

# A coastal walk in the South of England

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I'm from Bournemouth, a seaside resort on the south coast of England. Like many foreigners in Japan, I was able to go home this year for the first time since before the pandemic. I had a wonderful time **catching up with** family and friends and enjoying the sunshine and light summer evenings.

If you're **into** walking, hiking, or cycling, the United Kingdom is a great place to visit; there are hundreds of long-distance paths. **Check out** [this](#) Wikipedia page for a list of them.

I thought I'd share a short walk I did on a hot and sunny day in late July. The walk took me about 2.5 hours. It's the final part of the South West Coast Path, a 1,000km path around the coast of south west England. I **set off** from the seaside town of Swanage in Dorset and **ended up** taking a dip in the sea and sunbathing on the beautiful golden sands of Studland beach. Along the way, I **took in** spectacular views of chalk cliffs and the rock formations known as Old Harry's rocks.

Take a look at my photo story on the following pages. At the end, there's a list of all the phrasal verbs I've used, and a link to a Quizlet flashcard set to help you learn them.

If you're interested in seeing a map of a similar walk, [here's](#) a shorter version of my route in reverse.



To get to Swanage, I took the open-top bus from Bournemouth station. It was a fun start to the day. The bus journey involves a short ferry ride over to the Isle of Purbeck.



To give me some energy before my walk, I **tucked into** some fish and chips and a blackcurrant and clotted cream ice-cream on the quay.



Swanage is a small seaside town with a sandy beach and lots of traditional seaside amusements.



I started walking north, up the hill called Ballard Down. The path goes through farmland owned by the National Trust.





The walk was a good chance to spot some wildlife and wildflowers. On the left is woody nightshade, a pretty plant with poisonous berries. The hedgerows were bursting with blackberries; in the middle you can see blackberry flowers and the green fruit, which will soon have **ripened up** and be ready to eat. I also saw some sloes, which are a kind of wild plum. They are used to make sloe gin.



And finally, I got to the top! The beach in the distance is Studland beach, my destination.



Here's the view looking back towards Swanage.



Where's this path going?



Down the slope...



These are the rock formations known as 'Old Harry Rocks'. One legend is that they are **named after** the devil ('*Old Harry*'), who is said to have slept on the rocks.



Would you dare to stand here?



**Watch out!**





I finally got to the pretty village of Studland. Though it looked inviting, I didn't **pop into** the pub - I was too hot and **looking forward to** a swim in the sea.



The walk was a little tough at the start, but would be manageable for most able-bodied people. I **went back** to Bournemouth on the same open-topped bus – here it is **peeking out** from behind the dunes.



The beach! I was able to **cool off** in the sea and relax for a bit.



A final look at the sea before **getting on** the ferry.



Lots of tourists come to the UK for its rich history and culture, but the landscape and nature is varied and can be spectacular, even in one of the most built-up areas of Europe. I really recommend that you pack some walking shoes when you next come to Britain!

### Phrasal verbs from this blog

I've used a number of phrasal verbs in this blog. Phrasal verb use is a common feature of more informal English. See the definitions below.

Phrasal verb from the text	Definition
to catch up (with family and friends)	to talk (to family and friends) when you haven't communicated for a while
to be into sth	to be interested in and involved with sth
to check sth out	to take a look at sth
set off (from a place)	to start a journey (from a place)
to end up (in a place)	to finish a journey (in a place)
to take in (the views)	to look at and appreciate (the views)
to tuck into (some food)	to eat (some food) eagerly
to ripen up	to become fully ripe
to be named after smn	to be given the same name as smn
watch out!	be careful!
to pop into a place	to go (briefly) into a place
to look forward to (a swim in the sea)	to feel excited about (a swim in the sea)
to cool off	to become cooler
to go back (to a place)	to return (to a place)
to peek out (from behind smwh)	to be partly visible (from behind smwh)
to get on (a bus)	to board (a bus)

If you would like to learn and test yourself on these phrasal verbs, I've made a Quizlet flashcard set [here](#)

David