

Naturist Opportunities abroad

For many naturists, their naturist holiday abroad is the highlight of the year – and there really is something to cater for all tastes and pockets. They include top-class hotels, holiday resorts with acres of land and full activity programmes for kids and adults alike, apartment complexes, simple camp sites, even sailing holidays and nude cruises. They include locations inland, on the coast, in the mountains, near to busy towns and local tourist attractions. Many have state-of-the-art therapy centres with fitness machines, massage and spas. Many non-naturist resorts have nude beaches or roof top terraces. Newcomers to naturism are often amazed at how many places exist around the world for a fully naturist holiday and are further surprised to see that they are no different from holiday places elsewhere – except for the dress code. In most places you can undress when you arrive and not need to reach for your clothes again until you leave. Often, once people have tried a naturist holiday, they never choose to do otherwise.



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www.british-naturism.org.uk

British Naturism

British Naturism, or "BN", is the UK's internationally recognised organisation for naturism and exists to unite and support naturists, to protect naturist places and provide more, make social nudity more acceptable across the UK and to provide comprehensive information on naturism around the world. BN has existed in its present form since 1964, when two naturist societies with their roots in the 1930s joined forces. It is largely a volunteer organisation with most of our people offering their time for free. We represent the UK at the International Naturist Federation (INF).

There is no offence of nudity in English law, but society doesn't always understand why people would go without clothes and so we have many challenges. We campaign and inform against discrimination, abuses of public order and other laws, Victorian attitudes and misunderstanding and work to make the life of a UK naturist a happier and easier one as well as encouraging many more people to discover the benefits of being without clothes.

Naturists can join BN and help our work both financially, by paying an annual subscription, receiving individual benefits in return, and practically, by getting involved in our activities.

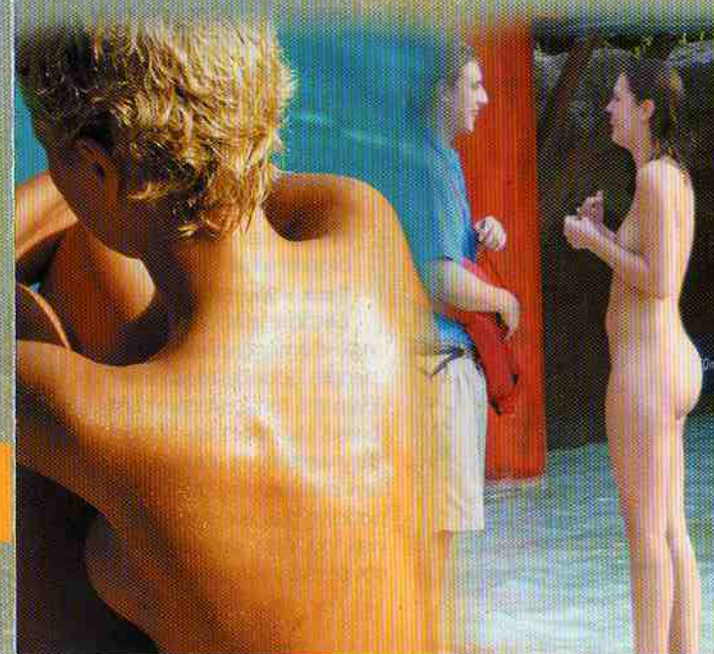
How to find out more

Visit www.british-naturism.org.uk for a wealth of information, articles and news plus event, club, swim and beach listings.

Write to BN (Dept. GL), 30-32 Wycliffe Road, Northampton, NN1 5JF, email headoffice@british-naturism.org.uk, or call 01604 620361 and ask for an information pack.

Photos by Rod Burkey, Steve Thompson, Richard Daniels, Shaun Cardy, Mick Goody, Philip Stafford, Andrew Welch and Getty Images

What is Naturism?





Naturism is the practice of going without clothes. Whatever you may think about people who do such a thing, it is not shameful, embarrassing or ridiculous, in fact when the weather is hot it's the sensible option – and great fun!

It's good for you too – the human body was not designed to be completely wrapped up in clothes and subjected to artificial heat and light sources and air conditioning 24/7. Millions of normal people have discovered how good it feels to have the sun and breeze on their skin and feel better, more relaxed, less self-conscious and de-stressed as a result. Poor body image is improved when you realise that almost no-one has a "perfect" body.

Sunbathing and swimming are the most popular activities – there is nothing like an all-over tan, and swimming in the nude is bliss. Swimming costumes are among the most uncomfortable, unhealthy and pointless items of clothing there are!

Naturism is also very sociable. Naturists are happy, friendly people who are pleased to have discovered such a great way of being and treat everyone with respect, and as equals. Being among contended, comfortable and like-minded people brings about a sense of mental well-being and – despite what you may think – you quickly become used to being naked among other naked people. Sounds impossible? Even the most reluctant first-timers say how they "forgot" they were nude after only a few minutes and stopped noticing that everyone else was too. Also, simple nudity is not sexually stimulating – in



naturist places you will find people doing what you see anywhere else, only without clothes.

We know that newcomers can be hesitant about stripping off in front of others for the first time. Contrary to popular belief, no-one is ever forced to undress and so they can easily experience naturism first hand even if they are not sure if it is for them – and then get involved, or not, at their own pace. Many naturists discovered naturism by accident – often on holiday – and soon realised what they were missing!

When the weather cools, naturists get dressed. Naturist places usually have indoor and outdoor facilities and many are open all year round.

Anyone can be a naturist. Background, age, shape, race, creed and colour are irrelevant and it attracts people from all walks of life. At naturist places you will see babes in arms, children and teenagers right up to the elderly. There are thousands of naturist families – some into many generations – who find that they get on better with each other as they can all enjoy something together and children brought up in naturism say how they grew up without the usual hang-ups about their bodies.

Naturist Opportunities in the UK

Despite often unreliable weather, naturism is thriving in the UK and there are plenty of easy opportunities for naturism.

Beaches

There are plenty of beaches around our beautiful coastline for naturists, from wide stretches of fine sand close to popular tourist spots to more secluded locations far from the crowds. On a hot day, there is nothing better than getting an all-over tan, skinny-dipping and enjoying the company of like-minded people on a lovely beach.



Clubs and swims

Well over 100 naturist clubs exist across the UK providing an easy and tranquil escape from the rigours of daily life for thousands of naturists. Each club is different, but usually have well tended grounds centred around a club house, with facilities including a swimming pool, sports facilities, sauna, children's play areas, campsites and social event calendars. Swims usually take place in leisure complexes hired for a naturist session.



Holidays

From simple camp sites to luxurious self-catering accommodation, through Bed and Breakfast in private homes, there are lots of opportunities to have a naturist break in the UK. Many clubs also have camping facilities, some with accommodation for hire. The variety of locations means naturists can enjoy all the great things that the UK has to offer as a holiday destination, and come "home" to a naturist place in the evening to truly unwind.

Events

British Naturism organise plenty of events throughout the year and actively participate in others. Regular events have included many days out on beaches; open days at Abbey House Gardens in Wiltshire; evenings at Castle Howard and York Maize Maze in Yorkshire; Red Letter Days' "Garden of Eden" evening at the Eden Project; and our annual big weekends at "Nudefest" in Cornwall and Alton Towers Splash Landings hotel in Staffordshire. Trophies for sporting excellence are competed for annually, and teams represent the UK at overseas championships.

