

This adventure day is suitable for active people who enjoy the outdoors.

Martin and Hester, your Guides, are looking forward to giving you a great day out whatever the weather!

Your adventure takes place in an unspoiled, remote area where there are shake holes, caves, lakes and rocky limestone crags. There are few paths. The ground may be rough, wet and slippery.



During the day

Learn to use a map and compass.

Cross a river

Find secret pools, waterfalls and an aircraft wreck.

See 300 million years old fossilised trees.

Learn pacing techniques to measure distance covered over ground.



### Prices

£20 Adults: £10 Children:  
**25% discount is offered**

for groups of more than 6 booking in advance.  
Children accepted aged over 11 to 18 who must be accompanied by a parent, guardian or responsible adult.

**Pre Booking is essential!**

**Telephone 01685 811949**  
**e mail [Martinswalks@aol.com](mailto:Martinswalks@aol.com)**



*Bringing you closer to the Outdoors*



Martin and Hester reserve the right to change the format of the day to suit conditions.

**WHERE**

Meet at 10.00 a.m. at Craig Y Nos Visitor Centre (Pay and Display Car Park), Toilet facilities and refreshments.

The sketch map below shows the main features in the Upper Swansea Valley near where our walks take place.

## Disclaimer

Participants must accept full responsibility for their own actions throughout the day especially their choice of route over rough, muddy and slippery ground. Concentration and care in foot placing is essential for your safety in this environment. Please take all your litter including tissues home with you and observe the Country Code at all times. You will need to be reasonably fit and able to walk 6 to 8 miles over rough ground. Bring waterproof clothing (no jeans), good strong leather boots (no trainers) and a packed lunch. Gaiters will be useful if you have them.

## Guided Walks with a Difference!

Come for an  
**ADVENTURE WALK**  
IN A REMOTE  
AREA OF

### THE BRECON BEACONS



- Walk in stunning scenery
- Learn about the legends of the area
- Use a compass

**To book please telephone  
01685 811949**

### UPPER SWANSEA VALLEY

This area forms part of the Fforest Fawr Geo Park specially designated, in Europe, for its geological interest and landscape.



Sgwd Ddu waterfall

Dan Yr Ogof Caves and campsite

Pony Trekking

Afan Haffes

Parking Area

Afan Tawe

Craig y Nos Visitor Centre

A 4067 to Ystradgynlais