

Letting it all hang out

08:40, May 18, 2010

Members of the nudist society, British Naturism enjoy a day in the buff on Flat Holm, a remote small island off the coast of Wales.

Forty-four visitors stripped for the trip that included nudists of all ages who learned about Flat Holm's history, wildlife and rare plants, while exploring the island in all their naked glory. The event was organized by Andrea and Phil Griffiths, members of both the Flat Holm Society and British Naturism. Andrea said, 'I've been going over to the island as a volunteer for more than 20 years - and have been trying to get this trip organized for at least four. I'm delighted to be given the opportunity to share it with fellow naturists.'

Andy and Phil only decided to become naturists 10 years ago while on holiday in Dorset. "I had always wanted to try it and one year we went on holiday and I said to Phil we should give it a go. I just took my clothes off and enjoyed the beach, and what a fabulous feeling that was! It was remarkably easy and we haven't looked back.

"People smile and are a lot more friendly and sociable. They also tend to look at your face more as there is not the distraction of what someone is wearing. We have made some great friends since."

The island, in the Bristol Channel, features a 30.48 meters tall lighthouse.

It was used as a sanctuary for Vikings, Anglo Saxons, silver miners, smugglers and cholera victims and was also the location chosen by radio pioneer Guglielmo Marconi from which to broadcast the first ever radio message across the water to nearby Penarth in 1897.

"Source: www.dailymail.co.uk"