

NATURIST HOLIDAYS

A First-Timer's Travel Guide

From choosing the right destination to knowing what to expect when you arrive.



DESTINATIONS

Resorts, beaches, campsites & more



PRACTICAL ADVICE

What to pack, travel tips & costs



FAMILIES WELCOME

Advice for parents and all generations



TRAVEL WITH CONFIDENCE

Safety, legal advice and essential checks

Discover the freedom, friendships and unforgettable experiences of naturist travel.

Kindness | Acceptance | Respect | Community



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So, You're Thinking About a **NATURIST HOLIDAY?**

*Your first naturist holiday
can feel like quite a leap.*

Perhaps you already enjoy naturism at home, at a swim, sauna or with friends. Or perhaps you've never experienced social naturism at all. Either way, spending time somewhere naturism is simply part of everyday life can be wonderfully liberating.



*A naturist holiday
isn't just a place to be naked,
it's a chance to simply be you.*

NATURIST HOLIDAYS COME IN ALL SHAPES AND SIZES

From peaceful campsites, cottages and beach holidays to large European resorts, campervan and motorhome adventures, organised camps and naturist festivals. There are holidays for solo travellers, couples, friends and families, whether you're looking for a weekend away or an international adventure.



RESORTS

Large venues with pools, restaurants, bars and entertainment.



CAMPING & TOURING

Tents, caravans, motorhomes and glamping in beautiful natural locations.



FESTIVALS

Organised camps and festivals with music, wellbeing and a friendly community.



BEACHES



THE RIGHT HOLIDAY FOR YOU

Think first about the kind of holiday you normally enjoy. If you dislike large busy complexes, a quiet campsite or retreat might be better. If you love meeting new people and trying new experiences, a resort or festival could be perfect.

**Choose the holiday
first and the naturist
environment second.**



THIS GUIDE WILL HELP YOU

- ✓ Understand what to expect
- ✓ Choose the right destination
- ✓ Avoid common mistakes
- ✓ Travel confidently
- ✓ Make the most of your first naturist holiday



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WHAT IS A NATURIST HOLIDAY?

More than just a place to take your clothes off.

A naturist holiday is a chance to live naturism as part of everyday life in a relaxed, friendly and welcoming environment. It's not about sunbathing for a few hours – it's about feeling comfortable, accepted and free to be you.



Naturism is how we live.

On a naturist holiday, nudity is simply a normal part of daily life – not a performance, just natural, relaxed and enjoyable.

IT'S ABOUT...

- ✓ Freedom and relaxation
- ✓ Being comfortable in your own skin
- ✓ Enjoying nature and the outdoors
- ✓ Meeting friendly, like-minded people
- ✓ Switching off from everyday pressures
- ✓ New experiences and lasting memories

DIFFERENT WAYS TO HOLIDAY

Naturist holidays come in many forms, each offering a unique experience. Here are some of the most popular options:



RESORTS

Larger venues with pools, restaurants, bars and entertainment.



BEACH HOLIDAYS

Beautiful coastlines and hidden bays in the UK and abroad.



CAMPING

Tents, caravans, motorhomes and glamping in natural surroundings.



CAMPVANS & MOTORHOMES

Freedom to explore stunning locations at your own pace.



FESTIVALS

Organised camps and festivals with music, wellbeing and a friendly community.



SAME PRINCIPLES, EVERYWHERE

Whatever type of holiday you choose, the principles remain the same: **Acceptance, Kindness, Respect and Community.** Naturist venues are welcoming spaces where people of all shapes, sizes, ages and backgrounds can simply be themselves.



IT'S FOR EVERYONE

Naturist holidays are enjoyed by couples, families, friends, solo travellers and people of all ages. Whether you're looking for a peaceful retreat, an active adventure or a social festival, there's a naturist holiday that can be right for you.

*"A naturist holiday isn't just a destination.
It's a chance to connect with nature,
with others, and with a more relaxed you."*



Kindness | Acceptance | Respect | Community

WHICH TYPE OF NATURIST HOLIDAY IS RIGHT FOR YOU?

There's no single "right" way to enjoy a naturist holiday. It's about finding the style, pace and setting that suits you.

From peaceful campsites to vibrant festivals, from relaxed beaches to luxurious resorts, every type of naturist holiday offers the same freedom, acceptance and connection – just in a different way.

 Different holidays, same values – more freedom, more connection, more you.

RESORT HOLIDAYS



Larger naturist resorts in the UK and Europe offer swimming pools, restaurants, entertainment and a full range of facilities. They're ideal if you enjoy a sociable atmosphere with plenty to see and do.

- ✓ Wide range of facilities
- ✓ Great for couples, friends and families
- ✓ Organised activities and entertainment
- ✓ From weekend breaks to longer stays

BEACH HOLIDAYS



From the stunning coastlines of Wales to well-known international beaches, naturist beaches offer a wonderful sense of freedom and a close connection with nature.

- ✓ Beautiful natural surroundings
- ✓ A relaxed, informal experience
- ✓ Free and accessible locations
- ✓ Check local rules and guidance

COTTAGES & SELF-CATERING



Self-catering accommodation such as cottages, villas and rural retreats gives you privacy, comfort and the flexibility to set your own pace. Many cater specifically for naturists.

- ✓ Private and peaceful settings
- ✓ Ideal for couples, friends or families
- ✓ Fully equipped accommodation
- ✓ Great for a relaxed, independent break

CAMPING



From tents and glamping to caravans and motorhomes, camping is one of the most popular ways to enjoy naturism. Campsites offer a friendly, informal atmosphere and a real sense of community.

- ✓ Tents, caravans, motorhomes and glamping
- ✓ Great for all budgets
- ✓ Close to nature
- ✓ Ideal for social and family holidays

CAMPERVANS & MOTORHOMES



Travelling by campervan or motorhome gives you the freedom to explore naturist campsites and destinations at your own pace. It's a flexible way to combine travel, independence and naturist living.

- ✓ Freedom to explore new places
- ✓ Use dedicated naturist sites and stopovers
- ✓ Comfort and flexibility
- ✓ Check local rules for overnight parking

FESTIVALS & GATHERINGS



Naturist festivals and organised camps offer a fantastic mix of music, wellbeing, workshops, social activities and community spirit. Popular in both Britain and abroad, they're a great way to meet new people and try something different.

- ✓ Music, workshops and entertainment
- ✓ Friendly, like-minded community
- ✓ Weekend or week-long events
- ✓ A unique and memorable experience

Kindness | Acceptance | Respect | Community

NATURIST CAMPING

OUTDOORS, FREEDOM AND A FRIENDLY COMMUNITY

Naturist camping is a fantastic way to combine time in nature with the freedom to live naturism. Whether you prefer a tent, caravan, motorhome or glamping, naturist campsites offer a relaxed, welcoming environment and a real sense of community.

Wake up to nature, spend your days as you are, and enjoy the company of like-minded people.

TENTS



A simple and affordable way to enjoy naturist camping. Tents offer a close-to-nature experience and are popular with solo travellers, couples and families.

CARAVANS



Caravans give you the comforts of home with the flexibility to travel. Most naturist sites have electric hook-ups, water points and modern facilities.

MOTORHOMES & CAMPVANS



Ideal for exploring different naturist sites and destinations at your own pace. Enjoy the freedom to travel, while staying in naturist-friendly locations with great facilities.

GLAMPING



For those who want a little extra comfort, many naturist sites offer glamping options such as pods, lodges or safari tents, combining comfort with the natural experience.



TYPICAL SITE FACILITIES

- ✓ Toilets and showers
- ✓ Electric hook-ups
- ✓ Fresh water and waste points
- ✓ Communal kitchens or BBQ areas
- ✓ Social spaces and activities
- ✓ Swimming pools, saunas or hot tubs (at some sites)



CAMPING ETIQUETTE

- ✓ Follow the site rules
- ✓ Be respectful of others
- ✓ Keep communal areas tidy
- ✓ Use a towel when sitting on shared furniture
- ✓ Not everyone is naked all the time – that's fine
- ✓ Always be friendly and inclusive



WHAT TO PACK

- ✓ Tent, caravan or motorhome essentials
- ✓ Towels (for sitting and travel)
- ✓ Sun protection (hat, sunscreen)
- ✓ Weather-appropriate clothing for exploring off site
- ✓ Reusable water bottle
- ✓ Torch and power bank
- ✓ Comfortable outdoor shoes (for when clothing is needed)



SAFETY & SECURITY

- ✓ Choose established, reputable naturist sites
- ✓ Read reviews and check their ethos and rules
- ✓ Keep valuables secure
- ✓ Respect photography rules
- ✓ Look out for each other
- ✓ Report any concerns to site staff

A GREATER CONNECTION

Naturist camping isn't just a place to stay – it's a chance to slow down, enjoy the outdoors, meet like-minded people and feel truly at home in your own skin.


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NATURISM BY CAMPERVAN & MOTORHOME

FREEDOM, FLEXIBILITY AND NATURIST LIVING

Exploring in a campervan or motorhome is a fantastic way to enjoy naturism. It gives you the freedom to travel at your own pace, discover new places and stay at naturist-friendly locations across Britain and abroad.



Your home on wheels can take you to some of the most beautiful naturist destinations in the UK and across Europe.

NATURIST CAMPSITES



Many naturist campsites welcome motorhomes and campervans, offering pitches with electric hook-ups, water points and waste disposal facilities.

NATURIST RESORTS



Larger naturist resorts in Europe often have dedicated areas for motorhomes, with excellent facilities and easy access to pools, restaurants and social areas.

TOURING & EXPLORATION



A campervan gives you the freedom to explore naturist beaches, countryside and scenic locations, with the flexibility to stay longer in the places you love.

GLAMPING ALTERNATIVES



If you'd like a bit more comfort, many sites now offer glamping options such as pods, lodges or safari tents, combining naturism with a touch of luxury.



FACILITIES TO EXPECT

- ✓ Electric hook-ups
- ✓ Fresh water and waste points
- ✓ Showers and toilets
- ✓ Communal kitchens or BBQs
- ✓ Swimming pools and saunas (at some sites)
- ✓ Social areas and activities



FINDING NATURIST STAYS

- ✓ Use established naturist campsites and resorts
- ✓ Check reviews and their ethos
- ✓ Look for member recommendations
- ✓ Confirm facilities and prices before booking
- ✓ Make sure the site is genuinely naturist (not clothing-optional or adult-oriented)



IMPORTANT THINGS TO REMEMBER

- ✓ A campervan/motorhome does not give permission to be nude everywhere
- ✓ Only practise naturism within the site or private, permitted areas
- ✓ Respect local rules and the local community
- ✓ Be discreet when arriving or leaving sites
- ✓ Always follow site guidelines and the Countryside Code



BEFORE YOU GO

- ✓ Check insurance and breakdown cover
- ✓ Make sure your vehicle documentation is in order
- ✓ Research driving rules and low-emission zones
- ✓ Check overseas travel requirements (ferries, Eurotunnel, visas if required)
- ✓ Look at the Foreign, Commonwealth & Development Office (FCDO) travel advice for your destination

"A campervan or motorhome can give you the freedom to live naturism, explore amazing places and feel at home wherever the road takes you."


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NATURIST FESTIVALS

MUSIC, WELLBEING AND A SENSE OF BELONGING

Naturist festivals and organised camps offer a wonderful mix of music, wellbeing, workshops, outdoor activities and social connection. They bring together like-minded people from all walks of life in a relaxed, friendly and welcoming atmosphere.

Naturist festivals are about more than just entertainment – they're a chance to be yourself, meet new people and create lasting memories.

UK FESTIVALS



Across the UK there are a range of naturist festivals and organised camps, from music and arts events to wellbeing retreats and social gatherings.

EUROPEAN FESTIVALS



Europe is home to some of the world's largest and most established naturist festivals, offering live music, workshops, nature activities and a vibrant international community.

THEMED EVENTS



Many festivals include themed activities such as yoga, meditation, body painting, dance, drum circles, nature walks and creative workshops.

A GLOBAL COMMUNITY



Naturist festivals attract people from across the UK, Europe and beyond. They're a fantastic way to experience different cultures, make new friends and feel part of a global naturist community.



WHAT TO EXPECT

- ✓ Live music and entertainment
- ✓ Wellbeing and fitness activities
- ✓ Workshops and talks
- ✓ Social spaces and communal areas
- ✓ A friendly, inclusive atmosphere
- ✓ Options for tents, caravans, motorhomes and glamping



WHO ARE THEY FOR?

- ✓ Couples
- ✓ Friends
- ✓ Solo travellers
- ✓ Groups
- ✓ Many events are adults-only, with some family-friendly festivals also available (check event details)



USEFUL TIPS

- ✓ Book early – popular events often sell out
- ✓ Check what's included, accommodation options and costs
- ✓ Read the event rules and Code of Conduct
- ✓ Take appropriate outdoor gear and sun protection
- ✓ Be open-minded and respectful of others



SAFETY & ETIQUETTE

- ✓ Choose recognised and reputable events
- ✓ Follow the event rules
- ✓ Be respectful and inclusive
- ✓ Keep personal belongings secure
- ✓ Consent and privacy are essential
- ✓ Report any concerns to event staff

"Naturist festivals are a celebration of community, freedom and joy – a chance to live life more fully, surrounded by like-minded people in a truly accepting environment."


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NATURIST HOLIDAYS IN THE UK

STUNNING PLACES CLOSER THAN YOU THINK

The UK is home to a wide variety of fantastic naturist destinations, from peaceful campsites and rural retreats to beautiful beaches and day locations. Whether you're looking for a weekend getaway or a longer holiday, there are plenty of opportunities to enjoy naturism right here at home.

You don't have to travel far to experience the freedom, relaxation and natural beauty of a naturist holiday.

WALES



Wales offers beautiful countryside locations, naturist camps, retreats and outdoor swimming opportunities. From mountains and lakes to coastal areas, there's something for everyone.

ENGLAND



A wide range of naturist beaches, clubs, campsites and retreats can be found across England, from stunning coastlines to peaceful rural settings.

SCOTLAND



Scotland offers dramatic scenery, lochs and campsites that are perfect for naturists who love space, nature and adventure.

NORTHERN IRELAND



Northern Ireland has welcoming naturist locations, offering beautiful coastal scenery and friendly communities.

EXPLORE THE UK



TYPES OF UK NATURIST HOLIDAYS

- ✓ Campsites and camping fields
- ✓ Caravan and motorhome sites
- ✓ Naturist-friendly holiday cottages and lodges
- ✓ Day visits to naturist locations
- ✓ Naturist swimming spots (lakes, rivers and beaches)



WHAT YOU'LL FIND

- ✓ Beautiful natural settings
- ✓ Peaceful and relaxed atmospheres
- ✓ Friendly, like-minded communities
- ✓ Facilities such as pools, saunas and social areas (at many sites)
- ✓ Opportunities for walking, hiking and exploring
- ✓ Options for all budgets



GETTING AROUND

- ✓ Many UK destinations are easy to reach by car
- ✓ Allow time for check-in and security at some sites
- ✓ Check site-specific driving instructions
- ✓ Consider car sharing with friends
- ✓ Use satnav and check for local access rules
- ✓ Plan for fuel, parking and toll costs where relevant



USEFUL TIPS

- ✓ Always check the site is genuinely naturist
- ✓ Read recent reviews from other naturists
- ✓ Confirm what facilities are included
- ✓ Book in advance, especially in peak season
- ✓ Check local rules and any clothing-optional areas nearby
- ✓ Be respectful of the site, local community and natural environment

BEACHES
CAMPSITES
COUNTRYSIDE
NEW EXPERIENCES

"The UK offers some of the most beautiful and welcoming naturist destinations, giving you the chance to reconnect with nature and enjoy life more simply."


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NATURIST HOLIDAYS IN EUROPE

SUNSHINE, NATURE AND NEW EXPERIENCES

Europe offers a fantastic range of naturist destinations, from family-friendly resorts to peaceful rural retreats. Whether you're looking for a beach holiday, a countryside escape or a luxury resort, there's something for everyone.

From stunning coastlines to peaceful countryside, Europe offers some of the best naturist destinations in the world.

FRANCE



Home to some of the world's best-known naturist resorts, France offers glorious beaches, family-friendly sites and fantastic facilities.

- ✓ Large naturist resorts
- ✓ Beautiful beaches
- ✓ Great for families and couples
- ✓ Wide range of accommodation
- ✓ Easy travel from the UK

SPAIN



Spain has a warm climate, beautiful coastlines and many welcoming naturist beaches and resorts, particularly along the Costa del Sol and Costa Blanca.

- ✓ Year-round sunshine
- ✓ Stunning beaches and coves
- ✓ Friendly naturist communities
- ✓ Good range of resorts and villas
- ✓ Great local food and culture

CROATIA



Croatia's crystal-clear waters and unspoilt coastline make it a fantastic naturist destination, with resorts, campsites and naturist beaches set in stunning natural surroundings.

- ✓ Beautiful, clean beaches
- ✓ Campsites and resorts
- ✓ Ideal for walking and exploring
- ✓ Great for couples and families
- ✓ Rich culture and historic towns

GREECE



Greece offers a mix of naturist beaches, island escapes and welcoming resorts, combined with incredible scenery, history and delicious food.

- ✓ Stunning islands and beaches
- ✓ Warm climate and long season
- ✓ Naturist resorts and villas
- ✓ Great food and hospitality
- ✓ Ideal for island hopping

✈ GETTING THERE

- ✓ Many destinations are easily reached by plane, ferry or car
- ✓ Compare airlines, ferry operators and driving routes for the best deals
- ✓ Allow time for check-in and security at airports
- ✓ Check luggage rules and insurance cover for your trip

🛏 TYPES OF ACCOMMODATION

- ✓ Naturist resorts (all-inclusive or self-catering)
- ✓ Campsites with excellent facilities
- ✓ Villas and holiday homes
- ✓ Hotel accommodation at naturist sites
- ✓ Options for couples, friends and families



"European naturist destinations offer a unique combination of natural beauty, freedom and a welcoming community."

🌐 POPULAR EUROPEAN AREAS




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Is It Genuinely Naturist?

How to research a destination before booking

Not every place that mentions nudism, naturism or clothing-optional is the same. A little research helps you find the right venue, avoid disappointment and ensures a safe, respectful and enjoyable experience.



1. Check the venue's ethos and rules

Look for clear information about the venue's values, whether it follows naturist principles, and how it describes the experience. A genuinely naturist venue will usually be open and straightforward about its ethos.



2. Understand the terminology

Naturist, nudist, clothing-optional and adults-only don't all mean the same thing. Some venues are fully naturist, some allow clothing in certain areas, and others may be non-naturist but adult-only. Check what to expect so there are no surprises.



3. Read independent reviews

Look for recent reviews from trusted sources and other guests' experiences. These can give you a better idea of the atmosphere, facilities and whether the venue matches its marketing.



4. Look for clear policies

Check that the venue has clear guidelines on behaviour, consent and photography. A good venue will explain what's allowed, what isn't, and how they keep guests comfortable and safe.



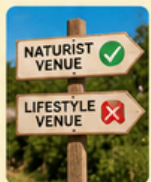
5. Check if families are welcomed

If you're travelling with children, make sure the venue welcomes families and has appropriate facilities and safeguarding arrangements. Some venues are adults-only, while others are very family-friendly.



6. Be aware of lifestyle venues

Some places that allow nudity are primarily sexually orientated or part of the lifestyle scene. If that's not what you're looking for, check carefully. Genuine naturist venues focus on social naturism, relaxation and respect for all guests.



7. Don't rely on marketing alone

A glossy website or attractive photos don't always tell the full story. Take time to read the small print, check the FAQs and, if in doubt, contact the venue directly with any questions before you book. It's better to be sure than to arrive and find it's not what you expected.



8. Trust your instincts

If something doesn't feel right, or the information is unclear, it's okay to keep looking. There are many genuine naturist venues across the UK, Europe and beyond, so you can find a place that feels right for you.



Family Naturist Holidays

Shared experiences, stronger connections

Family naturist holidays offer a relaxed and inclusive environment where people of all ages can enjoy time together, build confidence and appreciate the freedom and simplicity of life outdoors.



1. Choose family-friendly venues

Look for destinations that genuinely welcome families and have appropriate facilities such as accommodation options, play areas, swimming, outdoor space and activities for different ages.



2. Understand local rules and age policies

Every venue has its own guidelines on age ranges and facilities. Some are family-friendly all year, while others have specific family weeks or certain age limits. Always check their policy before booking.



3. It's always a choice

Naturism works best when everyone chooses to take part. Children should never be pressured. A relaxed, positive approach allows them to build their own comfort and confidence over time.



4. Safety and safeguarding

Good venues have clear safeguarding arrangements, appropriate staff presence and family-focused facilities. This helps create a safe, respectful and comfortable environment for everyone.



5. Privacy and photography

Reputable family-friendly venues have clear rules about photography and image sharing. Always respect the venue's policy and the privacy of other guests.



6. Activities for everyone

Many venues offer a wide range of activities, from swimming and walking to sports, wellness, nature and creative workshops. There's usually something for every age and interest.



7. Lasting memories

Family naturist holidays can be a wonderful way to spend quality time together, enjoy the natural world and create positive memories in a supportive and like-minded community.



Planning and Packing for Your Naturist Holiday

Less to carry, more to enjoy

Naturist holidays are refreshingly simple. With no need for everyday clothes, you can travel lighter and focus on the things that really matter – relaxation, connection and time in beautiful surroundings.



1. Keep it simple

You'll need far fewer items than a conventional holiday. Pack essentials, a few cover-ups for travel and off-site trips, and focus on comfort, practicality and the weather.



2. Sun protection is essential

Even on cooler days, your skin is more exposed. Pack a high SPF sunscreen, lip balm, a hat and UV sunglasses. Reapply regularly, especially after swimming.



3. Take a good towel (or two)

A large, quick-dry towel is essential for sitting on, drying off and added comfort. Many people also take a smaller towel for travel and day trips.



4. Footwear and cover-ups

Take sandals or flip-flops for hygiene and comfort, especially around facilities. A light cover-up, robe or sarong is useful for travel, off-site visits, meal times where clothing is required, or cooler evenings.



5. Stay hydrated

Being outdoors, swimming and sauna use can all lead to dehydration. Take a reusable water bottle and keep it topped up throughout the day.



6. Health and comfort items

Pack any personal medications, a small first aid kit, insect repellent and items such as aloe vera gel for sun exposure. If you wear contact lenses or have specific health needs, make sure you take sufficient supplies.



7. Be prepared for all weather

Even in the summer, the weather can change. Pack a lightweight waterproof jacket, a warm robe or fleece for cooler evenings, and a few practical items for wind or rain.



8. Check before you travel

Every destination is different. Check what's provided on-site (such as towels or bedding), any specific packing advice, and whether there are items you may need for activities or excursions.



Your First Day

What to expect and how to feel comfortable

Your first day at a naturist destination can feel like a big step, but most people quickly discover it's far more relaxed and welcoming than they imagined. Everyone was new once, and you'll be among like-minded people who value kindness, respect, acceptance and community.



1. Arriving at the venue

When you arrive, you'll usually be welcomed by friendly staff or members who will explain how things work. Take a moment to look around, get your bearings and ask any questions. There's no rush – everyone understands it's your first time.



2. Getting comfortable

When you're ready, find a private place to change and take off your clothes. Many venues have changing areas or private accommodation. Take your time and do what feels right for you – there's no pressure.



3. You're among friends

Naturist venues are welcoming and inclusive. People are there to relax, socialise and enjoy a shared lifestyle. You'll find a mix of ages, shapes and backgrounds, and most people are happy to chat and help if you're unsure about anything.



4. Relax and enjoy

Once you've settled in, take time to relax and enjoy the freedom of being in a comfortable, clothing-free environment. Whether it's sunbathing, a swim, a walk or simply sitting with a drink, do what feels good for you.



5. Make conversation

A simple hello can go a long way. People are usually friendly and approachable, but equally respectful if you prefer a quiet day. It's a great way to meet like-minded people and learn more about the venue and local area.



6. Food and facilities

Check where meals are served and what facilities are available such as pools, saunas, hot tubs and social areas. Some venues offer communal meals, while others have self-catering options. Take a look at what's on offer and enjoy any activities.



7. Take it at your own pace

There's no right or wrong way to enjoy your first day. Some people are immediately at ease, while others prefer to take things more slowly. Do what feels comfortable for you, and remember – you can always cover up if you need to.



8. You'll probably love it

Most first-timers are surprised by how quickly they feel relaxed and accepted. It's a chance to be yourself, without judgement, in a supportive and friendly community. Many people leave their first day wondering why they didn't try it sooner!



Do I Have to Be Naked All the Time?

It's your choice

One of the most common questions from first-timers is whether they have to be naked all the time. The simple answer is no. Naturism is about freedom, choice and feeling comfortable in your own skin. You can be naked as much or as little as you like.



1. It's completely up to you

There is no expectation to be naked all the time. Many people start slowly, perhaps choosing to be naked around the pool or on the beach, and keep a cover-up on at other times. The important thing is to do what feels right for you.



2. Different situations

Most naturist venues have areas where nudity is the norm, such as swimming pools, sunbathing areas, saunas and designated naturist gardens. In restaurants, reception areas or when travelling to and from the venue, clothing is usually required.



3. Cover-ups are useful

A light cover-up, sarong or towel is handy for moving around the venue, visiting facilities or when you prefer to be clothed. They're also useful for sun protection and can make you feel more comfortable while you're getting used to the environment.



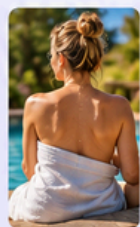
4. Everyone's different

Naturists come in all ages, shapes and backgrounds. Some people are naked all day, while others choose to be naked only at certain times or in certain areas. There's no right or wrong – it's about personal comfort, confidence and respect for others.



5. Take your time

It's normal to feel a little nervous at first. Give yourself time to settle in, observe what others are doing and do what feels comfortable. Most first-timers find that they feel more relaxed and confident as their holiday progresses.



6. Be prepared for the weather

In cooler weather or in the evenings, you may prefer to wear a robe, towel or light clothing. Listen to your body, stay warm when needed and always make sure you have something with you, just in case the temperature changes.



7. Respect others' choices

Naturism is about acceptance, kindness, respect and community. Everyone has their own comfort level, so respect the choices of others, whether they are naked or wearing a cover-up. This creates a relaxed and inclusive environment for all.



8. Focus on the experience

Rather than worrying about how much clothing you're wearing, focus on enjoying the freedom, the natural environment and the sense of connection that naturism offers. It's about being yourself and appreciating the moment.



Naturist Etiquette, Consent & Privacy

Simple guidelines for a positive experience

Naturist venues thrive because everyone shows consideration for each other. By understanding a few simple guidelines, you'll help create a safe, respectful and enjoyable environment for yourself and others.



1. Respect everyone

Naturism is based on mutual respect, kindness and consideration. People are there to relax and enjoy the environment, regardless of age, shape, size, background or experience level.



2. No staring

It's important not to stare at other people. A quick, friendly glance is natural, but prolonged staring can make others feel uncomfortable. Treat others as you would like to be treated.



3. No photos or filming

Only take photos where explicit permission has been given. Many venues have a strict no photography policy. Always respect others' privacy and never share images without consent.



4. Give personal space

Everyone has their own comfort level. Be mindful of personal space, especially for first-timers. Avoid unnecessary physical contact and always respect when someone prefers to keep their distance.



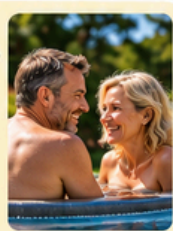
5. Use a cover-up when required

Wear a cover-up in reception areas, restaurants, when arriving or leaving the venue, and whenever requested. A towel, sarong or light robe is ideal.



6. Communicate and be considerate

If you're unsure about something, just ask. Most people are friendly and happy to help. Be considerate of different comfort levels and follow the venue's guidelines and staff advice.



7. Follow venue rules

Each venue has its own guidelines to ensure everyone's safety and comfort. These may include designated areas, behaviour expectations and use of facilities. Please follow the rules and respect the staff and other guests.



8. Help keep it a positive environment

By being respectful, mindful and considerate, you help maintain a welcoming, relaxed and inclusive atmosphere for everyone. A little thought goes a long way in making naturist holidays enjoyable for all.



Health, Safety and Wellbeing

Look after yourself and others

A naturist holiday is a great way to relax, recharge and feel closer to nature. By taking a few simple precautions, you can stay safe, healthy and comfortable, ensuring a positive and enjoyable experience for everyone.



1. Protect your skin

Your skin is more exposed when you're not wearing clothes, so take extra care in the sun. Use a high SPF sunscreen, reapply regularly, and don't forget your lips, ears, neck and the backs of your legs.



2. Stay hydrated

Being outdoors, swimming, sauna use and warmer weather can all lead to dehydration. Drink water regularly throughout the day, even if you don't feel thirsty. Take a reusable water bottle with you and keep it topped up.



3. Be aware of the weather

Check the local forecast and be prepared for changes. Even on warm days, bring a light robe, towel or fleece for cooler evenings, wind or rain. Know your limits in very hot or cold conditions.



4. Know your own health needs

Bring any regular medication, a small first aid kit, and items such as insect repellent, plasters and aloe vera gel for sun exposure. If you wear contact lenses or have specific health needs, make sure you take sufficient supplies.



5. Use facilities safely

Follow any venue guidance when using swimming pools, saunas, hot tubs or other facilities. Shower before entering, keep areas clean and dry, and be considerate of other guests.



6. Be mindful of physical activity

Hiking, swimming and other outdoor activities are a great part of a naturist holiday. Choose activities that suit your fitness level, wear sturdy footwear where needed, stay on marked routes and be aware of uneven ground.



7. Look out for others

Naturism is built on kindness and community. If someone looks unwell, seems to be struggling in the heat or needs help, check they're ok or alert a member of staff. A little consideration can make a big difference.



8. Rest, relax and enjoy responsibly

Give yourself time to rest, listen to your body and don't feel pressured to do everything. A naturist holiday is about balance – enjoying nature, good company and new experiences in a way that feels right for you.



Food, Drink & Social Life

Great food, good company and relaxed moments

Food and drink are a big part of the naturist holiday experience. Whether it's a relaxed breakfast in the sun, a shared barbecue, or an evening with new friends, mealtimes are a chance to connect, unwind and enjoy the simple pleasures of life together.



1. Enjoy relaxed dining

Many venues offer on-site restaurants, cafés or communal dining areas. Meals are usually relaxed and informal, giving you time to enjoy good food and conversation in a friendly atmosphere.



2. A chance to socialise

Mealtimes are a great opportunity to meet new people and get to know fellow guests. Many venues organise communal meals, barbecues or themed food evenings, which are popular and a fun way to be part of the community.



3. Be mindful with alcohol

Alcohol is often available at many venues, but it's important to drink responsibly. Being considerate of others, keeping within your limits and staying aware of venue rules helps ensure a safe and pleasant environment for everyone.



4. Local food and fresh produce

Many naturist destinations are in beautiful locations, so make the most of local produce. Visit nearby markets, farm shops or cafés to try regional specialities and support local businesses during your stay.



5. Casual options

If you prefer something quicker or more informal, many venues have snacks, light bites or self-catering facilities. Picnics, barbecues and simple meals are all popular and give you flexibility during your holiday.



6. Share and be inclusive

Food brings people together. Joining in with communal meals or offering to share a dish is a lovely way to break the ice, especially if you're travelling on your own. Most naturists are friendly and welcoming, and shared meals help create lasting friendships.



7. Check what's on

Many venues host themed evenings such as barbecues, BBQs, local cuisine nights or social gatherings. Check the schedule when you arrive so you can join in with activities that interest you.



8. Respect different choices

People have different diets, preferences and comfort levels. Whether someone chooses a full meal, a light snack, or doesn't drink alcohol, always be respectful and inclusive so everyone feels comfortable.



Laws, Customs & Travelling Abroad

Know the rules and respect local cultures

Naturism is accepted in many countries, but the rules, customs and attitudes can vary. Taking a little time to understand the local laws and cultural expectations will help you stay safe, avoid misunderstandings and ensure a relaxed and enjoyable holiday.



1. Understand local laws

Laws on non-sexual nudity differ from country to country. In many places, naturism is legal on designated beaches, resorts and private land, but public nudity away from these areas may be restricted or illegal.



2. Research before you go

Check reliable sources for up-to-date information on the laws, customs and local attitudes at your destination. This can include official tourism websites, naturist organisations and travel guides.



3. Respect local culture

Even in countries where naturism is accepted, general attitudes can vary. Be considerate when travelling through towns, villages or non-naturist areas and always follow local customs and dress appropriately.



4. Know when to cover up

Outside designated naturist areas, you will usually need to wear clothing. This includes when travelling, visiting shops, restaurants, attractions and in most urban or populated areas.



5. Travelling through airports and borders

You will need to be clothed when travelling through airports, on flights and when crossing borders. Keep naturist items in your luggage and change at your destination when you reach your accommodation.



6. Be a good ambassador

Your behaviour abroad reflects on all naturists. By being respectful, considerate and following local rules, you help maintain positive relationships and keep naturist destinations welcoming for everyone.



7. Stay informed

Rules can change, so check for any travel advisories, local regulations or cultural considerations before each trip. When in doubt, ask your destination, accommodation provider or a trusted naturist organisation.



8. Enjoy responsibly

By understanding the laws, respecting local cultures and being considerate, you can explore new destinations with confidence and help keep naturism accepted and accessible around the world.



Sustainable & Responsible Travel

Helping to keep naturist holidays special for everyone

Naturist destinations are often in beautiful, natural locations. By travelling responsibly and treading lightly, we can help protect these places, support local communities and ensure they remain welcoming for future generations of naturists.



1. Respect nature

Keep your surroundings clean and take all litter home with you. Stick to marked paths, avoid damaging plants and wildlife, and follow any local conservation guidelines.



2. Support local communities

Use local shops, cafés, markets and restaurants where possible. This helps local businesses, supports the community and gives you a more authentic travel experience.



3. Be mindful with resources

Save water and energy where you can, especially in rural or off-grid locations. Use showers responsibly, turn off lights and heating when not needed, and reuse towels where possible.



4. Travel smarter

Consider car sharing, public transport or combining trips to reduce your carbon footprint. If travelling by car or campervan, drive considerately and respect local residents and roads.



5. Reduce single-use items

Choose reusable water bottles, shopping bags and containers. Avoid unnecessary plastic and support venues that use environmentally friendly products and practices.



6. Respect wildlife

Many naturist locations are home to wildlife. Keep a safe distance, do not feed animals and avoid disturbing their natural habitats. Enjoy watching wildlife responsibly and help keep these spaces unspoilt.



7. Follow venue guidelines

Each venue has its own rules to protect the environment and local community. Always follow guidance on recycling, waste, fires, noise, parking and designated areas to help keep the venue open for everyone to enjoy.



8. Leave a positive legacy

By travelling responsibly, you help to protect the places we love, support local people and ensure that future generations can enjoy the same amazing naturist experiences.



Useful Resources & Before You Book

Plan with confidence for a safe and enjoyable holiday

With a little research and preparation, you can find the right destination, know what to expect and make the most of your naturist holiday. Here are some useful resources and final checks to help you plan with confidence.



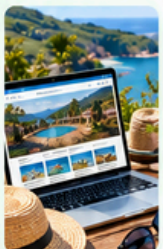
1. Official naturist organisations

Visit recognised naturist organisations for advice, destination ideas and up-to-date information on clubs, resorts, beaches and events around the world.



2. Check the venue carefully

Before you book, make sure the venue is genuinely naturist, read recent reviews and check what facilities are included. Look for clear information on clothing optional areas, rules and what's available on site.



3. Plan ahead

Popular venues, especially during school holidays and European summer months, can book up quickly. Plan ahead to get the best dates, accommodation options and prices.



4. Understand costs

Check what's included in the price, such as accommodation, facilities, meals or activities. Be aware of any additional costs like local taxes, equipment hire or optional excursions.



5. Travel insurance

Make sure your travel insurance covers your destination and the activities you plan to do. Check any specific requirements for naturist holidays, especially if travelling to non-EU countries.



6. Passports, visas and health

Check that your passport is valid for the duration of your trip. Find out if you need a visa and whether any vaccinations or health precautions are recommended for your destination.



7. Useful online resources

Look for trusted websites, forums and travel guides to get inspiration and read real experiences from other naturists. These can help you find new places and learn practical tips before you travel.



8. Final checklist

Before you go, double-check your booking details, travel documents, insurance, packing list and any venue-specific requirements. A little preparation helps ensure a relaxed, enjoyable and stress-free naturist holiday.



Your Naturist Holiday Starts Here

*More than a holiday...
a more natural you*

Whether it's a quiet campsite, a sunny beach, a countryside retreat or a new adventure further afield, we hope this guide has given you the information and confidence to take the next step.

Naturist holidays offer so much more than just a break. They're a chance to connect with nature, meet like-minded people, feel good in your own skin and discover new places, experiences and friendships.

*Here's to many amazing
naturist adventures ahead!*