



**This year**, ditch the unrealistic resolutions and dive into a year of health and happiness on the coast! Whether it's a gentle stroll on the beach or an immersive plunge in the waves, even a couple of hours of fresh sea air, or blue space wellness, can lower stress and improve the mood by raising serotonin levels.

Look forward to an early mini break to enjoy fun water sports, great new beach saunas, forest bathing and the healthiest, freshest seafood. The coast is a spa like no other and best of all, it's completely free. Check out our round-up of 2025's hot destinations in our [latest blog](#) and book through [England's Coast](#).

To kick-start your coastal escapes, [enter our competition](#) to win a wonderful two-night break on the North Norfolk coast staying at [Dairy Barns](#) surrounded in peaceful countryside, what better way to begin the New Year!

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## Stretch out the seasons on the south coast

Banish any winter blues with a blast by the sea on the south coast. Far from being simply a summer sun destination, **Bournemouth, Christchurch and Poole** offer amazing walks in nature at Hengistbury Head Nature Reserve near Christchurch and Brownsea Island in Poole Harbour, unique art exhibitions at the Russell Cotes Art Gallery and Museum and a packed programme of events at Poole Lighthouse and the Bournemouth International Centre provide plenty of cultural activity whatever the weather.

Learn a new water sport, immerse yourself in a Nordic sauna on Sandbanks beach or try a taster class at Pavilion Dance South West in Bournemouth's Lower Gardens, with a series of new themed walking trails launching soon, this is a destination to savour year round.

[Discover the South Coast](#)

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## Baywatch in Morecambe

If you've never visited the north west coast, head to Morecambe Bay! Pack up the kids with a winter picnic and cycle, the Bay stretches all the way from the south west of Cumbria to Fleetwood in Lancashire. You'll find great wildlife watching opportunities, spot oystercatchers and other waders on the shore at Hest Bank, Bolton-le-Sands, and maybe even seals at the south tip of Walney.

The Bay's Grange-over-Sands is a wonderfully unspoilt spot with easy walks, benches and the first shoots of flowers from mid-January. And for energetic younger family members, there's an attraction-filled park at the end of the prom. Or try one of the Cycle and See routes within Arnsdale and Silverdale National Landscape.

[Explore Morecambe Bay](#)

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**BRIGHTON WEST PIER, SUSSEX - SOUTH EAST**

## Mesmerising skies in Brighton

Few cities on the sea buzz in winter as much as Brighton. Check out lavish Brighton Pavilion, ever-changing art and fashion exhibitions at the Brighton Museum or the plentiful pop-up markets, then there's shopping and dining in The Lanes or a sauna on the beach.

However, at this time of year, one of the most spectacular sights plays out over the West Pier. Head here on a cold, crisp dusk to encounter a mesmerising starling murmuration, when the skies change from bright and clear to dark and moody and the sea blows stormy and turbulent - the scene is miraculous.

**Plan your trip to Brighton**

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## Win a luxury two-night break on the North Norfolk coast

How better to start 2025 than with a superb two-night break surrounded by nature on the coast? We've partnered with [Dairy Barns](#), one of the most luxurious B&Bs on the North Norfolk coast to offer you a two-night stay with breakfast for two people at Dairy Barns, close to Hickling Broad, the largest of the Norfolk Broads, which offers a spectacular variety of plants and wildlife.

Dairy Barns nestles in 360 acres of countryside and each of its nine charming guest rooms is individually themed, equipped with luxury amenities and offering panoramic views. This family-run farm offers award-winning personal service, you're guaranteed a relaxing stay, with sumptuous, cooked breakfast a highlight of your day.

The picturesque surroundings are perfect for walks along the farm tracks and meadows, the fields teem with local wildlife such as red deer, Muntjac and Chinese Water deer while birdwatchers will be treated to barn owls, cranes, kingfishers and much more.

Discover what the North Norfolk coast has to offer and win your first break of the year!

T&Cs: The prize must be taken by 31 December 2025 excludes August, is subject to availability and must be taken Monday to Thursday. Dairy Barns is set on Lound Farm, a working farm, and does not accept dogs or children under the age of two.

**Enter the competition now!**

**Check out our latest blogs**





Beach saunas, mindful forest walks, Dark Skies and yoga retreats, whether you want to stroll the sands or have a full-on coast path hike, just 20 minutes outdoors has positive health benefits. Check out our new blog to find some of the top wellness spots.

[Read Blog](#)

If you're looking to have a healthy start to the year, swap the pub for a sauna. Without phones or distractions, a communal sauna is a great way to meet like-minded people with the added benefit of lowering stress surrounded by nature. Discover more in our blog.

[Read Blog](#)

Be inspired by England's Coast

**Explore our 8 unique regions**







## England's Coast

ENGLAND'S COAST COMMUNITY INTEREST COMPANY

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