

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! They both have bus passes so older active people are especially welcome!

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.

Wade through a river

Find secret pools and waterfalls.

Locate landmarks to help find a remote lake.

Learn pacing techniques to measure distance covered over ground.

Get wet and dirty...



Then clean up !!

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



Bringing you closer to the Outdoors



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

"No paths, no tracks, no problem"

WHERE

Meet at 10.00 a.m. near Dan Yr Ogof Caves (A4067). We park on the minor road next to the Tawe Bridge (see map) 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!

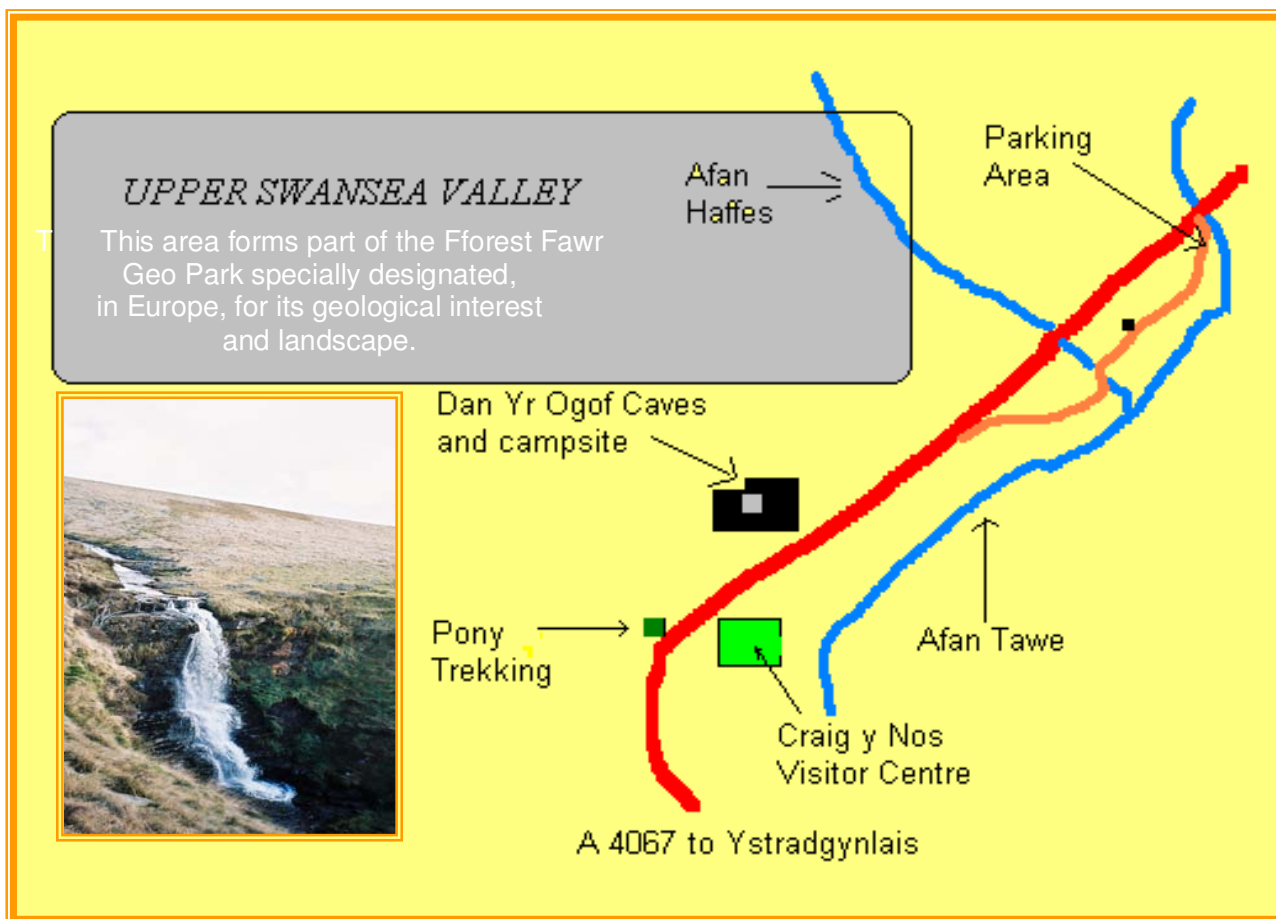
Come for an
**ADVENTURE WALK
IN A REMOTE
AREA OF**

THE BRECON BEACONS



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

**Reserve a place on this
FUN DAY which is also
INSTRUCTIVE today!**



UPPER SWANSEA VALLEY

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

