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Derwent Isle, Cumbria. This alluring lake has four islands, all owned by the National Trust. Derwent Isle is close to the boat landings and to the west of Friar's Crag. Shielded from view by woodland, it is the only island with a house still remaining on it.



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Lusty Glaze Beach, Newquay, Cornwall. Set on stunning coastline, Newquay has beautiful sandy beaches and fantastic surf spots. Nearby is Little Fistral, a small sandy beach accessible only at low tide, with strong undercurrents and rip tides and enticing tide pools.



South Downs, Sussex. The chalk grassland of the South Downs, covered by wild flowers in spring, is one of the richest habitats of Western Europe, containing many plant and animal species. The 161km South Downs Way National Trail follows the rolling chalk hills and extends from Beachy Head to Winchester, with superb views towards the sea.



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Formby, Merseyside. Formby nature reserve encompasses a diverse landscape, from pine woodland to a stunning beach, one of the largest dune systems in

Europe, covered by marram grass, and with amazing coastal vistas.



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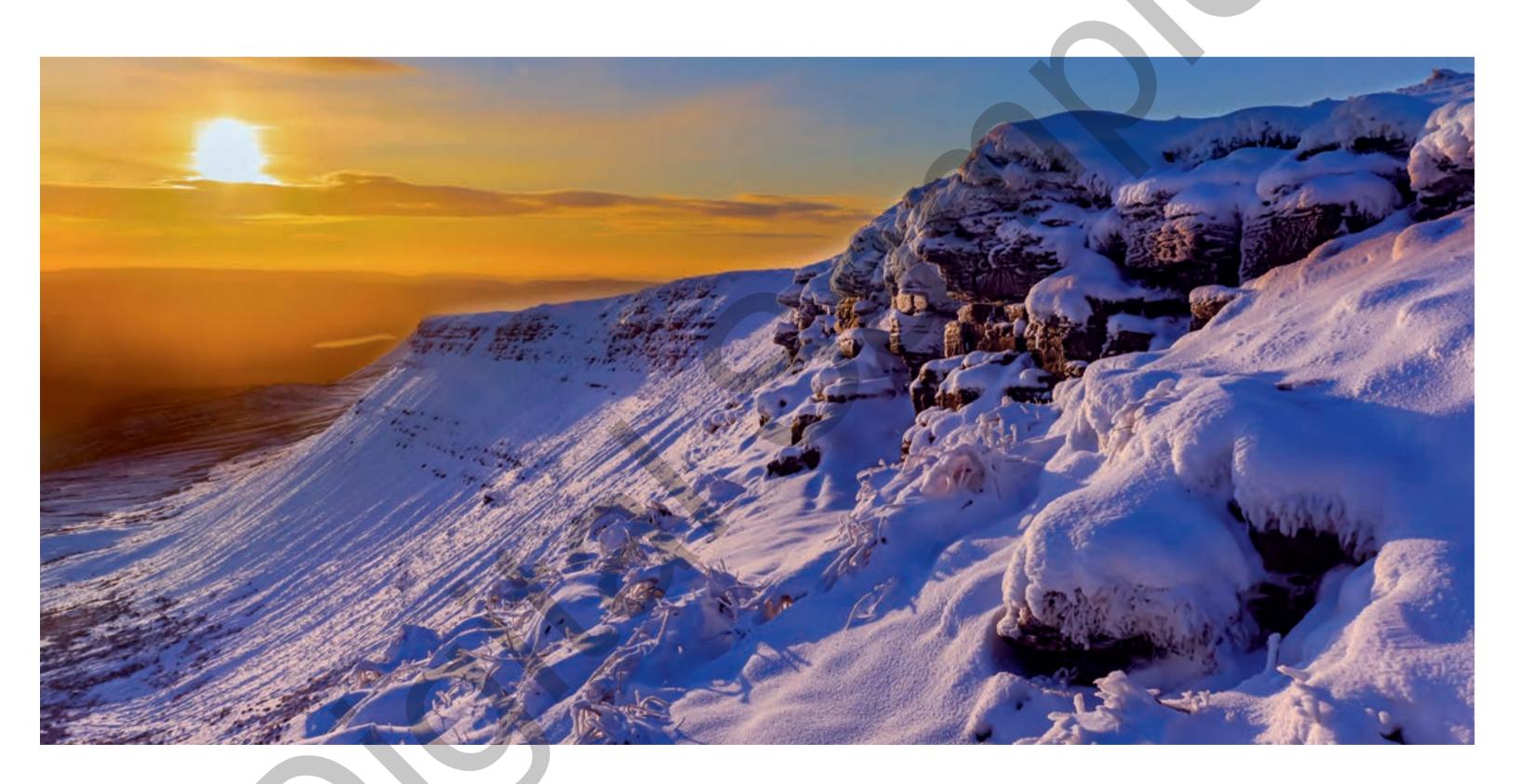
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Ullswater, Cumbria. Sunlight illuminates the shores of Ullswater, the Lake District's second longest lake at 14km long. The attractive villages of Patterdale and Glenridding at the southern end are the starting point for walkers who are climbing Helvellyn (950m).



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Brecon Beacons, Powys. The Brecon Beacons National Park is a diverse landscape of moorland, green valleys, rivers and waterfalls. The Beacons form a long ridge of six peaks, with straight, sharp edges and flat summits.