

## ACTIVITIES INFORMATION

**There is a wide variety of activities in the area and details are included on the following:**

**Rock climbing, Caving, Gorge walking, Canoeing, Climbing, Caving, Walking, Climbing Walls, Pony Trekking, Mountain Biking, Paintballing, Orienteering, Quad Biking, Ropes courses, Bush craft and Ice Skating.**

**There is also information on Activity Providers and Instruction and Attractions within 5 and 10 miles of the bunkhouse.**

### ROCK CLIMBING

#### Rock Climbing Locally

**Ddinas Rock Area - GR 912079 (near Pontneddfechan)** There is rock climbing throughout the Gorge. The best area for groups and beginners is the main cliff adjacent to the car park. There are also a number of caves of various lengths, an extensive silica mine, and areas of river suitable for gorge walks and interesting walks through the woods on rough pathways. The main rock is very popular with organised groups. Further up the Gorge in the cave area are some of the hardest free & bolted climbs in South Wales.

#### **Morlais Quarry – GR 047099 (near Merthyr Tydfil)**

A popular 20 metre limestone quarry suitable for all abilities with some poorly protected polished climbs. Belays are mainly stakes. Bouldering is limited. **It is advisable to seek permission to park vehicles at the farm which is on the opposite side of the road - go along track and turn left to the stables. Ask before leaving vehicle. Vehicles left nearer the quarry have been broken into.**

#### **Twynau Gwynion GR 065105 (near Merthyr Tydfil)**

A gem of a crag. It needs imagination to exploit its full potential. Good quality limestone generally up to 15 metres high. Great bouldering.

#### **Penallta GR 138948 (near Ystrad Mynach)**

One of the best of the sandstone crags but a little difficult for novices.

#### **The Gap GR 080963 (near Quakers Yard)**

Heavily bolted - **not really for beginners**

#### **Trebanog GR 013903**

Nice roadside crag. Sandstone

Chichester Youth Adventure Trust

### **Llangattock Hillside – GR 186158 (near Crickhowell)**

Quarry climbing for all abilities & good for groups.

Groups of more than 5 need to use a booking service and may need to pay a small fee. Booking is done through Crickhowell Adventure Gear (01873 810149) or call in person at 1 High Street, Crickhowell. Bookings can be taken up to 8 weeks in advance.

## **Rock Climbing Further Afield**

### **Gower Peninsular**

Much quality climbing to be had alongside some indifferent ground.

**3 Cliffs** is good for beginners, but beware of the tides. Also consider **Mewslade**, **Little Tor** and **Boiler Slab**.

### **Pembroke Coast**

Probably the best sea cliffs in Britain. Little easy terrain. Good areas include **Tenby**, **Lidster point**, **St Govan's Head**, **MOD range**.

**Climbing routes for all areas can be found in the South Wales Mountaineering Club guide book**

## **CAVING**

There are some of the longest cave systems in Britain in South Wales with the potential for many more discoveries. There are numerous smaller caves offering a variety of moderate trips for the novice and intermediate caver alike. Although many caves are fossil systems with little drainage there are still a number of active systems.

### **Caving Locally**

#### **Ddinas Rock Area Silica Mines – GR 912079 (near Pontneddfechan)**

The silica mines found on either side of the Afon Sychryd offer a good introduction to the novice. However there are some dangerous areas in this system. A survey containing areas of concern annotated by a HSE approved mines' inspector should be consulted. This is available by arrangement with the Association of Heads of Outdoor Education Centres. It is essential that groups **are not** taken into these mines without consultation with this survey, competent leadership and the correct equipment.

#### **Wills Hole - GR 914080 (near Pontneddfechan)**

10 metre pitch. Muddy cave with some deep water. **Not recommended** for novices.

#### **Ogof Bwa Maen - GR 914080 (nr Pontneddfechan)**

A short distance above the car park on the right of the river. A short cave, but it provides some interest for groups. Care needed with drops etc.

#### **Ogof Pont Sychryd –GR 912079 (near Pontneddfechan)**

This cave is **not** for novices. It is on the left-hand side of the river near the car park at river level. A series of squeezes. Beware of flooding.

## **Caving further afield**

### **Porth yr Ogof - GR 928123**

A great cave for novices. Squeezes, climbs, and mazes. It has everything but it is very popular. Beware of cold wet passages and **avoid at all costs the deep water in the resurgence area.** Many victims have been claimed.

### **Bridge Cave/Pwll y Rhydd/White Lady/Town Drain - GR 911139, GR 912137 and GR 911137**

All these are good caves for an introduction to caving but beware of deep water and flooding. Pay local farmer for access.

### **Little Neath River Cave - GR 911141**

**A gem of a cave, but definitely not for novices. Flooding is a serious problem.**

### **Eglais Faen (Llangattock)- GR 193157**

A bit of a walk (1 mile) but an interesting and generally safe cave. Beware of drops. A bit muddy but good for novices. Beware on cold days. The car park is a target for thieves.

### **Ogof Fechan – GR 970097**

The `duck` would be too much for beginners. Route finding can be difficult.

### **Ogof Clogwyn – GR214124 (Clydach Gorge nr Brynmawr)**

Approach needs care, Although short (17metres) good for novices. Fascinating cave form.

### **Llygad Llŵchwr – GR 668178**

Some access problems. Ok for novices, but a bit limited. Beware deep water.

### **Ogof y Ci – GR 040104 (nr Morlais)**

A great cave, but quite small for beginners. Ok if they are confident. Permission from Llywn-y-ci farm

There are some other short sections of cave throughout the **Sychryd Gorge.**

## **Useful contacts**

SOUTH WALES CAVING CLUB. [www.swcc.org.uk](http://www.swcc.org.uk)

CAVES OF SOUTH WALES [www.ogof.org.uk](http://www.ogof.org.uk)

## **GORGE WALKING**

**Ddinas Rock – area.** Parts of the gorge particularly near the silica mine entrances and upstream on the Afon Mellte from the car park area provide opportunities for exciting adventure activities. Swings, Tyrolean traverses, boulder hopping, rock traverses and 'jumps' have all been done. It needs imagination **but remember this is some of the most dangerous terrain to move in. Beware of falls and deep water.** There is no substitute for experienced leadership.

The gorge area is also interesting terrain for walking although care should be exercised with some of the steeper and unconsolidated slopes.

## **CANOEING**

The area is well served with mid grade canoeing opportunities whether on the sea, rivers or canals in kayaks or open canoes. The fishing season poses some restrictions in summer but there are still alternatives **For access arrangements for the rivers Wye and Usk contact Wye and Usk Foundation**  
[www.wyeuskfoundation.org/navigation](http://www.wyeuskfoundation.org/navigation)

### **River Wye**

Toll bridge at Hay has good parking - access charges apply.

Glasbury to Hay on Wye - 6 miles.

This is a classic grade 1 trip. There is normally no problem but access is restricted at weekends and evenings. Some moving water.

Hay on Wye to Monnington Falls  
Generally slow-moving

Monnington Falls to Hereford  
Generally slow-moving

Symonds Yat  
Grade 2 rapid. Interesting but often crowded.

Builth Wells to Glasbury - 14 miles  
Up to grade 3.

### **River Usk**

Excellent river. Some access problems. *See also separate sheet 'CYAT Canoeing' for further details*

Sennybridge to Brecon  
Grade 2 with good drops

Brecon to Talybont  
Grade 2 with trees. **Not for beginners**

Talybont to Crickhowell  
Classic trip, Grade 3. **Not for beginners**

Chichester Youth Adventure Trust

### **Monmouthshire and Brecon Canal**

Many points of access (Brecon, Pencelli, Talybont, Neath, etc). Good for beginners and has a tunnel. **Canoe licences** available from: Canal and River Trust [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk) .Tel: 03030404040

### **Other areas**

The Gower coast is very interesting and Llandyssal (Teiffi) is good but with access problems. Canoeing is also possible on Llangorse Lake and Pontsticilli reservoir, the latter by arrangement with **Dolygaer** Outdoor Education Centre.

### **Canoe instruction and hire**

BLACK MOUNTAINS ACTIVITIES,

[www.blackmountains.co.uk](http://www.blackmountains.co.uk)

Three Cocks, Brecon, LD3 0SD.

Telephone 01497-847897

WYE VALLEY CANOES,

[www.wyevalleycanoes.co.uk](http://www.wyevalleycanoes.co.uk)

The Boat House, Glasbury, , HR3 5NP

Tel: 01497-847213

MOUNTAIN AND WATER,

[www.mountainandwater.co.uk](http://www.mountainandwater.co.uk)

PO box128, Abergavenny, NP7 1AG

Tel: 01873-31825

PADDLES AND PEDDLES,

[www.canoehire.co.uk](http://www.canoehire.co.uk)

Racquet Lodge, Wyecliff, Hay on Wye, HR3 5RS

Tel: 01497820604

LAKESIDE CARAVAN PARK,

[www.llangorselake.co.uk](http://www.llangorselake.co.uk),

Tel: 01874-658226,

Lakeside Farm, Llangorse, Brecon, LD3 7T

## **WALKING**

There are a number of excellent walks that can be done from the bunkhouse and the bunkhouse has met the Welsh Tourist Board `Walkers Welcome` requirements. The `Waterfall country` above Pontneddfechan (GR 901077) is only a few miles away with spectacular waterfall scenery.

A file of local walks can be found in the Leaders Room.

### **Sgwd yr Eira Waterfall**

This is a classic walk alongside the Mellte and Hepste rivers and it is possible to walk behind Sgwd y Eira the most dramatic of the falls. Slippery in places. Follow recognised footpaths to avoid danger. Access at many points including Pontneddfechan (GR 901077). Sgwd y Eira is 90 minutes from the centre by foot.

### **Central Brecons**

Apart from the over used horseshoe some of the eastern area including Craig Fan Ddu and Pant y Creigau are interesting. There are also interesting gorges in the Blaen y Glyn area.

### **The Black Mountains (near Abergavenny)**

Possibly the best hill walking. Includes a bothy at Grwyne Fawr reservoir and 'best' mountain, Pen y Gadair Fawr. Do not miss the 'Cat's Back' on the eastern flank.

### **The Black Mountain (Upper Swansea Valley)**

A wonderful wilderness where you will hardly meet anyone. The Banneau Brynchiniog ridge is the most outstanding feature but the interior provides solitude and some interest.

### **The Valleys**

Some interesting wandering can be had along the Morganwy Way, with additional scope for mountain biking.

### **In the Romans' footsteps**

North of Ystradfellte it is possible to follow the course of an old Roman road that linked Neath to Brecon. The walk is best started from the Blaen Llia car park on the Heol Senni to Ystradfellte road (GR 927166) and heads south to Bwlch before turning west and then north east to pick up the Roman Road to pass by the Roman Camp in the forest at the end. Takes about 2 ½ hours.

### **Waterways between Brecon and Brynich**

Starting at the Brecon on the west side of the river at the car park at GR 043285 it is possible to follow a circular route out via Abercynrig Mill and returning by the towing path that runs between the Usk and the canal. The walk takes about three hours.

### **Bryn Oer Tramroad**

This route which takes about three hours starts and finishes at Talybont-on-Usk. It follows the course of the old tramroad to Talybont reservoir. Here it leaves the tramroad to head east to join the towing path alongside the canal that leads you back to Talybont-on-Usk.

### **Circular route around Mynydd Llangorse**

Start at Cwm Sorgwm at GR 161283. This walk takes about three hours and provides views of Llangorse Lake, the Beacons and the Black Mountains.

### **The Gower Coastline**

Well worth a visit if you want a change from mountain scenery. Dramatic coast and cliff walks offering interest, solitude and beauty.

## **CYCLING AND MOUNTAIN BIKING**

The area is renowned for both road and mountain biking at all levels. The bunkhouse has met the Welsh Tourist Board `Cyclists Welcome` requirements and has a large lock up bike store and bike wash facility.

Road bikers will love the country rides and steep mountain roads with fast descents found in the Brecon Beacons. Mountain Bikers can enjoy some of the finest off road riding in southern Britain and access to 4 man-made trail centres offering riding at all levels.

A folder of bike routes can be found in the Leaders Room.

### **MOUNTAIN BIKING**

#### **From the centre**

- a)** Go back to the main road. Turn right to go up to Rhigos. Turn right, then left and follow road to Cwm-hwnt and Maesyffynon House. Follow track west along Craig Hendre-fawr to Pontwalby and then NE towards Craig y Ddinas. Take bridleway NE past Moel Penderyn and end with long downhill on minor road back to track leading to the centre.
- b)** Go back to main road. Turn left and go through industrial estate, over the first roundabout and go straight over the next roundabout towards Treherbert. This gives access to a large number of forest tracks from just south of Coed Morgannwg Way at GR 923027. To the east is a surfaced forest track. To the west there are many possible options. There is a good descent back to Hirwaun.

#### **From near Dolygaer Outdoor Pursuits Centre.**

Parking is available at the southern end of Pentwyn Reservoir on the west side.

- a)** Head northeast up Cwm Callan to bridleway junction on Pen Bwlch Glasgwm. Turn southwest. At first exposed and then a long grassy down hill past Cerrig y Llwyni (on the right) and keeping right at bridleway junction (not obvious) to join road. Head north alongside Pontsticill reservoir to start.
- b)** As a) but at bridleway junction carry on north east towards Pen Rhiw-calch (spot height 394m). Turn left and follow long but easy uphill. Head south near Blaen-y-glyn to follow dismantled railway back to start.

#### **Taff Trail**

This long distance route runs from Cardiff to Brecon. It passes through a variety of landscapes and has specifically been designed for cyclists and walkers. The trail passes through a variety of landscapes allowing the user to explore the beauty of the Taff valley. Part of the route follows the course of the old railway line that ran from Merthyr to Brecon.

#### **Roman Road through the Brecon Beacons**

A classic route starting at Talybont-on-Usk and going south to the Roman Road that runs up past the Neuadd reservoir across the pass between Cribyn and Fan-y-Big before dropping down to the north. The high point is almost 2,000ft (600m) so go prepared. Distance about 18 miles.

## Trail Centres

Located at: Afan Forest; Cwmcarn; Brechla; Bike Park Wales( Merthyr Tydfil). More information from: [www.cognition.co.uk](http://www.cognition.co.uk). They also have bike hire and repair facilities

Wales is fast becoming notorious for it's single track routes within the beautiful Forests of Wales.

Now in the [Brecon Beacons National Park](#) sixteen routes make the [Brecon Beacons](#) a top destination.

Ride open forests, struggle up loose and steep climbs, weave down some wonderful descents and find some of the most steepest and challenging drops. Whether you want bone shaking moorland or gentle spins through stunning countryside you'll find it in the [Brecon Beacons](#).

In order for you to plan your visit, all the routes start and finish at one of the 5 major mountain bike centres called hubs. The rides are also graded to help you in selecting the right route for the day and your own riding fitness/ability.

A route pack is on sale which contains all 16 routes and lots of useful information. All routes are on public rights of way and are cared for by the [Brecon Beacon National Park](#) Wardens. By purchasing the route pack you will be helping to maintain the routes as some of the money is used for this purpose.

### Beacons Bike Bus

This service operates from Swansea and Cardiff from end of May until End of August on Sundays and Bank Holidays. There are Cycle loading and unloading stops at [Brecon](#), [Talybont on Usk](#), Storey Arms, Garwnant Visitors Centre, Glynneath, Brecon Mountain Railway, Cardiff Bus Station, Gabalfa, Tongwynlais Quality Hotel, Rhydycar Leisure Centre, Killay Square, Sketty Cross, Quadrant Bus Station.

For full details about times call 01873 853254 or [www.visitbreconbeacons.com](http://www.visitbreconbeacons.com)

### Bike Hire, Repairs & Guides

Bikebase 01873 855999 [www.bikebasewales.com](http://www.bikebasewales.com)

Mon-Fri 8.30am-6pm, Sat 9am-5pm, Sun 10am-4pm. Bike & accessory sales, repairs & servicing.

Bikes & Hikes 01874 610071 [www.bikesandhikes.co.uk](http://www.bikesandhikes.co.uk)

We offer Mountain Bike Hire and delivery service as well as guided rides. Accessory, sales, repairs.

Bi-Ped Cycles 01874 622296 [www.bipedcycles.co.uk](http://www.bipedcycles.co.uk)

Mon- Fri 9am-5.30pm Sat 9am-5pm (Sun open by arrangement for bike hire).

Bike & accessory sales, Bike hire, wheel building, repairs, servicing, delivery, collection & guide service.

Black Mountain Activities 01497 847897 [www.blackmountain.co.uk](http://www.blackmountain.co.uk)

Mon-Sun 9am-5pm Bike hire, delivery & collection service. Instructors/Guides.

Brecon Activities 01874 624387 [www.breconactivities.co.uk](http://www.breconactivities.co.uk)

Mon-Sun 9am-5pm. Bike hire and guiding service.

Brecon Cycle Hire 01874 622651 [www.breconcycles.com](http://www.breconcycles.com)

Mon-Sat 9am-5.30pm Bike & accessory sales, Bike hire, wheel & Bike Building, repairs.

Gateway Cycles 01873 858519 [www.gatewaycycles.co.uk](http://www.gatewaycycles.co.uk)

Mon-Sat 9am-5.30pm Bike & accessory sales, repairs, servicing, bike hire.

Hobo Backpackers 01495 718422

Mon-Sun 9am-7pm. Bike guiding & maintenance [www.hobo-backpackers.co.uk](http://www.hobo-backpackers.co.uk) courses.

Chichester Youth Adventure Trust

M& D Cycles 01873 854980 [www.mndcycles.co.uk](http://www.mndcycles.co.uk)

Mon-Sat 9.30am-5.30pm Bike & accessory sales, repairs & servicing.

[www.mountainbikewales.com](http://www.mountainbikewales.com) Wednesday evenings and weekend club rides.

Pedalaway (Abergavenny) 01873 830219 [www.pedalaway.co.uk](http://www.pedalaway.co.uk)

Mon-Sun 9am-7pm Bike hire only.

Pedalabikeaway (Garwnant Visitor Centre)01685 723060

Mon-Sun 9am-5pm Bike hire, (leisure cycles).

Cycle Breaks

These are leisure cycle routes that follow country lanes and tracks through the spectacular scenery of the [Brecon Beacons National Park](#). The routes vary in length from 6 miles to 52 miles, all routes start and finish at either [Brecon](#) canal basin or [Brecon](#) town centre. A route pack with maps is available for sale cost £5.99 from Tourist Information Centres. Further information from

[www.cyclebreconbeacons.com](http://www.cyclebreconbeacons.com).

Other useful Links

- [Lon Las Cymru - the Welsh National Cycle Route](#)
- [Cycle Brecon Beacons](#)
- [MTB Brecon Beacons](#)
- [Elan Valley](#)
- [Builth Wells Cycles](#)
- [Bicycle Beano Cycling Holidays](#)

## PONY TREKKING

**Llangorse Multi Activity Centre**

[www.activityuk.com](http://www.activityuk.com)

The Gilfach,Llangorse, Brecon, LD3 7UH.

Tel: 03336002020

**Green Meadow Riding Centre**

[greenmeadow-ridingcentre.co.uk](http://greenmeadow-ridingcentre.co.uk)

Aberdare Country Park,

Tel: 01685874961

**Pentre Riding Centre**

[www.pentresstables.co.uk](http://www.pentresstables.co.uk)

Brecon Rd, Craig y Nos, Pencae

01639730639

**Gilfach Farm,**

[www.activityuk.com](http://www.activityuk.com)

Llangorse, Brecon, LD3 7UH

Tel: 03336002020

**Ellesmere Riding Centre**

[www.ellesmereridingcentre.co.uk](http://www.ellesmereridingcentre.co.uk)

Llangorse

Brecon

01874 658252

Chichester Youth Adventure Trust

**Cantref**

[www.cantref.com](http://www.cantref.com)  
Upper Cantref Farm  
Cantref, Brecon  
01874 665223

**Tregoyd Mountain Riding Holidays**

[www.tregoydriding.co.uk](http://www.tregoydriding.co.uk)  
Tregoyd Farm  
Brecon  
01497 847351

**Golden Castle**

[www.golden-castle.co.uk](http://www.golden-castle.co.uk)  
Golden Castle  
Crickhowell, Llangattock  
01873 812649

**Trevelog Farm - Pony Trekking**

[www.ponytrekking.net](http://www.ponytrekking.net)  
Llanthony, Abergavenny, NP7 7NW  
Abergavenny  
01873 890216

**Llanthony Riding & Trekking**

[www.llanthonyriding.co.uk](http://www.llanthonyriding.co.uk)  
Court Farm  
Abergavenny  
01873 890359

**PAINTBALLING**

Phoenix Paintball Games (also offer team building and survival techniques)

[www.phoenixpaintball.co.uk](http://www.phoenixpaintball.co.uk)  
35, Poplar Place, Trefechan, Merthyr Tydfil, CF48 2ER.  
Tel: 01685 385530 Mobiles: 07958 601855, 07500 132904

Combat Zone Live,

[www.combatzonelive.co.uk](http://www.combatzonelive.co.uk)  
1 Dare Valley Country Park, Aberdare, CF44 7RG  
Tel: 07859898222

**QUAD BIKING**

Taff Valley Quad Bike & Activity Centre ( also many other activities).

<http://www.adventurewales.co.uk>  
Taff Valley, Cwrty Celyn Farm, Upperboat, Pontypridd, CF37 5BJ  
Tel: 02920 831658

Chichester Youth Adventure Trust

## **CLIMBING WALLS**

LLANGORSE MULTI ACTIVITY CENTRE.

[www.activityuk.com](http://www.activityuk.com)

The Gilfach, Llangorse, Brecon, LD3 7UH.

Tel: 03336002020

A fun facility offering all grades.

ROCK U.K SUMMIT CENTRE

[www.rockuk.org](http://www.rockuk.org)

Old Drift Mine, Trelewis. Treharris, Merythr Tydfil, CF46 6RD

Tel: 01443710090

Excellent for all grades.

BOULDERS CLIMBING CENTRE

[www.bouldersuk.com](http://www.bouldersuk.com)

Pencum Rd, Cardiff, CF24 2RZ

Tel: 02920484880

Includes a large bouldering area.

## **ORIENTEERING COURSES**

DARE VALLEY COUNTRY PARK

[www.darevalleycountrypark.co.uk](http://www.darevalleycountrypark.co.uk)

Near Aberdare.

Tel: 01685874672

CYFATHFA PARK

[www.swoc.org.uk](http://www.swoc.org.uk)

Near Aberdare

## **ICE SKATING**

PLANET ICE

[www.planet-ice.co.uk](http://www.planet-ice.co.uk)

Cardiff Bay, Empire Way, Cardiff

[Tel:02920382001](tel:02920382001)

## **GEOCACHING**

There is a folder of geocaches in the Waterfall Country and some in an area to the northeast of Ystradfelte.

## **ABERDARE COUNTRY PARK**

[www.darevalleycountrypark.co.uk](http://www.darevalleycountrypark.co.uk)

Audio visual display, café, waymarked walks, horse riding/ trekking

Chichester Youth Adventure Trust

## **CYFARTHFA VISITOR CENTRE**

Near Aberdare

Tel 01685-371555 (May to September)

## **NATIONAL PARK VISITORS CENTRE**

[www.breconbeacons.org](http://www.breconbeacons.org)

Tel:01874623366

Libanus Brecon, LD3 8ER

4 miles from Brecon and worth a visit.

## **NATIONAL SHOW CAVES CENTRE FOR WALES DAN YR OGOF**

[www.showcaves.co.uk](http://www.showcaves.co.uk)

Abercrave, Swansea, SA9 1GJ

Tel: 01639 730284

## **ACTIVITY PROVIDERS AND INSTRUCTION**

### **TAFF VALLEY QUAD BIKE & ACTIVITY CENTRE**

[www.adventurewales.co.uk](http://www.adventurewales.co.uk)

Taff Valley, Cwrt y Celyn Farm, Upperboat, Pontypridd, CF37 5BJ

Tel: 029 20 831658 email: hopkinsmith@btconnect.com

(Quad bikes, clay shooting, canoeing, mountain biking, climbing, archery)

### **KEVIN WALKER MOUNTAIN ACTIVITIES,**

[www.mountain-activities.com](http://www.mountain-activities.com)

74 Beacons Park, Brecon, 21 Clos Cilau, Llangattock, Crickhowell, NP8 1LA.Tel:

01873812166

(mountain activities)

### **MOUNTAIN AND RIVER ACTIVITIES**

[www.mountainandriversactivities.com](http://www.mountainandriversactivities.com)

5 Yngs Nedd, Resolven

Neath,SA11 4LR

(caving, climbing, hill walking, gorge walking, caving, bush craft)

### **BLACK MOUNTAINS ACTIVITIES,**

Three Cocks, Brecon, LD3 0SD.

[www.blackmountains.co.uk](http://www.blackmountains.co.uk)

Telephone 01497-847897

(white water rafting, mountain biking, canoeing, gorge walking climbing and abseiling, caving, high ropes course, clay pigeon shooting, raft build, adventure day, archery)

Chichester Youth Adventure Trust

MOUNTAIN & WATER

[www.mountainandwater.co.uk](http://www.mountainandwater.co.uk)

2 Upper Cym Nant Gam, Llanelli Hill near Abergavenny, NP7 0RF

Tel: 01873 831825

(Canoeing, kayaking, rafting, rock climbing, abseiling, gorge walking, caving, wayfaring, team building)

TYF ADVENTURES

[www.tyf.com](http://www.tyf.com)

1 High Street, St Davids, Pembrokeshire SA62 6SA,

Tel: 01437 721611,

(coasteering, kayaking, surfing, climbing and abseiling)

SEALYHAM ACTIVITY CENTRE,

[www.sealyham.com](http://www.sealyham.com)

Wolfscastle, Haverfordwest, Pembrokeshire

SA62 5NF – tel 01348 840763

(climbing, abseiling, rope courses, coasteering, orienteering, surfing, kayaking, canoeing, and archery)

ROCK U.K SUMMIT CENTRE

[www.rockuk.org](http://www.rockuk.org)

Old Drift Mine, Trelewis. Treharris, Merythr Tydfil, CF46 6RD

Tel: 01443710090

(Climbing and abseiling, archery, bush craft, caving, canoeing, raft building)

**It is up to leaders to satisfy themselves that where a centre is used for hazardous pursuits it is appropriately licensed by the Adventure Activities Licensing Authority. [www.hse.gov.uk](http://www.hse.gov.uk)**

## **OUTDOOR EQUIPMENT SHOPS**

Situated in Brecon, Crickhowell, Cardiff and Swansea.

## **ATTRACTIONS WITHIN ABOUT 5 MILES OF THE CENTRE**

- Craig y ddinas (climbing, caving, gunpowder mines)
- Sgwd y Eira (waterfall on Hepste river – you can walk behind it)
- Moel Penderyn (nearest hill)
- Penderyn Cycleway
- Porth yr Ogof
- Pontneddfechan – tourist information office and display
- Sgwd Clun gwyn (waterfall on Mellte river)
- Sgwd Isaf Clun gwyn (waterfall on Mellte river)
- Sgwd y Pannwr (waterfall on Mellte river)
- Sgwd Einion Garn (waterfall on Pyrddin river – from Pontneddfechan)
- Sgwd Gwladus (waterfall on Pyrddin river – from Pontneddfechan)
- Coed Morgannwg (forest to south – suitable for mountain biking)
- Llyn Fawr, Llyn Fach and Craig y Llyn (SSW of Rhigos)
- Mynydd Beili glas – south of Rhigos (hill just under 560m)

- Penderyn Distiller

## **ATTRACTIONS WITHIN ABOUT 10 MILES OF THE CENTRE**

- Taff Trail (walking and cycling)
- Garwnant Forest (visitor centre, cycle hire, orienteering)
- Craig y Nos Country Park
- Dan-yr-Ogof Showcaves
- Aberdare Leisure Centre
- Dare Valley Country Park
- Coed Morgannwg Way (long distance footpath – south of Rhigos)
- Henrhyd Falls
- Rare breeds Farm, Cefn-yr-erw
- Fan Nedd 663m
- Fan Llia 632 m
- Merthyr Tydfil (various museums + TI office)
- Heritage Trail, Morlais near Merthyr Tydfil
- Sarn Helen (Roman road)
- Cantref reservoir (fishing)
- Brecon Mountain Railway near Merthyr Tydfil
- Aberdare shopping centre