

UK TRAVEL PLANNING PODCAST EPISODE #102 TRANSCRIPT

Intro [00:00:03]:

Welcome to the UK travel planning podcast. Your host is the founder of the UK travel planning website, Tracey Collins. In this podcast, Tracey shares destination guides, travel tips, and itinerary ideas, as well as interviews with a variety of guests who share their knowledge and experience of UK travel to help you plan your perfect UK vacation. Join us as we explore the UK from cosmopolitan cities to quaint villages, from historic castles to beautiful islands, and from the picturesque countryside to seaside towns.

Tracy Collins [00:00:42]:

So hi everybody, and welcome to episode 102 of the UK Travel Plan and Podcast. This week, I have a very special guest, my friend, Kate. He was gonna introduce herself in a second and tell you all about what she does. But she spent some time living in Brighton last year. So she was a perfect person to come on and share all about things to do and see in Brighton and to share some insider tips. So Kate, should we just get straight into it? She would you like to introduce yourself and tell us whereabouts you live, what it is that you do?

Cate [00:01:11]:

Sure. Well, thanks for having me on. So, my husband and I live in North Carolina in the United States, but we're semi nomadic. So we spend some of our year in North Carolina and some of our year in Europe, and that's because we have a Germany travel planning business called My Germany Vacation. So we basically do what you do, but for Germany.

Tracy Collins [00:01:30]:

That's right. That is right. Yeah. So if any of you guys are planning to do a trip to Germany, Kate is the person to go and chat to Kate and Aaron because she works with her husband on her business. So, basically, she has exactly the same as we have for the UK, all about Germany. And I believe you're gonna be doing a podcast later on in the year. Is that right, Kate?

Cate [00:01:47]:

Yeah. That's that's the plan.

Tracy Collins [00:01:49]:

Okay. That would be great. That would be great. Well, I'm sure everybody will be going, oh, fantastic. It will be another travel planning podcast to listen to. So if you're gonna head to Germany, that's where you need to, pop over to the Facebook group. I do wanna talk about your Facebook group as well, Kate and your website.

Cate [00:02:03]:

Yeah. So our website is mygermanyvacation.com, and, we have a lot of resources over there. We also have a Facebook group, that is like your UK travel planning group and I'm in that group. I used your UK travel planning group a lot when we were planning our trips to the UK. And so we have the same type of thing. It's called Germany trip planning from mygermanyvacation.com. And it's a really friendly group and, lots of great people and lots of

great tips. So if you are planning a trip to Germany or anywhere kind of around Germany, come join us.

Tracy Collins [00:02:34]:

Perfect. And I will put a link in the show notes for this episode to all of Kate's social media, her Facebook, and to her website as well. So, Kate, let's talk about Brighton then. So, and it's great to hear that you used our Facebook group on our website when you're planning your trip to Brighton. So why did you end up choosing Brighton to go to first of all, and kinda how long were you there for?

Cate [00:02:52]:

So it's funny because we chose Brighton completely randomly. We were actually in Istanbul for about 5 weeks, and we had always thought about going back to the UK because my husband spent some time there when he was a kid, and then I had been there several times over the years. And, and also we couldn't go back to the Schengen zone because we had just been in Germany and used up our 90 days. So we thought, well, let's go. We found a cheap flight. We thought, let's go to London, and we had a whole bunch of hotel points. So we spent about 2 weeks in London, and we wanted to spend, a month somewhere. This was February.

Cate [00:03:27]:

So, we got to London in February, and so, you know, we were like, well, where should we go? We want someplace around, you know, not too far away from London. I really wanted to be on the water. And so we saw Brighton, and I think I actually asked in your group, like, hey. What's Brighton like at this time of year? Are we crazy for going there in February March? And so we decided, let's just try it. You know, like, we when we travel, we move slowly. So So we thought we'll just we got an Airbnb. We stayed there for a month and, we loved it. I loved being there in, you know, the off season and, we enjoyed it so much.

Cate [00:04:02]:

We we spend, you know, a couple days working, then we would go out and explore for a couple of days, then we work for a couple of days. And, yeah, I we absolutely loved it.

Tracy Collins [00:04:10]:

And did you you had a an Airbnb, or where did you stay when you were there?

Cate [00:04:15]:

Yeah. We booked an Airbnb. We just had a little apartment about 2 blocks from the water, and we were in the Kemptown part of Brighton. So we were really close to everything. We could walk everywhere.

Tracy Collins [00:04:25]:

That's brilliant. Yeah. Because it is a pretty walkable little city, isn't it? You can get around fairly easily.

Cate [00:04:30]:

Yeah. And we love that. We really wanted to be in a place that was near the water and also where we could walk, but also explore outside of the town. And so Brighton was perfect.

Tracy Collins [00:04:40]:

And it's a great day trip as well from London. If you just think, okay. I don't wanna spend a couple of days in Brighton, but I wanna pop down there for the day, you can actually it's a really easy train ride to get down there from London as well. So what we It is. Yeah.

Cate [00:04:52]:

And it didn't take very long.

Tracy Collins [00:04:54]:

No. It doesn't take very long at all to get down there. So it's a it is a it's a lovely place to visit. It's one of my favorite places. Unfortunately, I've not managed to get there the last 2 years when I've been in the UK. So it's it's top of my list when I get back over again. Keeps saying I must go back to right, must go back to right in. I'm a big fan of the Brighton Pavilion.

Tracy Collins [00:05:09]:

I absolutely love it. But let's talk about what your favorite places are to visit in Brighton, Kate.

Cate [00:05:14]:

So my favorite is the beach area. I absolutely love it. It's a rocky beach, and I had so much fun going out and just walking even when the, you know, when the weather was nice. We actually had really nice weather, surprisingly. We had better weather in February March than we did when we went back to the UK in October, November, and December. So we had lots of sun.

Tracy Collins [00:05:38]:

I'm sorry. I was just saying that's the I'm sorry. I was interrupting. Okay. I was just saying that's the UK weather for you. You can never predict it.

Cate [00:05:45]:

Yeah. We were really surprised. We we were ready for rain. I mean, I grew up in Oregon, so, like, Western Oregon. I'm I'm used to rain and, gray skies, but we actually had really nice weather. And so sometimes we would finish our workday and we would walk 2 blocks to the to the beach area, and we would just walk and walk and walk and walk and walk. And I love that the whole beach area in Brighton is rocky. Yeah.

Cate [00:06:07]:

And, you know, when the tide comes in and then it goes out over the rocks, it just makes this really interesting sound. And it was just so relaxing to go stand there and and listen to it and just be near the water. I think that's also because of where I grew up. We used to go to the beach when it was kinda cloudy and rainy and just kinda had the same feel, so I really, really love that. So we spent a lot of time all up and down the shore in Brighton and then outside of Brighton. But also in Brighton, we we would walk around the pier once in a while. That was kinda fun. It wasn't super crowded, which was really nice.

Cate [00:06:39]:

We did go to the pavilion. That was really interesting, walking around the outside, but also touring all the rooms on the inside.

Tracy Collins [00:06:45]:

We also really like it's fascinating. Yeah. I think it's fascinating the the pavilion. I mean, you know, the Prince Regent Nellie bankrupted the country, I think, the amount of money spent on that place.

Cate [00:06:56]:

Yeah. Yeah. And it's really insight it's interesting insight because it doesn't look like all the other castles, you know, and and and palaces. So it was yeah. We really enjoyed going through that. And then we really like the lanes too. You know, there's that downtown shopping area, and there's the more modern mall area and then, you know, at the restaurants and the shops and everything. But then the lanes were also really nice, and there were a couple there were 2 different parts and, the very narrow little pedestrian areas that kinda wind around.

Cate [00:07:26]:

And there were these little boutiques and little coffee shops and, you know, so we just had fun. Like, it was only 10 minutes walking from our, Airbnb. And so we would just go down there and kind of wander around and pop into these little stores and boutiques and and cafes and stuff, and that was really nice. And then near that, I kind of on, across the street, I think that was also considered part of The Lanes, but there were it was a little bit different. There was, like, like a street fair kind of outdoor market type thing, and then secondhand stores, or charity shops, I guess, is what they're called there.

Tracy Collins [00:08:01]:

Yep. Yeah. Yeah. Yeah.

Cate [00:08:02]:

And I remember there was a fudge shop because I went in and got cloddy cream fudge there that was really good, and record stores and, you know, just kind of like more eclectic type of stores. So we really enjoyed that too. And then we just kinda wandered all over town. We went out to Hove, because Brighton and Hove. So we went out to Hove and kinda wander around there, and they had a lot of restaurants and cafes, and people were sitting outside having brunch on the weekend when the weather was nice. And, oh, and then we also kinda walked around Queen's Park, I think. We walked past Queen's Park that was kinda near where we were staying. And, we we walked out quite a ways just through, like, normal neighborhoods, you know, and then I think there was a horse racing area that was kind of on the edge of town.

Cate [00:08:48]:

And then we walked back through Queen's Park, and that was just a really pretty park, very, very, you know, kinda quiet. And there was a little lake. I remember we sat down on a bench and, this cat came over and sat on our laps and just fell asleep. It was just, you know, it's just kind of nice. And so, you know, we just did a lot of kind of exploring on the the days that we went out, and it was it was lovely.

Tracy Collins [00:09:14]:

And I think that's the kinda advantage of spending as long as you did there in one place is you really get to immerse yourself, don't you, and actually actually get to know the place that you're staying in. So you get you know, you find out the favorite little boutique shop that you like to pop into. You know, you you get your favorite little walk that you like, and you get your favorite little tea houses and places that you like to eat. So I and I know when I go anywhere, I love to find nice little tea rooms and have a nice piece of cake and a nice cup of tea. So did you have any favorite places to eat in Brighton, Kate?

Cate [00:09:46]:

Yes. And I remember that was something else I posted in your Facebook group. I was asking about where to have tea because I love tea, and I love scones, and I love clotted cream. And, so I was plotting out where I was going to have tea the whole time we were in the UK. So, after doing a lot of research, there were a lot of places in Brighton. The place that we chose was this little teeny tiny tea room and it was in Kemptown, and so it's pretty close to, downtown. So it's very easy if you're coming from London for the day. You can easily go to the Lamentarium.

Cate [00:10:16]:

It's this little teeny tiny place. I think they have, like, 3 tables in there. So we made a reservation, and we were the only ones in there the morning. So we got there, I think, right when they opened. So we were the only ones in there for, like, an hour, and so we got to chat with the owners. And we had just been in Istanbul, and they were also from that area. So it was really fun to talk with them about Istanbul and then their life in the UK and the tea room, and it was delicious. I loved their scones, loved the tea.

Cate [00:10:45]:

It was such a fun experience, so highly recommend that.

Tracy Collins [00:10:48]:

Do you have any other ones that you, became regulars at?

Cate [00:10:51]:

That was the only one. I was trying I was trying not to eat too many scones and clotted cream, but I will say that, so I also have a food blog. And, so I had to do a little research for that. And I went to a grocery store. I think we went to a bakery or maybe it was just the grocery store, and I picked up some scones, and I picked up clotted cream, and I picked up some jam. And, we went back to our Airbnb, and so we did have scones a couple more times, but we just had them in our own place, and that was good too. But the experience is just so much more fun when you go to an actual tea room.

Tracy Collins [00:11:26]:

That's true. That's true. But I I know I know the feeling because I do too many afternoon teas, and then I kinda wonder why my jeans are getting a little bit tight after a few weeks.

Cate [00:11:33]:

Yeah. We also we went to one in the Cotswolds, and then yeah. And I I mean, I can eat scones and clotted cream every day, but I really shouldn't. So I was trying to, like, space it out, but, yeah, it was it was delicious.

Tracy Collins [00:11:46]:

And, any other any other foods that you enjoyed when you were there? I know you kinda mentioned something like that. Yeah. So Miss is it mister whipped cream cheese?

Cate [00:11:54]:

Yes. Yes. Yes. So, well, first, I wanna preface this with because we were in an apartment, when we travel slowly like that, we mostly cook in our apartments. We go to the grocery store. We find lots of interesting things there, and then we make them in our apartment. And the 2 weeks before we went to Brighton, we were in London in a hotel, so we ate out every single meal. So we didn't eat out as much in Brighton.

Cate [00:12:15]:

But in addition to the tea room, we also went to, actually, there was this, like, the boardwalk to the west of the pier, and it goes along the shore. And there's little, ice cream stands, and then there's also little, places where you can get sandwiches and fish sandwiches and fish and things like that. And we went to one that was right next to the boat museum, and we ordered I think I got a bacon sandwich and my husband got some sort of fish, and, and then we got chips. And we just sat there, and they have chairs. We we sat there just enjoying the sun and enjoying the beach and eating these delicious sandwiches, so that was really good. And then on the way back, we stopped at another little stand, a little ice cream stand, and they had local soft serve ice cream or soft serve ice cream from local cows, I think. And, so, yeah, I had a a whibby with a flake, and that was also delicious.

Tracy Collins [00:13:07]:

Oh. I

Cate [00:13:08]:

could eat those every day too.

Tracy Collins [00:13:09]:

That's what we call that. I don't know about the rest of the UK.

Cate [00:13:13]:

UK. I think so. We call them a 99. Oh.

Tracy Collins [00:13:13]:

So you get a 99 with a flake.

Cate [00:13:15]:

Oh, okay.

Tracy Collins [00:13:16]:

And then the strawberry sauce, the chicken galangi.

Cate [00:13:18]:

Oh, I didn't see the strawberry sauce.

Tracy Collins [00:13:19]:

That's like a mister whoopee ice cream. That's my favorite. Mhmm. Oh, yeah. Usually, you can get strawberry sauce and then a chocolate flake and, yes, that ice cream is delicious. I'm not a massive fan of ice cream, but that stuff, yeah, really nice.

Cate [00:13:31]:

It was so good.

Tracy Collins [00:13:32]:

So that's good to know you had that. And the weather was warm enough that you could sit and enjoy an ice cream and enjoy it as well. That's good.

Cate [00:13:37]:

Yeah. We also had there were a couple other things. We had the clotted cream fudge that I mentioned earlier, and I just found a fudge shop. And I've made clotted cream fudge at home because I make clotted cream at home too. So I had to try the real thing, and that was also really good. And then when we were in London, we went to Gail's Bakery a couple times, and so we saw that in Brighton as well. So they have good sandwiches and other very delicious items, and they have really good hot chocolate. So we we went there too.

Tracy Collins [00:14:04]:

Well, that's always good to know. Doug's a big fan of hot chocolate, so he'll he'll be taking note of that when we head down to Brighton, hopefully this year or definitely next year. So when you were getting we talked about the fact you walked around Brighton a lot. Did you also take the bus?

Cate [00:14:16]:

We did. Yeah. Well, actually, when we were in Brighton, we just walked everywhere. But when we went outside of Brighton, then we took the bus. And that was really easy. We just took our we used our credit cards. We just, you know, tapped in, tapped out when we got on and off the bus. And, it was super easy.

Cate [00:14:32]:

It was very affordable. And so then we could explore lots of towns all around Brighton.

Tracy Collins [00:14:38]:

And there's there's plenty to see around Brighton, isn't there? So what sort of places what were your favorite places to visit from Brighton?

Cate [00:14:44]:

So we went out to, the 7 Sisters. We really, really liked that. It was not too far on the bus. I can't remember how long it took, but we went through some, some smaller towns. And then we we went to a little nature center, picked up sandwiches, then we walked to the beach area. And there and there, you can see the cliffs, and the view is really pretty. And then we were down at, sea level and the whole view was just stunning. It was absolutely gorgeous.

Cate [00:15:10]:

And then you can also walk up the cliff, so kind of the the grassy part of the cliff. So we did that for a little ways. And then we got back on the bus, and we went out to Burling Gap. And I wanted to go all the way to Beachy Head, but we couldn't quite make it out there because the buses weren't running. So, we just went out to Burling Ave.

Tracy Collins [00:15:28]:

Okay.

Cate [00:15:28]:

And that was really pretty too. I absolutely love walking on the cliffs and seeing the water, and and it's just it's a little scary walking on those cliffs because, you know, you get too close and you're, like, right on the edge. So I just think it's so, so beautiful. And it's one of my favorite things to do is just walk and walk and walk and walk on those cliffs.

Tracy Collins [00:15:46]:

And it's a beautiful walk, because they're white cliffs as well. Just to say that, you don't have to just go to Dover to see the white cliffs because we have white cliffs in that area too that are really, really pretty. And and as Kate said, a lovely a lovely walk. You just have to be careful, not go too close to the edge.

Cate [00:16:00]:

Yeah.

Tracy Collins [00:16:00]:

That's for sure. So that was your favorite place that you went to. So that did you go there very often? Was that a kind of regular one, or is it just kinda a couple of times you you popped there along there?

Cate [00:16:10]:

Or Yeah. We did that. We went to the 7 Sisters in Burling Gap just once. But other times, you know, we would take the bus out and we would just explore some of the towns. Like, I think there was, Saltine and Peace Haven, New Haven, Seaford. Like, we went out to some of those. And so sometimes you would just take the bus out and we would just randomly get out at a stop, and then we would just walk and walk from one town to the next or we would just walk, you know, on the cliffs. And at one time, we came across the prime meridian.

Cate [00:16:39]:

So we had visited that in London, in Greenwich, and then we were just walking on the cliff one day, and then we saw a little, like, monument, and we realized that was also the prime meridian. So that was kind of interesting too to to walk and see that. We visited some of the smaller towns along the the shore, and that was those were also really, really pretty. And then we would take the bus back. So I felt like we got to see, you know, quite a bit of that area. And then we also went west of Brighton, and we went out to Worthing. I think that was that was the one place we went. And we that was that was, you know, nice, but they have a pier and they have the the shore area.

Cate [00:17:18]:

And that was nice too, but it was really cold and windy on that day, so we didn't see a whole lot and we didn't really spend a whole lot of time there. So next time, we'll have to explore that. And then Yeah.

Tracy Collins [00:17:27]:
Oh, definitely.

Cate [00:17:28]:
The other one we did was we took the bus out to I think it's called Lewes. Is it Lewes or Lewis? I'm not sure. Lewes?

Tracy Collins [00:17:34]:
Lewes, I think. I should know that, but I think it's Lewes.

Cate [00:17:37]:
Yeah. So it's a small town, and we walked around, kind of the old town pedestrian area. And then they also have a castle. So that was also fun.

Tracy Collins [00:17:45]:
Oh, cool. So you did you did a lot. I mean, and the thing is I know you're also working at the same time. So, that's quite nice though. The ability to just to do your work, but also go out and about and explore and kinda see see the area. So you got to know that that particular south coast part of England pretty well, didn't you? So that's good. Yeah. Yeah.

Tracy Collins [00:18:02]:
I'm encouraging you next time to go up to the northeast coast.

Cate [00:18:05]:
Oh, I you know, we want to go up there. We, the the next time when we came back to the UK later on in the year, we also went down to, Margate, and then we were we spent a month in a village between Canterbury and Dover. And just because it was easier, we fly in and out of London, it was just easier. But we want to go up north. So I'm I definitely wanna do that. So and my husband spent time up there when he was a kid, so we definitely wanna, make a point to go up there.

Tracy Collins [00:18:32]:
Well, that'd be exciting. And when you do, once you've spent some time up there, we can you can come on and chat about that because, obviously, that's the that's a part of the, UK that I'm from, part of England, Northern England. So it's always good to talk about that. But it's been lovely to talk about Brighton. It is one of the places I say that I I always enjoy going to. It is such a nice place. Wandering around the lanes, going to the pavilion, you know, just soaking in that seaside, atmosphere that you you only get really in England, or well, in the UK, that kinda, you know, ice cream, walking around the the promenade and, yeah, and the pier and that sort of thing. So it's it's really good fun.

Cate [00:19:06]:
Yeah. I'm so glad we went, and I'm glad we went off season. You know, I'm not sure what it's like during peak summer, and I'm sure it's much more crowded. And I'm I don't know whether

I would love that or not, but I I was pleasantly surprised by how much we really enjoyed being there off season. And the same thing, we were in Margate, off season as well. I think I kinda have a thing for seaside towns during the off season when it's not very crowded and it's a little bit, you know, sometimes stormy and rainy. I really like that. But, yeah, we we really enjoyed it.

Tracy Collins [00:19:35]:

The the thing is in the UK that when the sun comes out, everybody just gravitates down to the seaside.

Cate [00:19:40]:

It's like, oh, sun's out.

Tracy Collins [00:19:42]:

It's warm. Let's head down to the seaside, so they can get it can get really really busy, down there. So what would be obviously, I I think I think I know what the answer's gonna be for this, but what would be your one tip for anybody who's planning to visit Brighton for the first time?

Cate [00:19:54]:

So I I have 2. 1 would be, if you are there off season, don't hesitate to go because it's lovely. And, the other one would be spend some time in Brighton, but if you can get out of Brighton, you know, go to the 7 sisters or just hop on the bus. Like, one of my favorite things to do is just hop on a bus and just go exploring. And so just, you know, get on one of the buses. We got their double decker buses, so we just would go up to the top level and go sit in the front, and we would ride it and then just get off wherever we thought looked interesting. Very memorable. A lot of my best memories are from those days where we just went out and explored very random things.

Tracy Collins [00:20:36]:

Oh, perfect. Yeah. It sounds like you had a really good time. So, Kate, thanks so much for coming on to the UK Travel Panel Podcast. Been great talking to you this week.

Cate [00:20:44]:

Well, thank you so much. It's great talking about this and and remembering our wonderful time in Brighton.

Tracy Collins [00:20:48]:

Brilliant. And I will put, in the episode show notes for this, this week, I will put links, as I said, to to Kate's Germany Facebook group and her, website and her social media so that you can pop along if you're planning a trip to Germany. I highly recommend that you have a look at that. Join the Facebook group. They're really helpful. It's exactly the same as UK travel planning. We're all out there to make sure that you get the best of your trip. So you'll find that in the show notes at, uktravelplanning.comforward/episode102.

Tracy Collins [00:21:18]:

That just leaves me though to say for this week, happy UK travel planning.