



October offers a host of reasons to be cheerful! Summer crowds have thinned out, dog-friendly beaches welcome back our furry friends and it's one of the best times for spectacular sunsets - golden hour's never looked so good!

What's more there's incredible wildlife, it's a prime time to spot grey seals, nature reserves and estuaries fill with migrating birds and you'll find dramatic displays of red deer rutting. Celebrate harvest and tuck into autumn menus of wild mushrooms, berries and the freshest seafood, it's at its best as sea waters cool down.

Half term brings an excuse to get everyone outdoors fossil hunting, dark sky watching or pumpkin-picking – spooky castles, ghostly walks and spine-chilling Halloween attractions are brilliant on the coast, [check out our blog](#) for fun ideas.

And this month there's the chance to win a fantastic luxury women's retreat for two worth more than £2,000 with [Vitamin SeA Retreats](#) in rural Essex, slow the pace and rebalance – autumn is awesome!



Prepared to be wowed in the Tees Valley!

With its impressive coastline, winding valleys and wonderful hiking and cycling trails, the Tees Valley's star is on the rise as an adventure-packed destination. Enjoy strolling peaceful Cattersty Sands backed by towering cliffs, spot seals around the Tees Estuary at Seaton Carew or escape the crowds at Marske-by-the-Sea, a sandy expanse between Redcar and Saltburn.

Pull on your boots for crisp autumn walks at Guisborough Forest, explore boutiques and bistros in the Georgian market town of Yarm or uncover 1300 years of history at Hartlepool's Headland, stories range from shipwrecks to monkeys!

Where to go in Tees Valley



Spooky sights and sparkling lights in Lancashire

Halloween? Look no further than the Lancashire coast! Morecambe Bay is known for numerous ghostly sightings. It's said that stones have been thrown beneath Morecambe Winter Garden's stage, shadows seen on the upper balcony and an eerie presence hitting and poking actors in the wings. Take a ghost tour for supernatural stories.

Close to Blackpool, folklore has it that two villages sunk in the 14th and 15th centuries at Cleveleys and Lytham St Annes, fishermen say they can still hear the plaintive cries of the lost villagers today. But if you're after half term sparkle, visit Blackpool's award-winning Lightpool Festival, 21-30 October at indoor and outdoor venues across town.

[Explore the North West coast](#)



Sandy paws and menu magic in Folkestone

Easily reached from London and with 20 miles of coastline from Folkestone to Dungeness, if your pup loves salty paws and chasing waves, this is the place. Head to The Warren for rock pools and plenty of space or Sandgate, Dymchurch and Hythe for peaceful walks and paddling. To take a walk on the wild side it has to be Dungeness, one of Europe's largest shingle beaches, dotted with weathered fishing boats, lighthouses and artist studios.

From 9th to 13th November it's Folkestone Restaurant Week, dine at some of the town's top foodie hotspots including Marco Pierre White, Pomus and Rocksalt, for a bargain £20.26.

Discover Folkestone & Hythe



WIN A LUXURY VITAMIN SeA RETREAT FOR TWO WORTH £2,150!

Escape the everyday and enjoy a two-night countryside and coastal retreat designed to nourish mind, body and soul.

England's Coast has teamed up with [Vitamin SeA Retreats](#) to offer one lucky winner and a guest two places on a women's retreat of their choice in 2027, worth an incredible £2,150.

Set at beautiful, historic [Vaulty Manor](#) in the Essex countryside, just an hour from London, Vitamin SeA is an invitation to step away from the pressures of everyday life, slow the pace and make some time entirely for yourself.

Across **two nights**, you'll settle into this home from home and enjoy a carefully curated programme of experiences designed around wellbeing, creativity, incredible food and connection.

Retreat highlights include yoga and breathwork, creative workshops, fresh seasonal food and the chance to experience Vitamin SeA's unique seawall sauna beside the Blackwater Estuary, combining heat therapy with an invigorating coastal dip.

There is also plenty of time simply to switch off, explore the beautiful surroundings, meet like-minded women and enjoy the freedom of having everything taken care of. Whether you come with your best friend, mum, sister or someone who deserves a little time away, Vitamin SeA offers the perfect opportunity to reset and start feeling like yourself again.

The winner can choose from available Vitamin SeA Retreat dates taking place during 2027.

Enter Now!

Terms and Conditions: Prize is subject to availability, must be redeemed by 31 December 2027, and cannot be exchanged for cash or any other alternative.

The prize includes: Two nights' accommodation at Vaulty Manor | All retreat activities and workshops | Yoga and breathwork sessions | Seawall sauna and coastal wellbeing experience | Fresh, seasonal meals throughout the retreat | Two places for the winner and one guest

See more in our blogs



Astro tourism is on the rise, studying our Dark Skies is one of the most magical ways to spend an evening. Check out top places to spend a night with the stars.



Witch trials, ghost walks and spooky encounters, from Morecambe to Portsmouth there are Halloween surprises all around the coast, explore more in our new blog

Be inspired by England's Coast

Explore our 8 unique regions





England's Coast

ENGLAND'S COAST COMMUNITY INTEREST COMPANY

Registered office address: Midland House, 2 Poole Road, Bournemouth, England, BH2 5QY

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