

rebellion, cleverly criticising the very establishment where they'd worked for over forty years.

The act, part of the Women in Revolt exhibition, was designed to challenge long-standing norms and hypocrisies in the art world. "I think for all of us, being in the Tate as performers was a long-held ambition, but as the years passed, we wondered whether it was ever going to happen," commented Wilma, reflecting on their journey from the fringes of the 1980s art scene to one of the bastions of the establishment. "The fact that it was part of the recognition of women artists and feminist history made it particularly satisfying, as it seemed for a long time that we were banging our heads against a brick wall."

On song

Having just returned from their annual tour of Florida, which also included performing on the Big Nude Boat cruise, naturist entertainers Just Married Band are about to embark on a series of appearances at French naturist venues.

This summer will see them on stage at the following locations:

- June 18: Domèvre en Haye
- July 4: La Fraterne Nantes
- July 9: CHM Montalivet
- July 13: La Jenny
- July 18: floating concert on a boat at Île du Levant
- July 21: HélioTel, Île du Levant
- August 6: La Genèse
- August 13: CHM Montalivet
- August 15: Le coq Rouge



Featured on the cover of our February 2023 issue, Just Married Band comprises husband-and-wife naturist duo Céline and Jérémy. For more details on the concerts, go to their website at justmarriedband.com



Top-free

At last, some positive naturist-related news from the USA.

Minnesota House Representative Samantha Sencer-Mura, a Democrat from Minneapolis, has proposed an amendment to state law aiming to legalise public top-freedom for women, challenging the current definition of indecent exposure.

Inspired by the case of Eloisa Plancarte, who received a 90-day jail sentence for being topless in a parking lot, Sencer-Mura seeks to address outdated perceptions of nudity and gender identity. Although not expecting the proposal to be heard this year, she hopes it will spark discussions on gender identity and legal inconsistencies.

Current Minnesota laws, vague in defining private parts, exempt breastfeeding mothers but have led to gender-based discrepancies in enforcement. This initiative comes amid broader debates over constitutional rights to equal protection, as highlighted by the dissenting opinions in Plancarte's legal appeal. Concerns have been raised about the law's application to transgender individuals and the need for a more inclusive and equitable legal definition of indecency.

Spanish eyes

Included in this month's destination profile:

- *Latest news and views*
- *Maspalomas revisited*
- *Baring it all in Benidorm*
- *Costa Natura: Trouble in paradise?*

LOCATION: Playa del Jarubio, Fuerteventura

PHOTO: Self-portrait by Stephen and Pauline Skippins





SPANISH EYE

with Theresa O'Shea



PHOTOS Theresa O'Shea, Hans Moerman/Unsplash, Comped

Inclusive Salou

The seaside town of Salou, near Tarragona on the Costa Dorada, is moving forward with its inclusivity drive and creating beach spaces for people with disabilities, for pets, and for naturists.

Set to open by the summer, the naturist beach will be created on the 130-metre-long Enlliscalls beach, near the Cap Salou lighthouse, and will have a capacity for around 200 people. Meanwhile, under the lovely slogan 'la mar de iguales' (sea of equals), the Salou Town Hall is launching a pilot scheme which will enable a bathing area for people with reduced physical or visual mobility, ASD or other disabilities. Apart from the usual ramps and platforms, there will now be a shaded demarcated area within the water, users will be able to access the sea with amphibious chairs, and there will be monitors and an assistance team on hand.

Excellent initiatives, but I guess we'll have to hold our breath for such facilities to become more common on naturist beaches. Information regarding accessibility for those with disabilities is lacking, but Vera Playa at least is well equipped in this regard. Aside from adapted toilets and showers, and wide ramps and walkways, the naturist part of the beach includes two amphibious chairs, eight sets of crutches, and assisted bathing from support staff.



Mix and match

Check your geography if you're in Las Palmas, the capital of Gran Canaria.

Feeling good in the sunshine, one beachgoer decided to strip off on Las Canteras, the main city beach. Nudism is strictly prohibited on the town's beaches, in accordance with a local ordinance in force since January 2022. In the big mess that is the conflict between national and local competences as far as all things coastal are concerned, the naturist associations can protest all they like. If there's a local law which expressly prohibits nudity, fines can and will be applied. In this case, there was no need, since a group of passersby on the promenade went vigilante and confronted

the nudist, who was forced to beat a retreat!

Ironically, the very next day, another man was seen wandering around the streets without a stitch on in the Isleta neighbourhood close to Las Canteras. However, as there is no local ruling which specifically prohibits people from walking around naked, such an activity cannot be fined.

For hassle-free naked sunbathing while in Las Palmas, head to El Confital (pictured), a 20-minute walk from Las Canteras promenade. Or drive out to Bocabarranco, to the east of the town.



Naked in the streets

Once again, a naked-person-in-the-streets story has been doing the news rounds, this time in Seville, where a local man went for a walk along a busy bar-filled street in the Triana district.

Completely naked, but clutching his shoes, the man walked on by, stopping only to respond to a driver who had called out to him. Out came the mobile phones, and before long videos of the 'sighting' had gone viral. The (non-) story then caught the attention of the afternoon chat show *La Roca* on La Sexta TV channel, which decided to investigate the legality or otherwise of public nudity and to bring in an 'expert' on the ins and outs of naturism.

First of all, the presenters explained that while the Constitution does not prohibit the freedom to dress as you wish (and that includes not wearing ANY clothes), individual town halls may pass their own local ordinances regarding the matter. And, as they pointed out, such an ordinance exists in Seville, whereby anyone appearing in a public thoroughfare naked or even in their underwear may be fined up to €750. (As I have mentioned before in this column, similar by-laws have also recently been passed in places such as Malaga and Marbella, where fines range from €100-€700.)

Enter Luis Felipe González, ex-president of the Association of the Friends of Nudism of Madrid (AANUMA), to field the usual questions and allay the usual misconceptions about naturism. Availing himself well, the lifelong nudist explained how as a teenager he had been bullied, and that trying out a naturist swimming pool had helped him overcome his poor self-esteem.

He spoke of the family atmosphere of naturist campsites, of taking part in naked bike rides in Madrid, and how nudism is "the complete opposite of exhibitionism." The presenters were not convinced, insisting that nudism must have an element of exhibitionism to it. Hats off to Luis Felipe, who then eloquently explained that it is not the wearing or not-wearing of clothes that makes someone an exhibitionist, and that with reference to the 'what-about-the-children' refrain, it is surely better for them to come into contact with nudity through naturism than pornography.

To round it all off, he went on to explain that local governments were overstepping the mark with their ordinances, and that is why anyone appealing a fine for simply going for a walk naked will always win their case.

All of this is nothing we haven't heard before, I guess, but the point is that the subject was dealt with seriously on a popular day-time TV programme and that a convincing spokesperson was given the space to make the case for naturism.

&...



Climb every mountain

I got really excited when I spied the following headline: “Youths climb Mulhacén without clothes.”

It turned out that their ‘naked’ ascent in fact meant in a pair of mid-length shorts. (Spanish headlines do this a lot: use ‘nude’ or ‘without clothes’ when they mean ‘with some flesh exposed’).

In case you don’t know, Mulhacén (in Sierra Nevada) is the highest mountain on mainland Spain, at a height of 3,479 metres. Ten years ago, husband Guengo and I lost a couple

of toenails apiece on making the ascent and descent over two days in June in the middle of a heatwave.

These three 21-year-olds undertook their climb in considerably cooler conditions, with gusts of wind up to 40kph and in temperatures as low as minus 10°C, clad in just boots, shorts and hats. Still, at least they did lots of body toughening-up training and sought serious professional advice beforehand. And the video they made got over 61,000 views on YouTube.



Weather report

The Spanish are as obsessed about the weather as almost any other nation.

Not for nothing is the country called ‘Sunny Spain.’ The vacation rental company Holidu has found that Alicante is the sunniest city in Europe, with an average of 349 hours of sun per month. Five other Spanish cities made the top 10: Murcia (3rd), Málaga (4th), Valencia (6th), Las Palmas on Gran Canaria (8th) and Granada (9th).

In case you were wondering, the runner-up spot went to Catania in Italy, and in fact the whole of the top 30 was a Spain versus Italy battle. We can’t really boast, though, with Catalonia, Andalusia and Valencia all in the grip of the continent’s worst drought.

Having said that, thanks to Storm Nelson, heavy rainfall during Easter Week has seen reservoir levels rise on the Costa del Sol. While nowhere near enough rain has fallen to end the drought, levels have at least passed the crisis threshold. Blustery tail-end-of-winter weather was hardly conducive to the traditional Easter processions, of course, and many had to be suspended: in Malaga, Seville, Cordoba and elsewhere. The regional government in Andalusia has also recently confirmed that due to the drought, private pools and shared residential pools will not be allowed to fill up or top up this summer, although the situation could change depending on the rainfall during the spring.

Trouble in paradise?

Costa Natura resident Graeme Walker issues a word of warning.

Longstanding concerns have re-emerged about deceptive marketing and murky administration at Costa Natura near Estepona.

Many references online, including Costa Natura's own website, refer to it as a "Family Naturist Resort." Archival documents from 1979 do indeed demonstrate that Costa Natura was originally approved as a commercial tourist resort. However, its legal constitution was fundamentally changed in 1981 (before construction was complete). The naked truth is that Costa Natura has never existed in law as a commercial tourist resort; it has always been a residential "community of owners" (a condominium) subject to horizontal property law. Why, you might ask, has a residential condominium been publicly misrepresented throughout more than 40 years, as if it took the legal form of a commercial tourist resort?

The answer lies in what economists term "rent-seeking:" a phenomenon when powerful entities or individuals seek to gain wealth without any reciprocal contribution to productivity.

Control

Throughout Costa Natura's chequered history, small groups of individuals have successively seized control of the condominium administration to skirt the laws of Spain by operating the condominium as if it were a tourist resort. This has been achieved, in my

opinion, by misleading homeowners who don't know Spanish law or language, along with encouragement by numerous lawyers and property administrators on the Costa del Sol. Dubious expenses are routinely invoiced to ordinary homeowners as if they were necessary expenses for the maintenance of common property.

Tricking and confusing foreign retirees (e.g. to pay expenses for which they are not responsible) is an art form, and one that is now spiralling out of control, amongst those who control Costa Natura. The amount that homeowners are invoiced to maintain their common property (nearly €1 million per year in 2024) exceeds by more than x10 what might be expected, and the owners receive no share in profit from operating the condominium as a tourist resort.

Several million euros of irrecoverable debt has been invented, and hundreds of thousands of euros in legal fees have been charged to homeowners. Condominium meetings are rigged beforehand, and attempts by co-owners to communicate concerns to others are quickly stifled.

Incredulously, the legal entity operating Costa Natura as a for-profit tourist resort is a registered non-profit association! It uses a category in the tourist register ('Apartamentos Turísticos') defined by Andalusian Decree Law 194/2010 as incompatible with a residential condominium in terms of urban planning laws.



It has always been a residential community of owners

Illegal

The naturist holiday-going public must begin to understand that Costa Natura is *not* a tourist resort, but a community of independent homeowners. Short-term leases to tourists are illegal unless the individual property is registered by its owner as *Vivienda de uso turístico*, just like an Airbnb. As of the time of writing, only 16 of the 193 apartments at Costa Natura are so registered.

Costa Natura is a wonderful architectural creation in a spectacular setting. But it is not a tourist resort. It has fantastic potential to become a thriving naturist community, if its owners and visitors choose to comply with the laws of Spain and with Article 2.1 of International Naturist Federation Statutes: "...a way of life in harmony with nature whose activities are not directed towards profit." ■

■ *Costa Natura was approached for its comments. At the time of going to press, we were awaiting a response.*

Maspalomas revisited

Stuart Hooper gives Gran Canaria's famous naturist beach a second chance.



I wasn't sure about Maspalomas. My misgivings could stem from the fact that our first trip there was in 2020, when Covid dominated the world.

The UK government had lifted restrictions and opened a window for foreign travel, only to change the rules and slam it shut while we were out there, placing us under 10 days' quarantine on our return. We weren't happy, and it took the shine off the holiday.

Yes, the dunes of Maspalomas were impressive, it was warm, and you could go naked; but with relatively few people there, and no facilities open, it all felt a bit soulless.

I hadn't found the sprawling development of Playa del Inglés very attractive either: a heavily commercialised concrete jungle of high-rise hotels, competing for every inch of space.

Prospect

When my wife Susan recently suggested we give it another chance, I have to admit I was less than enthusiastic. However, the prospect



With no facilities open, it all felt a bit soulless

of a relatively inexpensive winter break with guaranteed sunshine soon won me over.

We'd booked a week at the Bull Eugenia Victoria & Spa on an all-inclusive basis: a mid-range hotel with a good standard of food and plenty of activities on site – mini golf, gym, rooftop sunbathing area and a very impressive underground wellness spa with sauna, steam room, flotation pool, various Jacuzzis and plunge pools. There were also regular, free shuttle buses to and from the beach at Maspalomas.

Sadly, it was textile-only in the spa, but there was an allocated part of the solarium cordoned off for naturist use.

On our first two days, though warm,

the 'guaranteed' sunshine had failed to materialise, so we decided to go exploring. We walked down to the beachfront at Playa del Inglés for a look around the shops, which was disappointing, as they all seemed to be selling the same old tourist tat.

Guidebooks

The following day we decided to venture a little further afield, taking the local bus to Puerto de Mogán, a pretty little town with colourful floral displays, a small textile beach and a couple of canals between the marina and harbour. Some guidebooks imaginatively describe it as "Little Venice," which I feel is stretching it a bit, but it's a charming enough place and well worth a visit.

It was nice to get away from sub-zero Britain, but what we had really come for was the chance to enjoy some naturist time on the beach at Maspalomas. Finally, on day three, the sun came out and we were soon getting off the shuttle bus and heading for the beach.

It's very well maintained, with conservation areas to protect the dunes.



There are also designated naturist areas, though in reality, after a five-minute walk past the textile areas at the start of the beach, it becomes clothing-optional, where naturists and textiles coexist quite happily. We soon spotted a significant naturist presence by some trees, where we were able to lay out our beach towels and get naked. Bliss.

Soul

By my own admission, I can be a restless soul at times. After an hour or so, my wanderlust getting the better of me, I headed further along the beach. The kiosks, which had been closed on our previous visit due to pandemic restrictions, were now open. The first one was exclusively textile, but the next one, Kiosk 7, while not completely

nude, was about 95% occupied by naturist couples. Beyond that, there was another kiosk flying a rainbow flag, which appeared to be predominantly for male naturists.

In our opinion, the Maspalomas side is far prettier than Playa del Inglés. As you get off the shuttle bus there is a lagoon (La Charca de Maspalomas), a wildlife haven backed by dunes, which is absolutely beautiful. The infrastructure seems better, and more welcoming too, with its lighthouse, sandcastle displays, pleasant beachfront promenade, and plenty of open spaces to sit and admire the view. The shops also appear to be more upmarket, selling a much greater variety of goods than just the usual souvenirs.

Walk

Susan had mentioned she wanted to spend some more time in the shops, so we agreed that the following day we would go our separate ways, with me deciding to skip the loungers and go for a walk in the dunes.

It was lovely: just me, nature, an amazing landscape to behold and the freedom to roam wherever I wanted

naked. So peaceful and liberating – a reminder of what I love about naturism.

Time flew by and I soon found myself, somewhat reluctantly, heading back for my prearranged rendezvous with Susan. My wonderful morning hadn't cost me a single euro, whereas Susan's had accounted for about a third of our holiday spending money. Perhaps when it comes to physical and mental wellbeing, naturism beats retail therapy hands-down? It's certainly the cheaper option!

After lunch, we had a quick dip in the hotel pool before heading to the naturist zone at the rooftop solarium, a separately enclosed area with about a dozen sun loungers. It's a real suntrap and offers a great vantage point to look out over Maspalomas, especially at sunset.

There were normally about two or three other couples there, and the occasional textile 'visitor' who, despite it being clearly marked as a Nudist Area in six different languages, either didn't understand the sign, or couldn't resist a quick gawp, before rapidly disappearing back to the other side.



There's a live-and-let-live attitude



It was a reminder of what I love about naturism



Day

The weather had conspired to save the best for last: our final day had blue skies, with just an occasional cloud, and the yellow flag meant we could finally go for a swim. Perfect conditions to spend the whole day on the beach.

The swimming was gorgeous – an easy entrance into the sea with just a few small waves to jump, sandy underfoot, and magnificent views of the dunes and Maspalomas Lighthouse. With the loungers being close to the water, there were plenty of naturists in the sea, and while the water temperature

was ‘refreshing’ it seemed warmer than the hotel pool.

There was a constant procession of textiles walking along the shoreline, but no one, textile or naturist, seemed bothered by the presence of the others – very much a live-and-let-live attitude, which we love about Spain and its islands.

After splashing about in the water, we were ready to hit the bar for a cold drink.

The beach bar and its seating area (definitely clothing-optional) had a great atmosphere, with almost a beach party vibe. Eighties music

blaring from the speakers, spectacular scenery, and the warm sunshine drying our naked bodies. Bliss again.

As I sat there, I had time to reflect on what a change had taken place since we were last at Maspalomas. Then, the naturists were widely dispersed across the huge beach. Now, with the reopening of the kiosks, there is a focal point, making it feel much more friendly and sociable.

It seems my initial doubts about returning to Gran Canaria were unfounded. Maspalomas is pretty good. And most definitely back in business. ■

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Little luxuries

Why is Maspalomas particularly worthy of your attention when, worldwide, there are plenty of alternatives available?

The answer, among other things: they have sun loungers for naturists! Plus a beach bar (no. 3) which has a shop, which it's perfectly OK to visit naked. For those of us beach-lovers who have become accustomed to scrambling over rough terrain in the middle of nowhere, to find that absolutely nothing exists in the way of even the most basic of facilities, these are rare luxuries indeed.

The bar serves beer on tap, chilled wine and G&Ts, plus coffees, teas and snack meals. It has tables and chairs under parasols to sit at (on a towel of course) so you can eat and drink while naked, watching the fishing boats. There's even a roving waiter who wanders around and takes orders, so you don't even have to leave your lounge.

Should the weather be windy, which it often is, they put up netting to deflect the breeze and save you from being pebble-dashed by the sand. And the water is less than 50 metres away for

a cooling swim. What more could you want?

Stash

The beach is huge, but despite this, the loungers often seem fully occupied. However, many visitors choose to only stay for a couple of hours, so a second chance will almost always appear on turnaround. Relax, have a coffee at the beach bar, and speak to the friendly lounge man: he'll usually be able to conjure up one or two from his secret stash.

The easiest way to locate this section of the beach is from the Playa del Inglés end at the roundabout that marks where the Avenida 8 de Marzo meets the coast. There is a huge car park here if needed. Look for the giant silver 'Maspalomas' letters at the edge of the plaza, walk forward across the plaza lined with shops and restaurants, walk down the steps and onto the beach, then turn right past the orange and green umbrellas, past the lifeguard/first aid station. Go forward past the next bunch of loungers and Beach Hut No 2, then about 100 metres before the next loungers you'll see naturists starting to claim their territory: all in a casual mix of textile, topless and nude, as it should be.

The total walk from the steps to Beach Bar no. 3 should be 10-12 minutes: a doddle compared to many of the treks we have done in the past.

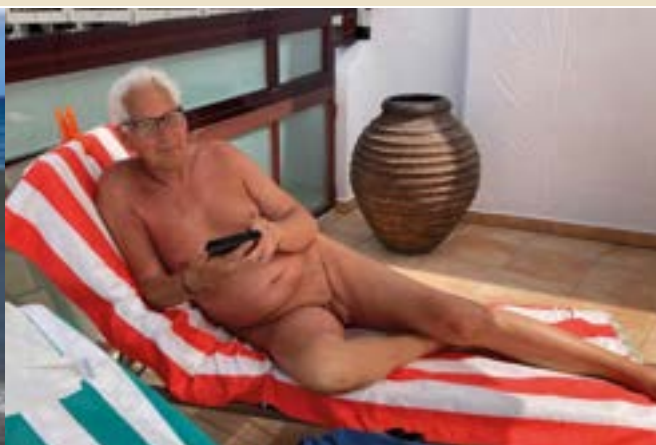
If you are looking to stay in the general area, Playa del Inglés is a bit cheaper than the Faro and Meloneras end. There are plenty of hotels and restaurants to choose from.

For a hotel offering naturist terraces, the Seaside Sandy Beach Hotel, part of the German-owned Seaside group, is a good option. It has extremely friendly and helpful staff, the food and drink are of high quality, and the rooms are very comfortable.

Although textile, the hotel's website explains that it welcomes naturists, and its facilities include swimming pools, a kids club and three naturist terraces on the ends of floors 7, 8 and 9, with showers and toilet. There's another naturist area outside the free-to-use sauna and steam suite at the end of floor 10. The hotel is on the TUI and Jet2 websites, or you can book direct.

Thoroughly recommended. ■

Brian Woodward





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Secret beaches

The latest in our series of hidden gems. This month: Dariusz Boron on Racó del Conill.

A few years back, we found ourselves on holiday in Benidorm. It's a long story. Don't ask.

Little more than a heartbeat away from the seemingly endless line of pubs, clubs and tower blocks however (not to mention the mice in their million hordes, all of them wearing swimming costumes) there is a haven of tranquillity: and one that you can enjoy naked.



A sanctuary for those yearning for simplicity

A ten-minute drive from the 'lively' streets of Benidorm lies Racó del Conill, a small nude beach that beckons those who yearn for a connection with nature's beauty and the peaceful respite it offers.

If you're feeling particularly energetic,

you can also hike to the beach, so allow around 40 minutes for this adventure, on well-walked and marked paths. Do remember to bring water, snacks or anything you may need for the day though, as there are no shops, bars or showers when you get there. So pack your sunscreen and a sense of adventure, and escape to Racó del Conill to explore the beauty of life in the buff, surrounded by the breathtaking scenery of this stretch of the Spanish coastline.

Sanctuary

Racó del Conill translates as "The Rabbit's Corner." It's aptly named, offering a sanctuary for those yearning for simplicity and a sense of belonging in the arms of Mother Nature.

From the carpark, only a short distance away, you'll come out onto an outcropping of rocks that jet into the sea. When you arrive, there are two beaches divided by the rock formation, with the western beach being the larger of the two. Take a few steps down and you're surrounded by cliffs from the rear, with the beach facing the beautiful Mediterranean to the south, with the sun shining on the beach for most of the day.

The beach stretches for only 30 metres, so there is a delight in the cosiness of the location. Sunbathers have an option to either go down to the pebbly beach or remain on the higher rock outcrop and set their towels down on the harder, yet smooth surface. The crowd tends to be a mix of all types, and the water is a striking aqua tone that is inviting, clean and populated by friendly sea life: not too big, mind you, but it goes to show how pristine the water is.

The beach can be quiet or not, depending on the season, like most beaches anywhere close to civilisation (if that's how you describe Benidorm...) It makes sense to arrive early and secure a good spot; put a towel down and go for an early cooling swim. You'll have a beautiful view of the landscape and you're never too far away from the friendly people who come to visit this hidden gem, whether they're local regulars or lucky visitors like us.

We're not sure we'll ever be tempted back to the noisy neighbour, but if we ever do find ourselves in this part of Spain again, at least we know where to go to restore our sanity. ■



PHOTOS Nude & Happy, La Genese, Laborde, Bare Oaks, Steve Loxley

High five

The Nude & Happy blogger on discovering naturism through activity.

Whether you're a naturist who wants more nude time or a non-naturist who is thinking about giving naturism a go, this is for you. Especially if you're the active type.

For many, naturism is about getting naked. However, I have always believed that naturism is a journey, not a destination. It's not just about getting naked: it's about enjoying natural, simple and normal nudity in many (if not a vast majority) of activities. Naturism is made of encounters and discoveries.

Here are five activities that will hopefully enable you to add a new dimension to naturism.



You will soon forget you're naked

1. Swimming

This is how many people discover the incredible comfort of nudity. Skinny-dipping is pretty popular, particularly with friends when everybody has forgotten their swimsuit. However, the moment you're in the water, what strikes you is the incredible comfort of it, and the absurdity of swimwear.

There are three simple ways to discover nude swimming: skinny-dipping, a nude beach, or a naturist slot at a local swimming pool.

For skinny-dipping, what works and has worked on multiple occasions for me is to plan a hike with friends that you know will pass near a lake or a river and purposely don't take a swimsuit. On site, propose to skinny-dip and leverage the occasion to talk about nudism.

There are hundreds of nude beaches, and hopefully one near you. Pick one, ask friends to go along, and take it from there. Of course, it goes beyond just swimming, and is a great way to discover naturism for many.

As for finding a naturist slot at your local swimming pool, it's undeniably getting harder. But contact a local nudist group or your national naturist

federation and you might strike lucky.

2. Cooking

I love to cook, and I love even more to cook naked. Well, actually, I love to do anything more when I can do it naked. However, cooking has a special place in my heart, as I love to take time, discover new recipes, and share the results with friends and family. Cooking can take a few minutes or a few hours. Cooking naked is a simple way to take part in an activity that you might not necessarily think about doing naked, but why not? Although sometimes wearing an apron makes sense...

Pick a recipe, go and buy what is required and, naked, start cooking. What could be simpler? It may feel a little weird at the beginning, particularly if you're not used to being naked outside of a beach or your bedroom. Quickly however, you will not only forget you're naked, but also realise that cooking doesn't really require clothing: like many other day-to-day activities.

3. Gardening

To me, gardening, like any outdoor activities, is a naked-by-default activity. The only thing that transforms it into a clothed activity is the cold. And even this, if you're active enough, can still be done in a state of undress.



Gardening is a naked-by-default activity

Depending on your country's legislation, if your garden is visible to neighbours or people passing by, you may not be able to garden naked. Otherwise, believe me, it will become your number one naked outdoor activity. Beyond the comfort of nudity and the realisation that almost all outdoor activities are better when done naked, the only thing required is (in an ideal world) an outdoor shower so you can get clean afterwards. And one of the main advantages? No dirty clothing, unless you include gardening gloves.

4. Hiking

Another obvious naked activity, although again depending on where you are, it may not always be possible to hike naked. If hiking and naked seem two words that you have difficulties putting together, I encourage you to put your hands on the wonderful book, *Naked Hiking* by Richard Foley.

The book was instrumental in my hiking practice, and explained the reasons I was hiking naked. It not only showed me that naked hiking was a real activity done by thousands of people, it made me appreciate it even more. The best way to hike naked is with a group of like-minded people. Not only does the group effect make the hike safer, but it allows you to discuss naked hiking with seasoned hikers and make new nudist friends.

5. Downtime

OK, so it's not a strenuous activity, but it's an activity all the same. In fact, it's several. Reading a book, watching TV, catching up with friends: they're all activities, and can (and should) be done naked whenever possible. There's no need to wear anything when nudity is the most comfortable outfit, and the temperature allows it. I'm naked at home more than I'm clothed, and I'm comfortably sitting naked on my couch just now to write this.

Lounging around naked allows you to appreciate the simple and powerful comfort of nudity. Being naked the naturist way doesn't have any sexual meaning or objective. Naturists enjoy nudity for its simplicity, because it's natural, and because it's comfortable. We aren't naked to exhibit our nudity and create a sexual atmosphere. We're naked because we believe nudity is a simple, casual and normal state of being, free of any other idea. Nudity is our natural state. Taking part in activities while naked help us take nudity back to what it really is: our natural state.

I hope those five activities (and there are many more) will help you realise that naturism and nudism are wonderful ways of life. They're lifestyles shared by millions and will free your body and your mind of useless rules and ideas that have brainwashed human beings for centuries. Enjoy the comfort of nudity!



Shout out

*Need help in promoting an event?
Mark Hamilton untangles the web.*

Let's assume that you are organising a naturist-related event. Where do you start?

In terms of giving you some advice, especially when it comes to promoting it online, perhaps the best place to begin is by making a few other assumptions.

- You have a niche target audience
- You don't have a huge budget
- You're not at the forefront of technology

But the big bad world of 'new' technology doesn't need to scare you if you break the task down into bite-size pieces. And have realistic expectations of what you can (and need) to achieve.

If your event is aimed at anything wider than your own immediate list of personal contacts (club members for example), how do you get your message across? Print advertising? Perhaps, providing the event is profitable enough to warrant the cost, and that you understand the concept of lead-times, deadlines and publication dates. Flyers and other



It's worth creating a specific Facebook events page





printed matter? You'll need to factor-in the costs (and time/effort) for design, printing and distribution, and realise that making any late changes isn't really practical. And in fairness, it's bit old hat.

Digital marketing however has become increasingly vital to the success of many events, as the majority of your target audience will (or should be) used to being approached online, and to responding accordingly.

But in the online jungle, how do you sort the wood from the trees?

Players

Going back to our three assumptions above, let's disregard some of the newer kids on the block such as Snapchat and TikTok, and concentrate on the longer-established big players in the market.

Facebook is probably still the most popular social networking channel, especially within the main demographic of the naturist market. If you use it correctly, it will not only help you identify your target customers, but contact them at the right time: for instance when you have an event coming up.



Always use hashtags

Your business page (please tell me you have one, and don't think you should be doing this via your personal profile) is one of the best places to advertise an event. And, crucially, take bookings, sell tickets, or at the very least get a commitment from people that they are planning to attend.

For many events, it's therefore worth creating a specific Facebook events page. And follow some of the golden rules:

- Keep your event name short and memorable: many Facebook users access it via their mobile devices, making longer titles harder to read or understand.
- Include all the necessary information (date, time, location, category, etc) as well as a brief precis and some relevant images, but don't overdo it. Attention spans are getting shorter.
- Use additional channels to send reminders. You can do this through the Facebook event page, but users are more likely to turn off notifications if they come too often, especially from the same source. Widen the net by also considering newsletters, emails and other forms of social media.

Empire

Which brings us neatly on to...

Instagram, part of the Facebook empire, is the perfect complement to its big brother (no pun intended). It's also easier to use (in the sense that it doesn't require quite so much effort) and is more flexible, as you

can add or delete photos and their accompanying messages quickly.

Consider the following:

Always use hashtags. Not only do they help potential attendees find posts about your event quickly, they also foster a sense of community for those who plan to attend. Creating a group (as indeed you can also do with Facebook) generates excitement about the event. And if you use hashtags before, during and after the event, you will not only increase the likely attendance, but also be able to promote the next one, and the ones after that.

Post event 'teasers.' Before the event, post photos of the venue, short videos of what it looks like behind-the-scenes, and tag key people who will be attending.

Know when to post. It's not just as simple as posting a captioned photo or update when it's ready, or when it suits you; there are optimal times for posting. Consider your audience, especially when they might be likely to make decisions, or even when they are going to be online. Do your research.

Above all, don't be fooled into thinking that any form of promotion, online or otherwise, allows you to wave a magic wand and conjure up customers or attendees out of thin air. Your current customers and attendees are still your key target market, and if you can get them talking, they'll get others excited through word-of-mouth.

Sometimes you don't need to re-invent the wheel. ■

Maximum exposure...



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Hardy annual

World Naked Gardening Day is here again. Laura Sebolt offers some advice on making the most of social media.

The first Saturday in May is World Naked Gardening Day. This year, it falls on 4 May, and if you're going to be celebrating, especially if that involves posting on social media, take a look at some examples from people who've done it before.

While we should all be proud of our bodies, if you choose to indulge in some bare naked planting, we suggest you keep it classy. Looking back at previous years, we've come across some of the best (and worst) ways to mark WNGD. It's a real eye-opener, in more ways than one!

&...



Go for it, and have some fun

As many will be aware, the event was introduced to discourage body shaming and encourage acceptance of all forms of the human body, in tandem with creating a true back-to-nature experience by way of establishing a connection to the good earth. But it's by no means a serious occasion, and the majority of people (whether gardeners, naturists, or those who might just be dabbling in one or the other) ensure it is celebrated in a light-hearted and fun-loving way.

While many gardeners opt to cover their goodies with some form of foliage, others get a little more creative. And in search of some examples to illustrate my points, it also made me think about some of the things I would definitely NOT do on WNGD. So, let's start with things that definitely fall into the no-no category...

DON'T

Plant roses: Although May is an ideal time to do some planting, stay away from thorny bushes like roses and bougainvillea. Painful scratches are no fun at any time, and you're far more vulnerable when you're naked. Also: please don't have anything to do with bees...

Re-pot your cacti: Working with spiny succulents is not a good idea.

Go to the community garden/allotment: I'm all for being unashamed of the naked body, but not everybody feels the same. Unless you can talk your fellow gardeners into joining in with the fun, I'd suggest you limit your exposure to your own garden. And for the sake of your neighbours, perhaps avoid trimming the low hedges in your front yard, too.

Fire up the hedge trimmer: In fact, I would think twice about using any power tools when your level of protection is at its bare minimum.

Forget a way to carry your cell phone: Gardening might sometimes be one of those activities that you can enjoy by switching off from the world for a few hours. But how are you going to take photos otherwise?

Be embarrassed: If you're going to commit to a naked gardening day, then go all the way for it and have some fun!

Forget to bring props: If nothing else, if you're going to post photos on social media, you'll need to abide by their rules, whether you think most of them are stupid or not. When you're baring all (especially if you're quite new to all this) you might also feel more comfortable with a prop. But think outside the box: try to be as creative as possible if you want to get noticed.

Forget to put on sun cream: This applies to almost all naked outdoor activities of course, but it's particularly good advice this early in the year, when your skin might not have seen daylight for months. And you don't want to be asking just any random person to help you with your back, so above all...

Don't do it alone: The best way to celebrate any day like this is to enjoy it with someone you love.





DO

Have fun: There's no point in being po-faced. What's wrong with admitting that a lot of people think there's something inherently funny about nudity. Join in with the joke.

Include the pets: Especially if you also have a chihuahua or a hairless cat. WNGD generates more than its fair share of 'bush' puns. What's wrong with adding a few more pussy jokes to the mix?

Invite your friends: You never know, even if they've never even considered naturism before, there's a first time for everything. Crack open a bottle of Pimm's, and they'll soon loosen up.

Stay in your comfort zone: If you (or anybody else) are still feeling a little shy, don't force it. But you'll be amazed at how natural being naked in the garden begins to feel. For many, WNGD has been the first step on their naturist journey. ■ Mighty oaks...



You'll be amazed at how natural it begins to feel

■ *Laura Sebolt is a regular contributor to the gardening blog You Should Grow.*





Categories

BEST NATURIST VENUE – UK

Club, campsite, caravan park, resort, hotel, B&B, guest house? England, Scotland, Wales, Northern Ireland? Who gets your vote?

BEST NATURIST VENUE – EUROPE

Luxury or laid-back? On the beach or in the countryside? Who offers the best location, accommodation, facilities and services?

BEST NATURIST VENUE – REST OF THE WORLD

The world is your oyster: Asia, Africa, Australia? The Caribbean or the Pacific? North, South or Central America? Or a cruising/sailing specialist?

BEST NATURIST BEACH – UK

We know what you did last summer. Simply tell us where!

BEST NEW NATURIST VENUE

As the travel industry worldwide returns to normal, so we are seeing a number of new ventures.. Which one (providing it opened after 1 January 2023) is your favourite?

BEST NATURIST BEACH – EUROPE

The birthplace of naturism: great weather, great beaches, and a relaxed and grown-up attitude to public nudity. Where is your favourite beach?

BEST NATURIST EVENT

Worldwide: what's the best event you visited in 2023? It's as simple as that!

BEST NATURIST BEACH – REST OF THE WORLD

Naturists are intrepid travellers. Where else in the world – outside of the UK and Europe – do you love to go naked?

BEST MARKETING CAMPAIGN

Who has caught your eye with clever or highly effective promotion? We are looking for innovation and impact in any combination of advertising, PR, marketing, photography or social media.

BEST NATURIST ORGANISER

Worldwide: Which company, club, group or association deserves the accolade for running the best and most diverse series of naked events?

Naturist Travel, in association with H&E, launches the 2024 Naturist Travel Awards

Welcome to the annual Naturist Travel Awards - held to recognise excellence in the international naturist travel industry, and voted for by naturists worldwide. The awards focus on venues, destinations and companies who have proven to be the best of the best. Cast your votes now...



The Rules

Voting (in any or all of the 10 categories) is limited to one vote per email address and will be closely monitored and verified.

There's nothing to stop you voting for yourself, of course (even politicians do that!) or in mustering support from your regular clients, but we will be watching out for any irregularities or anomalies in voting patterns.

Naturists: why you should vote

Make your voice heard, help promote and reward your favourite venues and destinations, and further the cause of naturism as a positive lifestyle choice and important sector of the international travel industry.

Potential winners: why you should enter

Raise your profile with naturist holidaymakers worldwide and within the naturist industry itself. The awards will be publicised internationally via naturist and mainstream media, including magazines, newspapers, social media, travel operators and tourist boards.

Just in case you are wondering: Unlike some awards, the Naturist Travel Awards do not fall into the "my favourite advertiser" category. The winners will be those with the most votes, pure and simple, regardless of whether they have any association or affiliation, past or present, with Naturist Travel, H&E or any of our other partners.

Voting

How to enter:

Go to the Naturist Travel website (naturisttravel.net) and click on the Naturist Travel Awards link on the home page.

Voting deadline:

30 June, 2024

Results announced:

1 September, 2024



***I wanted to build a strategy
to develop naked sports***



On target

Ian Munt looks forward to a busy summer on the events front.

Being late arrivals to naturism, my wife and I joined British Naturism in 2019, and we soon started making friends and attending events.

I started volunteering on an ad hoc basis at BN's Sunfolk, and in 2022 there was an opportunity to volunteer in a formal role as the National Sports Officer. I always enjoyed playing the usual naturists sports while on holidays, so it seemed to be a good combination: a fun thing to do, a good challenge, and giving something back to the community.

The position had been vacant for many years, and the only sports events I saw promoted were the two national events, swimming and pétanque. There seemed to be plenty of scope to improve on BN's offerings on both the sport events and activities front.

Facilities

I was appointed in April that year, attending the National Pétanque Competition and Swimming Gala, which were held a few weeks apart. Between them, they gave me an idea of how to run the competitions the following year. I also wanted to build a strategy to develop sports for BN members, as well as promoting naturist sport in the wider community. While visiting a couple of landed clubs, I was amazed at the sports facilities available, and the fact they were mostly unused while I was there.

I spent a good few months contacting clubs, asking if they were happy to support a sports event. Most were welcoming, and we either set up some dates or discussed them for the following year. I wanted to try and make any event attractive to as many people as possible, so I devised several "taster days." Suitable for complete novices and seasoned participants alike, these were combined with some time to socialise and an opportunity to use the club's other facilities in-between games.

“

The 'taster days' have grown as more clubs have come on board

By the year-end, I had a number of new events planned for 2023, including a fun squash competition, three taster days focusing on miniten and boules, and to finish the season an indoor virtual golf evening taking over a pro golf centre. The new events attracted over 70 members, which in my mind proved there was a genuine demand for sport, and confirmed my belief that with the right format, people will attend.

&...

Choice

Moving into this year, I wanted to build on the success of 2023, and give more choice. We started the year with two squash competitions in Bournemouth. April's national swimming gala was extended to a festival of sport to give non-swimmers an opportunity to participate in other activities during the event; we have added badminton, squash and pickleball events to the calendar; and the national pétanque event has been opened up to all and given a festival feel, so that anyone can enjoy a weekend away.

The taster days meanwhile have grown to thirteen nationwide events as more clubs have come on board, and we have two YBN (Young British Naturists) weekend sport events to target the next generation. They are designed to have a broad appeal and a relaxed feel to them.

We have also grown our naked hikes, and have 21 arranged so far, with more planned as we approach World Naked Hiking Day on 21 June: a perfect opportunity to be naked in nature. And we have been invited back by the pro golf centre for an evening of virtual golf.

So if you're the active type, take your pick. Squash, badminton, pickleball, miniten, pétanque, volleyball, golf, swimming, hiking.

Anyone for tennis? ■

■ For more information contact Ian on sports@bn.org.uk



If you're the active type, take your pick





Go west

Anna Woodings of A Naturist World picks some of her favourite Cornwall beaches.



**Many will
recognise
it from
Poldark**

Holywell



Porthmeor

We are lucky that our home county of Cornwall has miles of dramatic coastline, and plenty of beautiful beaches that are perfect for naturism.

Some are quiet, rocky inlets and others are popular, sandy bays. All of them add to the romance and ancient wonder of this amazing part of the UK. The law, and the remote nature of many Cornish beaches, means that there are many more options available, and I would love to hear from you with your suggestions of beaches we should consider trying.

But here, on a clockwise trip around the coast, are some of our favourites:

Polgaver in Carlyon Bay in St Austell was actually Cornwall's first official nude beach in 1971, but this status has been lost over the years during its rather patchy history. A few naturists continue to use this beach, but it is not as popular as it could be. The car park attendants advised us that most naturists head to the far east. The entrance to the beach is quite commercial, but beyond the restaurants lies a large expanse of sand. We walked to the



It should be used more by naturists

end of the beach and passed only a couple of other naturists, keeping a low profile. We found however that our naturism was accepted by the occasional passer-by, as the beach was large enough and quiet enough to accommodate everyone.

Moving west is **Vault Beach**, near Gorran Haven. A large beach with wonderful views that is popular with naturists and used in the film *About Time*. There is a National Trust car park that is a relatively short distance from the beach, and access is quite easy. As is often the case, naturists usually head to the far end. However, we have been several times and found the beach dominated by naturists across the whole length.

Path

On to Falmouth and the Lizard and you'll find **Arthur's Beach (or Sunny Cove)**. We parked at Swanpool and walked along the coastal path to find it. Keep an eye out for the turning on your left as you get closer to the beach. This takes you on a twisting narrow path between gorse and other plants, eventually meandering down to the beach. A bit of a trek but popular with naturists and well worth the visit.

On the other side of the Lizard is **Loe Bar** near Berepper. There is a turning to this beach off the A3083 near RNAS Culdrose; a parking area is found towards the end of the road, then a short walk takes you to the beach. It is a great location, and the beach is lovely, but swimming in the sea here is considered highly dangerous, and swimming in the Loe lake itself is forbidden. So only try if you are happy to stay dry.

Between Helston and Penzance is **Kenneggy Cove**. Head towards the coast off the A395 opposite The Packet Inn at Rosudgeon. A car park lies at the end of this road. The beach is about a 15-minute walk towards the east. It's wonderful, and





Nanquidno



Perran Sands



Basset's Cove

the sand is so soft; a large beach at low tide, it's quite popular. Naturists once again head to the far end.

Note: The steps onto Kenneggy Cove were lost in bad weather so you now have to access the beach at low tide via Prussia Cove. Don't leave it too late to get back; you can get cut off! We have also seen the occasional naturist at the nearby picturesque **Bessy's Cove**.

Favourite

Heading past Penzance towards Lands' End is our favourite beach, **Pedn Vounder**. One of the most stunning beaches in the UK, at low tide it is a treat. The walk from the car park in Treen is lovely too, but the last few minutes scrambling down the rocks is too awkward for some. However, it offers something for everyone, and has a fair-size group of regular local naturists visiting every day when the sun shines, as well as tourists. If you visit one naturist beach in Cornwall this year, then this should be the one. It is popular with non-naturists too but there is a very peaceful co-existence. It is fabulous to visit as a family.



A fabulous beach to visit as a family

Turning the corner at Land's End, past Sennen on the coastal path, lies the small rocky cove of **Nanquidno**, at Nanjulian near St Just. Take the turning near Land's End airport and look for the small parking bay towards the end of the road. You may see a little sand at low tide, but you can enjoy sunbathing on the rocks and dipping in plenty of large rock pools.

Portheras Cove near Pendeen on the other hand offers plenty of beach. Park by the lighthouse or by Chypraze farm to walk to the beach. It is large and relatively easy to reach, and we feel it deserves better recognition by naturists; a stream running through the sand offers great fun for children. We have visited and had the beach to ourselves, apart from the occasionally hiker popping down to break their journey.

Ramble

Between Pendeen and St Ives are several little coves that are worth checking out. We hope to visit **Veor** and **Porthzennor**, both pleasant walks from Zennor, for the first time this year. However, we have visited **Porthmeor Cove** near Treen already, a great place to stop off as part of a long coastal ramble. There is a sandy area at low tide, but also plenty of large flat rocks to picnic on at high tide, and an opportunity to cool off in the large pool created by the stream running into the cove at its entrance.

Just past St Ives meanwhile is **Porthkidney Beach** at Lelant. This huge expanse of sand can be accessed a short walk from the beach car park: walk around the coast to the west of the river Hayle. This is another beach that should be used more by naturists. Visit, stay out of the dunes, and up the naturist presence on this large and lovely sandy beach.



The National Trust is exploring new guidelines involving naturism

Between Hayle and Newquay are several beaches that are used frequently by naturists. Those nearer to Gwithian can be a little scary to get to, but well worth it for the adventurous.

Fisherman's Cove can be walked to from the National Trust car park near Hell's Mouth Cafe. This beach is mainly used by a group of regular naturists who want to keep it secret from non-naturists, and it is easy to see why. It is a beautiful beach. It is also used by seals; so be prepared to leave them in peace if they are there with young pups.

Atmosphere

If you find Fisherman's Cove hard to access, then these next two beaches should be ignored. **Greenbank Cove** and **Basset's Cove** can be easily reached via short walks from National Trust car parks on the B3301 near Tehidy. However, the long scrambles down and the part-climbs up make them not for the faint hearted. If you are up to it, Greenbank is a wonderful sandy beach with a lovely atmosphere and quite delightful. Surfers manage the climb up and down from Basset's Cove with boards under their arms, so it is obviously something you get used to. Basset's Cove is not as grand as Greenbank, but it is still a picturesque beach with lots of rock pools to explore.

Heading further east are a couple of beaches that are much less harrowing to approach. **Perran Sands (or Ligger Bay)** near Penhale is part of a large stretch of sand heading north from Perranporth. The easiest way to access it is to pay for a day's parking in the Perran Sands Holiday park, around £5. From the car park, take a short walk north to the beach on the coastal path. Naturists continue north to the far end of the beach known as Ligger Bay. It is a stunning stretch of coastline, with clear shallow water, and is a lovely place to enjoy a few hours of sun, sea and naturism.

Just around the corner, on the other side of Penhale Point, is **Holywell Bay**. There's easy access from the National Trust car park in Holywell, and this iconic beach, backed by a huge 5000-year old dune, has been used as a location in various TV programmes and films. Many will recognise the distinctive rocky island that sits in the bay and seems to be split in two from scenes in the recent *Poldark*, the Bond film *Die Another Day* and the 2015 version of Agatha Christie's *And Then There Were None*. This is a popular and busy beach, but some naturists use the east end, furthest away from the car park. At the end of the beach, St Cuthbert's Cave can be entered at low tide, where you will find the "holy well" that gives the beach its name. With its rock pools, golden sand and crystal water, it's fabulous. As the National Trust is exploring new guidelines involving naturism, we will hopefully see a rise in naturism at beaches like Holywell.

Good news for all of us.



Kenneggy Cove



Fisherman's Cove



Pedn Vounder

Pose for a Nude Portrait via Zoom or from photographs

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I decided to be bolder

Summer of love

You don't have to go to a 'naturist' festival to be naked, says Rod Currie.

The sun is shining, business is brisk at the ice cream van, and families and groups of adults are relaxing on the grass in front of the stage, waiting for the next band to come on.

Someone's lying naked and topping up their all-over tan. A familiar scene to those who've been to an organised naturist event. However, this is not a naturist or published clothes-optional event – it's a mainstream music festival with fourteen thousand attendees. Shambala Festival's tagline is "Adventures in Utopia," and that's a good description of it

for someone like me who enjoys music and getting naked outdoors in the summer.

I'd been naked at festivals before, but this had been limited to pottering around the tent or discrete sunbathing at WOMAD. When I went to Shambala (in Northamptonshire) for the first time with my teenage children in 2016, I decided to be bolder. We've all seen photos of naked hippies at 1960s festivals, so the idea of getting naked as a liberating and freeing experience at a festival has been around for a long time. But would it still be possible decades later? I was about to find out. &...



The encounter lit a spark

Theme

Shambala's fancy dress theme for the Saturday parade that year was Myths and Monsters, so with my daughter's help I crafted a costume of a "green man" leaf facemask, and strings of ivy wrapped around my naked body. It looked good, but it made dancing difficult. I then had a brainwave – why not "dress" as the first myth ever, from the first book of the Bible? My new "costume" was born: just the word ADAM painted on my chest and back. It felt so much better for my body to be completely free of any covering. I was a little nervous, but I got nothing but positive reactions from other festival goers.

I was a little worried once when I rounded a corner to see a Police van in the field ahead, but I needn't have been concerned: it was the "Police Rave Unit," a bunch of DJs playing rave music from a raised-roof van in police livery!

After a while, however, one of the security staff asked me to cover up. I was half-expecting this and already had a sarong with me to wrap round my waist, but this encounter lit a spark that became a wider campaign for nude acceptance at festivals.

When I contacted Shambala, they had already heard about my "costume" and thought it was a great idea. They hadn't received any complaints, so the security staff had probably taken the decision on their own. Although they were very keen on acceptance and diversity, their (unwritten) policy was to limit nudity to

the spa and sauna areas, as the result of past complaints about the proximity of genitals to other people.

I asked them to reconsider as a diversity and inclusion matter, in the light of increasing public acceptance of naturism. The result was that a new policy was adopted in order to balance individual freedoms with the other concerns: nudity was acceptable in the daytime, outdoors or in seated venues (such as talks), but not in dense crowds or the children's areas. A win for nude-acceptance!

Way

I've returned to Shambala every year since, and been naked for most of every day, weather permitting. There's a different Saturday fancy dress theme each time, and I always try to choose a way of incorporating nudity. For the Avante-Garden (sic) theme, I wore a huge flower head-dress and painted my whole body in blue-green paint. For Game On, I painted organs on my body and was a live 'operation' game. For Part of the Furniture, I was a standard lamp, wearing nothing but a huge lampshade on my head. The reaction from others has almost always been positive.

I make the most of this by taking the opportunity to spread the body-positive message by handing out hundreds of golden stickers with the words 'Every BODY is beautiful' spelled out in a font of human bodies. I was handing these out once when a 7- or 8-year-old girl asked her mother: "Why

is that man naked?" Without missing a beat, the mother replied: "We're all naked under our clothes, dear." What a great way to look at it.

Shambala is an independent festival without corporate sponsors, and is big enough to have a wide variety of music and other venues (cabaret, spoken word, activism, craft workshops, yoga and so on), but without feeling overwhelmed. Give it a go.

Invitation

I am a keen festival goer, and enjoy a range of events. In 2017, I decided to visit what was supposed to be the final Secret Garden Party (it later re-started) because I wanted to make sure that I experienced the Lost Horizon Solar Stage and Sauna. I'd heard so much about this body-positive sauna area, and it did not disappoint. With two saunas, showers, a stage, workshop areas, and a chill-out teepee bean bags and cushions, it was like its own mini-festival. What I hadn't expected was how nude-friendly the rest of the event was to be.

One venue had a large sign saying "Dance in your pants or no pants." I needed no further invitation, and ended up joining the crew dancing naked on the stage. In fact, you could walk round the whole site naked at any time. There were two separate swimming areas, and it was great to be able jump in the lake after a sauna or sunbathing, all naked. The weather turned wet on the Sunday, so they dug a pit to make a mud bath for mud

PHOTOS Rod Currie, Sian Herbert, Secret Garden Party



Most wouldn't describe themselves as naturists

wrestling, where most people ended up naked, photos of which appear (uncensored) in the gallery on the festival's website.

I returned in 2023, and whilst Lost Horizon had been replaced by a daytime-only sauna, the festival was still nude-friendly. One group even created a naked human pyramid on paddleboards on the lake! The rest of the festival is a mix of musical venues and bars aimed largely at party-going 18-30 year olds.

Calmer

Whilst the Secret Garden Party (held near Huntingdon) is a hedonistic 96-hour marathon, the Somerset-based Buddhahfield Festival is a smaller, quieter and calmer affair. It's 100% vegan, drug- and alcohol-free, and all amplified music finishes at midnight. On nudity, their website states: "There may be more nudity than you are accustomed to. Many people enjoy the freedom to be naked in a safe, mixed environment. If you, or your children, may find this

difficult, you may wish to reconsider booking tickets." It then goes on to explain circumstances when you may be asked to cover up.

Whilst most festival goers do remain clothed, nudity isn't uncommon if the weather is warm. The Sunday afternoon closing ceremony one year evolved into a dance involving dozens of people dancing naked. Most wouldn't describe themselves as naturists, but they are comfortable in their skin, and everyone (clothed or naked) accepted those who chose differently.

It's not always as simple as that, however.

Following an unpleasant experience at the Northern Green Gathering in Leeds in 2021, where someone repeatedly complained about me sunbathing naked and I was asked to cover up by an organiser and then by security, I decided to try to convince as many festivals as I could to have a written and published nudity policy, to provide a framework which should avoid misunderstandings arising.

Result

As a result of my posts about festivals in naturist social media groups, I discovered that another campaigner had been working on similar lines. Neil Cox had eventually been asked to leave Camp Wildfire in Kent for being naked, but after later engaging with them, he was able to give a presentation on naturism at the following year's festival.

Our requests have generated a wide variety of responses from event organisers. They include: adopting and publishing a policy on their website; agreeing in an email that nudity is acceptable, but not publishing a policy; sympathetic to the idea, but they believe that people generally or parents of young children would not accept nudity; claiming that landowner or licence conditions prohibit nudity; claiming that people in a vulnerable position due to taking drugs or alcohol could be harmed by seeing naked people (figure that one out!); repeatedly ignoring the request.

We have had our successes, however. Festivals where nudity is accepted include Shambala, Buddhahfield, Noisily, Balter, Burning Nest, Boomtown Fair, Green Gathering, Secret Garden Party, Unearthed, Wilderness, Glastonbury, Medicine Festival, Big Love, Latitude and Lovejam Campout.

I have also set up the Facebook Group (UK Festival Nudity & Naturism) to be a reference source for naturists. Additions, updates, and personal experiences are very welcome. And most festivals have a volunteer programme where you can work in exchange for your ticket, so you can still enjoy a festival without having deep pockets.

I hope I've encouraged you to join me in getting naked in a field this summer. If you see me, don't forget to ask for your golden sticker!

Simon says...

Helen Berriman tells her husband's side of the story.

What's it REALLY like when your partner isn't a naturist?

Regular readers will be familiar with my story: namely that when we met, my husband Simon told me he liked to live a 'clothing-optional' lifestyle, and I was horrified. Really horrified, to the extreme that I started demanding he wear pants in bed!

That's how bad I felt about it. But what was it like for him? And how did he end up having a wife who now not only proudly calls herself a naturist, but is the Women's Officer for British Naturism?

So, let's hear about Simon.

He always felt comfortable without clothes. Nudity wasn't really mentioned in his household; there seemed to be an unspoken rule that it was OK to be naked upstairs, in his bedroom, but not downstairs. So that's what happened, and continued after he left home for university. He met and married his first wife when he was just 19. Her views seemed to follow that of his parents' – in as much that nudity was OK upstairs and if there was a valid reason for it.

He became interested in politics and realised his views aligned to that of The Green Party. In 2011, he found himself

at the World Naked Bike Ride in Exeter. He told his wife he was attending. She 'permitted' it on the grounds that he didn't tell anyone they knew, and she didn't want to hear anything about it. At the ride, Simon met with other people who shared his views, and in his words: "I attended on environmental and political grounds, and returned as a naturist. There were other people in the world like me, and naturism was the umbrella terminology."

Need

Simon began to search other naturist opportunities in his local area, and came across a naturist swim. He wanted to attend, and was given 'clearance' from his wife providing that nobody they knew would be going. With time, Simon's desire to be naked increased, however. At home, he spent more time upstairs where nudity was permitted. One day, pushing the boundaries, he remained clothes-free and made his breakfast in the nude. A 'robust' conversation ensued before a compromise was reached: Simon could be clothes-free anywhere in the house, just away from the windows in case the neighbours saw.

To cut a long story short, after a while his marriage ended.

And then he met me. Oops!

Having found his freedom through naturism, imagine his disappointment at my reaction to his clothing-optional ways. Simon couldn't understand my severe response, but after several tense conversations, a compromise was once again reached. Like his first wife, I reluctantly agreed that he could be nude, but only when I was out. Simon knew of my earlier traumas, and we had many discussions on the subject of nudity. I knew naturism meant a lot to him, but I just couldn't deal with it at the time. We know now that I am a 'convert' – but I wanted to tell Simon's side of the story, and share how it was for *him* until just four years ago...

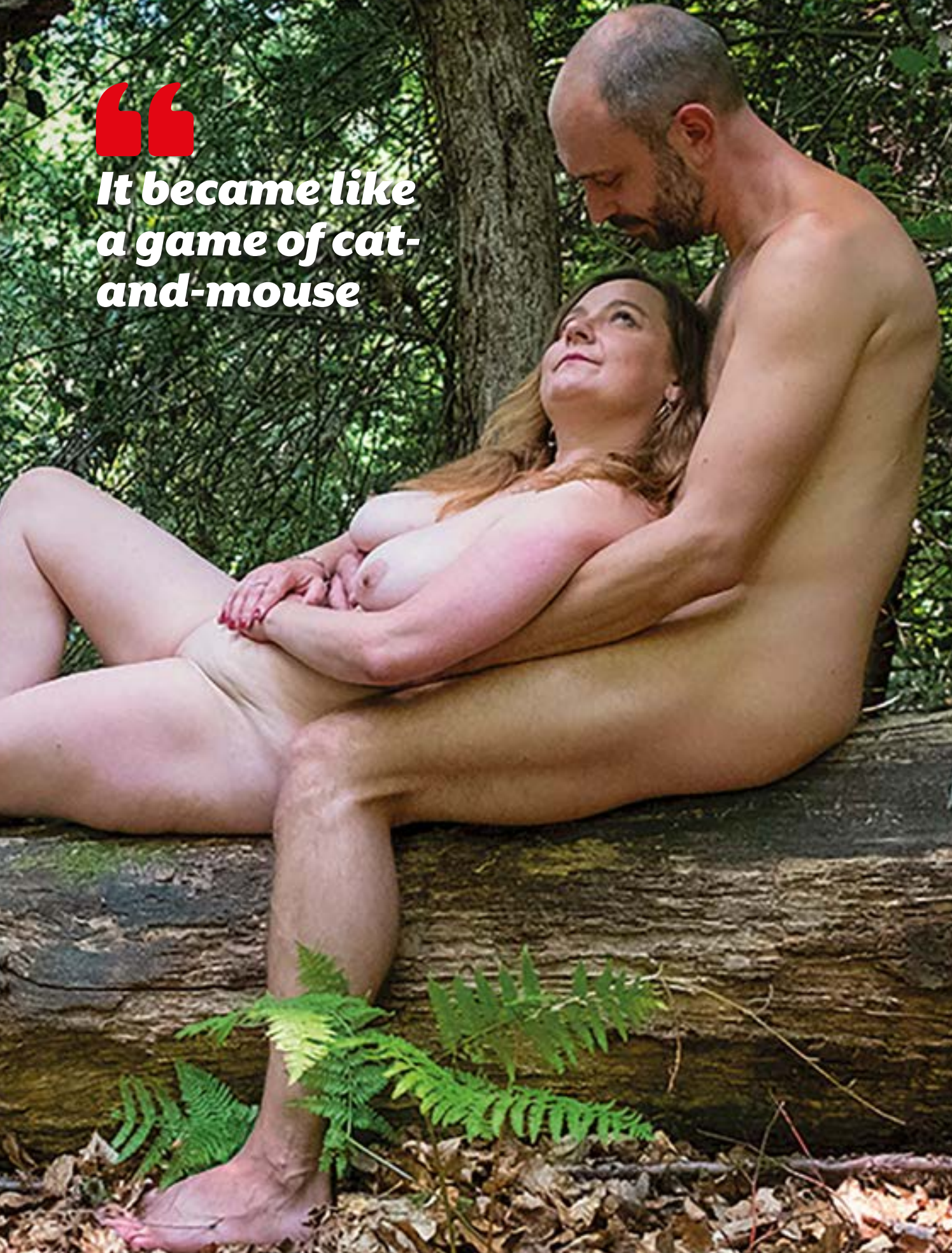
Connection

"When Helen reacted to my clothing-optional lifestyle in the way that she did," explains Simon, "I was sad, and disappointed, but not surprised. When I split from my ex, I resolved that I would look for a new partner within the naturist world. However, I was living in Devon, knew very few other naturists, and nothing of the landed clubs. So I went online, and got my heart broken within a few months by a woman who was not all she seemed.

&...



***It became like
a game of cat-
and-mouse***



"I decided finding a genuine connection was more important. When Helen and I got together we really clicked, and I hoped she would be okay with me being a naturist at home. She seemed unfazed initially until it became a reality, and she came home from work early to find me naked at my desk.

"It made for a tense situation, but I felt we were just so similar in so many other ways, and didn't want it to cause problems. Sometimes I wished I knew nothing of naturism so there wouldn't be this background niggle constantly in my brain. I reasoned however that if I could gradually build it into our relationship, she would eventually be okay with it.

"But that didn't happen. It seemed to get worse before it got better. Whilst I understood that she had had traumas in the past and had limits, I found it challenging: a push-back reaction to me wanting to be nude during the day. Not wanting to be deceptive and wrestling with my conscience, I'd slip out of my pants on occasion because I simply couldn't stand them. I wanted to sleep nude, as I had most of my adult life. It became like a game of cat-and-mouse. Every time I pushed a boundary, she pushed back harder by declaring that if I wasn't going to cover myself then she would cover herself, and donned leggings in bed. Upsetting though it was, we began to understand each other more. There was more to it than just disliking nudity: it was obviously a hangover from the sexual problems she had faced as a teen.

"However, my naturism wasn't

something I could forget or bury. In reality, it had been the straw that broke the back of my first marriage, and it had taken me a long time to recover my self-respect for trying to ignore my need to be nude the first time round. It is a core part of who I am and always have been, even before I could put a label on it.

"Being a naturist around people that don't understand it makes you become a little bit sneaky, grabbing any opportunity presented for some clothes-free time. It was a constant inner fight between wanting to do right by Helen and do right by me. I would take literally every opportunity I had, whatever the weather, to be naked. I would stay in the bedroom and just lie on the bed. I would wait until I was alone and shed my clothes, and became very good at getting dressed quickly when I'd hear Helen pull up in the car. But sometimes, I would deliberately allow myself to be caught: I'd pick my moments carefully in order to keep the conversation around naturism alive.

Reaction

"Seeing her reaction to the prospect of others seeing me nude in social situations, and her subsequent suspicion of me, hurt. I could see that she thought I was going to cheat on her, and given her past, she was 'firing the first shot.' She just didn't understand naturism. She had body issues too: yo-yo dieting, comparing herself unfavourably to other women. She couldn't see her beauty and would dress in baggy clothes. It was torture to see the inner battles she

was putting herself through, yet resolutely rejecting out-of-hand the best solution for her: naturism. I knew that if she would just trust me enough to be naked with me in a naturist environment, it would only be a matter of time for her body image struggles to sort themselves out. But I never honestly thought it would happen.

"Helen's eventual discover of naturism is something regular readers will know about. Suffice to say, the moment she first took off her clothes at a naturist event, I thought: hallelujah! Oh, the pride and happiness! I knew that life would not be the same after that.



You can't force it on someone

"Four years on, our lives encompass naturism. Helen 'gets' what naturism is, and wants to put society straight. She writes for H&E, works at the Naturist Foundation and for BN, and together we both feel we've contributed to mainstream media's understanding of the naked lifestyle, and that a lot of people appreciate our efforts to normalise naturism."

Reasons

So that, in a nutshell, is Simon's take on things. All I would add is that, for those readers whose partners are not naturists, try to understand why.



Not just the superficial or clichéd reasons, but what is it in their past that might be the cause? It takes patience and understanding, but if you can thoughtfully address their fears and objections, you might be able to achieve a series of small wins, and move in the right direction.



Four years on, our lives encompass naturism

The dramatic about-turn that I experienced didn't just 'happen.' It took a lot of smaller, positive steps, which we both built on. You can't force it on someone who isn't receptive to the idea, and you can't coerce or convince someone. Through love, understanding and building trust however, you can take them to a place where there is no longer any valid reason why they shouldn't consider it. If they genuinely love you and trust you, don't give up hope. Talk to them and keep the dialogue open. Be respectful of their feelings, but don't let your feelings fester either. Remember how you felt before your first socially nude experience? You were probably terrified, right?

Most of all, be patient. And even if they never do quite make it to a naturist venue or event with you, you'll have built a more open, honest and happy relationship. So what have you got to lose?



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Back to the future

Nick and Lins of Naked Wanderings go time travelling.



**The future may
not be a one-
size-fits-all**

One of the things we want to accomplish with our continuous travels around the world is to get an idea of what the future of social nudity will look like, and what we can do to steer it in the right direction.

We believe people's needs are constantly evolving, and that the naturist world needs to adapt if it doesn't want to return to the days of the obscure club with no name sign, hidden behind huge fences, where you need a membership card to be allowed in.

“ **It was hard to imagine these places were once naturist hotspots**

Being from mainland Europe, with its established (and yes, at times, very commercial) naturist industry, we often wondered why people used to bother joining an old-fashioned naturist club. Or even visit one. Why would you want to spend a week on a small campsite with a pool the size of a postage stamp and an overgrown pétanque court, when there are places where the pools have slides and where you can visit a different restaurant every day? On the domain. Naked.

Past

In the name of research, we have on occasions ended up at the odd remaining naturist club, and felt decidedly out of tune. It was hard to imagine that these places were once naturist hotspots, having no issues attracting members, many in their twenties or thirties.

To predict the future, you need to understand the past. But to do that, we figured, then surely we would need time travel?

Not so. To understand the past, we travelled to the future: twelve hours into the future to be precise, to a group of islands called New Zealand.

There are more than twenty naturist clubs in the country, and one commercial naturist campsite. Not a Koversada or Euronat however: the only way the commercial venue in question differed from the clubs was that they didn't have a mandatory membership system.

“Freedom!” was the first thought that shot through our European minds, but when we talked to the other guests, the only reason they chose a commercial campground over a club was because it's closer to home. It was pure pragmatism.

For us, this was our chance to get a glimpse of European naturism from the sixties and seventies, albeit on the whole other side of the world. In every club, we found nothing but happy faces, wishing for nothing more than they already had.

When we excitedly told them about the massive naturist places in Europe, where you almost need to put pets and small children on a leash or they will get lost in no time, we were met with frowns.

Do you get to meet a lot of people there? (“Well, no, it's kind of anonymous”). Can they really maintain a fully nude environment? (“No, not really”). How do they organise communal dinners and other events to bring people together? (“Hmm, they don't really have those there...”).

Progress

We had always believed that commercial naturist resorts are a product of progress. That they are the obvious next step. That clubs are like Nokia phones: some people still own them for nostalgic reasons or because they're so used to them, but one day or another, they will take the step to a smartphone. That one day or another, all remaining naturist clubs will turn commercial or just disappear.

We're not so sure of this anymore. Our trip into the past showed us that the future may not be a one-size-fits-all, but a variety of different naturist experiences. We can't wait to see that...

Does anyone have a naturist time travel machine ready? ■

■ *Turn the page for more on naturism in New Zealand...*





A breath of fresh air

Chris Moore enjoys the naked freedom of New Zealand.

The Sat Nav told us we were only 100m away from our destination, but we had just turned into a residential cul-de-sac.

Assuming we had been misinformed, we drove to the end of the road to turn around and to our utter astonishment, there it was, right out in the open: Wellington Naturist Club. Was this a reflection of the attitude to naturism in New Zealand? We set out to find out.

My wife and I recently spent five weeks in a motorhome exploring this stunningly beautiful country and, since it was (their) summer, we hoped to find some naturist possibilities in this sparsely populated land. We weren't disappointed.

Above all, we discovered "freedom camping" – the ability to park up and camp almost anywhere, unless it is expressly forbidden for a particular reason and providing your motorhome is self-contained.



In theory, every beach could be clothing-optional

We took full advantage. We parked by a farmer's field well off the main road and enjoyed a sunset dinner au naturel, skinny-dipped in a remote river, and wandered clothes-free around the open spaces, woods and beach where we had parked up for the night. Public nudity is not illegal in New Zealand provided you do not cause offence, so in theory at least, every beach could be clothing optional: though obviously discretion is always advised.

Question

New Zealanders were as laid-back as we expected. In South Island, we visited a tourist information office to ask about hikes in the area. When I asked the young lady if any of the local beaches were suitable for skinny dipping, she pointed them out matter-of-factly without embarrassment as if it was a common and expected question.

We hiked a section of the Abel Tasman Trail, noted as "one of the best walks in the world" and, hugging the coastline, it affords wonderful views of many secluded bays down below. We came across a sign indicating a steep path down to one of those bays, so we scrambled down to the beach. It wasn't crowded and everyone was wearing a swimsuit. We parked ourselves near a group of four young adults at the end of the beach. We would have been hesitant about being the only ones to strip off on a textile beach, but the atmosphere here seemed relaxed, so I asked our neighbours if they minded. They told us to "go for it." We

went for it, and made for the crystal clear, shallow, refreshing water. No one batted an eyelid.

Stop

Our first planned naturist stop on South Island was at Nelson Sun Club. Located at the end of a remote single-track road, we arrived at a wide-open gate. Driving into the site, we were immediately struck by the colourful, blooming dahlias and roses in thoughtfully-landscaped beds. We felt as though we had entered someone's private garden, and in some ways we had. This is a members' club, not a resort, and the members on site soon made us feel at home.

We parked up and were shown around. The clubhouse (including guest rooms) is not large but perfectly adequate, furnished with comfortable chairs and sofas, and a welcoming fireplace ready for those cooler evenings. No large, sterile dance floor here, just a stack of magazines by your favourite recliner waiting to be re-read. We were encouraged to use the newly renovated kitchen and we did. A couple of dining tables, resplendent with tablecloths and even a vase of flowers, added to that homely feeling. We enjoyed pleasant conversations over dinner with members and other guests and felt like family.

There are ten houses on the six-acre site, where full-time residents live their naked lifestyle year-round. There is also a nine-hole pitch and putt course, and for a small donation you can practice your short game. The greens may not be quite St. Andrews standard, but it's hard to beat putting in the nude.

Operation of the club relies mostly on members' fees and volunteer hours, supplemented with visitor fees from international guests visiting mostly from the UK, Denmark, Netherlands and Australia. Since there are currently only 71 members, much thought is given to growing the membership base: a common challenge heard at all the clubs we visited.

Relationship

Crossing the Cook Strait over to the North Island, we headed for our next stop, the aforementioned Wellington Naturist Club. &...



**Is it better
to 'hide'
naturism?**

Despite the obvious presence of neighbours, the sign outside the gate clearly proclaims the property is a naturist facility; there is even a box containing naturism brochures available for people to take.

Less than 100 metres from the gate meanwhile is a primary school, already built before the sun club moved in. People would have apoplexy if this happened in the UK or USA. The club and school however have established a good relationship over the years; before the school had its own pool, pupils came to the club for (textile) swimming lessons. How cool is that? And today, the club still offers parking space to the school for their events.

Wellington NC is similar to Nelson SC, only larger. The facilities are excellent, with a large pool, outdoor pickleball, and a kids' play area. An indoor hall doubles up for pickleball (the Kiwis do love it), there is a comfy lounge space, and a well-equipped cooking area. The grounds are beautifully maintained, and a small creek tumbles through the site,

creating a very soporific effect. A volunteer-constructed trail up an adjacent hill (which you can hike naked) provides an appreciation of how close the neighbours are to the club. Various events are held throughout the year and one in particular caught our eye: mixed cricket on the front lawn. We were sorry to have missed it, though I wonder if any pads (or cricket boxes for that matter) are worn.

Intrigued

Our final club visit was to Auckland Outdoor Naturist Club. The 26-acre site is accessed directly from a busy main road. I was intrigued to find a large "AONC" sign outside the entrance gate. Unless you knew what AONC stood for, you would have no clue there was a beautiful, thriving naturist venue just beyond the gate. The sign used to have the words "naturist club" on it but apparently some of the members were concerned they would be spotted entering the site and be "outed," with potentially negative impacts on their careers.



We had long discussions with some of the members about this; is it better to “hide” naturism, or, like Wellington NC, proudly and openly advertise their presence within the community and help to move naturism into the mainstream?

With a membership larger than either Nelson or Wellington however, AONC is arguably the “premier” naturist club in New Zealand. It has grown since its inception in 1949 and has all the facilities you would expect and hope for: a large swimming pool, hot tubs, sauna, excellent kitchen and shower facilities, as well as a very large comfy lounge where you could lose yourself for hours leafing through their extensive collection of naturist magazines going back to the 1950s. We were invited to play Kubb (a lawn game somewhere between bowls and horseshoes if you’re not familiar with it) and join members for afternoon tea. Served at 3pm each Sunday afternoon on the patio, this is a very civilised affair: their non-alcoholic “happy hour.” How quaint.

And how very “New Zealand.”





■ FOCUS ON FRANCE

with Julien Claudé-Pénégy

On the move

Over the last few years, France has undergone a major upheaval in its overall naturist offering, moving more towards à la carte naturism in response to customer demand.

The figures speak for themselves. In 10 years, almost 25 naturist campsites have disappeared, while almost 60 new gîtes and chambres d'hôtes have been created. And this new, more individualistic trend has been accentuated by the recent development of the Home-Camper website which, this year, will include nearly 250 private sites offering naturist accommodation for campers, caravanners or camper-vanners, for one or more nights, at very modest prices in most regions.

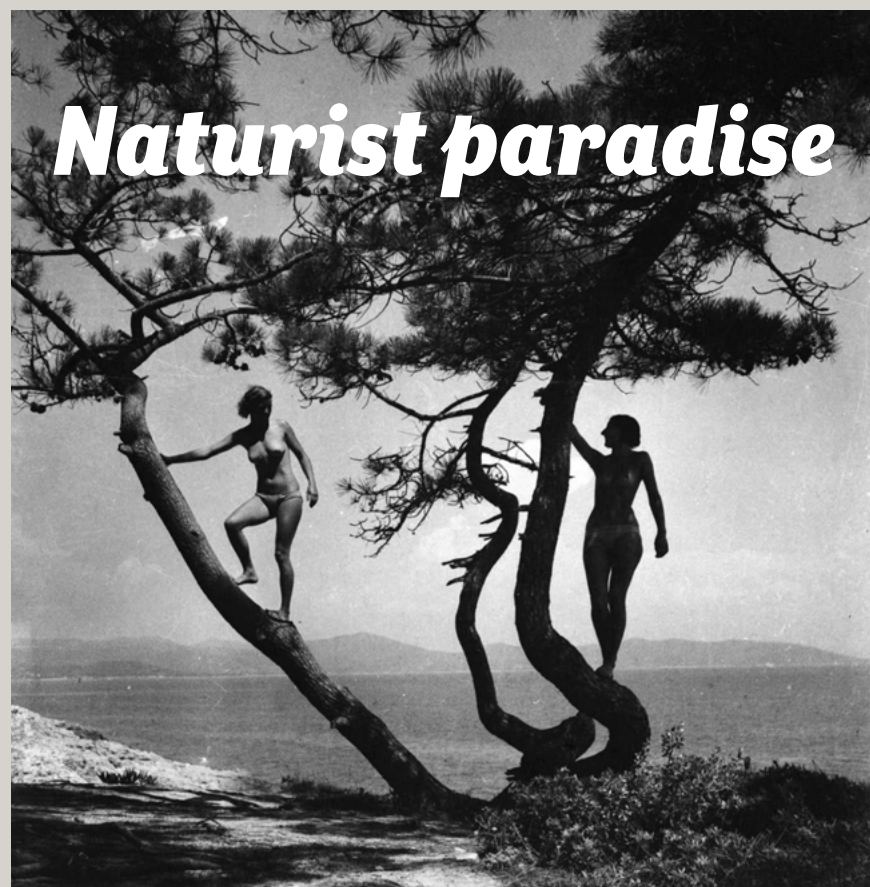
For the 2024 season, two new naturist campsites are opening in the Nouvelle-Aquitaine and Hauts-de-France regions, and two more are announced for 2025. At the same time however, there have been two closures, and at least six medium-sized naturist sites have changed ownership, half of which have been taken over by groups with objectives and commercial methods that are far removed from those of their naturist-leaning creators.

Since Covid in particular, the demand for vacations where the buzzwords are 'nature' and 'rejuvenation' has become more marked: something naturism has offered since its inception. Today, there is a much wider range of accommodation available, both nationally and in terms of the diversity of



facilities, from simple bed and breakfasts located in inland rural areas to larger concerns in the major coastal resorts.

And despite the vagaries of the social networks, nudity – whether individual or collective – no longer appears to be an insurmountable barrier for many. ■



The MUCEM (Musée des Civilisations de l'Europe et de la Méditerranée) in Marseilles is organising the first international exhibition on naturism.

Called Le Paradis Naturistes, the exhibition will run from 3 July to 9 December and offer the largest historical and social retrospective on the subject in France to date. Could living naked, in order to commune with nature, be the secret to happiness and health? Are naturism and nudism the same thing? Why and how did France become a "naturist paradise"?

This exhibition will trace the history and development of naturism in France and throughout Europe. It will also shed light on the variety of current naturist/clothing optional practices that highlight the desire to live better together in contact with nature and with respect for all bodies. ■

Easy riders



Naturists who love motorbikes will be able to combine their twin passions at a series of events over the next couple of months, including:

- The traditional Motards meeting at Deveze (Gers) on 9-12 May
- From 18-20 May, a bikers' meeting is being organised at Les Manoques campsite by the Club du Soleil Les Valeilles
- On 22-23 June, the Club du Soleil de Versailles will be holding the latest edition of its Motonat naturist gathering in the Pays de la Loire region, in the grounds of the Club Gymnique de l'Ouest in Coueron

Setting sail

The dynamic Le Levant naturist association is organising two sea trips this summer to discover the secrets of île du Levant.

The last of the three Îles d'Or (after Porquerolles and Port Cros), Le Levant is 10% occupied by Héliopolis, the naturist resort founded 90 years ago by the Durville brothers, with the rest of the land belonging to the French Army. This means that the vast majority of the island is not accessible to islanders or tourists, for reasons of "defence secrecy."

Nevertheless, to understand the history, observe the beauty of the place, and discover it in its entirety, Le Levant naturists (with special permission) will be running two trips, on 11 July and 8 August, to go where it is generally forbidden. Nudity and binoculars advised.



If you have any news on the naturist scene in France contact Julien at editor@henaturist.net

Role models

Simon Goss continues his masterclass series.



Ah, Nicole. A model I have only drawn in online zoom groups, Nicole is Portuguese but has also posed in London and Amsterdam.

She is one of the most challenging, infuriating and rewarding models I have ever drawn. Challenging, due to the imaginative, contorted poses she attempts. Infuriating, because it often takes her ages to 'get' the pose and to hold it. And rewarding because, boy, is it worth the wait!

Her sessions, usually self-run online, are often themed, but usually without the aid of props (thankfully). She typically bases her poses on the work of a famous artist (Rodin, Modigliani or Klimt, for example) or on a piece of furniture. It sounds unlikely but I have seen her pose with a chest of drawers – draped on, and in, the drawers!

Nicole reliably brings a wonderful dynamism to a session, both in her personality and how she expresses herself with her often-tortured poses with tense, stretched fingers and twisted limbs. She has a thriving trade selling beautifully shot, and lit, reference photo sets on Gumroad or Patreon as well as, occasionally, recordings of her sessions.

My favourite memory of Nicole is an exchange with a life class host who was concerned that Nicole would not be able to hold another ambitious pose, and asked: "Are you comfortable?" Nicole replied in typically terse and stoic fashion: "I am never comfortable."

She held the pose and inspired us all with her aplomb.

Panoramic

It is a bit of a departure for me to paint a nude in oils rather than my usual watercolour. The reason for this is that oil painting takes me a lot longer, partly due to my relative unfamiliarity with the medium, but also as it takes more time to mix the colours. When I do decide to use oils, I work wet-on-wet rather than building up glazes over dried paint. This allows me to retain the energy I try to bring to my watercolours.

Nicole sometimes makes recordings of her sessions available to purchase, and I bought one I had missed while away on holiday. The advantage of having the recording is that you can pause at any point, where a pose takes your fancy, and take as long as required to make the painting.

I had a handful of unsuccessful landscape paintings on panoramic canvas boards (50x20cm) lying around in the studio, and I decided to reuse them for some constrained, reclining nudes. This is the third of the set of four I eventually completed, and one of the two most successful. I approached these in a totally different way to my normal work, drawing directly with the brush rather than with pencil first. I also began by blocking in the wall and floor colour around the model, leaving a negative space for her body. I then painted rapidly, in a heavy impasto, working dark to light.

I found the pose to be particularly inspiring, especially her hand as it reaches out to the viewer and her direct gaze, almost daring one to look at her. The painting took about three hours from start to finish.



Languorous

One of the problems I face when confronted with a complicated pose over a relatively short timescale is to decide what style to use and in which medium. On occasion I will start off with the intention of drawing *and* painting, only to realise halfway through that I won't have time to add any colour. I then content myself with a plain water wash over the soluble graphite linework to blend and affirm the shadows and add contrast to the page. This pose, from one of the Scottish Borders regular Sunday afternoon sessions, is a case in point. I spent more time on getting the foreshortened legs right than I should have, and still had a foot, two hands and Nicole's face to draw! When a pose is this contorted you can't make assumptions as to the relative proportion of the limbs; everything must be measured carefully and checked for accuracy to be sure of a successful drawing.

Grabbing

One of a series of ten-minute drawings from the warm-up poses of a three-hour session. The grabbing hands are so typical of Nicole and are symptomatic of the tension and vitality she brings to even her more mundane poses (which are never *that* mundane!). Also witness the raised arch of the foot and the extreme twist of the torso that brings her left arm across her body. Nicole has the most fabulous curly hair that often falls across her face, giving her an air of mystery as she peeks out with her big, dark eyes. She always looks a little dangerous, which is tremendously enthralling to draw – a strong, confident woman daring the artist to return her gaze. This drawing is in watercolour pencil on A3 Seawhite cartridge paper. I have washed over later to soften and blend the colours and increase the contrast.



Shy, not shy

There's no denying Nicole is most definitely not shy. But in this extraordinary 25-minute pose she makes a show of hiding, if you see what I mean. This kind of pose would barely be possible without Zoom, as the camera has been exploited to give the most amazing perspective of an already contorted pose. I am annoyed that the big toe falls off the page here, but it was the smallest issue in what was an extremely difficult pose to capture. In a drawing like this, I spend well over half the time on the linework as, if I get that right, the painting can be as loose and rapid as necessary, and it will still work. The colouring is sparser here than usual perhaps, as I would have only had seven or eight minutes to complete it. I have used only Quinacridone Gold, Potter's Pink and Gold Green with the merest smudge of Ultramarine on one calf. Unusually in this pose, I feel that the left hand is the focus of the composition, rather than the eye, as would normally be the case. ■

■ You can see more of Simon's life drawings and portraiture at www.simongoss.com

The nude muse

Peter Juhás has two great loves in his life. Interview by Paul Rouse.



**Many of my
social media
followers are
naturists**





We discovered we both loved photography and naturism



Artists get their inspiration from different sources. Slovakian photographer Peter Juhás has no doubts as to where his comes from.

“I have been keen on photography for over 20 years,” he explains, “and during that time, I have photographed many different women. But I always felt there was something missing. A real connection. We weren’t on the same wavelength. Then I met my fiancée Alexandra and discovered her charm. She is my inspiration, my muse. Now I only take photos of her. When I see her naked body, I am immediately flooded with so many ideas for photos.”

So it was love at first sight?

“Not exactly!” admits Peter. “I was travelling a lot on business and had just returned from Vietnam. I was tired and grumpy. A friend had recommended Alexandra to me because she wanted to have some photos taken. We kept in touch afterwards, and started writing to each other. We then met up again to take more pictures. That’s when we fell in love. We discovered that we both loved photography and naturism, and had so much else in common too. Our love became everything.”

Time

Peter works as a production director in an outdoor events company, so by his own admission, doesn’t have much free time on his hands.

“I now take photos exclusively for pleasure,” he says,

“not for the money. I did it in the past, when I was photographing models for fashion shoots. But it didn’t fulfil me. And since meeting Alexandra, I have now completely changed my approach. It’s now exclusively about the passion, and portraying my thoughts. Like me, she doesn’t have a problem with nudity, and she is also my best and greatest critic.”

The main showcase for Peter’s work these days is his website (damien.sk) on which he curiously goes under the pseudonym of Damien Manson. What’s the story?

“I used to be a member of a local photography club, and exhibited at many exhibitions,” he explains. “I was still looking for myself and my style. I tried different genres of photography until I finally fell in love with nudes and staged photography. I began to get offers to organise my own exhibitions in different cities in Slovakia, and started using my nickname from university, Damien Manson, so I opened a page under that name. It stuck, and as it became more established, it didn’t make any sense to change it.”

Although only a labour of love, he is however keen to see his photographic work appreciated outside of Slovakia. “That’s why I have set up my accounts on social media in English, and communicate only in English. I have many followers from all over the world, and to my pleasant surprise, many of them are naturists, who give us ideas and inspiration for our future journeys. I love getting to know new places, and especially those where we can be naked, and which are photogenic too.”





Spontaneous photos are often the most interesting

Balance

The couple are keen on maintaining the life/work balance, and as Peter says, “we spend as much of our free time as possible travelling, taking photos, and visiting nudist beaches together. Alexandra has recently got into yoga, and we have found many opportunities to combine the three worlds: yoga, photography and naturism.

“We love the freedom of swimming and sunbathing naked. Whenever we go on vacation, we are always looking for a nudist beach nearby. We enjoy the

seclusion, and hate being on a beach where you are crowded like sardines in a can. We have discovered lots of beaches in Croatia (such as Crikvenica, Selce, Petřčane, Vodice and Baška Voda) and last summer we did a road trip around Kefalonia. It’s a beautiful place, with huge beaches without too many people, crystal clear water, and a feeling as if we were castaways. We really liked that you only have to take a short hike to each beach, and you can find your own piece of paradise there. We also love Zen Beach on Koh Phangan in Thailand. It’s an island for yogis and hippies, so we felt completely at home there!”

Home

Whilst he loves the great outdoors, Peter feels equally at home in the studio. “It has the advantage that I can set all the lights exactly as I need. I have more time, I can see all the photos immediately on the PC, and we have the advantage of a relaxed atmosphere. The downside is that I can only use a limited background, so I have to edit the photos more. Shooting exteriors is certainly fun, with almost unlimited possibilities, and I hardly need to do any editing. The disadvantages are finding the right time



It's an island for yogis and hippies, so we felt completely at home

and place, because of the position of the sun position or the weather. And sometimes people interrupt us, and we have to stop shooting.”

Slovakia’s winters can also be harsh, which further limits opportunities. But like most naturists, Peter and Alexandra love the sun when it does put in an appearance. “We live in a small town surrounded by beautiful lakes with pristine water. In summer, sometimes we’ll just run outside with all our photo equipment, take off our clothes and take pictures. At other times, I’ll just take a camera with me without any

equipment. Spontaneous photos are often the most interesting.”

Getting his message across however can be frustrating.

“I’m fairly new to social media,” he says, “and like many artists, I hate the restrictions and the censorship. Social networks try to cover people’s eyes, but in doing so they devalue art. Nudity is not porn. I have however had my accounts blocked on several occasions. I guess it’s about compromise. It’s a very thin line when we’re talking about nudity. Some love it, some despise it.”

What’s next for him?

“I love gadgets. I have invested a lot in packable photo equipment because we travel a lot, and am always on the lookout for anything else I can reasonably stuff into a normal suitcase. I’m also thinking about buying a drone because I’ve always been intrigued by video. Beautiful shots from the beach: just sand, water, sun and naked bodies.”

Plural?

“Never say never,” says Peter.

Books

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Poise and Pose **NEW!**

Volume seven in the Stephen Glass Collection. A magnificent set of studio photographs by one of the greatest photographers of the female nude in the postwar era. The young ladies may look French, but their appeal is universal. The book features several well-known models such as June Russell and Pamela Green. Hardback, 48 pages.

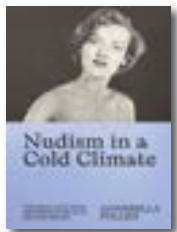
Code BKSPoise Price £16.99



Line and Form **NEW!**

Line and Form was produced and published by Eva Grant, one of the few female glamour photographers of the late 1950s and early 1960s. This volume – another from the publishers Wolfbait – includes a complete listing of the magazine and rare images. Hardback, 52 pages.

Code BKSLINE Price £16.99



Nudism in a Cold Climate

This richly illustrated volume examines the phenomenon of social nudism in mid-20th-century Britain. Structured across three phases, readers first encounter the movement at its genesis in the 1920s, through to the postwar era, and the movement's redefinition as naturism, its cultural battles and its struggle to survive amid shifts in sexual liberation in the permissive 1960s.

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Glamour Model Revue **NEW!**

Take a trip down mammary lane to enjoy a wistful peek at three of the most popular British nude models of the early 1960s, June Palmer, Paula Page and Tina Madison, captured on film by the pioneering female photographer Eva Grant. Published by Wolfbait. Hardback, 52 pages.

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Hidden Beaches Spain

Discover Spain's secret coastline and islands. Perfect for family explorers or campervan adventurers, this stunning travel book combines dazzling photography and engaging writing with all the practical information you'll need to get off the beaten track, including maps, directions, GPS coordinates and walk-in times, plus recommendations for boat trips, adventures and the best campsites and eateries.

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A short biography of Eva Grant, one of the foremost female figure photographers of the 1950s and 1960s, accompanied by some of her most captivating images. Delight in the flirtatious portraits and natural curves of such nude models as Crystal Dawson, Jackie Aspen and Sophie Dawn. Hardback, 52pp.

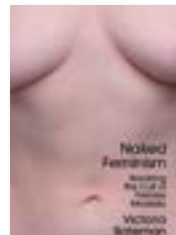
Code BKSEVA Price £16.99



Cinema au Naturel

The quirky world of nudist films is revealed, bringing to life many long-forgotten films such as *Elysia: Valley of the Nude*, *The Monster of Camp Sunshine*, and *Take Off Your Clothes and Live!* In his account of the history of nudist film, Mark Storey introduces readers to the best and the worst of these cinematic portrayals of clothes-free life. Paperback, 346pp.

Code BKSCINE Price £16.99



Naked Feminism

Victoria Bateman makes a compelling case for women's bodily freedom, taking us on a journey from ancient Egypt and Babylon, through the birth of Christianity and Islam, to Chaucer and Shakespeare and later the Victorians and, more recently, to the revealing of the Middle East and the purity pledges of modern-day America.

Code BKSFEM Price £19.99



Naked as Nature Intended

The cinematic tale of George Harrison Marks's 1961 nudist feature *Naked as Nature Intended*, the iconic British film that brought us Pamela Green in her birthday suit. Behind the scenes exclusives and never before seen pictures. Hardback, 56pp.

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Wild Swimming France

Daniel Start's dazzling guidebook for families and adventurers alike. Contains all the practical information you'll need to lure you off the beaten track to 1,000 amazing locations, with stunning photography, 15 maps, detailed directions, grid references and to recommendations for canoe trips, bike rides, riverside campsites and lakeshore restaurants.

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Bare Reality: 100 women, their breasts, their stories

By Laura Dodsworth. 100 women bravely share un-airbrushed photographs of their breasts alongside frank stories about their breasts and their lives. This new edition features "No Less a Woman", the breast cancer awareness campaign with Stella McCartney. Paperback, 304pp.

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Doria Gani recounts her own transformational journey to help you challenge your hang-ups, combat shame and develop new body-positive attitudes. Discover how she overcame critical illness and set out on a path to reconnect with her soul. Enjoy the benefits and freedom naked yoga can bring and discover your true self with no barriers.

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By Laura Dodsworth. From veteran to vicar, from porn addict to prostate cancer survivor, 100 men from all walks of life share honest reflections on their bodies, sexuality, relationships, fatherhood, work and health in this collection of photographs and interviews about manhood and "manhood".

Paperback, 304pp.

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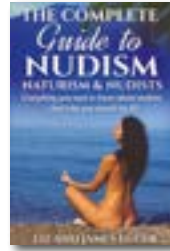
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Wild Guide: London & South East

This naturist-friendly compendium features more than 1,000 hidden places to visit, including ideas for slow food and wilder accommodation. From the wild swimming rivers, secret beaches and lost ruins of Norfolk and Suffolk, to the ancient woods, meadows and orchards of Kent and Sussex. Includes the New Forest and Isle of Wight.

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The Complete Guide to Nudism, Naturism and Nudists

This book promises to tell you everything you need to know about naturism and nudists. It's crammed full with all the information, facts, experiences and insider tips that you'll find invaluable if you want to enter, or just explore, the naturist lifestyle. Highly recommended by reviewer Tim Forcer in the March 2017 issue of H&E.

Code BKSCOMP Price £14.95



Wild Swimming Hidden Beaches

This is the extended 2014 edition of Wild Swimming Coast. Daniel Start charts Britain's most beautiful secret beaches, describing the best places to swim, walk and explore. Includes 50 new locations and directions to over 400 magical spots, with suggestions for good pubs and campsites, plus difficulty ratings and safety guidelines.

Code BKS HB Price £11.99



Wild Guide: Wales

With more than 600 secret adventures and 500 places to eat and sleep in Wales, and the Herefordshire and Shropshire Marches, discover secret beaches and dramatic limestone cliffs honeycombed with sea caves; wander through enchanted woods and dive into waterfalls, or skinny-dip in a mountain tarn. Stunning photos and engaging writing.

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This compendium of adventures features the best wild places to visit in Devon, Cornwall, Somerset and Dorset, including the best secret beaches and wild swimming locations, amazing ancient woodlands and wildlife spectacles, and even treehouses, gypsy caravans, yurts and traditional pubs.

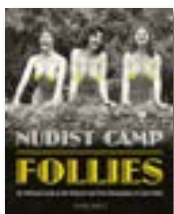
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This inspiring guidebook maps Greece's magnificent wild side. With dazzling photography, evocative travel writing and detailed directions, it's the perfect companion for adventurers, families and armchair explorers. Covering the Greek mainland plus Crete, Corfu, Rhodes and more than 20 other islands including more than 1,000 places.

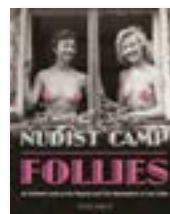
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Nudist Camp Follies: Volume I

This nostalgic look at naturism in 1950s Britain is illustrated with rare photographs by Stephen Glass. Take an enthralling trip down memory lane, where the problems of modern life were set aside in the seclusion of a naturist resort. By Yahya El-Droubie, with illustrations by Colin Gordon. Hardback, 48pp.

Code BKS FOLI Price £15.99



Nudist Camp Follies: Volume II

The second volume of this nostalgic look at naturism in 1950s Britain, with rare photographs by Stephen Glass. By Yahya El-Droubie, with illustrations by Colin Gordon. Hardback, 48pp.

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Naked Glory

A photo tribute by legendary naturist photographer Charlie Simonds to a captivating young lady who has featured on the cover of H&E several times. Features dozens of stunning images from shoots both at home and abroad.

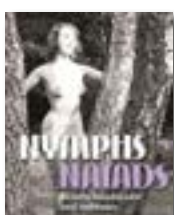
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Until Now: A collection of verse and photographs

A new collection of poems and abstract art-nude photography by Howard Fricker. Contains 80 pages of darkly interesting, sometimes sensual and often obscure naked images of men and women, juxtaposed with thought-provoking verse of Fricker's own composition.

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Nymphs and Naiads

Pastoral dreams of beauty unadorned and outdoors by the acclaimed naturist photographer Stephen Glass. A fascinating depiction of a very British arcadia that is unashamed and unabashed in its vision of an island idyll. By Yahya El-Droubie, with illustrations by Colin Gordon. Hardback, 48pp.

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A Whisper in the Silence

By Trevor Gray. A desert island in the middle of the Pacific Ocean. A deep-thinking multi-millionaire seeking solitude, silence and a naturist lifestyle. The unexpected arrival of a beautiful young glamour model in need of Prosecco and noisy parties. One unforgettable heart-warming tale. Paperback. Reviewed in the October 2021 edition of H&E.

Code BKS AWITS Price £7.99



More Charlie's Angels – Naturally (2007-2019)

The follow-up to legendary naturist photographer Charlie Simonds's first book about his 'Angels', featuring 16 more stunning ladies who have graced the covers of H&E since 2007.

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This is legendary H&E photographer Charlie Simonds' tribute to one of his 'Angels', Suze, with more than 150 pages of stunning images featuring naturist venues in the UK and abroad, and many more fascinating locations and unusual settings. With introductions by Charlie, Suze and H&E editor Sam. Naturist and art-nude photography at its very best.

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International Magazines

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Going Natural Winter 2023-24

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published winter 2023-24. This issue features: Naturism in New Brunswick; FCN-FQN Naturist Festival 2024; A moment of science; Opinion: naturism and sexual behaviour; poetry; and more... 36pp, in French and English.

Code GNWIN23-24 Price £8.50



TAN 99

The Australian Naturist Magazine, no 99, June-August 2023. Featuring: QNA – 45th anniversary; QSN drag bingo; CAVN visits Cobblers Beach; Nude bowling 10th anniversary; A new Brujul story; Wandering Bears Cup; Cruising on a Big Nude Boat; and more... Imported directly from Australia.

Code TAN99 Price £8.50



TAN 97

The Australian Naturist Magazine, number 97, December 2022-February 2023. Features: A Christmas Wish; Paradise in Hervey Bay; the Dragon Trail Cottages; visiting the oldest naturist club in Australia; a visit to Vera Playa; Sydney Confesters 2023; Life is a Beach; and much more... Imported directly from Australia.

Code TAN97 Price £8.50



Going Natural Autumn 2023

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published autumn 2023. This issue features: Preserving Canadian naturist history; 70 years of INF; Calling all naturists!; New Zealand rejoins INF; Sunsport Gardens; Naturist Festival 2023; body acceptance; naturism and Asperger's; and more... 48pp, in French and English.

Code GNAU23 Price £8.50



Going Natural Summer 2023

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published summer 2023. This issue features: Naked Age podcast; FCN/FQN Naturist Festival 2023; Navigating nudity on the high seas; "Open air" naturism; Hanlan's Point gets major upgrade; Wicca's naturist roots; FQN's new website; and more... 44pp, in French and English.

Code GNSUM23 Price £8.50



Going Natural Autumn 2022

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published autumn 2022. This issue features: discussion on the Naturist Creed; the 18th Annual Naturist Festival; Awakenings at Bodyfest 2022; naturism and the art of bonsai; and more... 36pp, in French and English.

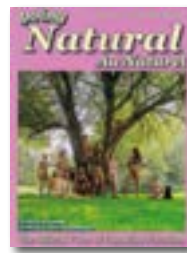
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Going Natural Winter 2022-23

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published winter 2022-23. This issue features: Safe Away Nude 2022; Stéphane Deschênes: Getting the International Naturist Federation Back into Shape; A Visit to Hillside; Comics, Naturally; and more... 36pp, in French and English.

Code GNWIN23 Price £8.50



Going Natural Spring 2022

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published spring 2022. This issue features: Unsuspected naturism in Italy; naturism and Esperanto; naturism through art; women and naturism; Green Haven Sun Club; and more... 34pp, in French and English.

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Going Natural Summer 2022

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published summer 2022. This issue features: A creed for naturists; an attentive naturist on social networks; overcoming naturist secrecy; and more... 34pp, in French and English.

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Going Natural Winter 2021-22

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published winter 2021-22. This issue features: daily yoga and naturism; nude arcade night; Stéphane Deschênes will chair the INF; Bare Meadows; and more... 34pp, in French and English.

Code GNWIN2021-22 Price £8.50



Going Natural Winter 2020-21

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Features: Standing for our principles; the INF: a time for change; the FCN members' survey; the many faces of Canadian naturism; a tribute to David Basford; and more... In French and English.

Code GNWIN2020-21 Price £8.50



Going Natural Summer 2021

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. Published summer 2021. This issue features: is naturism on a steady decline?; announcing the FCN/FQN Festival and AGM; Remembering a champion of Wreck Beach; Quietly making noise; and more... In French and English.

Code GNSUM2021 Price £8.50

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Back Issues



December 2018

Featuring: what naturists can do over the festive season; a naturist massage experience; “blankety blank” quiz; eco-Christmas gift guide; Charlie Simonds’ countryside photoshoot with Milly; saucy seaside postcards; a surprise discovery in Croatia; a look back at summer in Cornwall. Edited by Sam Hawcroft.

Code HEDEC2018 Price £4.50



May 2019

Nick and Lins of Naked Wanderings talk about their experiences of naturist travel across the world, plus tips on gardening in the buff, Silverleigh celebrates its 30th birthday, Charlie Simonds reminisces on fun shoots with Wendy, and Jeanne Su investigates Belgian culture. Edited by Sam Hawcroft.

Code HEMAY2019 Price £4.50



September 2019

Featuring: ‘naturist fashion’ – a contradiction in terms?; in search of wild naturism in Orkney; “Naturism Girl” Diana, who has much to say on naturist travel and body image issues; Charlie Simonds on the photographic legends that have inspired him; Bare All for Polar Bears; and more... Edited by Sam Hawcroft.

Code HESEP2019 Price £4.99



November 2019

Featuring: A Bare Necessities cruise around the Mediterranean; Balkans summer tour; the farce of the cancelled Paris World Naked Bike Ride; the tricky issue of “people watching” – is it against the rules?; a rain-soaked photoshoot with Agnes; how to acquire your own naturist woodland; and more... Edited by Sam Hawcroft.

Code HENOV2019 Price £4.99



December 2019

Donna Price on the BN Women in Naturism campaign, John Paine returns to Thailand, Tim Forcer visits the Naturist Angel Hotel in Rhodes, and Stuart Hooper explores Crete. Paul Rouse urges naturist businesses to set out their ‘2020 vision’ and Theresa O’Shea explains how we can cut the plastic in our festive celebrations. Edited by Sam Hawcroft.

Code HEDEC2019 Price £4.99



June 2020

Featuring: Naturist life during lockdown, including Spielplatz, as well as France, Spain and Portugal; how to find meaning and purpose in our lives; Charlie Simonds presents volume three of his nostalgic scrapbook; Naked Winelands focuses on Iberia; and what’s happening – or not – with the 2020 WNBR.

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July 2020

A focus on Greece and its tough approach to the pandemic; Fiona Ashley explains how cycling has been part of her life since she was young; Ian Roberts provides an update on life in lockdown; behind the scenes at Croft Country Club; Charlie Simonds’ naked scrapbook; and much more.

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August 2020

Featuring: the brave new world that awaited naturism as venues reopened after the Covid-19 lockdown. Tony Dunn reflects on a visit to St Martin, and there are more memories from Charlie Simonds’ scrapbook. And, continuing his series on psychology, Robert Sanders focuses on our need to keep in control.

Code HEAUG2020 Price £4.99



September 2020

Arthur Williams reports on the holiday he had at Skinny Dippers Mallorca despite the pandemic; Janice Newman visits Europe’s first naturist boot sale, in western France; Paul Rouse talks to the founder of Forbidden Yoga; Karie Jane and Nick Mayhew focus on the many beaches of Fuerteventura, while Theresa O’Shea heads to the Costa Tropical.

Code HESEP2020 Price £4.99



October 2021

Features reports from the World Naked Bike Ride events around the UK, which returned for the first time since Covid restrictions were lifted. Theresa O’Shea discovers some of Galicia’s best beaches, while Paul Rouse looks at the “wizards of Oz” – the enterprising naturists of Australia. The Naturist Action Group’s John Paine reports on a French-themed naturist picnic at the Welsh Harp reservoir in London, and Charlie Simonds enjoys a photoshoot with Ella on the river Dart in Devon.

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**The
concept of
a simple
camera
still exists**

Boxing clever

Rick Morley on changing technology.

When Frank A. Brownell produced the first Brownie camera for Eastman Kodak in 1900, I doubt that he thought that over a century later there would be so many similarities to the everyday camera we have today: the camera phone.

Admittedly, time has turned the simple camera into a technological wonder, but let's look at the basic similarities.

The original Brownie was a cardboard box camera with a simple lens, and was initially aimed at children. How many children have cameras today!

The camera phone has a simple lens,

although designed by computer, and often there are several simple lenses for differing purposes: for instance, close-up or distance photography.

The image is recorded; in the case of the Kodak on two-and-a-quarter inch film, and the camera phone on a silicon chip or sensor.

Many news and PR pictures are now taken from mobile phones. On 15 April 1912, from the decks of *RMS Carpathia*, Bernice Palmer – using her Kodak Brownie – photographed the iceberg that sank the *Titanic*, as well as the survivors being hauled aboard the ship she was on. Many Brownie cameras were also taken to the front in both

World Wars to record the devastation and conditions there.

Idea

So, how does this relate to a shoot in the beautiful Worcester countryside where I met up with naturist Carmen? The idea was to see how my camera phone images would compare with those taken on a Nikon camera.

The first difference is that the iPhone has a delay when you press the button, and it only delivers one frame at a time; whereas with the Nikon, you press the button and the shutter works almost instantly, and can deliver a burst of images.

&...



The iPhone made a picture of Carmen moving round the post look a bit statuesque, as by the time the picture was taken, the movement had stopped. I tried several times to capture the movement, but with the same result. In the Nikon images, her hair is flayed out and you can see she is moving.

The next thing I tried was to see how the iPhone coped with a telephoto or long lens shot. The location has a pond, so I had Carmen come and sit on a log seat on the opposite side of the water. Again, movement proved a problem for the iPhone, whereas the Nikon was fine with it; and the shortcomings of the iPhone were far more noticeable as the subject was rather distant and pixelated.

Differences

As the shoot went on, the differences became more marked. The standard zoom lenses on the Nikon enabled me to frame the image nicely, whereas the framing on the iPhone was very loose. Also, the definition of the image was poor, because the iPhone's zooming is done electronically, reducing the area of the sensor used, rather than with the zoom lens which used the full area of the sensor.

Phones however have become synonymous with the selfie, and this was the only aspect where I felt it had the advantage. Taking the shot with the Nikon was a bit hit or miss,

whereas with the phone, Carmen could reverse the camera element and see how she was framing herself. Also, the technology within the iPhone picked out the subject and focused on it, where with the Nikon you needed to select the focus area.

What I concluded from this very random trial was what you would expect from a professional photographer: that the concept of a simple camera still exists, albeit in a very technical form, and children and many adults will still use the camera to record their surroundings. But I will still use my Nikons for the serious work. And you can see the results of that here...



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***Everybody
Festival, Dorset***
15-19 August

Photo by
Mark Bass/British Naturism



MAY

3-5 NATCON, Thailand

4 World Naked Gardening Day

17-20 Naturist Camping Weekend,
Neath Abbey, South Wales

19 Naked 5k Run, Naturist Foundation, Kent

24-27 Bare Bootleg, Naturist Foundation, Kent

JUNE

2 World Naturist Day (northern hemisphere)

7-10 BN Highland Walking Weekend 2024

15-22 Black & Naked Homecoming,
Hedonism, Jamaica

17-23 Nudefest, Thorney Lakes, Somerset

20 World Naked Hiking Day

JULY

12-14 BN Windermere Camping Weekend

13 Bare All for Polar Bears,
Yorkshire Wildlife Park

14 National Nude Day

26-28 Bodyfest, Toronto, Canada

AUGUST

15-19 EveryBody Festival, Wimborne, Dorset

SEPTEMBER

17-21 World Bodypainting Festival, Austria

OCTOBER

17-20 INF World Congress, Zipolite, Mexico

DECEMBER

1 World Naturist Day
(southern hemisphere)



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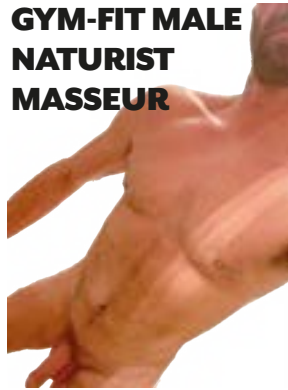
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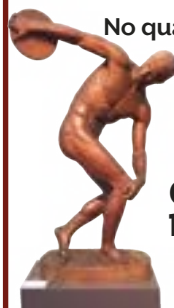
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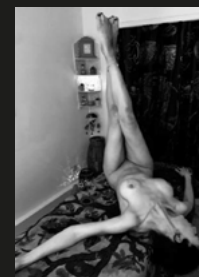
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Classified ads start on page 72



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ALTERNATIVE CHOICES I'm Jered, versatile high-energy 60s male, WLTM a free-thinking female or couple 40-80, possibly interested in country pub lunches, afternoon saunas, indulgent wine and cheese evenings, twilight fantasies, esoteric rituals, the occult. Genuine opportunities like this are worth a text, I feel. 07375 652220

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FRIENDLY SINGLE 61-YEAR-OLD GENT, 6ft 3in, healthy lifestyle. Consider myself a happy, bubbly person enjoying life and good conversation, got back into naturism after Covid and end of marriage. Would like to meet open-minded, fun single ladies looking for friendship, company, maybe a relationship if there was a spark. Or couples to enjoy happy times socialising at beach or naturist venues. Enjoy skinny-dipping, cold water swims, and gardening. Willing to meet up, travel for a socialising drink to introduce myself. I live in mid-Wales naturist paradise. Email tim26avforever@outlook.com

ADVENTUROUS AMATEUR PHOTOGRAPHER and naturist seeks like-minded souls M/F or M open-minded straight or bi, for adventures now the weather's getting warmer – walks, beaches, woods or somewhere more enclosed. If you are interested in doing some photos all the better, pictures are yours and yours alone. Interested? Text or WhatsApp 07484 327104

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GAY MALE NATURIST, 52, looking for similar guys for naked beach visits, hopefully someone who drives and/or has a secluded garden, that they are happy to share for naked sunbathing. I live in Haverhill, Suffolk, willing to pay petrol money. If interested please phone or text on 07727 020115

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BI-CURIOS MID-50s MALE well-educated professional, seeking similar mature singles or couples to explore naturist beaches and inland venues in or around Margate, Kent. Can accommodate or travel – genuine only naturistmale@mail.com

MALE, 63, SLIM BUILD, LOOKING TO LIFE MODEL for artistic m/f couples or small groups of female artists in the West Sussex area willing to pose both indoors and outdoor locations. No fees required. Contact demeeeking@yahoo.com

BI MAN, 70, with a slight disability, looking for similar for a long-term relationship. I'm a loving person with my own property which I'd like to share with the right person. No withheld numbers please. My number is 07422 553221 and I live on the Norfolk/Suffolk border.

SWING INTO SPRING Tall, fair, handsome gentleman, presentable, articulate, world travelled, 8 inches, desires slender, refined, elegant lady whose fantasy is to be a hotwife. If you are ready to submit to your own desires and enter into The Lifestyle, I will offer the support and encouragement you need to turn fantasy into reality. Discretion assured, boundaries respected. Photo please. nordic_sun_worshipper@hotmail.com

MATURE MALE, 64, seeking a female companion for naturist holiday in Vera Playa this June from 9-23. Also for future holidays and trips in this country. Please message or WhatsApp 07842 724237

WHO FEELS BETTER NAKED? I DO Married male, 50, whose partner not interested in nudism so going alone. Open and honest; happy to meet M/F couples for nude company and take it from there. Laid-back, good conversation a must. Not your typical nudist but don't consider that a bad thing. Email in first instance: realworldtwo@gmail.com

MALE, 70s, but still in good shape, quite slim, clean-shaven body. Mainly home nudist, lover of nudity in any gender. Exchange mails initially, then possibly chat or meet similar mature m/f couple, lady or possibly smooth male for naked socials. Happy to take pictures for you. Decent informative reply please. Very discreet, bit shy, apprehensive, relaxed, non-pushy, expect the same, no idiots please. North Somerset. Email rider_89@hotmail.com

PART-TIME NATURIST MALE, 66, looking for naturist lady or ladies for adult photography and to spend time with. Prefer local ladies within 30-mile radius of Gloucester. Especially looking for mum/daughter, friends, sisters and pregnant ladies, etc. If interested email jamiefair37@yahoo.com or text 07746 173361. Genuine replies only.

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FILM

Smoke Sauna Sisterhood

Written and directed by Anna Hints 2023 Watch on Channel 4 or rent or buy on Amazon Prime

Verdict &&&&&

Soothing, hypnotic, joyful, moving. What a pleasure it was to play being a fly-on-the-wall during this Sundance-winning documentary.

The film had its UK premiere at the Sheffield Documentary Festival (as mentioned in the October issue of H&E), and following a UK/Ireland theatrical release, it is now available on mainstream and paid-for TV.

Directed and written by Estonian cinematographer Anna Hints, the film offers a fascinating glimpse into the cleansing rituals of the age-old smoke sauna – recognised by UNESCO as an example of the Intangible Cultural Heritage of Humanity – and the ties that it helps to bind between the women who seek its solace and refuge.

There is no narrator, and there is no real structure, other than what feels like a real-time walk through a series of sessions at the wooden shack sauna in the snow-covered woods, by the icy cold lake in the midst of nature, far from the stresses the women will have left behind.

And the subjects are few: the small group of 20 or 30-something friends who have, I suppose, rented the sauna, and the elderly sauna ‘mistress’ who prepares the smoke house and performs some of the rituals, who also talks to the camera about the hallowed smoke sauna tradition. Aside from brief to-camera interludes, the women are filmed throughout, entirely and gloriously naked, and although it might sound like a cliché, entirely and gloriously naked, body and soul.

Longing

The film evoked in me an unbidden form of longing to find myself in a similar space with friends, the closest of friends, with whom an even greater closeness would surely emerge by dint of being naked and vulnerable together. I thought of my beloved book club buddies, only one of whom has ever tried naturism (and alas who now feels too unhappy with her post-childbirth, ageing body to try it again), and how wonderful it would be to have such a kind of intimacy. Were we from Estonia or another Baltic or Nordic country with such a tradition, I guess

PHOTOS Ants Tammi/Alexandra Film, IMDb



The women are filmed throughout, entirely and gloriously naked

this would be the norm for us, as it is for the women in the documentary who welcome us into their private space.

I'm getting a bit sentimental, I know, but the film does this to you.

You listen to (and read the subtitles of) the stories they have to tell and the experiences they have been through, their fears and worries, their laughter and compassion. All the while, the camera moving gently over their perfectly imperfect bodies, pausing lengthily on drops of sweat on a back here, on the relaxed rolls of a tummy there, on bosoms large and Earth Mother, to others skinny and egg-like, on legs with fine hairs glinting in the sunlight through the shack's tiny window, to Rubenesque buttocks and thighs being lovingly (yes!) whipped with a birch brush.



It's unrushed, like the sauna experience itself

Faces intense, listening in-the-moment, no distracting screens and white noise here, each woman ready to share her own experience, her view, but without hurry, unrushed. Like the sauna experience itself.

Moving

Sexuality, motherhood, periods, cruel mothers, body shame, abortions, me-too experiences. If it all sounds quite heavy, it is. Sometimes. But that's no criticism, and besides, there's plenty of laughter, and zero self-pity from anyone. What surprised me, however, is how very moving the film turns out to be. When one of the women tells a particularly harrowing tale – you get the feeling she has not shared this with anyone for a long time – her sense of relief is massive, the shock and compassion of her friends palpable. I gasped, and almost felt as if I were right in the sauna too!

And that is the strength of this 'small' documentary. By showing, not telling, the director offers us a window not only on the evident value of such an old-world tradition in our busy screen-filled lives, but also a lingering collage of snapshots of the most intimate of experiences of a group of women, who find their own space literally and mentally within the wooden smoke sauna and its hissing water-on-rock and air-filling-with-the smells-of-the-forest environment.

Finally, I can't end without mentioning some of the most pleasing and joy-filled scenes, which actually take place outside of the sauna. The women fetch buckets of water and gather branches, help one another plunge into the freezing lake (I flinched, I swear!), run around and shriek, and throw around powdery piles of snow. And then lie down in a circle under the wintery sun and chant mantra-like songs that sound as ancient as the forests that surround them.

Well worth a watch.



Theresa O' Shea



BOOKS

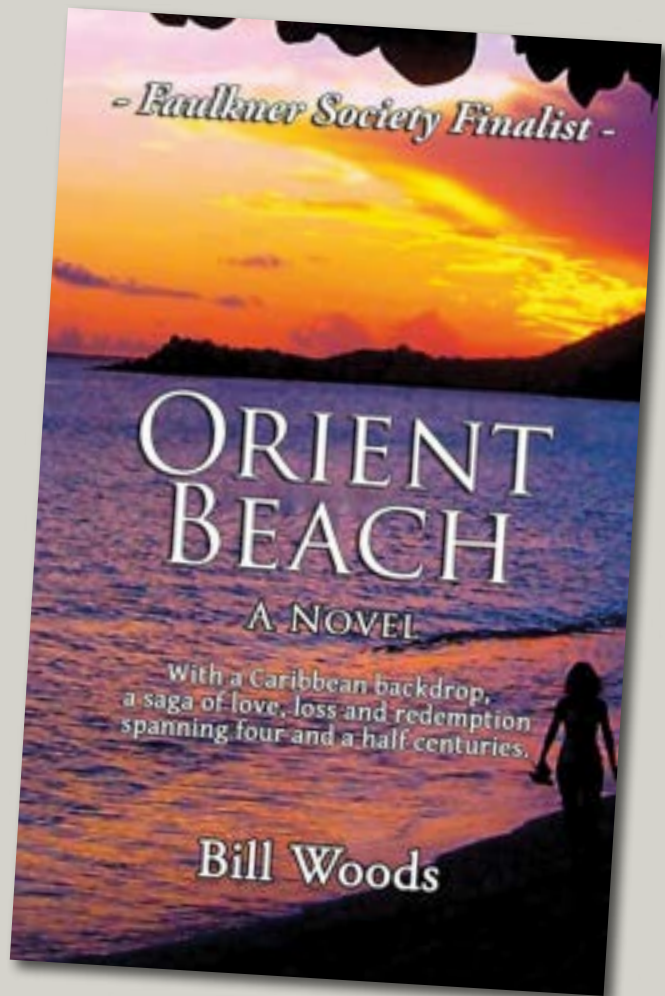
Orient Beach

by Bill Woods

Published in hardback and paperback (ISBNs 1628801654 and 1628801646) and as an ebook.

Verdict

Naturist content
Good read
Value for money



This is Bill Woods' first full-length book, a tale of lives, deaths and nudism.

It is set on the French/Dutch island of Saint Martin/Sint Maarten in the Caribbean, a destination Woods and his wife have visited many times. Nick and Lins of Naked Wanderings also wrote about the island in the February issue of H&E, and it's a popular naturist vacation spot.

The book's short first section tells of events following the 16th century wreck of a Spanish ship. Although this had little initial impact on the island's natives, things changed over the next few years.

Jumping forward four centuries to 2002, part two takes up around half the book. The focus is on Sterling Legion, an engineer whose family business has struck it rich, enabling him to retire to the eponymous Orient Beach on the northeast of Saint Martin. For decades, the island has welcomed genuine naturists, but Woods notes that it also attracts cruise-ship day trippers who largely come to gawk.

Around Legion buzz a disparate collection of characters, including his mostly-estranged son Paul, beach bar waitress Lily Ana (who was cast adrift on the island to live hand-to-mouth), good-time-girl Betty, a brilliant legal assistant, Zuzu (abandoned late in her pregnancy) and local sport fishing skipper Webb.

Conditioning

For some, nudity is liberating, natural and to be celebrated. Others tolerate it, but cannot shake off their conditioning that it is sinful and indecent. Most are happily heterosexual, others gay, some bi-curious. The distinctions and confusions between love, lust, affection, attraction, caring and concern occupy much of the narrative, along with motives and morals. Woods often contrasts the wide range of choices available to people with plenty of money, with the far more limited



A disparate collection of characters



Naturism is given fair treatment

options open to those with neither assets nor a decent and secure income.

The book concludes with a section set in late summer of 2023, six years after Hurricane Irma destroyed a third of Saint Martin's buildings and damaged most of the rest. Woods adds a second super-storm to that real-life disaster, further ravaging the island and its inhabitants.

Naturism is given fair treatment, although some might quibble about the extent to which voyeurism and exhibitionism are seen to motivate nudists. In both fact and fiction, wealth is often said to be a lot less important than character and love: in *Orient Beach*, it enables some people to get what they want or as the primary means of doing good work (but is a good deed truly good when the effective cost to the giver is near-zero?).

The book is quite long, and the reader needs to keep careful track of its cast with their very varied characters, backgrounds, abilities and drives. While Woods does deliver interesting beginnings, developments and a proper conclusion, overall I thought the story involved too much complexity and contrivance.

Tim Forcer

Keeping abreast



The Big Book of Breasts was an immediate bestseller when it debuted in 2006.

Its 396 pages introduced readers to the top naturally-bountiful nude models of the 1950s, '60s and '70s. The only complaint was that there was no biographical information on the ladies in question. It left readers yearning for more.

Well, publisher Taschen has listened. In *The Bigger Book of Breasts* (ISBN 9783836589581, RRP £50) not only are there more pages with all-new photos of an array of big breast models of the day, but they have also added personal profiles for each and every one. You'll be able to discover which model married comedian Richard Pryor and who inspired Russ Meyer's first film, alongside their magazine and film appearances.



Who inspired Russ Meyer's first film?

The half-page text most models get isn't exhaustive, but it is an improvement on the previous total lack of information about them. The list of models is also naturally debatable, but essential figures such as Uschi Digard, Candy Samples and Virginia Bell make an appearance, as do three Harrison Marks favourites: Ann Austin, Paula Page and Vicky Kennedy, which is great.

Bursting at the seams with voluptuous vixens (yes, the phraseology is catching), this hefty tome tips the scales at a whopping eight pounds. Books of this calibre don't come

Do You Like Boobs a Lot?

How could we improve on the original *Big Book of Breasts*? With an all-new encyclopedic edition!

When I was 14, my father took me to the University of Washington, to see the first edition. I had a collection of 40s, but he had just given me a obscure magazine and I found I could have taken an interest in "boob" models. I gathered The Village Vanguard (Boobs of Contemporary Fiction, Boob of Irons, and Grand International Women's Sports 1980), with its idea when to expect, just knowing it wasn't exactly what was the good. My father saw "boobs" and wanted to see 40s (boob), which was like an old but it wasn't just my choice the following season.

When we got home, I saw in the school and put the record on. They came into the first party I heard the entire show, behind my door, and created out my window to get by further than the little house in the yard later's only. 40s.

by every day, and whether you're a boobs fetishist or just a vintage glamour enthusiast, this book is an absolute knockout. I suggest you make some room on your bookshelf.

Newcomer

If you're a relative newcomer to the subject, some background information might be useful.

The author/editor is Dian Hanson, who has been Taschen's 'sexy' book editor since 2001. She is responsible for *The Art of Pin-up*, *The Fantastic Worlds of Frank Frazetta* and a six-volume *History of Men's Magazines*. Back in the day, Dian used to be the editor of the American magazine *Juggs*, so she clearly knows what she was talking about when it comes to bosomy beauties.

As she explains: "In updating the book, we were keen to celebrate the role that some of the top models of the day, such as Roberta Pedon, Mary Waters, Keli Stewart and many more, played in the history of nude photography. Taking the theme one stage further, we have also added 12 of the most incredible, natural and provocative breast models of today, gathered from across the world by Berlin-based photographer, Bernd Daktari Lorenz. Models such as Nadine Jansen, Luna Amor, Miosotis Claribel and Hitomi Tanaka prove breasts are bigger than ever, and bigger is beautiful, for both breasts and books."

Some might not consider that the subject falls into the category of 'naturism' but there are a lot of people who have (shall we be generous and say...) an academic interest in the nude photography of this era. And after all, the times were very different.

■ Review by Blackwell's Bookshop, Oxford

Spain

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Alice

by Chris Moore

Location:
Auckland Outdoor
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Carmen

by Rick Morley

Location:
Worcestershire

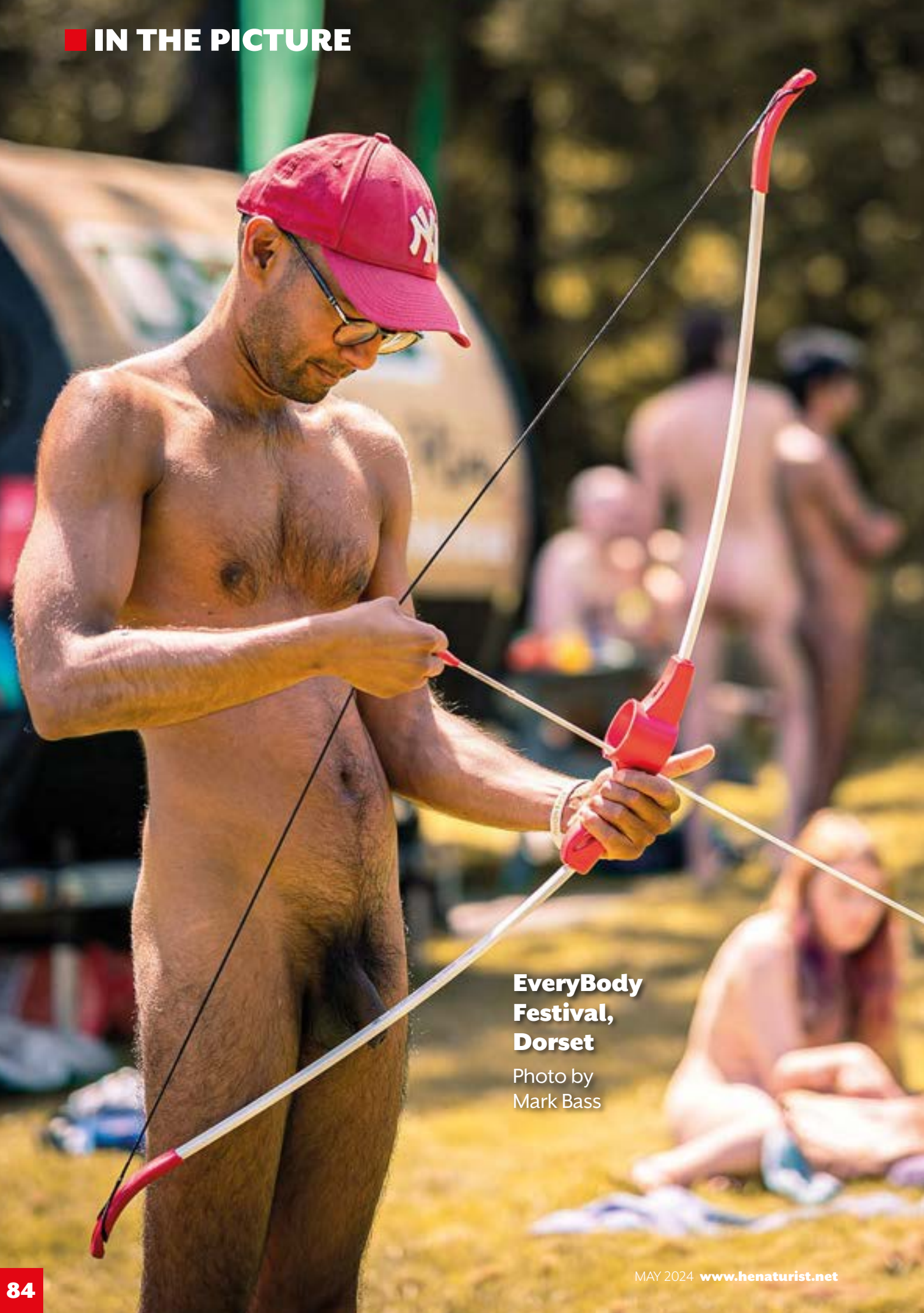


Andy

Self-portrait

Location:
North Yorkshire





**EveryBody
Festival,
Dorset**

Photo by
Mark Bass

Jack of all trades

I was pleased to see Mark Hamilton's feature on naturist club websites (April issue) illustrated by a scene from the 1959 film *I'm All Right Jack*.

For those unfamiliar with this British comedy classic, it starts and ends in a "nudist camp" called "Sunnyglades," where the father of the main character (Stanley Windrush, played by Ian Carmichael) lives. It is notable for having been passed uncut by the British Board of Film Censors with a U certificate (so anyone of any age could see it; I did aged about 12), though it shows full-length female nudity, though only from behind.

In a sad step backwards, some television showings now blur out the women's bottoms.

The 1958 novel *Private Life* by Alan Hackney on which it is based (reprints of the book use the film title) contains the first mention I recall seeing of what was then called *Health and Efficiency*. I don't know how much experience of naturism, if any, Hackney had, but the book reflects ideas which sometimes still persist: the clichéd camp name; insistence that all present are naked if the weather is clement (it opens with Stanley regretting the hot weather, because he thinks he will be so required); notices warning that beyond them one can be seen from the road; and Stanley's father's eccentricities as presumably "typical" of a naturist.

Ray Ward,
London



Not tempted

My partner and I recently went to Temptation Cancun Resort in Mexico, which is a topless-optional hotel.

Even though I've loved being nude my entire life, regularly visit nude hot springs and resorts, and write up reviews for my naturist-themed travel blog, there was just something that didn't feel right about a topless-optional place. In fact, I didn't take my top off the entire time!

Why didn't I go topless? There was something that felt unbalanced about this place. Women were baring a part of themselves that's usually covered up, thus experiencing vulnerability and giving men something fun to look at. Meanwhile, men weren't engaging in this same level of vulnerability, and it was something I just didn't feel comfortable with.

This is why I love nude resorts and facilities. Everyone is on the same ground, the same playing field. When you take off your clothes, inhibitions fall away. Everyone is vulnerable (if that's how you want to put it) on the same level. There's no judgment, only openness and acceptance.

I'm sure there are many people who love topless-optional places, and that's great. It might be a good way for some people to get used to taking off more articles of clothing around others. But I wholeheartedly support going fully nude, even for first-timers. There's something so incredible and liberating about the feeling.

Kristin Wilson,
TravelingBare.com



&...



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YOUR VIEWS ■

Seat of learning

Your article on the Kinsey Institute (March issue) and its library of naturist-related magazines and literature was interesting.

Your readers might also like to know about the Hellenic Naturist Library & Documentation Centre in Athens, of which I am the director. It houses the largest depository of naturist material in South-east Europe, and is funded by donations, gifts and purchases from over 160 suppliers and sources. Journalists and students have used its resources, and to date several dissertations and theses for institutions of higher education in Greece have been submitted based on its contents.

The library includes current and back numbers of numerous naturist magazines, books, documents, prints, slides, videotapes and picture-postcards: a total of 20,500 items. The oldest acquisition is a book in German published in 1907, and the oldest magazine, also from Germany, dates back to 1909. The library is for reference only, meaning original books and magazines may only be consulted on the premises, but photocopies are available on request. Visits are by appointment only. For more information contact me on info@gymnokratia.gr

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