



“The website is a place where you can enjoy beach visits and a flavour of the beach when you’re not there”

manonabeach.com

It is a simple premise - the idea that beaches offer such a deep sense of wellbeing to so many people - what if they could access that feeling of wellbeing all of the time? the anonymous instigator of manonabeach tentatively began his work via YouTube in September, 2011 graduating to his own website two months later. The website is a place where you can enjoy beach visits and a flavour of the beach when you’re not there, all built around beach goers’ answers to the question “What does the beach mean to you...?” From its origins in Cornwall, the project has now become national,

featuring additional beach visits to Norfolk, Suffolk, Dorset, Sussex, East Lothian, Fife, Moray, Aberdeen, Aberdeenshire and Angus. Every season when possible, manonabeach returns to each region, building a picture of beach life through the year. There are now more than 1,300 films on the website and manonabeach.com has developed into a fully fledged e-book, out of its beginnings as a daily blog. All over the UK, the analytics tell me that ‘manonabeach nights’ are happening, with a massive increase in page views since the website went national and cross-pollination taking place across the various regions.

“The series celebrates the elemental power of the beach and its profound effect on people who enjoy being where the air, land and sea meet,” says the man behind manonabeach. “The beach means different things to different people, whether enhancing creativity, decisiveness and energy, being restorative and settling, part of a routine, a reference point through generations, freedom or just fun.

“In the narrative interviews on the site, you can see and hear people represent their emotions, perceptions and recollections, all drawn out by the enhancing effect of the beach.

“manonabeach is a construct, a

Above: Holywell Bay © Mike Greenslade / Alamy
Right: Porth Joke, locally known as Polly Joke © David Eastley / Alamy
Previous page: The Lizard © David Noton Photography / Alamy
Right: Porthilly Cove © Ian Woolcock / Alamy