

DOGFRIENDLY

NUMBER 88 £4.49

CORNWALL

Stunning scenery and views of the coast

SCOTLAND

Your own private island

NORFOLK

The perfect location for four hounds

DERBYSHIRE

A luxury hotel and a spa

QUIZ

Do you know your rare breeds?

Attention!

Train your dog only to have eyes for you



Why visit THE HIGHLANDS

Where to stay, walk, eat and enjoy great days out in this dog friendly part of Scotland



Hello from Dogfriendly

WELCOME

For many years I have visited Crufts and for many different reasons. I have never been there to show dogs, though. I have been to Crufts to promote *DogFriendly* and dog friendly places and I have also been there to support other companies and meet like-minded, dog-mad business owners.

This March, I spent the whole four days there supporting two charities I have been working with. I organised the Greyhound Trust stand and was also there as a representative for National Animal Welfare Trust. Both are amazing charities. Shortly before Crufts, the [National Animal Welfare Trust](#) was approached by [Make-A-Wish UK](#) who had received a request from a brave young man called Frank who wanted to meet as many dogs as he could in one day. So we contacted [The Kennel Club](#) to see if we could do something extra special for him. With their help, Frank's wish was granted with the most amazing day as a VIP guest at Crufts on the Sunday.

As I have said, I have been to Crufts for over 20 years, but this year was my favourite, delivering such a special gift to a brave young boy. So a special thanks to National Animal Welfare Trust, the team at The Kennel Club, Clare Balding, the [Greyhound Trust](#) and everyone at [Crufts](#) who made so much effort to make Frank's wish come true. Frank was joined by his brother Rory and his mum and dad. You can find out more about Frank and the charity that his family have started by visiting www.h-abcfoundation.org.

With all that positivity there was one thing over the four days that made me annoyed (maybe I got sensitive after being tired from such a long event). Nearby, Resorts World Birmingham welcome dogs into their shopping centre while Crufts is on. But not for the rest of the year. If they are happy to welcome them for this period, why on earth do they not welcome them all the time? Email your thoughts to info@dogfriendly.co.uk.

Apart from that, Crufts was a wonderful experience and reminded me just why dog owners are so passionate about their pups.

Steve and Lin
DogFriendly founders

Frank enjoys meeting a greyhound at Crufts



DogFriendly founders Steve and Lin, with Charlie and Angel

HIGHLIGHTS FROM THIS ISSUE

In this issue, first, we're off to north Cornwall to stay in a traditional farmhouse and visit some of the best dog friendly sites with Catherine Smith (page 6). Tracey Radnall and Bertie stay in a cottage with its very own lighthouse on a private island on the North West coast of Scotland (page 12).

Meanwhile, Kerry Jordan discovers the perfect Norfolk break for her four whippets (page 21) and Laura Fletcher-Newbold and her dogs find out what the Losehill House Hotel & Spa has to offer in the Peak District (page 50).

We also find out how important water is to a dog's health with Sophie Bell (page 46), Steve Hutley teaches us the importance of attention training (page 60) and we reveal member and dog owner feedback on what they feel are the most important considerations when looking for dog friendly accommodation (page 56).

TRAVEL

Dogs on trams

From 21 March 2025 dogs have been permitted on trams in South Yorkshire as part of a new pilot programme.

The announcement came from the region's mayor, Oliver Coppard, following feedback from a public consultation.

Coppard revealed that three-quarters of respondents supported changing the Supertram network's policy, which previously only allowed dogs in carry cages unless they were assistance animals.

The South Yorkshire Combined Authority pointed out that similar trials on tram networks in other areas had proven successful.

"More than 10,600 people took part in our public consultation," said Coppard, "and the majority told us this is what they want. We've listened. Dogs are

already allowed on buses and trains. Now this will extend to trams, allowing people to enjoy seamless journeys with their four-legged companions."

The pilot, which will be evaluated after three months, allows one well-behaved dog per passenger on board.

Supertram managing director Sean English said: "With strong public backing, we're excited to welcome dogs aboard our trams. We've taken steps to ensure the safety and wellbeing of both our staff and customers during this trial, and we will closely monitor its impact to ensure a positive experience for everyone."

Dogs are allowed on many other tram services.

[Here](#) are some resources on trams that welcome dogs including Manchester, Nottingham and Croydon.

Source: [BBC](#)



Dogs have been allowed on Supertram's South Yorkshire network since March

YOUR DOG STORIES...

Send your out and about pictures and doggy debates or days out to info@dogfriendly.co.uk and selected submissions will receive a doggy treat bag

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DOGFRIENDLY CODE

- Some people are nervous around dogs so consider their feelings.
- Be aware of the effect your dog may have on the people around you.
- Always pick up after your dog and make sure you dispose of the waste properly.
- Keep your dog under control in public places.
- Never let your dog climb on the furniture unless the owner has agreed this is acceptable.
- Don't leave your dog alone in a property unless you have the owner's agreement.
- Check your dog has been immunised and treat him against ticks, fleas and worms.

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West Wing,
Rectory Farm



West Wing, Rectory Farm

Attracted by the stunning scenery of north Cornwall, **Catherine Smith** stays in a traditional farm house with views along the coast

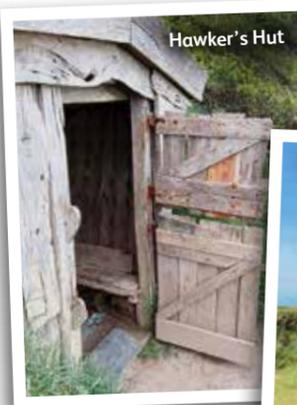
We arrive at West Wing on a misty Saturday afternoon to a welcoming cream tea of freshly baked scones, strawberry jam and Cornish clotted cream. Our accommodation is part of a traditional farmhouse with walls half a metre thick and a stable door that opens out onto an enclosed garden. For a one-bedroom property the rooms are surprisingly spacious. The downstairs bathroom features a large bath with overhead shower and the upstairs bedroom has a sloping floor and is flanked by a traditional stone fireplace.

Set on an organic working farm in the village of Morwenstow, the West Wing's location makes it the ideal base

from which to explore both Cornwall and Devon, but there is also plenty to explore within walking distance and we spend our first evening doing just that. We are just a stone's throw from Morwenstow Church, parts of which date back to Norman times. Within the churchyard stands a replica figurehead of the Caledonia of Arbroath, which was

shipwrecked here in September 1842 (the original now resides inside the church). This figurehead marks the burial site of numerous shipwreck victims, a stark reminder of how treacherous this stretch of coast can be. The church has a rich history and is associated with the somewhat eccentric Reverend Hawker and a short cliff top walk will take you to Hawker's Hut (the smallest building cared for by the National Trust). Constructed in 1843 from driftwood retrieved from shipwrecks, the reverend apparently spent many happy hours here writing poetry and smoking opium. The walk takes you alongside cliff edges and through livestock so dogs should be kept on leads.

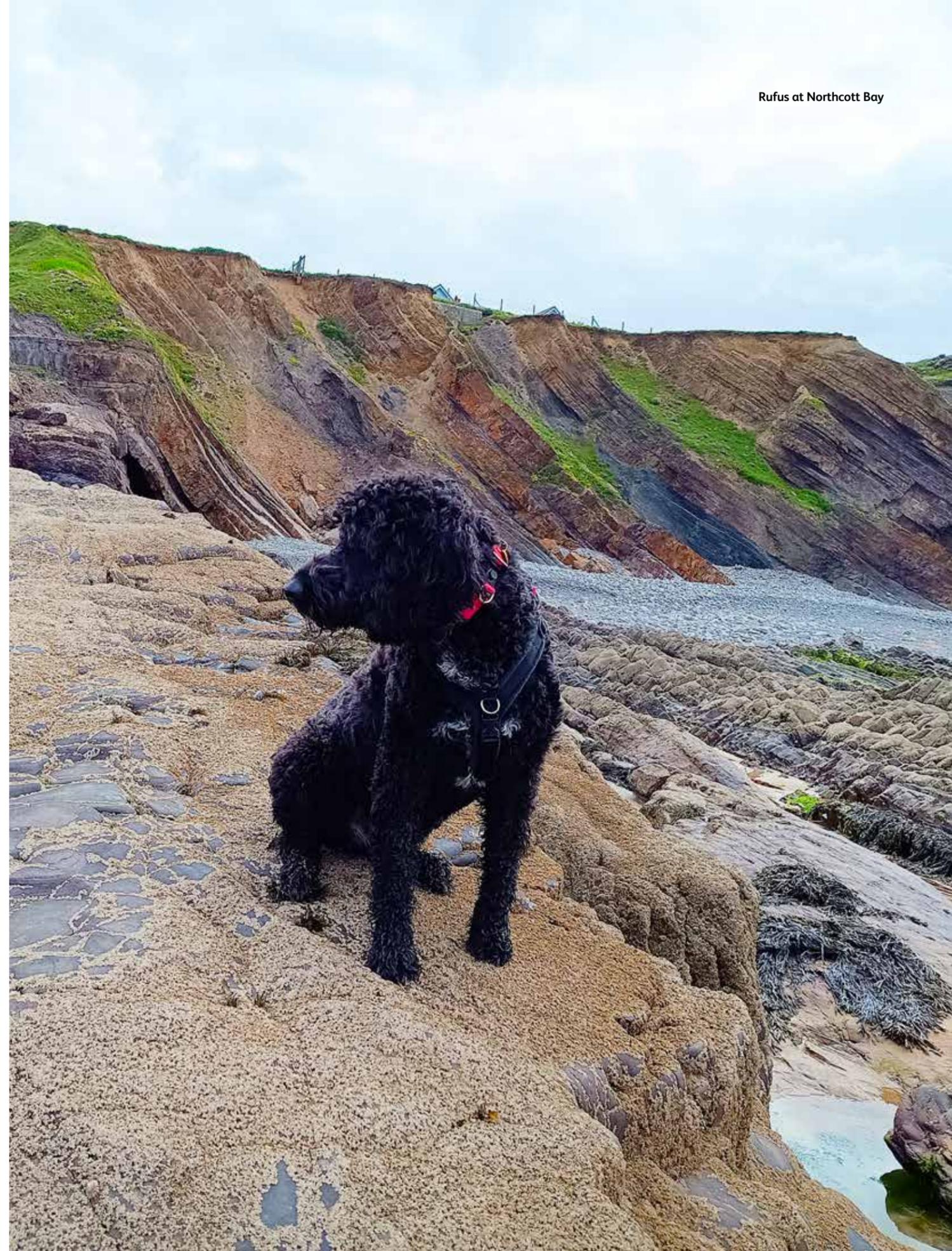
The following day the sea



Hawker's Hut



The great outdoors



Rufus at Northcott Bay

Tried & tested Cornwall

mist has lifted and we can now appreciate the view of the coast from the garden. Our first port of call is Tintagel Castle. Situated 27 miles away on the dramatic clifftops of north Cornwall, the castle is most famed for its association with the legendary King Arthur and indeed a stronghold has been present on the site from at least the 5th or 7th century. It's roughly a 15-minute downhill walk from the ticket kiosk to the mainland courtyard before continuing your journey across the spectacular award-winning footbridge to the



Tintagel's remains

castle remains on the headland. Walking among swooping sea birds, along the rugged clifftop above the crashing waves of the Atlantic, it's easy to imagine how the site became the stuff of legends. Dogs can enjoy unrestricted access to the site, but due to cliff edges and nesting birds must be kept on-lead. If you cannot face the trek back up the hill to the village, a dog friendly Landrover service operates during peak times.

Our second day sees us at the picturesque fishing port of Boscastle. Situated between Tintagel and Bude, this delightful natural harbour retains much of its original charm. With its brightly daubed fishing boats and piles of well-used lobster pots you would be forgiven for thinking you had stepped back in time. There are some dramatic coastal paths to explore but we opt to soak up the atmosphere before heading to nearby St Nectars Glen, home to a magnificent 60ft waterfall.

This place of pilgrimage is named after the 6th century Saint Nectan, who according to legend resided in a hermitage above the waterfall and would ring a bell in stormy weather as a warning to ships. It's not

The impressive footbridge takes you to the castle's remains



The waterfalls in St Nectars Glen

surprising that this place of outstanding beauty has been given special status by many and you will see hundreds of coins pressed into felled logs (wishing trees). The nearest car park is on the main road in Trethevy. From here you cross the road and follow the signs down a quiet country lane until you reach the shady woodland path that winds along the banks of the river Trevillet. The walk involves negotiating uneven paths and steps so may not be suitable for everyone. We head back to base and have a well-earned late lunch.

The award-winning Rectory Farm Tea

Rooms make up the other half of the building housing our accommodation. Dogs are welcome in the seating area in the pretty cottage garden. And we enjoy a hearty ploughman's lunch and freshly baked quiche. The tea room opens daily in season from 11am to 4pm. As such visitors to the tea room can be heard in the hallway area of the property during opening times. It wasn't a problem for us but you may want to take it into consideration if you have a noise-sensitive dog.

The owners also have three of their own friendly dogs, so again the West Wing may



A ploughman's lunch!



Boscastle



Rectory Farm Tea Rooms



Port Isaac



The beach at Sandymouth Bay



not be suitable for you if you have a dog that worries about other dogs.

On day three we opted for a day at the beach at nearby Sandymouth Bay which is dog friendly year round. As its low tide we are able to spend several hours on the sandy beach exploring the many rock pools before enjoying a latte at the Sandymouth Beach Cafe where dogs are welcomed in the outdoor seating area. From here we head to Bude and take a walk along the remarkable Bude canal that ends at the harbour. Some parts of the beach are off limits to dogs so be sure to check first.

Four days in and we experience our only rainy day. Undeterred we wrap up and visit the traditional fishing village of Port Isaac. We dodged the Doc Martin tours and spent some time exploring the dog friendly beach, narrow alleys and pretty whitewashed fishermans' cottages There are several dog friendly places in which to dine at Port Isaac



Walking out to the harbour front at Port Isaac

but we opt for fish and chips on the way home, eaten on the seafront at Bude.

On our penultimate day we visit Lanhydrock, a stunning Victorian property in the care of the National Trust. With a three pawprint rating dogs are welcome in the

Park Cafe and around the wooded estate. We pick up a map from the visitor reception for the Deer Wall Walk, a 4.3-mile trail which follows part of the river Fowey, where, if you are lucky, you might catch the blue flash of a kingfisher. Afterwards we enjoy a well-earned cream tea in the courtyard.

The last day we return to Sandymouth but this time we take the coastal path to Northcott Mouth just over one mile away, a bracing walk that affords stunning views where you can see the Isle of Lundy on a clear day. Due to steep cliff edges and livestock dogs should be kept on leads but the beach itself is dog friendly year round. Best visited at low tide, Northcott offers a sandy beach and numerous rock pools, which are a haven for marine life. After a couple of hours exploring, we head back along the clifftop and enjoy a bowl of cheesy chips at Sandymouth Beach Cafe and Rufus appreciates a doggy ice cream.



Lanhydrock



The view from the West Wing's garden



FACT FILE

The West Wing
ADDRESS Rectory Farm, Crosstown, Morwenstow, Bude, Cornwall EX23 9SR
CONTACT holidaycottages.co.uk
PRICES from £415-£785 season dependent. This one-bedroom property sleeps two and accepts one medium-sized dog at a cost of £20 per week. Enclosed fenced garden



Local interest
• Hawker's Hut
• Bude
• Sandymouth Bay
• Northcott Bay

Eats
• Rectory Farm Tea Rooms Morwenstow
• Bush Inn Morwenstow
• Sandymouth Cafe



Enjoying a doggy ice cream

wooden beams, well-worn flagstone floor and impressive stone fireplace ooze old school charm. Once a popular haunt for smugglers, today the inn provides a welcoming establishment at which to eat and drink, with mains starting at £15. My partner opts for a traditional fish and chips while I enjoy melt in your mouth calamari, with a dressed salad and a glass of rose while we reflect on our trip.



The Bush Inn

Of course, It would be remiss to leave without visiting the local pub, so we spend our last evening dining at the 13th-century Bush Inn, which is dog friendly and offers accommodation. Inside the traditional



Eilean Sionnach Lighthouse
Cottage, Isleornsay

Eilean Sionnach Lighthouse Cottage, Isleornsay

A luxury self-catering cottage off Isleornsay, Isle of Skye – is an island islet adventure complete with its own lighthouse.

Tracey and **Bertie** the working cocker spaniel set sail... →



Tried & tested Scotland

The isle is located 'Over the Sea to Skye' lying off the south-east coast on the Sound of Sleat and overlooking the knobby landscape of Knoydart on Scotland's mainland.

Arriving at the pier adjacent to the Eilean Iarmain Hotel on the Isleornsay peninsula, we meet the resident skipper, Gus. My travelling companion, Louise – not a keen sailor – looks only slightly alarmed by the size of the inflatable dingy below the quay. Thankfully, in no time Gus rows off to retrieve a much larger rigid landing craft located in the bay on an anchor buoy.

Clad in waterproofs, sturdy footwear and lowering our gear, food and all important whisky (from the distillery shop at Dalwhinnie en-route) onto the craft below. Bertie keenly scampers aboard the boat – eager to follow a brace of bag-for-life groceries to wherever they're going.

DANG DE DE DANG DANG...

Following a 15-minute Bond-style boat ride, rounding the isle to Eilean Siannach and our lighthouse. Gaelic speaking Gus runs the craft up onto the sloping hard of the four-acre idyllic isle. I lift Bertie ashore via his harness complete with handy carry handle and cleated long leash. In typical four-x-paw



Bertie on the quay

Approaching the isle by boat



The sitting room



Blue nautical bedroom



Dining room

style he scrambles excitedly up the causeway dragging me from our water taxi. I grab my rucksack – advisable as opposed to cabin baggage – and the all important groceries, containing three nights dinner and breakfast for three, including other essentials such as binoculars, wireless, camera and fair-isle woolly.

KEEPER'S COTTAGE

Entry is via the kitchen into a spacious and warm cottage. All on one level – the kitchen leads to a separate dining room, and in turn a cosy sitting room with wood-burner and sofas complete with tartan throws. Four colour-themed double bedrooms all with ensuite facilities. Throughout the cottage are extensive views on all points of the compass punching their way into the living spaces. The

views vying for your attention are expansive and in all directions, across to Knoydart on the mainland and the promise of otters, and birdlife among the watery foreshore. In no time we make ourselves at home inside the beautifully furnished cottage with its jaunty nautical touches. Cleverly positioned at the western side of the isle and set apart from the lighthouse, so as not to interrupt the living and sleeping spaces with wooden window shutters in all rooms.



Sedgwick bedroom



The sun rises over Iselornsay

Tried & tested Scotland

The firepit



ELECTRIC LIGHT ORCHESTRA

It's never too late to teach an old dog new tricks. Living like a lighthouse keeper where your pivot is a 360° ring of bright water all around, with the ebb and flow of the tide cycle adding to the rhythm. At just after 3pm, as dusk starts to descend during late autumn, we explore while waiting for the all-important light show to begin. Thankfully, these days the light being fully automated – built by the Stevenson brothers in 1857 and electrified in 1962. For the magical moment, we perch on 'Mount Doglet' – the small hillock next to the house – just as the light fades from the sky. Without fuss or drama the Ornsay Light begins its measured, blinking

conversation with its neighbour across the water at Sandaig on the mainland. For the nautical geek – it's a white light every eight seconds, which can be seen as far as 12 nautical miles away, the pink and blue sunset enhanced by the sweep of light overhead; it's a unique experience.

WILD LIFE

Following a hearty roast dinner, the next morning we're out early, on the look-out for otters, seals, ducks and, frankly anything else that's passing through. Fishing boats are casting their nets – I'm no angler but it occurs to me Mortimer & Whitehouse would happily spend hours on end of throwaway pleasure here. We quickly see the otter bobbing among the rocks and sea kelp. A group of Shags standing stoutly guard on the nearby rocks – preening their feathers in the warmth of the sun. A colourful Merganser surveys the bay and a solitary Robin guards his tree outside the dining room on the promise of a few crumbs. Even the RAF perform a low-level flypast in our honour – the place is positively bustling with life. Most impressively of all though, is the Sea Eagle perched on a faraway cliff surveying the water's surface for any ripple of movement... Take your binoculars! That's an order.

Creative types may like to bring a sketch pad to capture the vast landscape that plays out under the ever shifting coastal light. The

cottage also has a bookcase filled with local-themed books and jigsaw puzzles too. The large patio area with seating and firepit is an ideal space for a pre-dinner aperitif, before a pleasant evening spent inside next to the cosy wood burner.

THE GENERAL SYNOPSIS AT MIDDAY

It's impossible not to indulge in the most

Bertie finds time for a rest in the heather



quintessentially British of marine institutions while staying on your own island lighthouse – The Shipping Forecast – the guardian of all sea-faring folk and island dwellers. Issued four times a day, the broadcast is as constant a format as the tides it serves. Thirty-one sea areas are covered and always begin with Viking in the north, progressing in a clockwise direction, meaning that one

is compelled to listen to its entirety before it reaches 'Hebrides'.

On our final morning and in keeping with the Bond theme at the conclusion of an epic scene, Gus duly appears in the distance buoyed by high tide, to collect and deliver us reluctantly back to our mainland lives. Bertie the spaniel ticks-off another unique epic adventure.

A sunrise by the lighthouse



FACT FILE



Eilean Siannach Lighthouse Cottage

ADDRESS Isleornsay IV43 8QR

PRICE Prices from: £700 per night. Minimum stay: three nights. Four en-suite rooms, double bedrooms, sleeps eight.

CONTACT welcome@eileansionnach.com
WEBSITE eileansionnach.com

Waterproofs and rucksacks is the way to go, finding room for my sketch pad and binoculars for wildlife spotting. Birds, wind and breaking waves – there's so much to sketch and see. Facilities: sitting room with wood burner, wi-fi. Kitchen with Smeg oven, fridge-freezer, dishwasher, washing machine and microwave. Separate dining room.

Check-in notes: Arrival and departure by boat transfer in a Pioneer Multicraft. Please ensure you are able to get in and out of a boat unaided and are able to carry your own luggage. Expected arrival time is 15:00.

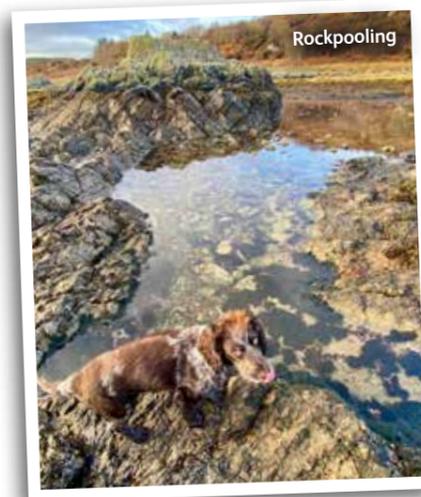
Useful links

• **An Crubh** You can pre-order grocery items including fresh local produce from the local An Crubh shop. Contact the shop prior to your visit to place an order from their range, they will be ready for you to pick-up from the shop on your arrival. ancrubh.com/shop/



En-route stay

Travelling from the south we decided to break our journey with a stopover at the **Pierhouse Hotel** on the shores of Loch Linnhe. A small hotel with just 12 rooms and views across to the Isle of Lismore. A sister hotel to the Three Chimney's on the Isle of Skye, the restaurant specialises in local seafood. Nearby a short dog walk along the loch is a tiny island with its own castle – Castle Stalker, featured in Monty Python and the Holy Grail as Castle Aaargh.



Rockpooling



Emily running with Delta



Emily leads the pack on a group run

Podcast talk WITH EMILY THOMAS

James Waters talks to Emily Thomas about her love for the sport of canicross and how she transformed that into a growing business

We talked to Emily Thomas on our podcast, owner of two businesses, one selling canicross equipment and the other coaching canicross trainers. She regularly competes at a high level in this growing sport. Emily first became interested in canicross after her rescue Husky-Collie cross Tegan was banned from some other dog activities, which included fly ball.

James: You're quite involved in the various aspects of the sport.

Emily: Yes. I would say I'm pretty immersed in the sport of canicross now. I've been doing it for 15 years, so, it's kind of become my life.

James: Some people might say canicross is just running with your dog. What would you add to that?

Emily: So a lot of people start thinking it's just

running with your dog. It is actually a specific sport of cross country running with dogs, but you do need to have them attached to you. The person wears a waist belt, but it really needs to be situated on your hips so that it's not causing you any problems in your lower back.

You need specific kit because it's designed to protect your back. You want a bungee line so that if your dog is pulling and jolts off to one side or another, you've got that [to] take the shock out of it.

And then the most important part, in my opinion, is the harness for the dog because it needs to be really non-restrictive, and allow the dog to move as freely as possible. To get



their natural movement as much as possible. I think it's become widely accepted now that you stick a harness on a dog, it's going to change their gait (manner of running) a little bit, particularly if you've got a person attached that's slowing them down.

But the idea is that whatever harness you get, it's comfortable for the dog, supports their running and their pulling for the sport. It can be quite technical starting out choosing your correct kit. That's where I come in and help people and give them the best advice to tailor options for them and their dog. Often people run with a dog with a lead. The dog won't be trained at doing this and will stop and start.

James: Is there something about the equipment that helps the dog know it's got to keep running, or is that part of the training?

Emily: It can definitely help to signal by putting the harness on. If you have specific equipment to do it. The dog sees it and feels it on them and they know they're going to do that job. But definitely training is the main thing.

You train your dog to pull. Even if your dog is a natural puller and pulls you along anyway, I always tell people to cue the pull. Because once you cue it, you can then control it. You can also then train them not to pull. A worry people have is, if they train their dog to pull, they are never going to get loose walking back.

There are other cues that we teach our dogs i.e. directions. There's a whole raft of cues that we use to help have an enjoyable experience, so that you're not just being dragged around the countryside. It's actually like any other sport that you would do. You need to train for it. And having that element of control over your dog makes it safer as well.

James: How do people compete in canicross?

Emily: The competitions are run by a group of people that enjoy the competitive element and they are held all over the country. So, you've got people like me who have competed, even though I wouldn't say I'm particularly athletic, or a particularly successful runner, but go along because I enjoy that element of seeing a different place. I would say there's around

a thousand people competing in the UK. It's not a huge amount. The biggest entries at an event are around about 200 in one place at a time.

James: And what sort of distances are they covering?

Emily: So the majority of races are around 5km. That seems to be the standard canicross race distance. But then you have got 10k races, and there are a couple of dedicated race organisers who do mountain marathons and things like that.

Obviously, the numbers start coming down when you're talking about that distance because there's only a certain amount of people that are going to be able to train for that. But you've also got human trail events that allow canicrosses now. I think it's becoming more widely recognised as being part of the trail running community.

You do need to train your dog in to run in a harness up to those distances. I've actually done a couple of the longer routes in the UK. So I did the West Highland Way with my dogs many

Taking a break!





BUY THE BOOK!

Canicross for Fun and Fitness by Emily Thomas is the essential guide to running safely with your dog. Taking a dog-centred approach, this book covers every stage of your canicross journey. Filled with practical advice and inspiring stories from the canicross community, it includes everything you need to get started and succeed in this enjoyable sport.



Available from [Amazon](#) and all good book stores

years ago and I did that over five days. But I've also done the Cotswold Way because that's near me and, again, I did that over five days.

James: How did you get into this activity?

Emily: I got a rescue dog, a Husky-Collie cross called Tegan from rescue kennels.

It was at the time when you just went along and looked, and took out dogs that you thought might fit in. She was beautiful. I didn't know anything about the breed, particularly. I'd had a Collie cross as a kid, but never had anything to do with a Husky. She was great fun, but she was also a bit of a nightmare.

And she suffered really badly to begin with, with separation anxiety. Which was a huge problem because I had to go out to work and leave her at times. So I started focusing on what I could do with her in the time that I spent with her to fulfil her needs. And we tried all sorts of things. We tried, normal dog training classes and got asked to leave. We tried, agility classes and got asked to leave. She was quite reactive.

We tried flyball, and we got asked to leave. And you can see this pattern. And I was, determined to try something for her because I really wanted to give her the best life. Somebody said to me, "why don't you try canicross? Because, there's a lot more space and all the dogs are moving in one direction. And people tend to be a bit more accepting of dogs that are reactive."

I was like, well, I don't really like running. Why would I do that? But I gave it a go. I started training just on my own at home doing a little bit, and then went along to my first race

and was just hooked from that point on because everyone was amazing. Tegan would bark at another dog and people wouldn't even bat an eyelid.

And I thought, finally, somewhere where we can actually just focus on our training and doing stuff together. It made such a difference to her behaviour and her attitude towards other dogs because they were all on leads, so there were no dogs getting in her face.

The calm comes while you're doing the activity. So if you've got a dog that's high energy, once they get going, they really settle down and focus. I think what I discovered for her was that mix of the Husky, which was essentially bred for long distance pulling sleds way back when, and the Collie who was bred to work sheep all day, meant the endurance activity kept her mind and body happy.

James: Emily, how did you go from enjoying canicross with Tegan to running two canicross businesses?

Emily: Basically, I started finding out more. I've got a bit of a brain that wants to know more about everything that I'm doing. I started getting more interested in the harnesses, and I couldn't get the colours of the harnesses that I wanted for my dogs. I know that sounds really silly, but I really wanted my dog to have specific colours when I started doing canicross.

I said to a few people that I'm going to get some kit in and start selling it just to cover my costs. I'm going to these events every other weekend. I would ask if I can take some kit along and see if other people wanted to buy/use

it. And it all kind of went from there. It really was a hobby business, it was the retailing that that eventually led to me giving up my office job and doing it full time. Of course, then I decided that I wanted to take it even further and teach other people. So that's where I've gone with my other business, which is the canicross coaching business.

James: For people that are thinking about canicross, what are the things to consider when trying it? Do you need to be fit? And can you tell if your dog would be good at it? I've got a Border Terrier.

Emily: Absolutely not. One of my friends has a Border Terrier, called, Betty, who is just the best canicross dog in the world. She has done ultra marathons with her owner. I think that's what I loved most about it when I started doing canicross is how inclusive it is. I wasn't fit when I started to do this, but you build up your fitness together. You train together. So I would never have imagined that I could have run 100 miles over five days when I first started. But you just build up slowly.

HEAR THE FULL PODCAST

This is part of the Podcast with Emily Thomas of K9 Trail Time. Listen to our complete [Podcast](#) as we talk to Emily Thomas about getting involved in canicross in the UK.

Please note some edits have been made to our podcast's audio transcript to make reading clearer

Manor Barn, Happisburgh

Kerry Jordan finds the perfect Norfolk location for a short break with four whippet hounds

I have to admit, a few years ago, I would have never considered Norfolk as somewhere to go on a dog friendly holiday. When I ask most people, they haven't been to Norfolk or even thought about going, apart from to visit Norwich. You might well be the same.

But first let's talk about where I stayed, because if you want to enjoy what Norfolk has to offer, then a good base is a must.

I stayed at Manor Barn with my two whippets, along with my friend Debbie and her two whippets. East Ruston Cottages manages Manor Barn which is in Happisburgh (pronounced Hays-burroh) and before I arrived, I was sent a comprehensive digital welcome book and it had pretty much everything you need to know about your stay and the local area. It was particularly helpful to see what the dog rules were (there were a few, but more on that later).



The hounds head home after a day at the beach



Manor Barn's courtyard



The snug sitting room

Manor Barn is pretty special. The gated drive is tucked away so you might well drive past it. The metal gates take you through the owner's property and through another wooden gate (which can be left open or closed at your discretion) where you can park up to three cars to the side of Manor Barn. From there it's a few steps to the rear of the gorgeous converted thatched barn and you have a fence and gate across both the courtyard and the small orchard to choose from to unpack your car.

Alternatively, if you would prefer, you can actually drive into the side of the orchard through the gates. This is great if you want an extra layer of fencing to let your dogs out immediately into the orchard, or if your dog is particularly sensitive to gravel. The orchard and courtyard are also separated by another gate so there's plenty of options to segregate and keep your dogs in one area or let them roam.

The barn itself is immaculate; I have to admit, I was slightly intimidated by the quality of all the furnishings, but what I found is that it's also been fitted so that everything is practical and serves a purpose.

You can come in via the front door directly onto the cosy lounge or, as I did for most of my stay, through the rear courtyard door

where you are greeted by a gorgeous kitchen which somehow looks like a show room but also feels cosy – I'm sure it takes a lot of skill to balance those aesthetics.

I don't know if I'm in the minority, but I'm one of those people who actually likes to cook when I'm away, so was happy to find everything I needed in the brilliantly stocked kitchen. If you wanted to, you could definitely cook a big family meal here and

either enjoy it in the beautiful high ceilinged kitchen or at one of the many places to sit outside.

I was also happy to see the generous gift basket filled to the brim with local produce both for humans and for hounds – cake, tea, coffee, biscuits (for Bertie, Shadow, Winnie and George too), apple juice, bread...

You then go through to the boot room which is a cosy room between the kitchen



Prepared for a picnic

and the living room which has another sink, the downstairs shower room and lots of space for coats and leads. It's here you will find a lot of doggy extras like bowls, toys, and towels too.

Walk through to the living room with its open fire (a basket of wood is provided) and plush sofas, which my boys were taken with, and also the downstairs bedroom with king-size bed and a door opening onto the courtyard.

Upstairs you have two ensuite bedrooms, one with a king-sized bed and one with a double; both have roll top baths.

You are treated to luxury in every part of this barn, from the Emma Bridgewater tableware, the fluffy white towels and bathrobes and high-end eco-friendly toiletries to the luxury throws.

So understandably, having whippets who are partial to soft furnishings, I was a little worried about any hidden rules about where they were and weren't allowed to go. Thankfully, everything I needed was in the digital guide and the rules were very minimal, which is such a surprise as Manor Barn is so beautiful and my expectation would have been that there would be rules as long as your arm.

Dogs are allowed on the sofas and



The hounds relaxing!

luxurious throws are provided, there is nowhere off-limits to dogs either. The one thing they do request is that if your dog likes being on your bed that you bring your own bedlinen – as this was mentioned in the digital guide, I was more than happy to do that.

And that's just the inside. The courtyard has plenty of space to eat and relax outside, and also a brilliant covered area with comfy

seats and a table. The fencing is about four-feet high around one side, with a 10ft wall around the rest, but it's not overlooking any public places which means it's quiet and feels nice and intimate. We had tea and cake on the low table, a glass of fizz on the high cover table while we sat to shade from the sun and cooked on the posh Webber barbecue in the orchard so we really made full use of the outside space.



Happisburgh Lighthouse



Happisburgh beach

In the courtyard there's also access to an outdoor storage barn with a small chest freezer if you feed raw to your dog, as well as another large Smeg fridge and yet more doggy extras like crates and buggies.

Manor Barn was a perfect location to explore the local area. I wanted to spend as little time in the car as possible so it was great to find that you can walk to Happisburgh and Cart Gap beach very easily – 5 minutes or less on a quiet country road, and then another 15 minutes via a public footpath through crop fields leads you to the beach. Turn left to get to Happisburgh village via the iconic Lighthouse – a photo is a must here. The village has a great little convenience store where you might be lucky enough to be greeted by the gorgeous Queenie the shop dog, and The Hill House Inn, a traditional pub which is great to rehydrate – both dog friendly of course.



flavours, there's the option to pay cash or via Paypal and all profits go to charity. The boys were over the moon to come away with a variety box and were nosing it constantly.

Instead of turning left when you walk to the beach, turn right to walk to Cart Gap beach and the popular Smallsticks Cafe where you will find homemade cakes and a good variety of sandwiches and other meals as well as doggy ice cream and homemade dog accessories. Outside



While you are in the village I'd highly recommend popping to Nero's Kitchen – it's a little hut set up on Lighthouse Lane where you can go and pick up some locally made dog biscuits in a variety of lip smacking



is dog friendly and they have cute beach huts set up with tables and chairs for you and your dogs to sit in. Check the times before you go though as the opening hours and serving times can fluctuate during the year.

Regardless of which way you go, you can either walk across the top of the cliff or along the beach – which brings me quite nicely on to... Where are all the people?

Maybe it's because Norfolk has 90 miles of joined up beach, but at it's busiest, I probably saw about 10 people when I visited in mid-September. At low tide they feel vast, lovely sandy beaches which were perfect for our whippets to have some good zooms and



Bacton Woods

Lunch at The Star Inn is a must



the sunsets and sunrises are something else. The Norfolk coastline is called the 'Deep History Coast' – there are information boards at Happisburgh with some brilliant facts – so I decided to do a bit of unsuccessful fossil hunting. I was reassured on the helpful 'East Ruston Cottages – chat & info about your dog friendly hols!' Facebook group though that they are there to be found – I hope you have better luck than I did.

We misjudged the tides one day, but that wasn't an issue as Manor Barn is only 10 minutes drive away from Bacton Woods – with its myriad of crisscrossing paths, it would be easy to spend a couple of hours here and I felt comfortable to let my dogs off. ➔

Tried & tested Norfolk

We visited The Star Inn at Lessingham, which came highly recommended, for lunch one day. It was just a little over five minutes drive, although you can easily walk there too. Our dogs were made to feel welcome and were brought biscuits to our outdoor table, the services were friendly and the food delicious. It was obviously a popular place for dog lovers as every occupied table had at least one dog resting nearby.

We also popped into The Lighthouse Inn in Walcott for a hot chocolate; they are clearly dog friendly, as there seemed to be more signs for the dogs than the humans.

Dog watering station, dog ice-cream and free poo bags.

One thing you will probably notice about Norfolk when you visit is that most of the fields are crop fields – it's pretty rare to come across any livestock fields, which when you have sighthounds is a blessing. There are quite a few great walks from the door, all of these are detailed in the guest information pack ; I only wish I had time to explore more of them.

I couldn't have hoped for a more dog friendly place to stay, both Manor Barn and the surrounding villages were so

accommodating and welcoming of both two and four-legged guests.

Manor Barn sleeps six; there's no extra charge for dogs which, considering there is no limit on the amount of dogs you can take, is pretty incredible. It's also suitable for reactive dogs as the barn is off the main road with no public places viewable from the barn or the garden.

FACT FILE



Manor Barn

Manor Barn sleeps six people and welcomes unlimited dogs at no extra charge. It's also reactive dog friendly

ADDRESS Manor Farm House, Coronation Road, Happisburgh NR12 0SA
CONTACT 0776 666 5684

PRICES from £1527 for a seven-night break or from £1047 for a three-night break in September. Off season prices can be lower

WEBSITE eastrustoncottages.co.uk

Useful links

- Nero's Kitchen [Nero's Kitchen on FB](#)
- Smallsticks Cafe [on Facebook](#)
- The Star Inn at Lessingham [Facebook](#)
- The Lighthouse Inn in Walcott thelighthouseinn.co.uk



Barbecue time, and the hounds are alert



All hounds relaxed!

Why visit THE HIGHLANDS

16-PAGE GUIDE

The Quiraing mountains
in the Isle of Skye



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A view of the valley below the mountains of Glencoe

Where to stay

From remote log cabins to hotels laid up in front of pristine white beaches, there's a place to suit anyone visiting the Highlands →



Dogs4
Sleeps
Any

ROVER RENTALS

ADDRESS Langdale End, Drummond

Crescent, Inverness,
Highlands IV2 4QR

CONTACT 07905 426193

PRICE From £1050 for seven nights

Explore Scotland in comfort with your dog, in one of our fully equipped motorhomes especially set up to be dog friendly. Based in Inverness, the gateway to the Highlands and start of the NC500, a road trip around the north of Scotland.

Owning a dog is a great pleasure, but can also be problematic when you want to take it on holiday with you because many hotels and B&Bs do not allow dogs, although thankfully that's improving.

Rover Rentals has four-berth self-contained motorhomes for hire that are specially designed for people with dogs. The vehicle has fixed rear beds, and is the ideal size vehicle for a comfortable touring holiday with your dog; it is more spacious than a camper van, easier to manoeuvre and park than a caravan, and gives you the flexibility to park up wherever you like as you have everything you need on board. The motorhome has even been kitted out to cope with cold weather, so it can be used all year round.

Within reason, they do not mind how many dogs you bring with you, provided

you are happy that you will all fit into the motorhome comfortably, and the dogs are well behaved. So far all damage has been caused by human error, not by canines.

WEBSITE dogfriendly.co.uk/rover-rentals

Why visit The Highlands

BEINN GHOBHLACH COTTAGE

ADDRESS Garve, Northern Highlands & Cairngorms National Park IV23 2QZ
CONTACT 01854 666217

PRICE £400 to £480 per week, includes all heating and lighting
 Beinn Ghobhlach Cottage is a detached, two-storey property situated in Durnamuck, Dundonnell, about 30 miles from Ullapool. The rooms are in a contemporary style but in keeping with the classic, period cottage style. The front door leads into a utility room where you can leave your boots and coats and step into the hallway. The open-plan lounge has a corner sofa and large TV. There is a dining area with seating for up to eight people. Furnished to a high standard, this kitchen will inspire you to dust off those cookbooks and indulge in all the modern appliances at hand. With its grey worktops and white units, there is no shortage of space. The ground floor is home to two double bedrooms and a king-size bedroom, and a further two single bedrooms can be found on the first floor. Off-road parking is available for three cars. Outside there is a secure side and rear lawned garden perfect for children and dogs, with

a gravelled area and a picnic bench also provided. Nearby attractions include Loch Broom. There's a shop nine miles away in Laide and a pub five miles away, which is open March-October.

WEBSITE dogfriendly.co.uk/beinn-ghobhlach-cottage

Dogs 2
Sleeps 8



Dogs
Any
Sleeps 2

THE WEE COTTAGE BY LOCH NESS

ADDRESS Elmbank, Lower Foyers, Inverness, Highlands IV2 6YG
CONTACT 07974 443285

PRICE £125 to £145 per night with a minimum three-night stay
 A quirky two person cottage in a stunning setting by Loch Ness. There are walks from the door, with miles of Highland tracks and hills to choose from. Nestled in a peaceful woodland setting adjacent to a dramatic gorge and river it has a beautiful viewpoint. The garden is fully fenced. Foyers village is on the quiet southern banks of Loch Ness. The river Foyers tumbles down from the Upper Falls and winds its way through the stunning tree lined gorge to join the loch. The cottage is the perfect base to go farther afield and explore the Highlands and islands. The owners recommend spending an evening stargazing from the garden on clear nights by the firepit. Deer, red squirrels, pine martens, badgers, bats, owls, and the cottage's 'own' herd of pheasants are all frequent visitors.
WEBSITE dogfriendly.co.uk/the-wee-cottage-by-loch-ness



PIC© SHUTTERSTOCK.COM

Dogs 2
Sleeps 2



Windswept sand dunes at Big Sand beach at Gairloch in the Highlands of Scotland

GAIRLOCH HOTEL

ADDRESS Gairloch, The Highlands IV21 2BL
CONTACT 0330 094 5918

PRICE Walking break from £127 per room per night
 Nestled beside Gairloch Bay, The Gairloch Hotel overlooks several quiet, secluded beaches, as well as offering spectacular views of the world famous Isle of Skye. Surrounded by a landscape rich in wildlife with unspoilt

shores, lochs and mountains, The Gairloch Hotel provides a perfect base for holiday makers to take in some of the most beautiful scenery to be found in Britain.

With 70 bedrooms, as well as a restaurant and lounge bar, guests can enjoy a calendar of live entertainment on site, alongside all the tranquillity associated with the beautiful scenery of Wester Ross, Raasay, and the Western Isles.

WEBSITE dogfriendly.co.uk/gairloch-hotel

LANGRIDGE HOLIDAY HOME

ADDRESS Badcaul, Garve, Wester Ross, The Highlands IV23 2QY
CONTACT 07968 801269

PRICE £375 for three nights
 Langridge is a two-bedroom bungalow in breathtaking surroundings with mountain and sea loch views. It's remote location is perfect for mountaineering, stargazing and getting away from it all. Overlooking Little Loch Broom one can swim here or at the famous local beaches. The bungalow is all on one level and has step-free access if using the

rear patio doors. Wi-fi, smart TV and family games are provided for rainy days. Relax with the whole family at this peaceful place.

Entering the porch of Langridge is an area to kick off your boots, hang up your coat and stroll into the cosy lounge. While gazing out over Little Loch Broom, you have access to the kitchen/diner, with everything you need to make wholesome meals for all of the family, including a large table that seats up to six people, if you're catering for a crowd. The bathroom has a separate shower (including a fitted seat), WC and free-standing bath



Dogs 3
Sleeps 6

to relax after a long day exploring the stunning outdoors.

WEBSITE dogfriendly.co.uk/langridge-highland-home



Dramatic landscapes surrounding Little Loch Broom near Ullapool in the Scottish Highlands

PIC© SHUTTERSTOCK.COM

THE NEUK, GREAT NORTH LODGES

ADDRESS Saltire House, Dalfaber Road, Aviemore, Cairngorms, Highlands PH21 1PU
CONTACT 01479 812266
PRICE £2915 for seven nights

The Neuk is tucked into a lovely residential area and shaded by some mature birch, with views over the village of Kinraig. It has an open-plan living space with vaulted ceilings. The modern kitchen is finished to a high specification. The master bedroom has a bath in the bedroom and an ensuite along with a dressing room. It also has direct access to the decked area. The lower floor comprises a TV room and two rooms of custom-built bunk beds and a king-size bedroom with ensuite. Outside there is an eating area, barbecue and hot tub. Great North Lodges is a group of 30 self-catering cottages and lodges in the Cairngorm National Park. Whether looking for a break for two or hosting a large family get together, they have a range of properties that sleep from two to 19. All lodges are well equipped, with many coming with hot tubs and log burners. The Cairngorms offers a wealth of woodland walks and trails which will be perfect to explore with a dog.

WEBSITE dogfriendly.co.uk/great-north-lodges



Dogs 2
Sleeps 10

THE CALEDONIAN CABIN

ADDRESS Invergarry, Highlands PH35 4HR
CONTACT 07967 028938
PRICE £375 per night

This log cabin is a special place that was built for those who want to get away from it all. It's a great secluded retreat in the Highlands but still close enough to all the places you will want to go and visit. With a view of the woodland and Loch Garry outside your bedroom window, the Caledonian Cabin offers a truly unique experience. Crafted from giant western red cedar logs, the cabin allows you to relax and unwind while surrounded by luxury and comfort. It can accommodate up to six guests, with bedrooms all looking out onto the surrounding wild landscape. The master bedroom has a comfortable king-size bed, with ensuite wet room leading out to the hot tub on the deck. If you have friends that don't want to miss out on the experience, the Bunk House offers additional room for four, with its rustic log bunk beds, ensuite shower room and a kitchen. There's also a Shepherd's Hut. The hut has all the amenities you'll require for your getaway, a king-sized bed, a well-stocked kitchenette and generous bathroom. Caledonian Cabins offers something for everyone, from the romantics to the explorers and anyone in between.

WEBSITE dogfriendly.co.uk/caledonian-cabin



Dogs 2
Sleeps 6

Enjoy these relatively easy circular walks for some great views of the highlands and along the coast

WALKS COURTESY OF WALKHIGHLANDS.CO.UK

Strome Castle is in ruins these days



Start Strome Wood car park
Postcode IV53 8UJ.

Difficulty Easy Time 1 hr Distance 1¼ mile Map Explorer 428, Kyle of Lochalsh

STROME WOOD, STROME FERRY

A short but enjoyable woodland circuit that gives some fabulous views over Loch Carron and the mountains beyond

1 The walk begins from the information board and is waymarked with white-banded marker posts. Start from the path that heads uphill next to the board. It is well surfaced as far as a picnic table which has excellent views looking back over Loch Carron. From the table the path becomes more rugged, following a fence on your left side. It continues to climb before eventually beginning a descent.

2 There are a few steps to go down before the path joins another at a T-junction. Turn right here, and then left at another path junction beyond,



following the white marker posts. A short distance further on a path on the right offers a short detour to another picnic table with a view, though this is becoming impeded by trees.

3 Continue along the path until it meets a rough former track at a cross-path. A marker post indicates the route straight across, but first make a detour along the old track to the left to visit a viewpoint. When the track ends continue a short distance further on

a faint path to get a view looking at the mouth of Loch Carron.

4 Retrace your steps back to the cross path and now turn



left (white marker). There are more good views to Loch Carron directly below; soon the path swings to the right.

5 The path leads to a picnic bench with a stunning view over the route of the old Strome

Ferry, which once carried passengers across the narrows to Strome Castle. Continuing from the seat, the path turns left (white waymarker) and then follows a track – ignoring a branch off right – that leads back to the car park.



Difficulty Easy Time 1–1½ hrs Distance 1½ miles Map Explorer 428, Kyle of Lochalsh

PLOCK OF KYLE, KYLE OF LOCHALSH

The Plock of Kyle is the beautiful promontory west of Kyle of Lochalsh. The road to the Skye Bridge crosses its southern shores, but away from the road it is a wonderful place to explore, with wild flower meadows, native woodland, and rocky coves

1 The walk is described from a dedicated car park around 700m west of Kyle of Lochalsh along the main road towards the Skye Bridge – the car park is on the right and is signed for Am Ploc, Kyle's Community Parkland. Begin the walk by heading through the gate and up the tarred lane, soon reaching a further car parking area. You can park here too, but please ensure you close the gate as it is needed to stop otters wandering onto the busy A87. Bear left through the upper car park to begin along the path beside the 'Welcome' sign and information board. The path leads through native woodland; take the next left turning onto a rougher path, signed for the meadow and loch shore.

2 The route now crosses the wild flower meadows. The path soon forks; take the

left branch, aiming towards a bench seen up a low hill. Continue past the bench to descend, with views of the Skye Bridge ahead. Turn right on a path above the shoreline. At the next bay, where the coastline curves left, continue ahead on a clear path. The path soon swings right.

3 Further on is a fairly faint path going off left; ignore this. Instead, turn left at the next junction, signed for the shore. The path soon leads through trees before emerging on the rocky coastline, with views towards Badical. Then return to the path junction and go left. The path now leads across the meadow to return to the



Wild flower meadows

fork near where you originally left the all-abilities path. Turn left along this path.

4 The path leads through birch woodland. There are further opportunities to make detours, with paths on the left signed for Old Moorings Bay, and Fisherman's Bay. Continue along the main path until a post marks a path heading off to the left uphill, signed a few metres further on as the Moorland Trail to the viewpoints.

5 Follow this trail as it climbs, passing a bench with a fine view. The path is wet underfoot in places but clear to follow. Turn right when it emerges on a larger path, and right again

when this meets a tarred lane. This leads up to a parking area near the summit of the Plock of Kyle. Turn right to visit the viewpoint at the top, with a great outlook over the Skye Bridge and beyond.

6 Return to the summit parking area, and now turn right to head down a path with railings and steps towards the houses of Kyle of Lochalsh which are in view below. The concrete platforms off to either side were built during WWII as part of the coastal defences; several have picnic tables.

7 Turn right when another tarred lane is met, then right again at a junction, signed for main car park. This leads back to the upper car park with the information board; turn left here to retrace your steps back to the lower car park by the A87 road.

Skye Bridge road



Start The Plock car park off the A87 Skye Bridge road
Postcode IV40 8AZ





An aerial view of the river Carron and Loch Carron in the Scottish Highlands near Strathcarron

Map Explorer 428, Kyle of Lochalsh
Start Achmore car park (postcode IV53 8UT)

Difficulty Easy Time 1-1½ hrs Distance 2½ miles

PORTCHULLIN CIRCUIT FROM ACHMORE

This short walk from Achmore leads down to the beautiful shores of Loch Carron. The outward leg crosses pastures below the steep crags of Creag Mhaol to reach the hamlet of Portchullin

1 Park in the centre of Achmore beside the community hall and recycling bins. The walk begins along the minor branch road opposite, signed for Fernaig and Portchullin. Continue along this lane for three-quarters of a kilometre, passing the entrance to the former West Highland Dairy, now a venue for cheese-making courses.

2 Beyond the dairy a footpath sign reading Portchullin and Creag Mhaol indicates the start of a path off to the right. Take this path which heads through a gate into a grassy field. Continue across the field towards the steep crags of Creag Mhaol, bearing left at the far end to pass through two gates.

3 Once through the gates the path becomes very boggy as it skirts the edge of the pasture beneath the crags. At the corner of the crag the path continues



straight ahead, with a marker post. It then descends sharply to the right between the gorse bushes towards a white house on the shore of Loch Carron at Portchullin. The path passes through an arch under the railway to reach the shores.

4 This is a beautiful and peaceful spot. Turn left along the track; there are good views both up and down the loch. The village opposite, Ardaneaskan, can be seen far to the left. Continue past a modern bungalow.

5 The lane leads past another house with a picturesque old shed; Plockton Crags tower above the loch ahead. The loch is then left behind as the lane swings left and passes back under the railway line, becoming a tarmac road on the far side.

6 Continue up the tarmac road, which for a section has an avenue of beautiful beech trees. It soon leads back to the start of the footpath where it was left earlier; continue ahead to return to Achmore.





Sunset over the Cuillin Hills on the Isle of Skye

Start Duirinish Railway station (postcode IV40 8BD)

Difficulty Easy Time 1 hrs Distance 1¾ miles Map Explorer 428, Kyle of Lochalsh

CIRCULAR WALK

DUIRINISH AND DRUMBUIE COAST

This idyllic short walk heads round a beautiful section of coastline, with wonderful views throughout. There is a good chance of seeing seals or otters

1 Take the minor road to Duirinish station from the bottom of the village. The road bends right at the tiny station; there is parking on the right hand side just before the road goes over the level crossing. Now on foot, cross the level crossing and follow the road which curves down to the coast, passing the pretty cove at Port Ban, with views to the Applecross mountains.

2 Continue along the road to Port-an-Eorna, passing through a gate and then on to the shore. This stunningly situated hamlet consists of four or five houses. After crossing the bridge at the shore look out for the wooden sign indicating a track on the left, 'Coastal path to Drumbuie'. Turn up this, then turn fork right on a grass track, then right again onto a path at a marker post.

3 The path was once boggy but is now much improved, although narrow; it keeps within about 50 metres of the coastline. There are occasional National Trust wooden marker posts and great views over to the Applecross mountains.

4 Further on the view extends to the Cuillin of Skye. Cross a boulder bridge over a tiny burn and head over a stile just beyond. Continue to keep close to the coast, soon reaching some beautiful pebbly bays.

5 Pass around the back of the bay. The path climbs over a grassy headland to reach a second bay; here the path surface has been washed away by storms and there is a short section where you have to cross the rocky beach. Beyond this the path is picked up once more, reaching a grassy field sloping

down to a pebbly bay. Bear right to head around the back of the bay, then turn left inland along the far edge of the field. The path soon leads up to meet a track at a railway bridge.

6 Head over the bridge to reach the hamlet of Drumbuie. Continue ahead on the track passing a farm shed on your right with farm gates to go through at either end. Immediately afterwards, at the road junction turn left onto a path before the first buildings on the left. The path is slightly indistinct to start with but leads to a wooden bridge over the ditch in the field, crossing two stiles. Beyond this the path continues by a fence, and then crosses a stile. Continue along a low ridge, crossing another stile, to rejoin a tarmac road by Duirinish Station. Go straight on to return to the start.



Difficulty Moderate Time 2–2½ hrs Distance 3¼ miles Map Explorer 428, Kyle of Lochalsh

BALMACARA WOODS AND RERAIG CIRCUIT

This waymarked trail can be started from Balmacara Square, and follows a series of signposted wooded paths on the slopes of Sgùrr Mòr. It visits Reraig before returning to Balmacara, with great views over Loch Alsh, Skye and through to Kyle Rhea

1 Park in the car park at the south end of Balmacara Square. This is a picturesque spot with several old cottages around a village pond. Part of the old stable block is a National Trust interpretative centre. The walk begins along the road south towards Reraig; there is a Forest Walks sign by the car park. After a short distance along the road, turn left ('Skye View' walk sign with blue marker), passing through a gate and following a path which almost doubles back the way you came – ignore the track – just beyond. Once the path reaches the stream the path bends right, and then enters a recently felled area of forest through a gate.

2 The path soon begins to climb and gives good views back towards Balmacara. After a steep final section it emerges on a broad forestry track. Head uphill along the track, and left at the fork; after a short distance

further on, turn right off the track onto another path (signed Skye View Trail and Kirkton).

3 The path continues to gain height through the trees. Soon it reaches a fork; if you wish to shorten the route, bear right on the route signed 'Skye View Trail' which avoids the steep descent and visit to Reraig, rejoining the route at the end of stage 5. Otherwise, bear left (signed Kirkton) and continue on the path, climbing gently across the slopes. In winter there are good views over Loch Alsh, but in high summer the leaves on the trees impede the view. The path doglegs slightly right at one point before continuing to climb alongside an old drystone wall.

4 The path soon begins to descend across steep ground, with a glimpse to the mountains of Kintail. It turns sharply right at one point to continue its increasingly steep descent



CIRCULAR WALK

through beautiful woodland. At the foot of the slope it reaches another path at a T-junction (red marker post); turn right. Follow the main path to the hamlet of Reraig. The path passes round the left side of the garden of the first house before reaching the road. Continue along the road, keeping right at the junction.

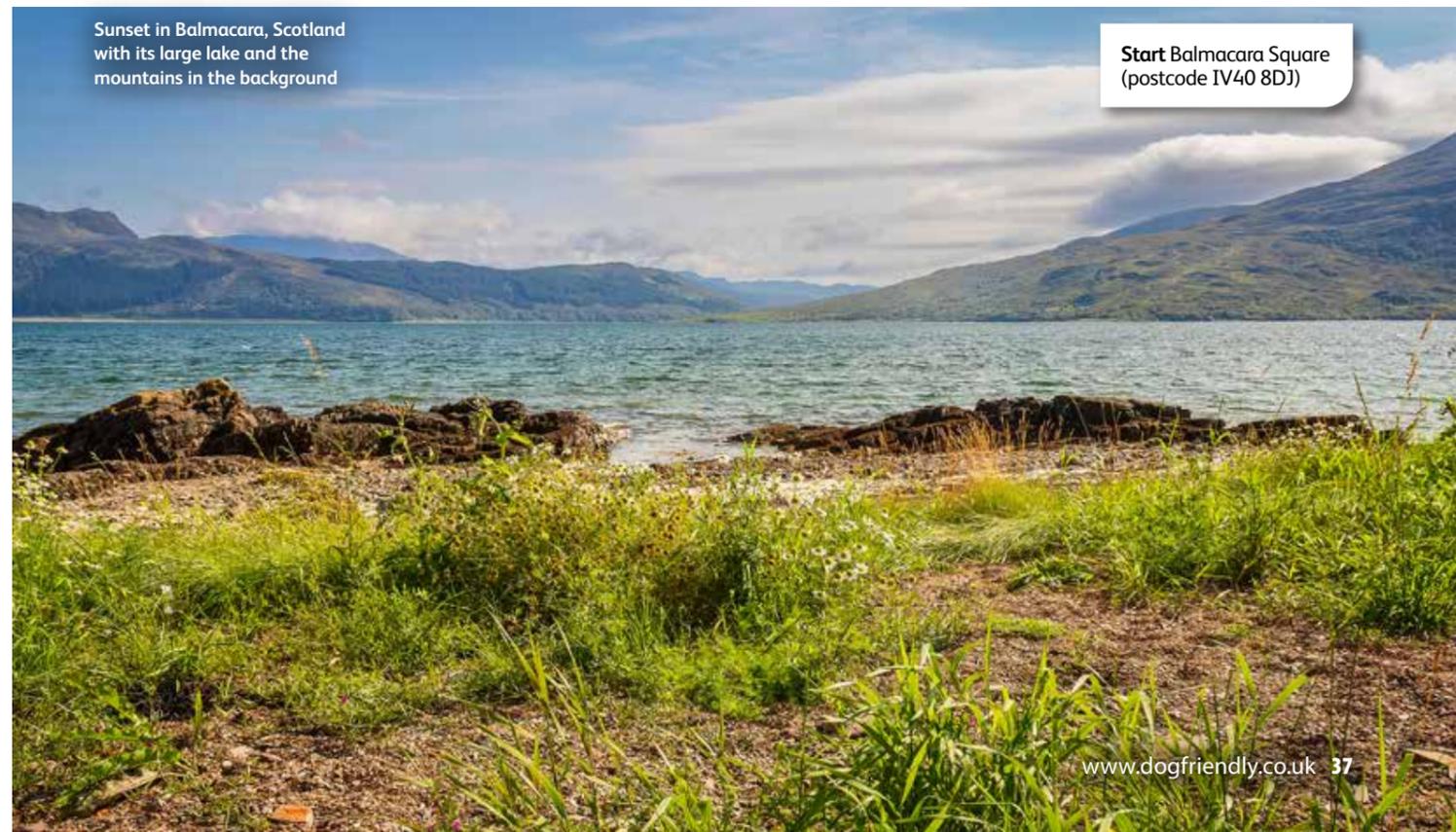
5 Before the last bungalow fork left onto a path, still following the marker posts. Ignore another path which goes off left to the main road and

instead continue on the 'red' trail. The path now crosses more open ground with fine views. At a junction, the Skye View trail joins back from the right (where you rejoin the route if you took the short-cut earlier). Keep ahead.

6 The trail has good views, both behind, across to the Skye bridge and the Cuillin, or down the narrows that separate Skye from Lochalsh. After a short distance you will reach the Balmacara road. Turn right to return to Balmacara Square.

Sunset in Balmacara, Scotland with its large lake and the mountains in the background

Start Balmacara Square (postcode IV40 8DJ)



Fabulous Dog friendly DAYS OUT

Experience everything from riding a mountain gondola to travelling on the greatest railway journey in the world



NEVIS RANGE MOUNTAIN EXPERIENCE

The gondola transports visitors from 100m to 650m up the mountain and takes about 15 minutes each way. The rated carrying capacity is 1700 persons per hour at any one time.

The Nevis Range Mountain Gondola is the only one of its kind in Britain and reaches the heights of 650m. It was built on the north face of Aonach Mòr, the eighth highest mountain in Britain, originally as a way to transport skiers to the slopes. The mountain gondola has become an amazing visitor attraction, allowing visitors to enjoy the scenic ride and absorb the stunning views and clear mountain air. It is also widely used as a short cut by climbers to the many challenging winter climbing routes on Aonach Mòr and by hill walkers to access summer routes. During the summer, mountain bikers who ride the exciting and challenging downhill tracks use the gondola for uplift, as do paragliders on their journey to the clouds.

nevisrange.co.uk



JACOBITE TRAIN

Departing from Fort William to Mallaig this 84-mile round trip takes you past a list of impressive extremes including the 21-arched Glenfinnan viaduct, a location made famous in the Harry Potter films.

Described as the greatest railway journey in the world, it starts near the highest mountain in Britain, Ben Nevis. The journey takes in Britain's most westerly mainland railway station, Arisaig, passes close by the deepest freshwater loch in Britain, Loch Morar and the shortest river in Britain, river Morar, finally arriving next to the deepest seawater loch in Europe, Loch Nevis.

westcoastrailways.co.uk/jacobite



CORRIESHALLOCH GORGE NATIONAL NATURE RESERVE

This mile-long canyon, through which the river Droma rushes, takes its name from the Gaelic for 'ugly hollow', but that's as far from the truth as can be.

Corrieshalloch is one of the most spectacular gorges of its type in Britain and provides striking evidence of how glacial meltwater can create deep gorges. Just a short drive from Ullapool and only an hour from Inverness, this is the perfect place for a family adventure.

A short steep walk will bring you to a Victorian suspension bridge, where you can gaze down over a series of crashing waterfalls.

Corrieshalloch Gorge is designated a National Nature Reserve in recognition of the gorge and the surrounding woodland. It's also home to a nationally rare species of cranefly, which benefits from the wet dead wood in the shaded areas.

Entry is free, there's a cafe and dogs are welcome but must be kept on leads.

nts.org.uk



GLENLIVET ESTATE

Put on your walking boots and explore our extensive network of woodland, moorland and riverside walks. Many of the walks are dog friendly. Walks range in length from 3km right up to the Battle of Glenlivet walk, which is a proper hike totalling 13km.

From gentle short strolls to challenging long distance walks. Walks are waymarked. At start points and major junctions you'll find fingerposts pointing the way, and along the route there are circular discs with the route name. Sheep and cattle may be encountered on many of the walks, so please follow the Scottish Outdoor Access Code. Check the field before entering and detour to avoid cattle if necessary. Keep dogs on a lead or under close control but if threatened by cattle, release your dog.

glenlivetestate.co.uk

DUNVEGAN CASTLE, SKYE

Dunvegan Castle & Gardens is at the heart of the 41,000 acre MacLeod Estate on the Isle of Skye. Of this land area, 96% is subject to crofting and farm tenure. Just 4% of the estate is unencumbered, equating to 1770 acres, which includes Totachocaire farm and the native woodlands around Dunvegan Castle. It is home to several Special Areas of Conservation (SPA) and Sites of Special Scientific Interest (SSSI) stretching from Loch Dunvegan in the north to the Black Cuillin mountains in the south. It also hosts an abundance of wildlife, woodlands, historical monuments, rewilding and peatland restoration projects. Their aim is to conserve and protect both their natural and built heritage for future generations to enjoy.

Registered assistance dogs are permitted in all public areas of the castle. Dogs are permitted in the castle gardens, but they must be kept on a lead at all times.

dunvegancastle.com



The finest beaches

From picturesque secluded havens, such as the beach at Gruinard, to the pure white sands found at Morar, there's something to suit your mood in the Highlands

With more than 50 dog friendly beaches to choose from, there's no shortage of sand in the Highlands for your dog to charge around on. Note that some of the beaches listed below have seasonal restrictions.

STRATHY BAY

This remote, wide, sandy beach sits on the northern Scottish coast. The river Strathy runs into the bay to the west of the beach and it is enclosed by cliffs to the east. The bay is surrounded on all sides by magnificent, hilly scenery. The bay is also home to many caves around the beach and a number of sea stacks.

The beach is a popular place for surfing as it is sheltered from the biggest winter swells and strong winds.

There is a small car park along Strathy East with a log cabin that acts as an information centre and some toilets. The beach is reached from the car park by walking on the path past the cemetery, over the small hilltop.

The area is quite remote so facilities are limited, but the nearby Strathy Inn does food as well as providing accommodation. There is a dog ban on the beach during the summer.

SANGO BAY

The sandy beach of Sango Bay is one of the most northerly beaches in mainland Scotland. It consists of a wide stretch of golden sand divided into three smaller coves by a series of rocky outcrops. Scattered along the beach are various rocks, stacks and skerries.

The back of the beach varies along its length with steep dunes and machair making

up large sections and sheer cliffs of Creag Thairbhe to the east.

Sango Sands is the closest beach to Durness and is easily reached making it comparatively popular for these parts. But this does not mean there will ever be a crowd here as it is so far north.

A short walk out to any of the nearby headlands will reveal panoramic views of the North Minch, the channel between the mainland and the Hebrides. The next cove to the east of the beach is home to the famous Smoo Cave, the largest sea cave in Britain.

GRUINARD BAY

Gruinard is a stunning, secluded beach with delightful views of the surrounding rugged countryside and across Gruinard Bay to the Coigach Hills and to Gruinard Island. Apart from the magnificent scenery, it is known for its crystal clear waters, rock pools, and fine sands.

There is parking opposite the beach along the A832. To access the beach, visitors must cross the road and descend a fairly steep set of stairs. The area is fairly remote and there are no facilities at the beach.

EMBO BEACH

The vast expanse of clean, golden sands makes Embo beach a good destination for families and walkers.

Finding the access to the beach can be tricky. Park in the car park in the north-east

corner of the former fishing village of Embo and ask a friendly local for directions if necessary. The beach is backed by grassy dunes which protect you from the winds.

From the beach there are views over Ben Bhraggie and the Dornoch Firth. The dunes, mudflats and beaches of the Dornoch Firth provide a habitat to a wide variety of resident and migratory birds, including terns,

geese and waders. In the waters off the beach, dolphins have been spotted. There are also a few rock pools. Plans by American developers to create a new golf course at Coul Links, to the west of Embo beach, have aroused opposition from various conservation and community groups.

MORAR BEACH

The string of small beaches on this stretch of west coast are famous for their stunning silver sands. Along this two miles of coastline, from the village of Portnaluchaig in the south to Morar in the north, there are a number of small, sandy beaches along the rugged coastline, perfect for beach-combing, rockpooling, or just sitting and appreciating the beauty of the place.

The crystal clear, turquoise waters here are fairly shallow and have the advantage of being warmed by the Gulf Stream.

There is a car park at the beach, just outside of the town of Morar, along the B8008 and public toilets can be found here.



The silver sands of Morar

Where to eat

After a hike in the Highlands, taking in the breathtaking views, you'll be more than ready for some traditional nourishment



Ullapool, with fishing boats on Loch Broom

PIC © SHUTTERSTOCK.COM

ARGYLL HOTEL

ADDRESS 18 Argyle Street, Ullapool, Highlands and Islands IV26 2UB
CONTACT 01854 612422

The Argyll Hotel is located in the centre of Ullapool, a small fishing village on the scenic west coast of the Scottish Highlands, within a few minutes walk of the shops and harbour.

The seafood and steak restaurant serves good quality locally sourced produce cooked freshly to order, or enjoy the welcome in the newly refurbished bar with cask marque real ales, a fine selection of malt whisky and a good wine list. Or, if you're just after a snack, the cosy coffee shop with log fire offers coffees, loose leaf teas, light lunches, paninis, soup and sandwiches, and freshly baked pizza, plus a selection of cooked meals from their menu.

ON THE MENU A freshly baked pizza

WEBSITE theargyllullapool.com



Why visit The Highlands



KYLESKU HOTEL

ADDRESS Sutherland, IV27 4HW

CONTACT 01971 910047

A glorious haven by the loch, this north west Highland hotel and restaurant offers warmth, comfort, adventure, rest and relaxation all at the same time. Located across the iconic Kylesku Bridge, you can explore the wild rugged landscape of Assynt and other nearby North Coast 500 landmarks. Or you can retreat to the hotel and enjoy the peacefulness offered by the long sweeping remoteness all around us. Enjoy delicious locally sourced food, drinks, spectacular views and the authentic Highland hospitality.

ON THE MENU Braised beef cheek with creamy mash, herb roasted root vegetables and a red wine jus

WEBSITE highlandcoasthotels.com



THE TEA GARDEN AT MALLAIG

ADDRESS Station Road, Mallaig, PH41 4Q

CONTACT 01687 462764

Mallaig sits on the west coast, opposite the Isle of Skye. The Jacobite steam train, as featured in the Harry Potter movies, visits from Fort William over the course of the summer. While you're there, you and your dog must visit The Tea Garden Cafe, where doggy ice cream is available on the menu for discerning, ice-cream loving pups. There's plenty to delight human customers too, with a range of locally sourced produce and fantastic views over the pretty harbour. All this, and the beautiful location.

ON THE MENU Hebridean hot smoked salmon served with salad, cream cheese, sprinkled with traditional Japanese seasoning, almonds and capers

WEBSITE fb.com/Teagardenmallaig



RANNOCH STATION TEA TOOM

ADDRESS Rannoch Station Tea Room, PH17 2QA

CONTACT 07944 643154

As picture-perfect eateries go, you don't get much prettier than Rannoch Station Tea Room. And with friendly staff and an array of freshly baked treats, you might find yourself wondering why you don't eat lunch on a train station platform every single day. Your dog will be made welcome and the owner might even fill you in on a bit of movie trivia on the filming of Trainspotting and the Harry Potter movies in the local area. Breakfast rolls are served from 10:00 to 12:00 and lunch from 12:00 to 15:30, with cakes and scones as soon as they are ready.

ON THE MENU Cream tea with homemade scone, jam, clotted cream and tea or coffee

WEBSITE rannochstationtearoom.co.uk



THE CRAIG BAR

ADDRESS Woodside Ave, Granttown-on-Spey, Moray PH26 3JN

CONTACT 01479 872669

Tucked away in a quiet backstreet, this friendly bar and restaurant is an absolute gem for hungry visitors travelling with their dog.

What makes it unique is the menu – basically pies, pies and more pies. There's a pie for every taste, even if you happen to be vegetarian, vegan or gluten-free.

Check out their range of connoisseur pies, which are made using superior ingredients encased in two pastries – a suet lid and an all-butter shortcrust base. The legendary and varied selection makes for quality and, quite simply, an amazing taste.

ON THE MENU Make mine a pie, please!

WEBSITE thecraigbar.co.uk



THE OLD INN

ADDRESS Gairloch, Wester Ross, Highlands IV21 2BD

CONTACT 01445 712006

Located on the shores of Loch Gairloch amid the outstanding views of Wester-Ross, there is an abundance of scenery and activities to suit all interests. There are several sandy beaches, which offer views to Raasay, Skye and the Western Isles. Visitors have even occasionally seen whales and seals offshore, as well as enjoying the views spreading north to the peaks of Assynt. There are langoustines, lobster, mussels, scallops and many more, so whether you're looking for a quick lunch, or a relaxing place for a bite, it is sure to be memorable one.

ON THE MENU Spinach and ricotta malfatti with pomodoro sauce and crispy sage

WEBSITE theoldinn.net



THYME & PLAICE

ADDRESS 10 Dunrobin Street, Helmsdale, The Highlands KW8 6JA

CONTACT 01431 821598

Serving fresh, locally sourced produce, delicious home-cooking, quality coffee, and home-baked cakes and desserts.

From the reviews alone, this looks like the place to go if you're in the vicinity.

One customer had this to say: "Popped in for a fleeting takeaway coffee and toastie. Friendly and happy, lovely customer service" while another added, "The whole experience of dining was brilliant, the food delicious, the staff as well as the atmosphere friendly and warm. Highly recommend going and sampling the delight first hand."

ON THE MENU Curry night! Chicken Pakora with cucumber mint raita

WEBSITE fb.com/Thyme.n.Plaice

nutriment

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Dish.



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recipes!



Germany

Efficiency and Beauty

Lottie Gross discovers Germany's attitude to dogs is similar to our own – they're part of the family



Odersee reservoir

I've been travelling around Europe for the last 12 months in pursuit of the best dog friendly destinations for my next book, a Europe-centric follow on from *Dog Days Out*, which covers dog friendly fun in the UK and Ireland. I've done Italy by train, France, Spain and Portugal by caravan, and a road trip in Belgium and the Netherlands. My final destination on this mission was Germany, where I had envisaged long walks amid autumnal forests and the dog had his sights set on flame-grilled bratwurst.

Now there's no denying it: Germany is a long way to go for a holiday with your dog.

On the advice of Discover Ferries – my go-to resource for information about pet-friendly ferry travel to the continent – I took the DFDS Newcastle to Amsterdam sleeper service (the dog stayed with me in a cabin) to deposit me as close to the German border as



On the sleeper ferry

44 DogFriendly



Königstein Fortress



Relais & Châteaux Harenberg Berghotel

I could get. From Amsterdam's sea port, it was an eight-hour drive into the Harz National Park where I began my Germany odyssey.

Doing the drive alone was gruelling – Arty, my Manchester Terrier, has little chat to keep me entertained behind the wheel – but the reward was plenty. We checked into the Relais & Châteaux Harenberg Berghotel, which has its own castle atop a hill that you can borrow the keys to for your own private dog walk among the ruins. We spent our first day in the Harz National Park in the WeltWald arboretum, which delivered exactly what I'd dreamed of: exceptionally colourful autumn leaves, from iridescent acers in reds and yellows, to the soothing browns and gold of oak and birch.

The Harz Mountains is a modest range whose highest peak is just over 1000 metres. Its slopes once flourished with plantations of spruce, but today it has an unusual landscape. The forest has now been ravaged by a parasite beetle and the silvery spruce trunks stand lifeless across the slopes, giving an eerie edge



Bastei



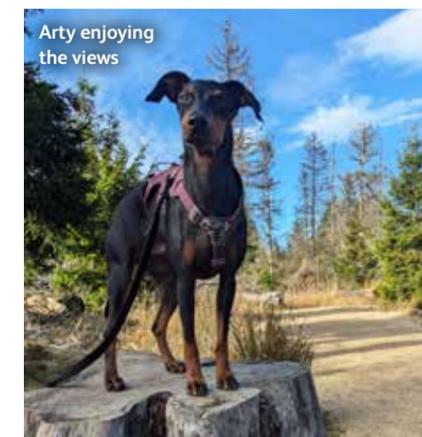
A view over the Bastei



Heringsdorf, Usedom

to mountain-top walks with the dog. We used a network of dog friendly gondolas and steam trains to explore its peaks and valleys, took boat trips on its reservoirs and toured some of the former ore mines that made the region rich in the 19th century.

Germany has long been lauded for its excellent infrastructure – rail and road routes abound connecting towns and cities across the land. In the countryside there is no exception: a network of ferries, trams, trains and buses made exploring Saxon-Switzerland National Park a breeze (don't miss the spectacular Bastei Bridge or Königstein Fortress, where rock stacks and naturally formed towers create an otherworldly landscape). Up in Usedom on the Baltic coast, a small train network and excellent cycle routes offer a brilliant way to get around the island, whose white-sand beaches are spectacular and have dog friendly sections year round. Usedom and its pretty spa town of Heringsdorf are an ideal summer escape from the heat waves of southern Europe.



Arty enjoying the views

FACT FILE



TRAVEL

- Lottie & Arty travelled in a dog-friendly cabin with DFDS from Newcastle to Amsterdam: [dfds.com](https://www.dfds.com)

WE STAYED AT

- In the Harz region they stayed at Relais & Châteaux Harenberg Berghotel: [relaischateaux.com](https://www.relaischateaux.com)
- In Dresden they stayed at the Moxy Dresden Neustadt: [marriott.com](https://www.marriott.com)
- In Berlin they stayed at the Grand Hyatt Berlin: [hyatt.com](https://www.hyatt.com)
- Tour by Locals guide Martin Sauter can be booked via: [tourbylocals.com](https://www.tourbylocals.com)
- In Usedom they stayed at Villa San Remo: [villasanremo.de](https://www.villasanremo.de)

A few months ago we detailed information on the requirements on travelling to Europe with your dog.

- Dogs need to have an Animal Health Certificate and they need to be vaccinated.
- Lottie Gross, author of *Dog-Friendly Weekends* and *Dog Days Out*, has made the necessary preparation and embarked on a research trip for her third dog travel guide to Europe.

Dogs and water

Vet, dog groomer and owner of Animal Love Pet First Aid, **Sophie Bell**, shares important tips on how to recognise if a dog is drinking too much and what that can mean →

Dogs tend to love a drop of water, but careful they don't get too much

ABOUT SOPHIE...



Having worked as a vet for 12 years, Sophie began to realise that owners were not often armed with the everyday, life-saving knowledge that would hugely benefit them and their dogs. She created

Animal Love, a teaching platform offering owners and pet professionals courses in health, well-being and first aid alongside educational webinars to help pet owners deal with a variety of situations. Sophie has spoken at many events and on radio, and featured on the BBC programme *Inside Out*.

● animallovepetfirstaid.co.uk

HEALTH

Dogs are simply amazing and one fact I would like to appreciate is that they have special taste buds found on the tip of their tongue specifically geared towards water. Us humans do not have these buds, but our canine friends find water particularly tasty.

The fact they can taste the water means they have a great thirst drive and often keep themselves well-hydrated. We rarely need to worry about them not drinking enough, but can they drink too much?

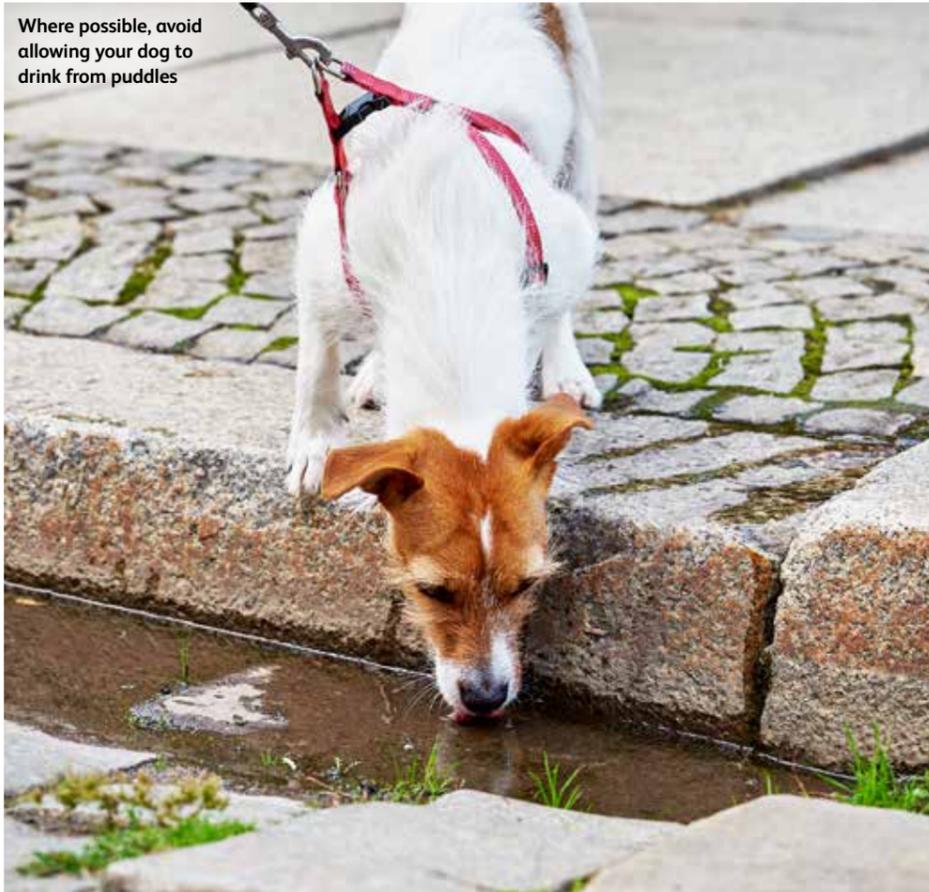
● **Polydipsia** is the term for excessive thirst. We usually say a dog who is drinking more than 70ml of water per kg of bodyweight over a day is polydipsic. For example, a 10kg dog drinking more than 700ml per day would be classed as being thirstier than normal.

● **Diabetes, some infections, kidney disease**, and other conditions affecting the body may make a dog thirsty and can be one of the first things you notice in your dog as they become unwell.

● It may be too tricky to measure their water intake, but many thirsty dogs will develop polyuria which is increased urination.

● Changes in the weather and in diet can increase water intake, but a new change may be significant and certainly warrants a vet visit. Preferably go armed with a fresh

Where possible, avoid allowing your dog to drink from puddles



urine sample for your vet to check (see Top tip).

KEEP IT FRESH

● Try to avoid allowing your dog to drink from puddles and other stagnant water sources.

● Parasites such as giardia can be found in such water and can cause nasty sickness and diarrhoea which can be transmissible to you.

● Blue-green algae, leptospirosis (a bacteria), and toxic chemicals such as antifreeze may also be present. All of which can potentially lead to moderate to severe disease and in some cases death.

● Water intoxication is a potentially life-threatening condition whereby the dog consumes too much water leading to dangerous low salt levels in the body.

● One common cause is dogs playing with a hose during the warmer months. Symptoms can range from weakness and staggering to seizures and collapse. It may seem like fun but is potentially very dangerous.

● Salt water consumption is also dangerous, and symptoms can range from vomiting and diarrhoea to severe dehydration and seizures.

● It doesn't mean your dog cannot play in the sea but avoid too much swimming leading to ingestion and be sure to take fresh

water with you to avoid them drinking sea water.

● Let us admire their unique drinking style. Next time your dog drinks watch how they curl their tongue backwards and use it like a spoon to push water into their mouth. They cannot suck water like we do; it may be messy but it works.

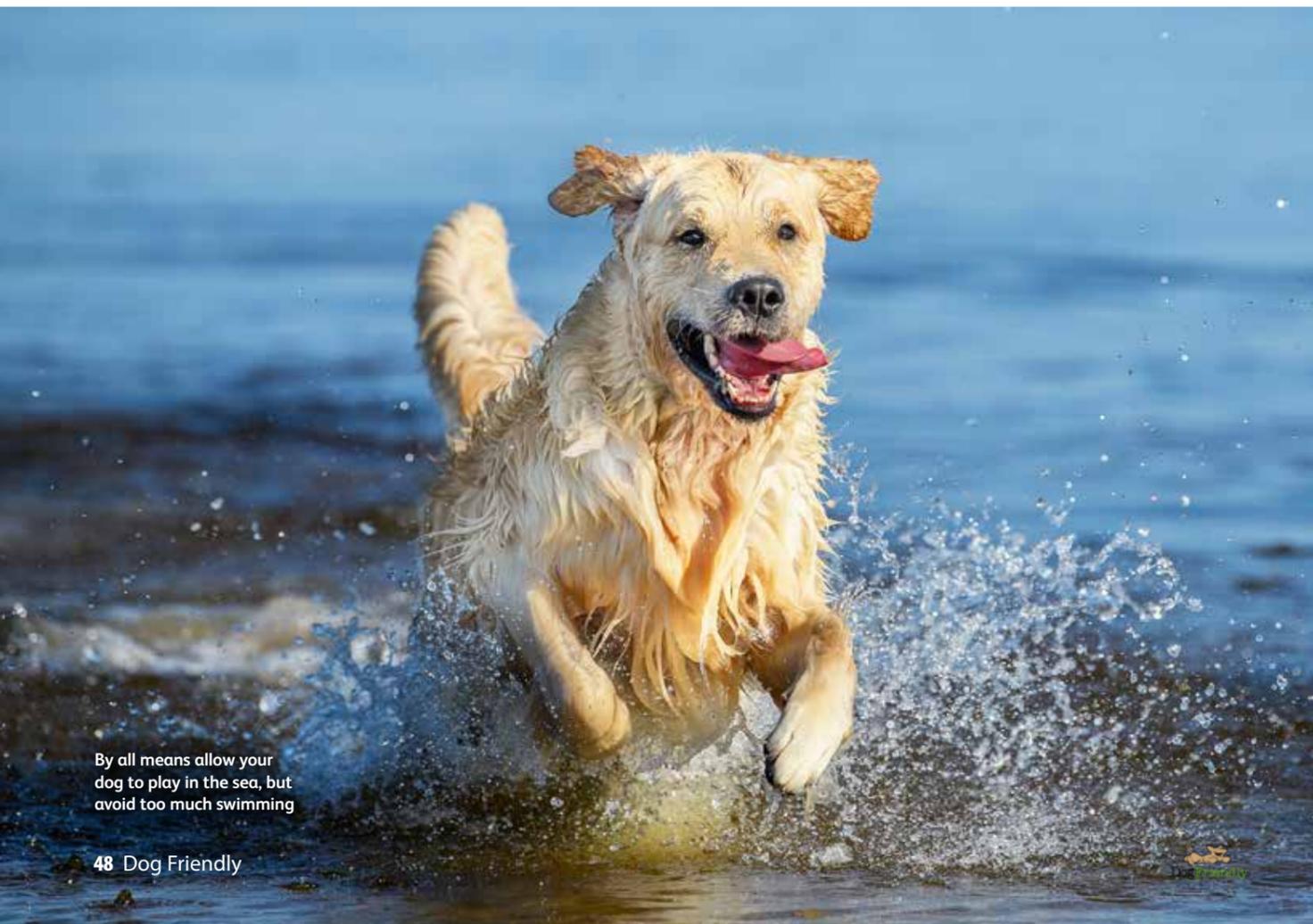
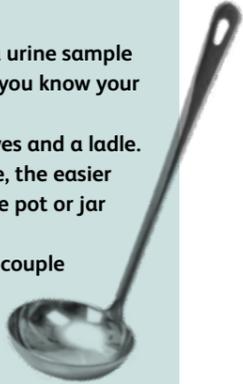
● We should never force our dogs to drink but some may need a little encouragement especially in the warmer months. Keep it fresh and keep the bowl clean. Try to make a rough note of how often you are filling up their bowl so that new changes can be recognised quickly.



Dogs have special taste buds on their tongues designed for water

Top tip

- It is best to catch a urine sample in the morning when you know your dog will need a wee.
- Be armed with gloves and a ladle. The longer the handle, the easier it is to put it into.
- Vets only require a couple of mls to be able to perform the most important tests.



By all means allow your dog to play in the sea, but avoid too much swimming



Don't overdo having fun with the hose in summer



Losehill House Hotel & Spa

Join **Laura Fletcher-Newbold** as she discovers all there is to find that's dog friendly about Derbyshire, including visits to Chatsworth and the Ladybower reservoir

My husband Liam and I started our mid-week getaway at the pretty village of Edensor in Derbyshire, on the Chatsworth Estate. We set off early and decided to try the Edensor Tea Cottage for breakfast. The small tearoom is dog friendly throughout, but as it was a warm, sunny morning, and our German Shepherds Klaus and Beorn are rather large, we opted to sit outside in one of the various seating areas. Klaus and Beorn were excited to see the 'Doggy Station' outside the tea rooms, which are supplied with free treats, bottles of water, roll up beds and toys for your furry friend to enjoy during your visit. After enjoying our tasty breakfasts, we then drove across the main road into the grounds of the magnificent Chatsworth House.

Chatsworth has been home to 17 generations of the Devonshire family for nearly five centuries, and comprises a Grade I listed house



The gravity-fed Emperor Fountain

and stables, a 105-acre garden, a 1822-acre park, a farmyard and adventure playground, and one of Europe's most significant private art collections. We decided to try and walk off our breakfast to begin with, so we

chose one of the signposted trails to follow. The suggested walks vary in length but are equally beautiful as you explore Chatsworth's extensive grounds and woodland.

After our walk, we decided to have a walk around Chatsworth Gardens. Joseph Paxton was the pioneering young horticulturist who was brought to Chatsworth as head gardener in 1826 and proved to be the most groundbreaking garden designer of his era;



he remains the greatest single influence on Chatsworth's garden. Today, the garden is managed by a team of 20 gardeners, three trainees and 50 volunteers, and includes over five



Chatsworth's Garden Cascade

Tried & tested Peak District



Chatsworth's rockery garden



Youlgreave river

miles of walks with rare trees, shrubs, streams and ponds to discover. There is also the 300-year-old Cascade, Maze, Rockery, Rose, Cottage and Kitchen Gardens and Paxton's striking gravity-fed Emperor Fountain, named after Czar Nicholas, Emperor of Russia. Although the czar never visited Chatsworth, the new fountain was still named after him.

Having well and truly walked the paws off the boys, we returned to the car and travelled the short distance to Peak Village Outlet Shopping Centre. The outdoor shopping village comprises a plethora of different shops, including Cotton Traders, Denby Pottery, The Works, Pavers and Regatta alongside smaller, unique businesses and gift stores, all of which are dog friendly. After our active morning, we treated ourselves to an afternoon tea (that we had booked the day before) at one of the restaurants, Chatsworth Kitchen, where the food and drink is sourced from the Chatsworth estate and producers and makers from across the Derbyshire Dales.

We then drove to our accommodation for the next few days, Losehill House Hotel and Spa, which was redeveloped as a luxury country house hotel and spa and inhabits a private spot on the side of Losehill with wonderful views overlooking Win Hill. Our dog friendly room was located on the ground floor around the side of the hotel, which provided a private space for us to enjoy with our two dogs. Before our evening meal, we visited the spa



The view from the hot tub



Try the afternoon teal

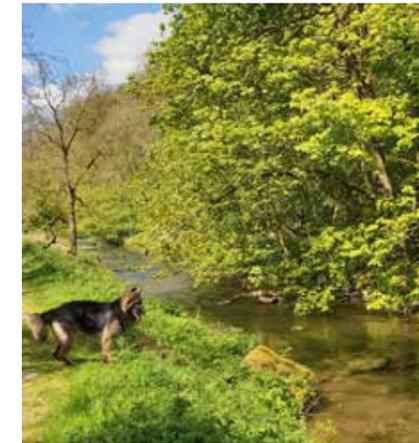
facilities in the hotel. The hotel boasts a small pool, sauna and steam room with a variety of spa treatment options available. Liam's favourite part is the outdoor hot tub with a panoramic view of the incredible scenery that surrounds this hidden gem. Dogs are allowed to be left in the rooms while you use the spa facilities or main dining room. After our relaxation session, we got ourselves ready for the evening meal, which was included in the price of our stay. The food at the Grafene restaurant is incredible and impeccably presented. Once we finished our three-course dinner, we headed to bed.



We started the next day with a delicious full English breakfast in the hotel's dining room, which overlooks the beautiful grounds and landscape surrounding the hotel. Klaus and Beorn were raring to go, so we decided to drive to the quaint village of Youlgreave for a walk along the river there. The journey took about half an hour and there is a small car park at the top of the village, then a short walk down the hill from the main street. Klaus and Beorn had a wonderful time burning off some energy by swimming in the river, parts of which we were told are popular for wild swimming in the summer.

Afterwards we drove the short 10-minute journey to visit the town of Bakewell. The biggest town in the Peak District, Bakewell is renowned for the notorious Bakewell Pudding, or 'jam tart that went wrong' which was allegedly created by mistake by a local cook in the mid-19th century, and is now famous all over the world.

Bakewell is full of lovely little cafes and shops, many of which are dog friendly, but we had decided to spend the afternoon at the village of Eyam, so we drove the 20 minutes there to find somewhere to have some lunch. There are several small cafes in the village of Eyam, and we chose The Village Green Cafe. The dog friendly cafe serves breakfast, lunch, drinks and cakes, using small local producers who work sustainably and ecologically. If you are an Earl Grey tea lover, I insist on



Eyam village

you trying their 'London Fog' tea, which is absolutely divine. After lunch, we walked around the pretty, historical town of Eyam, best known, of course, for the tragedy of the 1665 plague which spread rapidly around the small village. We then headed back to Losehill to spend the rest of the evening enjoying the spa facilities, then went for our evening meal, while Klaus and Beorn snoozed in our room.

After breakfast the next day, we decided to travel to the village of Castleton, a five-minute drive from Losehill Hotel. The charming village boasts a plethora of interesting gift shops and is the only place in the world where the semi-precious stone, Blue John, unique to the Peak District and Derbyshire, can be found. There are four dog friendly show caverns in and around Castleton to explore should you wish: Blue John Cavern, Treak Cliff Cavern, Speedwell Cavern and Peak Cavern (which also has a somewhat ruder name, which we will leave you to Google). But as it was another lovely day we decided to make the most of this and visited Peveril Castle instead. Owned by English Heritage, Peveril Castle is one of England's earliest Norman fortresses, the notable ruins of which stand high above the village. It is accessible by a steep path, but is well worth being out of breath when you reach the top, as the views across the Hope Valley are magnificent.

We had heard about the dog friendly High Peak Bookstore and Cafe so we decided to

Peeveril Castle



Ladybower and the lost villages



drive the 20-minutes there for our lunch. The bookstore is a lovely hidden gem which comprises a range of gifts and books at very reasonable prices, which you are welcome to peruse at your leisure. It was also a lovely surprise to be told that, as teachers, we were given a discount at the till for the books we had bought. After buying our books, we queued for a table in the small cafe. The cafe offers a range of delicious breakfast, lunch, cake and drink options to choose from.



The High Peak bookstore cafe

The history prior to the reservoir being built is a fascinating story, as it was home to two villages: Derwent and Ashopton, which were bought by the Derwent Valley Water Board between 1935 and 1945. The villagers were rehoused close to the village of Bamford. The remains of both villages disappeared under the waters as Ladybower Reservoir was filled in 1945, but eerily, when the water level drops very low, such as in the summer of 2018, parts of the ruined village of Derwent can be seen once more.

Our final stop was at Lea Gardens, which is a stunning rhododendron garden close to Matlock in Derbyshire. The large, dog friendly, woodland garden is open in spring and early summer annually, and boasts over 500 varieties of rhododendrons, azaleas and other plants. Visiting the teasop after walking round the gardens is a must, as the homemade cakes are to die for. We ate lunch outside with Beorn and Klaus at a table overlooking the amazing, colourful display of rhododendrons and azaleas, and thought what a way to finish a perfect few days.



Losehill's dining room

Although still full from our delicious lunch, we knew there was an ice cream parlour close to the bookstore and so we had to try it. Tagg Lane Dairy is a five-minute drive from High Peak Bookstore and well worth a visit. The artisan Jersey ice cream is made using the milk and cream from their award-winning Jersey herd and there are many mouthwatering flavours to choose from. Dogs are allowed to join you at the outdoor seating area.



Lea Gardens

As it was our last night at Losehill, we had decided to upgrade our three-course evening meal to the seven-course 'Taste of Losehill'. All of the courses were spectacular and it was a special way to finish our stay.

After our final breakfast, we checked out of Losehill, ready to make our way back home. Fifteen minutes away, we parked at the Upper Derwent Visitor Centre, where there is a picturesque 5.5-mile walk around the Ladybower Reservoir.

Our dog friendly escapades are also on our [Instagram](#) page.



The bedroom



Vino and views



FACT FILE

Losehill Hotel and Spa
ADDRESS Lose Hill Lane, Edale Rd, Hope, Hope Valley S33 6AF
CONTACT 01433 621219
PRICE Luxury accommodation including breakfast for 3 nights is from around £770, but there are discounts for taking dinner as well (up to 15% off) so worth looking at the offers. £20 extra charge for dogs. Well-behaved dogs can be left in the room while you use the spa facilities/restaurant.
WEBSITE losehillhouse.co.uk

- Useful links**
- Chatsworth Gardens chatsworth.org
 - The Village Green Cafe Bakewell Town cafevillagegreen.com
 - Castleton Caverns visitcastleton.co.uk
 - Peeveril Castle english-heritage.org.uk
 - High Peak Bookstore and Cafe highpeakbookstore.co.uk
 - Tagg Lane Dairy tagglanedairy.com
 - Upper Derwent Visitor Centre peakdistrict.gov.uk
 - Lea Gardens leagarden.co.uk

What do dog owners want ... from a campsite?

WCF asked the question with our help, and here are your answers

We recently worked with WCF, which runs three dog friendly campsites at [Herding Hill Farm](#) (Northumberland), [Drummohr Camping and Glamping Site](#) (near Edinburgh) and [Longnor Wood Holiday Park](#) (Derbyshire). They asked their visitors and guests with dogs a number of questions about dog friendly breaks. We also shared their survey with our members and followers. In total, 2663 responded and some of the results are quite interesting.



Most dog owners are not bothered about being able to leave their dogs unattended

1 HOW MANY DOGS DO YOU HAVE?

Answer	Response (%)
1	64.8
2	27.2
3	5.1
4 or more	2.9

2 DO YOU USUALLY TRAVEL WITH YOUR DOG(S)?

Answer	Response (%)
All the time	76.0
Occasionally	22.4
No	1.6

It's interesting that 76% of owners travel with their dogs all the time. So few pups get left behind when their dog owner takes a holiday

3 WHAT TYPE OF ACCOMMODATION DO YOU USUALLY CHOOSE?

Answer	Response (%)
Tent, touring caravan, camper van, or motorhome	59.9
Glamping pods or bothies	26.3
Lodge	38.4
Static caravan	22.5
Self-catering cottage	48.0
Hotel or B&B	19.6
Other	2.0

Many of our respondents were guests at the campsites so it's not surprising that many chose caravans or motorhomes to take their dogs away. But still 48% also use self-catering cottages and only 20% hotels



HOLIDAYING WITH DOGS

4 HOW FAR ARE YOU WILLING TO TRAVEL FOR A DOG FRIENDLY SHORT BREAK?

Answer	Response (%)
0-1 hours from home	0.7
1-2 hours from home	13.9
2-3 hours from home	35.1
3-4 hours from home	20.6
4+ hours from home	29.7

● What's interesting here is that 29.7% are happy to travel over four hours from their home for a short break



5 WOULD YOU BE WILLING TO PAY FOR YOUR DOG TO GO AWAY WITH YOU?

Answer	Response (%)
Yes	88.0%
No	12.0%

● Do charges matter for dogs? Well 88% said that they would be willing to pay dog-related charges from the accommodation provider

72% of owners said dog friendly local walks were very important to them



6 WHAT IS MOST IMPORTANT TO YOU WHEN BOOKING A DOG-FRIENDLY SHORT BREAK?

Answer (%)	Not	Slightly	Fairly	Very
Safe, enclosed spaces for dogs	6	16	28	50
Dog-friendly local attractions	9	23	41	27
Dog-friendly local walks	1	4	23	72
On-site dog facilities (e.g. dog wash, exercise areas)	8	27	40	25
Nearby pubs/restaurants that allow dogs	5	14	33	48
Accommodation choices	12	15	38	35
Number of dogs allowed to bring	29	23	19	29
Charge for bringing your dog(s)	18	38	29	15
Whether you can leave your dog unattended	53	21	16	10
Being able to let your dog off their lead	22	22	28	28

● According to this survey the most important things are local dog friendly walks, safe enclosed spaces and nearby dog friendly pubs and restaurants. Most dog owners are not bothered about being able to leave their dogs unattended, with 53% saying it was not at all important and only 10% very important



7 WHAT FACILITIES ARE MOST IMPORTANT TO YOU AT A DOG FRIENDLY CAMPSITE?

Answers (%)	Not	Slightly	Fairly	Very
Dog-friendly accommodation	9	6	17	68
Dog wash station	27	42	23	7
Exercise area or dog walk on site	5	18	34	43
On-site dog food options	66	21	9	4
Dog waste bins	1	4	17	78
Dog drinking stations	24	29	27	20

● It is not overly surprising that the most important factor for dog owners staying at campsite is dog waste bins? Few worry about on-site dog food options, when they can bring their own food for their dog

8 WHAT CONCERNS OR CHALLENGES DO YOU FACE WHEN BOOKING A DOG FRIENDLY SHORT BREAK?

Answer	Response (%)
Lack of dog facilities	42.7
Limited accommodation	49.
Lack of clarity on dog restrictions	39.7
Extra charges	53.8
Lack of dog-friendly attractions nearby	4.1
My dog is a restrictive breed	0.7
Other	12.7

● A few things, which are equally concerning for dog owners when it comes to challenges to booking a dog friendly break are extra charges, limited accommodation and specific dog facilities



43% of owners said an exercise area or walk on site was very important

9 HOW DO YOU USUALLY FIND AND BOOK YOUR DOG FRIENDLY BREAK?

Answer	Response (%)
Word of mouth/recommendations	45.5
Google search	68.8
Social media (ads or posts)	40.1
Travel or campsite websites	52.5
Other	5.3

● Most dog owners use Google to search dog friendly breaks – no big surprises there – but lots also look for word-of-mouth recommendations and rely on travel websites and social media

10 WHAT TIME OF YEAR DO YOU TYPICALLY TAKE A TRIP WITH YOUR DOG(S)?

Answer	Response (%)
Spring	90.5
Summer	81.1
Autumn	87.3
Winter	49.5

● The most popular times for going away with dogs is spring and autumn. That's not surprising, as more moderate temperatures and better value outside the main summer holidays.

What do you think?

● Do you agree with these views of other dog owners about dog friendly holidays? A lot of the answers resonate with us at DogFriendly. We know that WCF are using the insights from the survey to further improve the facilities they offer dog owners at their campsites.



TRAINING FOR ATTENTION

Steve Hutley is a retired police dog handler having served 30 years with Essex police, 19 years of which were with the police dog section. After retiring, he started up his behavioural business Rehabilitation and Training, taking him all over the country, rehabilitating and training dogs, from puppies to rescue dogs with serious issues.

● Find out more about Steve and the work he does from stevehutleydogrehab.co.uk



Steve Hutley explains how to train out the attention-deficit disorder that comes baked-in to your dog so that he only has eyes for you

One of the most common issues people have with their dogs is constant excitement and their lack of attention.

In my previous articles I have mentioned my 'Nucleus of Dog Training' which is to teach your dog to be calm and have that attention and focus on you. Without their attention, it makes it much harder for your dog to respond or to even register any training command you might give them.

The main reason for this is that the dog was never taught to give their attention when they were a puppy. As a result, they need to be constantly reminded to focus on their owners. Maintaining focus and attention has to be regularly applied through their whole lives so it becomes habitual. Plus, as with all dog training, this needs to be done everywhere and among varying distractions in order to get your dog to focus 99% of the time.



That's concentration for you!

TRAINING: ATTENTION!

THE METHOD

- To train for attention, first get your dog to sit in front of you. With a treat in your hand, raise it to your face and say 'Watch me' while pointing to your nose with the same hand. As they look at you, and only when they have direct eye contact, give them a 'Yes' to confirm that's the behaviour you want. Then reward them with the treat. Repeat this several times, rewarding your dog each time.
- Next, instead of holding the treat up in front of your face, hold it tight in your other hand and wave the treat over your dog's nose to give them an idea where the treat is. Keeping the treat hand by your side, point to your nose with the other hand and repeat the command 'Watch me'. Your dog will probably follow the hand with the treat in, sniffing your hand and trying to get the treat from it, but keep your hand closed and eventually, when they cannot get the treat, they will look back up at you as if to say 'Why aren't you giving me the treat?' As soon as they look at you, giving you direct eye contact, say 'Yes' and reward them

with the treat from the treat hand. Again, repeat this several times for consistency.

- Then once they are happily staring at your face waiting for the magic 'Yes' word, start adding duration into your training. Count to five, count to 10, count to 15 before you mark and reward them, so they will stare at you for however long it takes, waiting for you to say the magic word 'Yes'.
- Do this in various places, both indoors and outside to get them focused on you in all locations and situations. Even indoors, add in some extra distractions by doing this training with the TV or radio on, getting visitors to walk past you and your dog, and only reward when their focus is on you.
- Eventually, as soon as you say 'Watch me!' they will stare at you for as long as it takes for you to reward them.

You can use attention training when feeding your dog and particularly when out on walks when other dogs are about, or any other distraction. Get them to sit and focus on you using the 'Watch me' command until the other dog has gone past, before praising and rewarding them with a treat if

they have not reacted to it. If they ignore you and react to the other dog, then do not reward them.

With other dogs, if the dog is at a distance, or if they sit and watch the other dog without a reaction, you can allow them to 'look, but don't touch', but most importantly, you must remain calm to portray to them that the other dog is nothing to worry about. If you are tense, nervous or angry, then your energy will just be mirrored by your dog. If the dog is a fair distance away, then you can continue walking past, keeping your dog's focus on you and praising them if they look at you and ignore the other dog. Eventually the command 'Watch me' will mean that 'if I stare at mum or dad, then I will get a treat if I ignore everything else'.

OBEDIENCE WORK

You can also use the attention training for obedience heelwork. This training technique was taught to me several years ago by a Crufts obedience champion. Having used it with my own dogs, it definitely works.



This training is slightly different where you reward from the mouth using palatable treats like cubes of cheese or slices of hotdog.

- With your dog in the 'heel' (or 'close') position, get their attention on your face and walk forward. If your dog looks at your face where the reward is coming from for two or three steps, then reward them by dropping the food treat from your mouth.

Continue to do this by building the distance up each time before rewarding your dog to 'watch' you.

- For fun in the garden or down at your local park, you can build up your obedience heelwork by adding left and right turns into your repertoire, with a handful of 'sits', 'waits' and 'downs' thrown in for good measure.

Getting your dog to focus on you isn't always easy with so many more exciting things happening



REHABILITATION & TRAINING

For more information about Steve's training and rehabilitation methods, please visit his website at stevehutleydogrehab.co.uk



Rehabilitation and Training have been selected as one of the 'Magnificent Seven', a body of the UK's leading dog businesses. To find out more, visit here: themagnificentseven.co.uk

1 With a treat in your hand (right) and pointing to your nose say 'Watch me'



2 When your dog gives you eye contact say 'Yes' and give the treat



3 Now put a treat in the other hand (left) and wave it around your dog's nose



4 Point to your nose and say 'Watch me'



5 When your dog looks at your eyes say 'yes' and then reward with the treat



Holiday snaps!

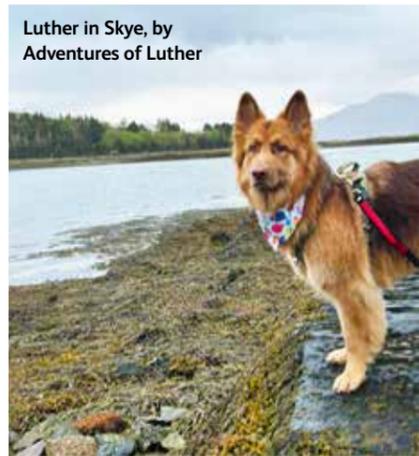
We'd love to see more of you and your out and about pictures.
Send them to info@dogfriendly.co.uk



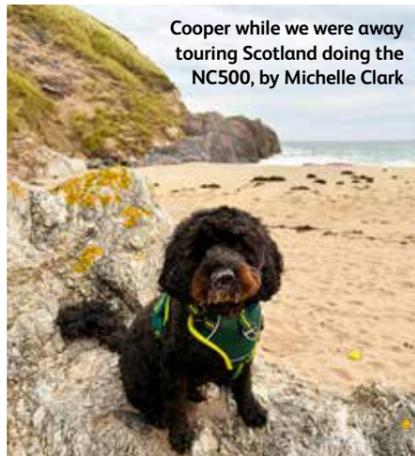
This is Bert enjoying Sandymere beach, Westward Hol, by Kimberley Ball



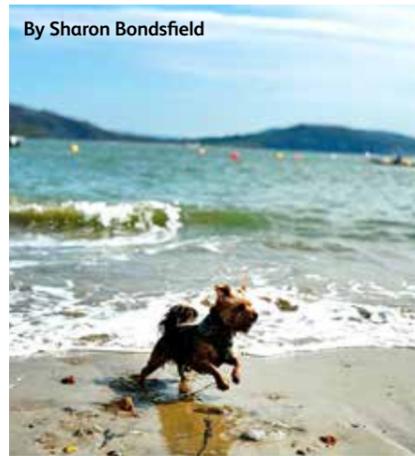
Benji, by Sarah Tucker Gash



Luther in Skye, by Adventures of Luther



Cooper while we were away touring Scotland doing the NC500, by Michelle Clark



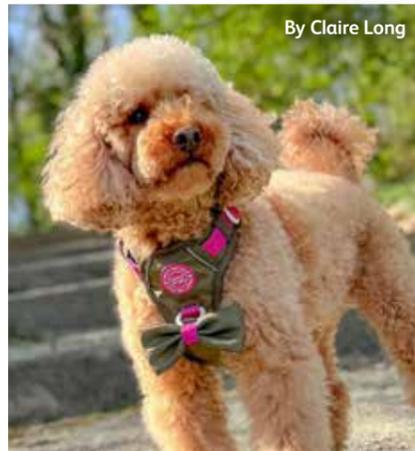
By Sharon Bondsfield



Studland beach, by Megan Heafield



Beaulah the Italian Spinone, by Alan Cartwright



By Claire Long

The DogFriendly breaks quiz

CountryFile magazine recently published an article about dog breeds that are becoming rare in the UK. You may be surprised. Can you guess them from the pictures and the cryptic clues. For the full list of rare breeds, visit CountryFile



1 ----- spaniel
Origin of Guinness, enjoys a swim



2 -----hound
Sounds like an injured pup



3 ----- collie
I'd name them Velvet



4 H-----er
Similar to snoopy, for example



5 -----hound
Protected British mammal



6 ----- corgi Jumper with buttons found in Cymru



7 ----- spaniel Dog likes to climb up but without an 'A'



8 -----hound
Wilddog shamrock



9 Lancashire ----- Dog that keeps to back of the foot



10 ----- King's country, pup not of the red variety

ANSWERS: 1 Irish Water Spaniel 2 Bloodhound 3 Smooth Collie 4 Harrier 5 Otterhound 6 Cardigan Welsh Corgi 7 Clumber Spaniel 8 Irish Wolfhound 9 Lancashire Heeler 10 English Setter

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Sleeps 2

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Sleeps 4

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Dogs 2-6
Sleeps 4

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Dogs 3
Sleeps 2

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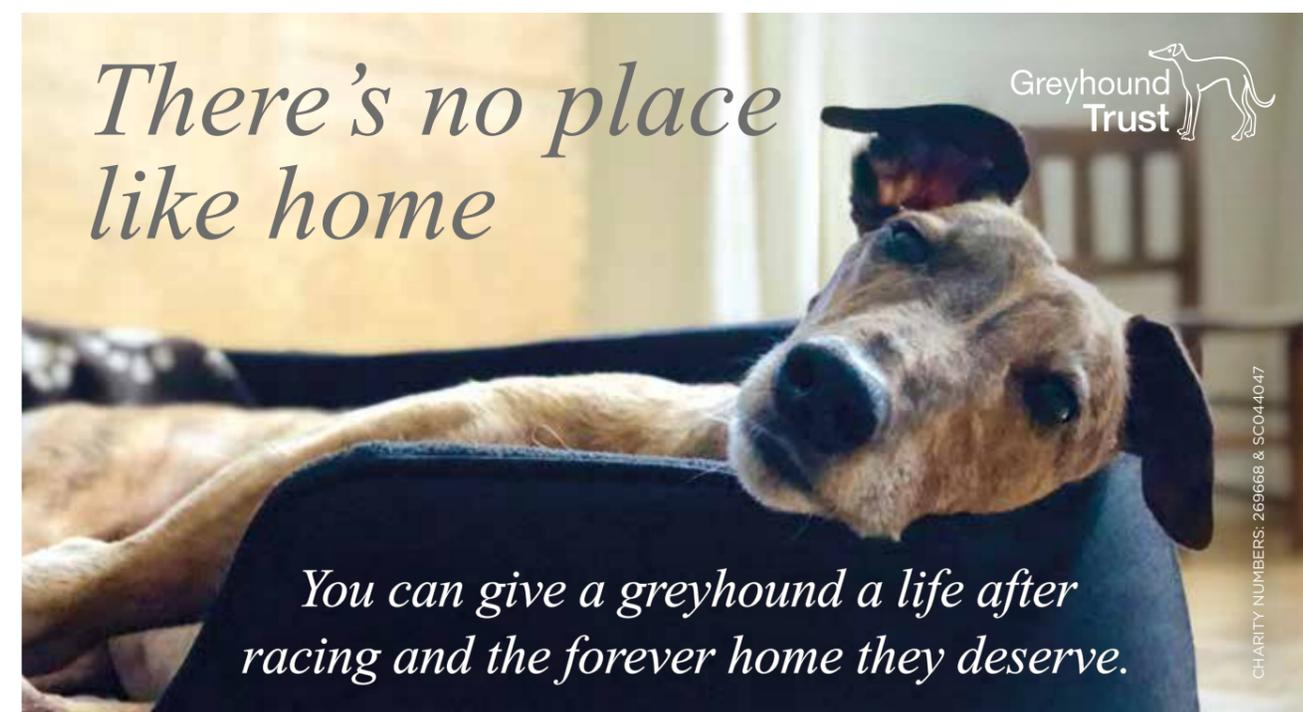
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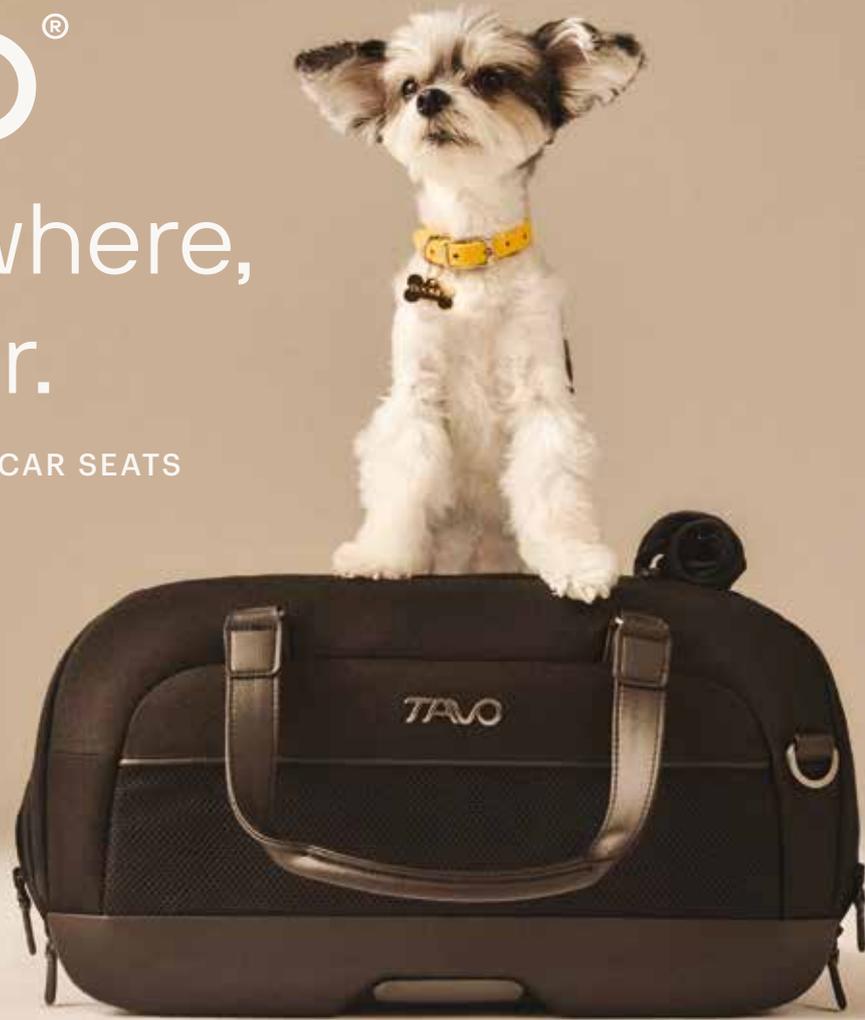
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