

My first visit to a Nude Beach.

Shocking. Enlightening. Beautiful.

It was the summer of 2017. I was visiting my daughter at her UBC campus in Vancouver BC, Canada. On a lonesome day while walking through the beautiful campus, I read a sign. **Wreck Beach ahead 50 mtrs.** Wreck Beach, I was told, is, hold-your-horses, a NUDE BEACH.

Now, I had heard of Nude Beaches and pondered about them but never had the opportunity to actually go to one. Initially, I thought that whoever visited had to also do so in the buff. So, the conformist in me shook my head from right to left, obviously a big NO. But, when I read Clothing optional Beach, I breathed a sigh of relief.

I thought I should go.



Walking in the direction of the arrow, I found myself climbing down a never-ending trail of steps albeit in an absolutely picturesque setting. The lush greenery and intense peace kept me going. After descending 78990 steps, I arrived at the beach expecting, maybe a few nudists. However, I was staring agape and my eyes popped out when I saw scores of men, yes, you guessed it right, in nothing but their manhood. There were women too, some topless, some bottomless, some totally bare.

Omg! I wasn't prepared for this. I didn't know where to look. Somehow, I tried to keep a straight face, hiding my amusement and awe, and maintain a distance, while casually stealing a glance while admiring the beautiful beach. Some of them were playing a very

bouncy volleyball. A few others were sunbathing, lying on their backs, exposing their privacy in all its glory. There was a pop, mom and their 7- yearish daughter all in the nude. A group of topless women were giggling and drinking.

I, for that matter, was painfully overclothed.

After the initial amusement and awe, I began to muse, What's this all about?

It took me a while to come to terms with the concept of nudity in a beach.

What I felt after visiting this is that first and foremost the concept of nude beach is not sexual. It's more about accepting you as you are, being comfortable in your own skin and appreciating your physical self. It's about acknowledging your shape, size and color. It's about treating your body as a whole. After all, we were created this way. It's a place where you can be you in the truest form, free of any restrictions and societal pressures. Free of being judged and ridiculed.

It's not a place for voyeurs. It's for people who wish to experience the concept of nudity in a public place without feeling awkward or being stared at.

Since there is no road access and you have a long trail to endure before arriving here, the visit is not accidental or incidental

Tip: Go there to experience nudism, not voyeurism. View the beautiful beach on the front and the greenscape at the back.

Visit the UBC Rose Garden a few metres away after you are done with the nudism.

What to wear: Haha obviously your birthday suit. For the inhibited a swimsuit or resortwear would suffice.