

South Wales Sport Climbs

A rock climbing guidebook to the best sport climbing in South Wales

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Cover: Rhoslyn Frugtniet on *Retrobution* (7b) - page 107 - Trial Wall, Gower. Photo: Simon Rawlinson

This page: Naomi Buys breaking out of the final corner of the classic Dinas Rock testpiece *Berlin* (7a+) - page 189.
Photo: Mike Hutton

Mark Glaister
Goi Ashmore
Roy Thomas
Gary Gibson

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valleys Sandstone

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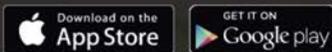
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Jen Stephens midway up the sustained off-vertical wall climbing on the excellent *Black Magic* (6b) - page 331 - at Navigation Quarry. Photo: Mark Glaister

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Carmarthenshire
Gower
Inland and Coastal Limestone
The Valleys Sandstone

South of the Brecon Beacons lies a wealth of sport climbing that spans from the River Wye to the Welsh Border in Pembrokeshire. Until now, it has been somewhat unknown, overshadowed by better known areas.

The Valleys Sandstone quarries and the spectacular sea cliffs of Gower have been climbed on for decades, resulting in many steel-fingered locals and numerous stunning trad sea cliffs respectively. However, since the late 1980s it has been the development of sport climbing that has been the major source of action in the area, firstly on the sandstone quarries and now across the inland limestone and coastal limestone cliffs.

The area offers a multitude of venues located in environments that vary from sea cliff to mountainside, and post-industrial landscapes to world heritage settings. This book covers the sport climbing that has been developed on this varied collection of natural and quarried crags of both limestone and sandstone.

The routes on offer cover the full grade span - ranging from easy-going 3s and 4s through to some state-of-the-art upper end grade 8s. There is plenty to keep both local and visitor busy for a long time, with over 1800 fully bolted routes documented in this guide and potential for many more to come.

The area is conveniently situated - whether you are based in Cardiff or Swansea, travelling to or from Pembrokeshire, or on a quick trip from London down the M4 corridor. There is plenty to appeal for quick evenings, full weekend trips or as an escape from bad weather elsewhere. Staying in the area is easily arranged, with the popular options of camping or modern hostel accommodation being widely available.

The climbing is easily split into four main areas - Carmarthenshire sea cliffs, Gower, Inland and Coastal Limestone and The Valleys Sandstone.

Gower's stunning beaches and cliffs will be a main draw for holidaying visitors and locals alike, whilst nearby Carmarthenshire's remote sea cliffs will reward those prepared to try somewhere off of the beaten track.

The inland limestone and coastal cliffs are situated in a wide circle around the Valleys Sandstone. Some of them are long established and well used by locals, but have not been recognised by climbers coming from further afield and deserve much more attention.

Finally the sandstone quarries that line the sides of the valleys stretching up towards the Brecon Beacons bring a fascinating dimension to the area. The ambience is not always what many go climbing for, but lurking in the confines of these little known venues are some truly memorable pitches that will test technique and finger strength to the maximum.

So if you have enjoyed the sport climbing at Portland, North Wales, The Peaks or Yorkshire give South Wales a punt - rock up at Foxhole, Rhossili, Dinas Rock, Witches Point, Sirhowy, Tirpentwys, Navigation Quarry or Gilwern and you might well be in for a pleasant surprise.

Mark Glaister, October 2016



Cai Bishop-Guest hanging out on the lip of Foxhole's Top50 classic *Pioneers of the Hypnotic Groove* (7b) - page 143. Foxhole is one of a number of fine sport climbing venues on Gower and offers opportunities for cragging throughout the year. It also has the benefit of being non-tidal and sheltered from the rain. Photo: Simon Rawlinson

Coverage

This book covers virtually all the worthwhile sport climbing to be found on the limestone and sandstone crags and quarries of South Wales. It isn't a definitive coverage in the traditional style of guidebook, and the area is constantly developing hence there are always likely to be new routes being added. However, it is the most comprehensive documentation of sport climbing in this area yet published and will be added to and improved in both print and digital formats over the coming years.

The trad climbing in the area has not been covered. In some places we have listed a few trad routes, and you would be well advised to pack a trad rack if visiting the crags since there are a number of semi-sport routes and fully trad challenges amongst the sport routes. In most cases these are in the harder grades.

The coverage is in the now familiar format designed so that you should never have to turn more than a few pages to first get to the crag, then get to the buttress and finally locate the start of your chosen route. All route descriptions are on the same page as their topo and listed from left to right. There are many other features to help choose suitable routes and crags depending on specific weather conditions or your ability level. You can select a crag from the crag tables on page 42. Each topo also has crag symbols for a quick glance check - see key on page 9.

This book is also available in digital form on the Rockfax App - see page 8 for more information.

Guidebook Footnote

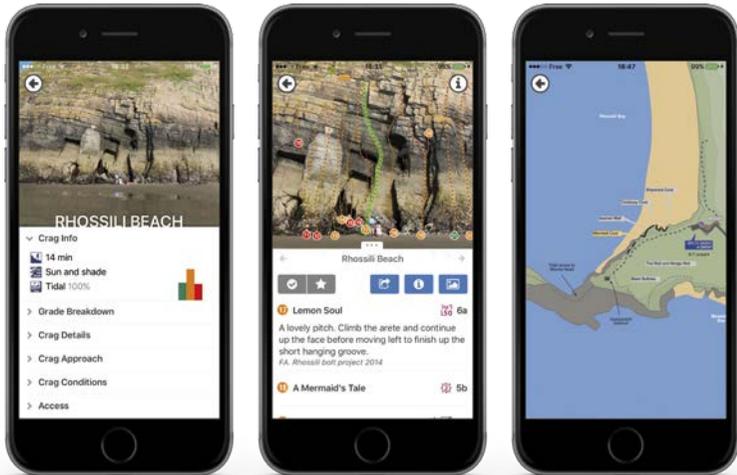
The inclusion of a climbing area in this guidebook does not mean that you have a right of access or the right to climb upon it. The descriptions of routes within this guide are recorded for historical reasons only and no reliance should be placed on the accuracy of the description. The grades set in this guide are a fair assessment of the difficulty of the climbs. Climbers who attempt a route of a particular standard should use their own judgment as to whether they are proficient enough to tackle that route. This book is not a substitute for experience and proper judgment. The authors, publisher and distributors of this book do not recognise any liability for injury or damage caused to, or by, climbers, third parties, or property arising from such persons seeking reliance on this guidebook as an assurance for their own safety.

This South Wales Sport Climbs guidebook is also available on the Rockfax App which brings together all the Rockfax climbing information with UKC Logbooks and presents it in a user-friendly package for use on Apple iOS devices (Android version available from early 2017).



The heart of the app is the Rockfax crag and route information which is downloaded by way of paid in-app purchases for individual crags, or bundles of crags, in 'Areas' which correspond roughly to printed guidebooks. You can purchase each crag or area individually, or the whole book. The main data on the app is downloaded and stored on your device so you don't need any signal to be able to read the descriptions and see the topos and maps. There is a free sample crag for each area and some of these are quite extensive, enabling you to get a really good impression of what the app is like without shelling out any money.

The Rockfax App itself is a free download and incredibly useful in its own right. It contains a detailed crag map linked to the UKClimbing crags database (currently with basic information and routes lists for around 20,000 crags worldwide). The map also displays all the 4,000+ listings from the UKClimbing Directory of climbing walls, outdoor shops, climbing clubs, outdoor-specific accommodation and instructors and guides amongst others.



To find the app, search for 'Rockfax app' in Google or in the appropriate app store.

UKC Logbooks

An incredibly popular method of logging your climbing is to use the **UKClimbing.com** logbooks system. This database lists more than 383,000 routes, over 20,500 crags worldwide and, so far, more than 31,000 users have recorded over 4.9 million ascents! To set up your own logbook all you need to do is register at **UKClimbing.com** and click on the logbook tab. Once set up you will be able to record every ascent you make, when you did it, what style you climbed it in and who you did it with. Each entry has a place for your own notes. You can also add your vote to the grade/star system linked to a database on the Rockfax site used by the guidebook writers. The logbook can be private, public or restricted to your own climbing partners only.

The Rockfax App can be linked to your **UKClimbing.com** user account and logbook so that you can record your activity while at the crag and look at photos, comments and votes on the routes. To do this you will need a 3G/4G data connection. You can also look at the UKC logbooks to see if anyone has climbed your chosen route recently to check on conditions.

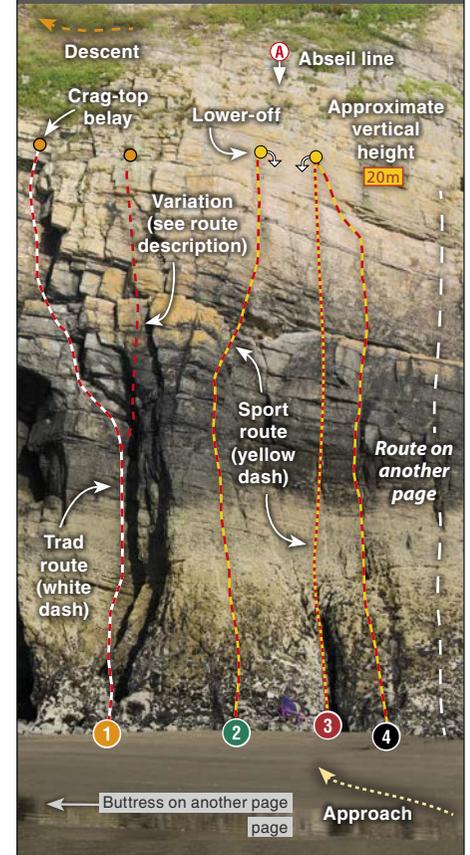
Route Symbols

- A good route which is well worth the effort.
- A very good route, one of the best on the crag.
- A brilliant route, one of the best in the area.
- A significant route which is one of the best of its type and grade in the book.
- Technical climbing requiring good balance and technique, or complex and tricky moves.
- Powerful climbing; roofs, steep rock, low lock-offs or long moves off small holds.
- Sustained climbing; either lots of hard moves or steep rock giving pumpy climbing.
- Fingery climbing with significant small holds on the hard sections.
- Fluttery climbing with big fall potential and scary run-outs.
- A long reach is helpful, or even essential, for one or more of the moves.
- Some loose rock may be encountered.

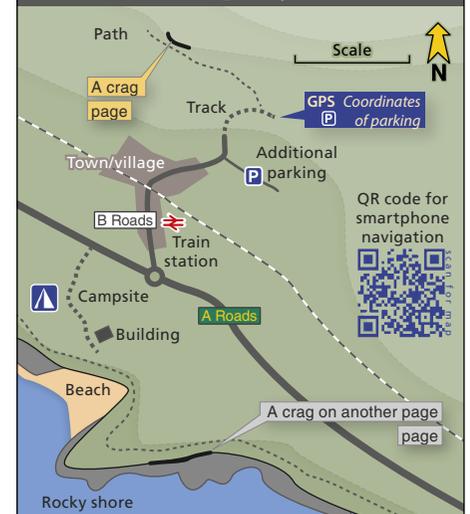
Crag Symbols

- Angle of the approach walk to the crag with approximate time.
- Approximate time that the crag is in the direct sun (when it is shining).
- The crag is exposed to bad weather and will catch the wind if it is blowing.
- Some or all of the routes can only be reached at certain states of the tide.
- The crag can offer shelter from cold winds and it may be a good suntrap in colder weather.
- The crag suffers from seepage. It may well be wet and unclimbable in winter and early spring.
- The crag is steep and may well offer some dry rock to climb when it is raining.
- Some or all of the routes have a restriction due to nesting birds. Details in the crag information.
- Some or all of the routes are affected by an access problem. Details in the crag information.
- Deserted** - Currently under-used and usually quiet. Fewer good routes or remote and smaller areas.
- Quiet** - Less popular sections on major crags, or good buttresses with awkward approaches.
- Busy** - Places you will seldom be alone, especially at weekends. Good routes and easy access.
- Crowded** - The most popular sections of the most popular crags which are always busy.

Topo Key



Map Key



Key Previous Guidebooks and Route Information Sources

Trad and sport climbing on the sandstone and limestone crags of South Wales has been documented since the 1970s. We are very grateful to all those who have worked on previous guidebooks and those who have taken the trouble to record their endeavours. The key books and web-based information sites are listed below.

Guidebooks

Gower

J.O.Talbot (West Col 1970)

Southeast Wales

J.C.Horsfield (SWMC 1973)

Southeast Wales

John Harwood (SWMC 1978)

Gower and Southeast Wales

M.Danford, Tony Penning (SWMC 1983)

Gower & S.E.Wales

A.E.Richardson (SWMC 1991)

Southeast Wales Sandstone

Goi Ashmore, A.Senior (JDMEL 1991)

Southeast Wales Sandstone

Goi Ashmore (JDMEL 1995)

Gower Sport Climbs

Adrian Berry (1997)

Southeast Wales Sandstone, Limestone & Gower Sport Topos

Gary Gibson (Climb High 1997)

Gower & S.E.Wales

Goi Ashmore, Roy Thomas (SWMC 2003)

Gower Sport Climbing MiniGuide and Rockfax App

Adrian Berry (Rockfax 2010, 2013 and 2016)

Gower Rock

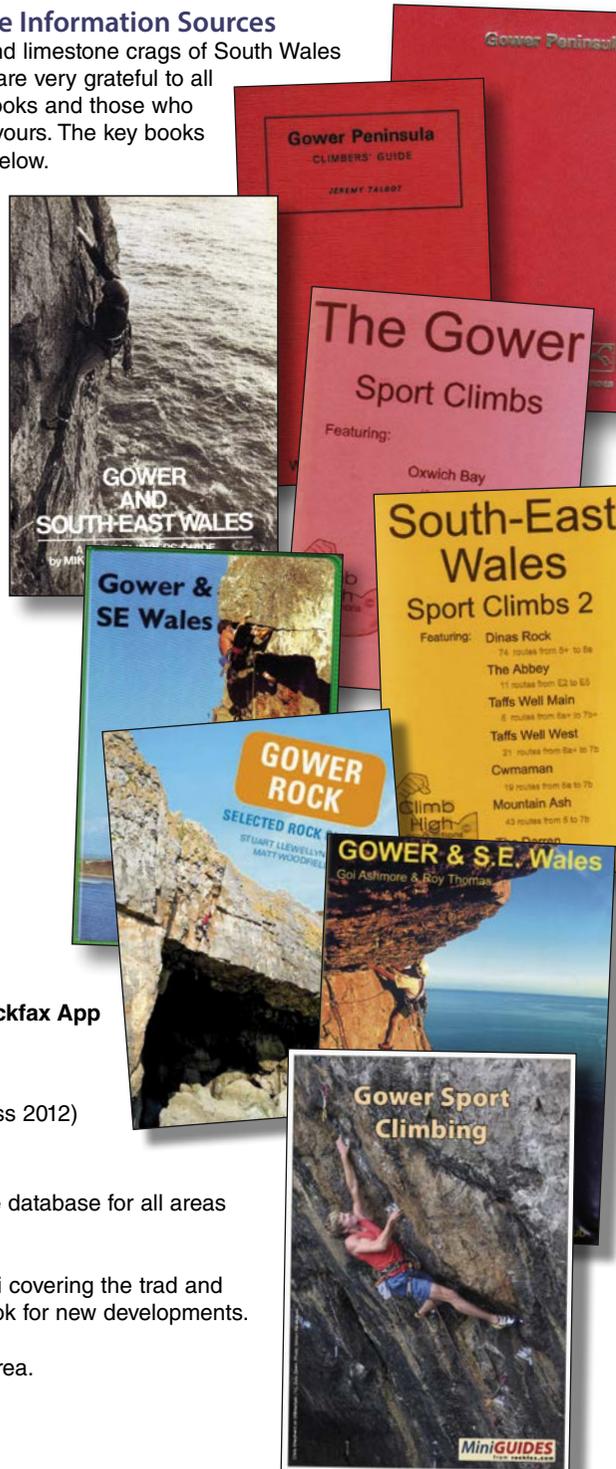
Stuart Llewellyn, Matt Woodfield (Pesda Press 2012)

Websites

UKClimbing.com - The UKC Logbook route database for all areas (including trad) covered in this guidebook.

southwalesmountaineering.org.uk - A wiki covering the trad and sport climbing in the area. A good spot to look for new developments.

swbg.co.uk - A guide to bouldering in the area.



Oscar Phillips, belayed by his sister Emily, on the superb climbing and rock of the technical wall climb *Marmalade Skies* (7a) - page 143 - at Foxhole on Gower. Photo: Simon Rawlinson

We would like to thank all the people who have helped us put together this guidebook.

Simon Rawlinson, Adrian Berry, Mike Hutton, Alan Rosier, Andy Sharp, Martyn Richards, Matt Woodfield, Stuart Llewellyn, Dave Henderson, Carrie Hill, Dave Pickford, Rob McAllister, Myles Jordan, David Price, John Bullock, Danny McCarroll, John Warner, Jen Stephens, Tom Skelhon, Charlotte Macdonald, Mark Tomlinson, Brian Wilkinson, Dave Henderson, Lee Proctor, Bev Jowett, Rob Watt, Royston Thomas, Marti Hallett, Ali Martindale, Phil Black, Rosy Klinkenberg, Jay Astbury, Liz Collyer, Nick Goile, Becky Hayes, Paul Bowen, Pete Blackburn, Kate Beynon, Paul Cox, Bridget Collier, Dai Emanuel, Eugene Travers-Jones, Hazel Gibson, Geraint Morris, Guy Percival, Rhian Bullock, Rebecca Ting.

Elfyn Jones from the BMC for the access information.

It has as ever been a pleasure to work with Alan James and the UKC/Rockfax team.

Mark Glaister, Gary Gibson,
Roy Thomas, Goi Ashmore.

October 2016

We are grateful to the following companies who have supported this guidebook.

Alauzon - Page 23
alauzon.com

Awesome Walls - Page 2
awesomewalls.co.uk

Boulders - Back cover flap
bouldersuk.com

Boreal - Page 17
borealoutdoor.com

Beta Climbing Designs - Page 31
betaclimbingdesigns.com

Cold Mountain Kit - Inside front cover
coldmountainkit.com

Crux - Page 29
crux.uk.com

DMM - Back cover
dmmclimbing.com

Haverfordwest Leisure Centre
- Inside back cover
pembrokeshire.gov.uk/leisure

Up and Under Outdoor Gear - Page 25
upandunder.co.uk



Dave Pickford moving up the steep *Staple Diet* (7b) - page 229 - at the beachside Witches Point. Witches Point, along with its close neighbour Temple Bay, offers some great climbing straight off the beach. Photo: Mark Glaister

South Wales Sport Logistics

Paul Cox approaching the lower-off at the top of the fabulous line of *Killer Arete* (6b+) - [page 297](#) - at Glynfach. This sheltered spot is perched high above the valley floor and has some great pitches on good rock. Glynfach is easily combined with a visit to the nearby Trebanog or Trehafod. Photo: Mark Glaister

Mountain Rescue and Coastguard

In the event of an accident requiring the assistance of Mountain Rescue:

Dial 112 and ask for 'MOUNTAIN RESCUE'

or

Dial 112 and ask for 'COASTGUARD RESCUE' for sea cliffs

This is very important since just asking for 'Police' will redirect you to a switchboard which could be a long way from your current location. This can cause delays in the rescue procedure as the authorities try and track down where the injured party is. Asking for 'Mountain Rescue' or 'Coastguard' will redirect you to people who know the area well.

Mobile Phones

Mobile phone coverage is good at the majority of the crags featured in this book. Remember that even if you cannot get a signal from your provider, emergency calls will still get through in many instances where there is some coverage from any provider.

Tourist Information Centres and National Park Centres

If you are short of ideas about what to do on a wet day or need some accommodation, take a look at the Tourist Information Centres. They contain a lot more useful information than it is possible to include in these pages.

Abergavenny - The Tithe Barn, Monk Street, NP7 5ND. Tel: 01873 853254

Blaenavon - Blaenavon World Heritage Centre, Church Road, NP4 9AS. Tel: 01495 742333

Cardiff - Unit 1, Wales Millennium Centre, CF10 5AL. Tel: 02920 877927

Crickhowell - Crickhowell Information Centre, Beaufort Street, NP8 1BN. Tel: 01873 812105

Swansea - Plymouth Street, SA1 3QG. Tel: 01792 468321

Caerphilly - The Twyn, CF83 1JL. Tel: 02920 880011

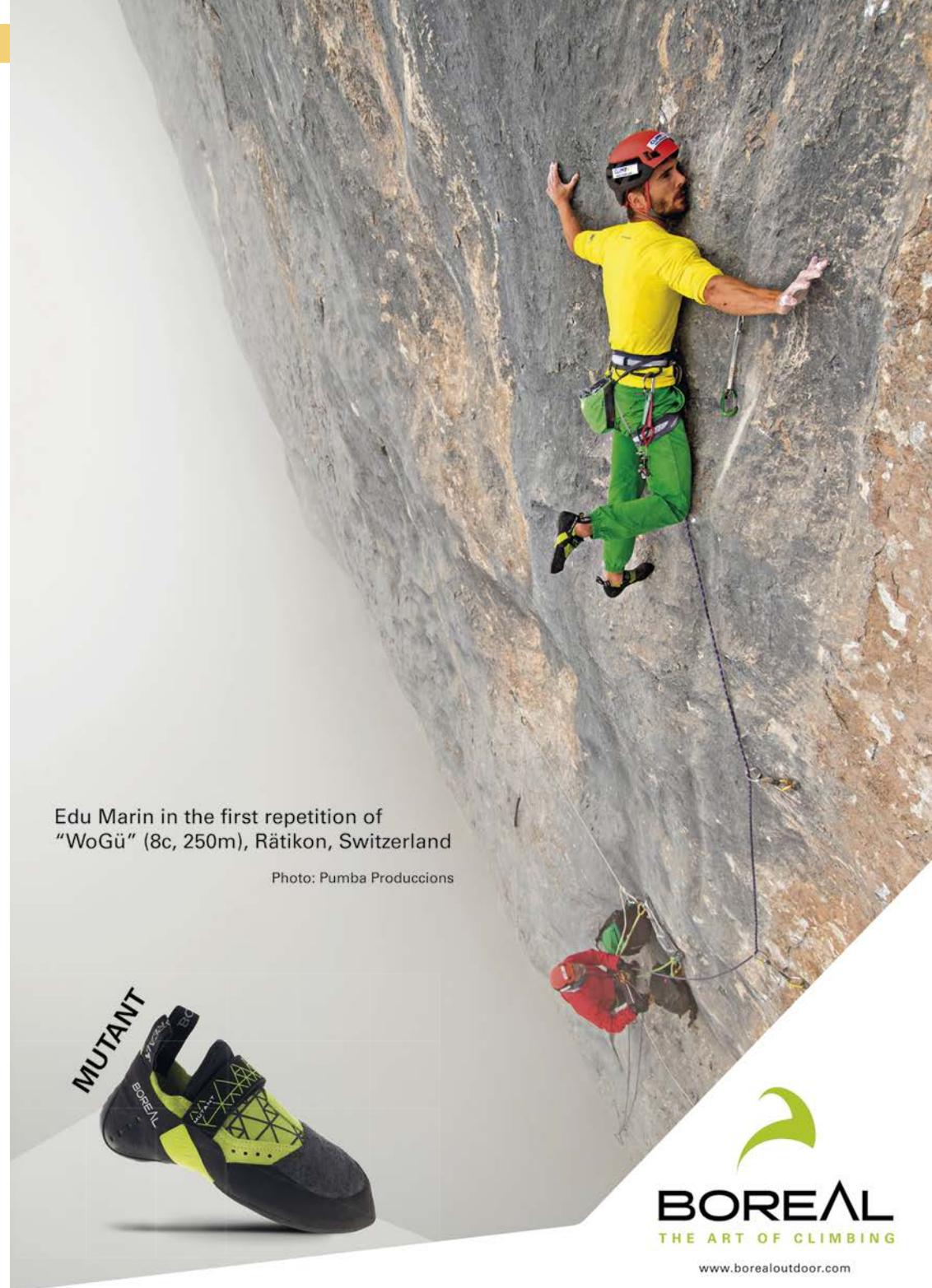
Carmarthen - Castle House, Carmarthen Castle, SA31 1AD. Tel: 01267 231557

More information and other travel tips are at information-britain.co.uk and visitwales.com

Temperature °C	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average Max Temp (°C)	8	8	9	12	15	18	20	20	18	14	11	9
Average Min Temp (°C)	4	4	5	6	9	12	14	14	12	10	7	5
Average Rain Days/Month	15	11	14	11	10	10	10	11	11	15	15	14

When to Go

The climbing sites covered in this guide are geographically diverse, ranging from exposed mountain tops to sheltered seaside suntraps. As a result there is scope for climbing in good conditions throughout the year. The climate data given above is for Gower and it is here that the most reliable conditions are to be found during the cooler months. The other areas are best climbed on from Spring until Autumn, heading to the higher crags such as Treherbert and Gilwern for fresher conditions when things become very hot lower down.



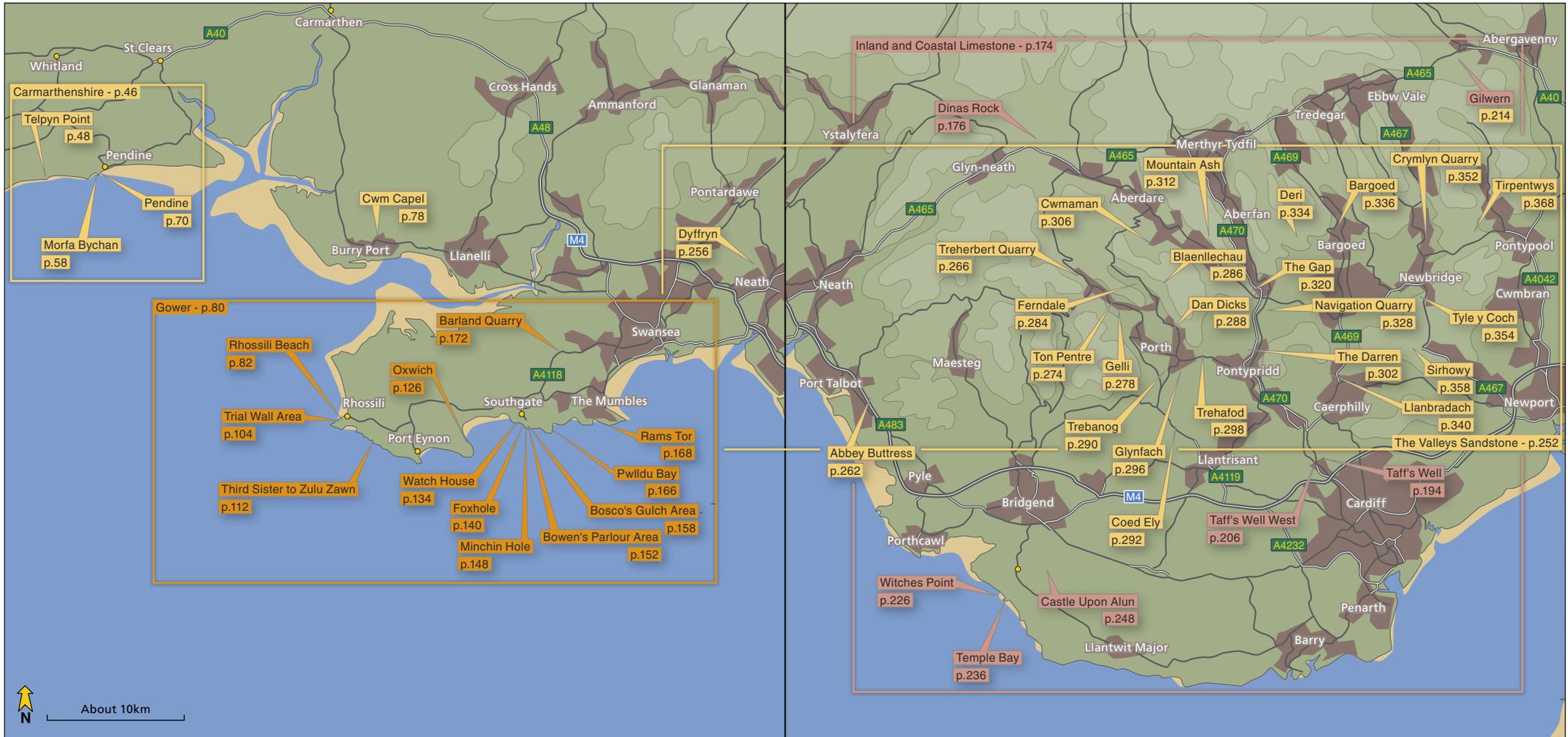
Edu Marin in the first repetition of "WoGü" (8c, 250m), Rätikon, Switzerland

Photo: Pumba Produccions



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Getting Around

The main artery roads of the M4 leading on to the A48, A465 and A40 bisect the area and provide quick and easy access to most of the crags if travelling from afar. The starting points for approaches to the crags are all easily reached by car and the approach descriptions are written assuming you have access to a car.

Satellite Navigation

GPS 54.060178
P -2.154509 All the parking spots are indicated with a precise GPS location. This is in the form of two decimal numbers as in the sample blue box. Different GPS devices accept these numbers in alternative formats, although this is the standard format and it can be cut and pasted directly into Google Maps.

QR codes have been included with the approach maps. You can scan the QR code using an app such as **Scan** (for iOS) or **Google Goggles** (for Android) and choose to open the result direct into the **Google Maps** navigation app on your phone.



Public Transport

The area has some of the easiest crags to get to by public transport in the UK. The cliffs of Gower, The Valleys Sandstone, Witches Point and Dinas Rock are all simple to reach from either Cardiff, Bridgend or Swansea by rail and bus. Nearly all The Valleys Sandstone crags are within striking distance of railway stations. Gower is very well serviced by bus from Swansea. Cardiff and Swansea are on the mainline from London and Bristol.

Buses - the website traveline.info is an excellent place to get a quick idea of links and times of bus services. The tourist information centres are also useful for travel information.

Trains - The cities of Cardiff, Swansea and many of the towns in The Valleys can all be easily reached by train. For timetable information go to thetrainline.com

Carmarthenshire

The Valley Campsite - See map on page 47
The Valley, Amroth Road, Llanteg. SA67 8QJ
Tel: 01834 831720 thevalleycampsite.co.uk
Basic site close to the climbing at Pendine, Morfa Bychan and Telpyn.

Gower

Pitton Cross Camping - See map on page 80
Rhossili, Gower. SA3 1PT
Tel: 01792 390593 pittoncross.co.uk
Nice site that is well positioned for all the areas on Gower. Best to book ahead at busy times.

Eastern Slade Barn - See map on page 80
Oxwich, Gower. SA3 1NA. Tel: 01792 391374
easternsladebarngower.co.uk
Superb accommodation plus a basic camping field. Book ahead for the bunkhouse.

Limestone and Valleys

Lone Wolf Campsite - See map on page 175
Glyn Y Mul Farm, Aberdulais. SA10 8HF
Tel: 01639 638551 glynymulfarm.co.uk
Out of the way site. No groups. Well placed for Dinas Rock and Dyffryn. No pubs nearby.

Park Farm - See map on page 175
Llangatock, Crickhowell. NP8 1HT.
Tel: 01873 770589 parkfarm-campsite.co.uk
Excellent site good for Gilwern and dropping over into the sandstone crags of the Valleys. Easy walk into Crickhowell for good pubs, restaurants, cafes and takeaways. No need to book ahead.

Wern Watkin Bunkhouse - Map on page 175
Llangatock, Crickhowell NP8 1LG
wernwatkin.co.uk
High quality accommodation in a stunning setting. Need to book in advance. Good for Gilwern and dropping over into the sandstone crags of the Valleys. Remote and no facilities nearby.

Pwll Du Adventure Centre - Map on page 214
Blaenavon, NP4 9SS Tel: 01495 791577
pwllduadventurecentre.co.uk
Bunkhouse within walking distance of Gilwern.

Acorn Camping - See map on page 175
Ham Lane South, Llantwit Major. CF61 1RP
Tel: 01446 794024 acorncamping.co.uk
Well positioned for Witches Point and crags just off of the M4. Quiet site close to beaches. No groups allowed. Book ahead at busy times.

Southerndown - See map on page 227
Three Golden Cups, Southerndown, CF32 0RW.
Tel: 01656 880432 thethreegoldencups.co.uk
Seasonal site, close to Witches Point.

Heritage Coast Campsite - Map on page 175
Monknash, Vale of Glamorgan. CF71 7QQ
Tel: 01656 890399 heritagecoastcampsite.com
Good site near to Witches Point. No Groups.

Cwmcarn Forest Camping - Map on page 255
Cwmcarn, Crosskeys. NP11 7FA
Tel: 01495 272001 your.caerphilly.gov.uk/cwmcarnforest/
Nice camp site with 10 'glamping' pods available. Good mountain bike opportunities and only a 20 minute walk to the local pub - the Philanthropic Inn. Book in advance.



The Lone Wolf campsite.
Photo: Mark Glaister



Marti Hallett on *Debbie Reynolds (7a)* - page 116 - at Deborah's Zawn, Gower. Deborah's Zawn is one of Gower's tougher venues that, along with Shipwreck Cove, Foxhole and neighbouring Zulu Zawn, contain the pick of its harder climbs. Photo: Mark Glaister

Carmarthenshire**Springwell Inn** - See map on page 70

Pendine, Carmarthen. SA33 4PA

Tel: 01994 453274. Nice friendly spot close to the beach.

Gower**The Joiners Arms** - See map on page 172

50 Bishopston Road, Bishopston. SA3 3EJ

Tel: 01792 232658 - Handy spot for crags at the eastern end of Gower.

King Arthur Hotel

Reynoldston, Gower. SA3 1AD

Tel: 01792 390775. Excellent venue. Good food and beer garden. Not particularly close to the coast but worth the effort to get to.

Worm's Head Hotel - See map on page 82

Rhossili, Gower, West Glamorgan. SA3 1PP

Tel: 01792 390512. Fine location overlooking the beach and Worm's Head. Decent food and great outside terrace.

Limestone and Valleys**Gwaelod Y Garth Inn** - See map on page 206

Taffs Well, Gwaelod-y-Garth. CF15 9HH

Tel: 02920 810408 - Close to Taffs Well crags. Nice, rustic and homely.

The Bear Hotel

Crickhowell. NP8 1BW. Tel: 01873 810408

Good hotel bar with decent food. Close to Gilwern crags and Park Farm camping.

The Three Golden Cups - Map on page 227

Southerndown, Bridgend. CF32 0RW

Tel: 01656 880432. Small pub close to Witches Point and the beach.

Plough and Harrow

Monknash, Cowbridge. CF71 7QQ

Tel: 01656 890209. Ancient country pub with good food. Close to Witches Point.

The Pelican - See map on page 227

Ogmore-by-Sea, Bridgend. CF32 0QP

Tel: 01656 880049. Upmarket venue with food and a lively atmosphere. Close to Witches Point and Castle Upon Alun crags.

Prince of Wales

Ton Kenfig, Bridgend. CF33 4PR

Tel: 01656 740356. Good pub with food midway between Witches Point and Abbey Buttre.

Greenhouse Inn

Newport Road, Llantarnam. NP44 3BP

Tel: 01633 866911. On the western side of the Valleys and a good spot for Tirpentwys.

Glantaff Inn - See map on page 320

Quakers Yard, Treharris. CF46 5AH

Tel: 01443 410822. Good friendly spot central to many of the Valleys crags especially The Gap. Good food and beer.



The King Arthur Hotel in Reynoldston. Photo: Mark Glaister

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La Bergerie - a 7/9 person gite



The dining room


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Cafes

Plenty of options on the Pendine seafront in Carmarthenshire and in The Valleys. Four cafes in other areas worth a mention are:

The Bay Bistro and Coffee House - In Rhossili with great views over the beach and close to the parking. Good coffee.

Three Cliffs Coffee Shop - In Southgate next to the parking. Has a shop with post office and cash machine.

Number 18 - On the High Street in Crickhowell. Good coffee and atmosphere.

Dunraven Beach Cafe - A seasonal cafe in Southerndown (Witches Point car park).

Gear Shops

Up and Under

490 Cowbridge Road East, Cardiff. CF5 1BL Tel: 02920 578579

upandunder.co.uk
See advert opposite



Crickhowell Adventure - Crickhowell. crickhowelladventure.co.uk

There are also **Blacks**, **GoOutdoors** and **Cotswold Outdoor** shops in Cardiff, Swansea and/or Carmarthen.

Climbing Walls

Boulders

Pengam Road, Cardiff CF24 2RZ. Tel: 02920 484880

Large centre with leading and bouldering. bouldersuk.com

See advert on front cover flap



The Hangout

Haverfordwest Leisure Centre, Haverfordwest SA61 1QX. Tel: 01437 776676

pembrokeshire.gov.uk/leisure

See advert inside back cover



Other walls include **Dynamic Rock** in Swansea, **Rock UK** in Trelewis near Merthyr Tydfil, **Cragfit** in Abergavenny, **Spot** in Treforest south of Pontypridd, **The Cube** in Port Talbot YMCA and **Llangorse Activity Centre**.



The Bay Bistro and Coffee House in Rhossili. Photo: Mark Glaister

Up and Under Outdoor Gear Ltd,
490 Cowbridge Road East,
Cardiff, CF5 1BL

Tel: 02920 578579
www.upandunder.co.uk

up and under

South Wales Sport Climbing

Carmarthenshire

Carmarthenshire

Gower

Gower

Inland and Coastal Limestone

Inland and Coastal Limestone

The Valleys Sandstone

The Valleys Sandstone

Dave Henderson making quick work of the steep and fingery orange-stained wall on *Cointreau* (7a+) - page 314 - at Mountain Ash. Photo: Mark Glaister

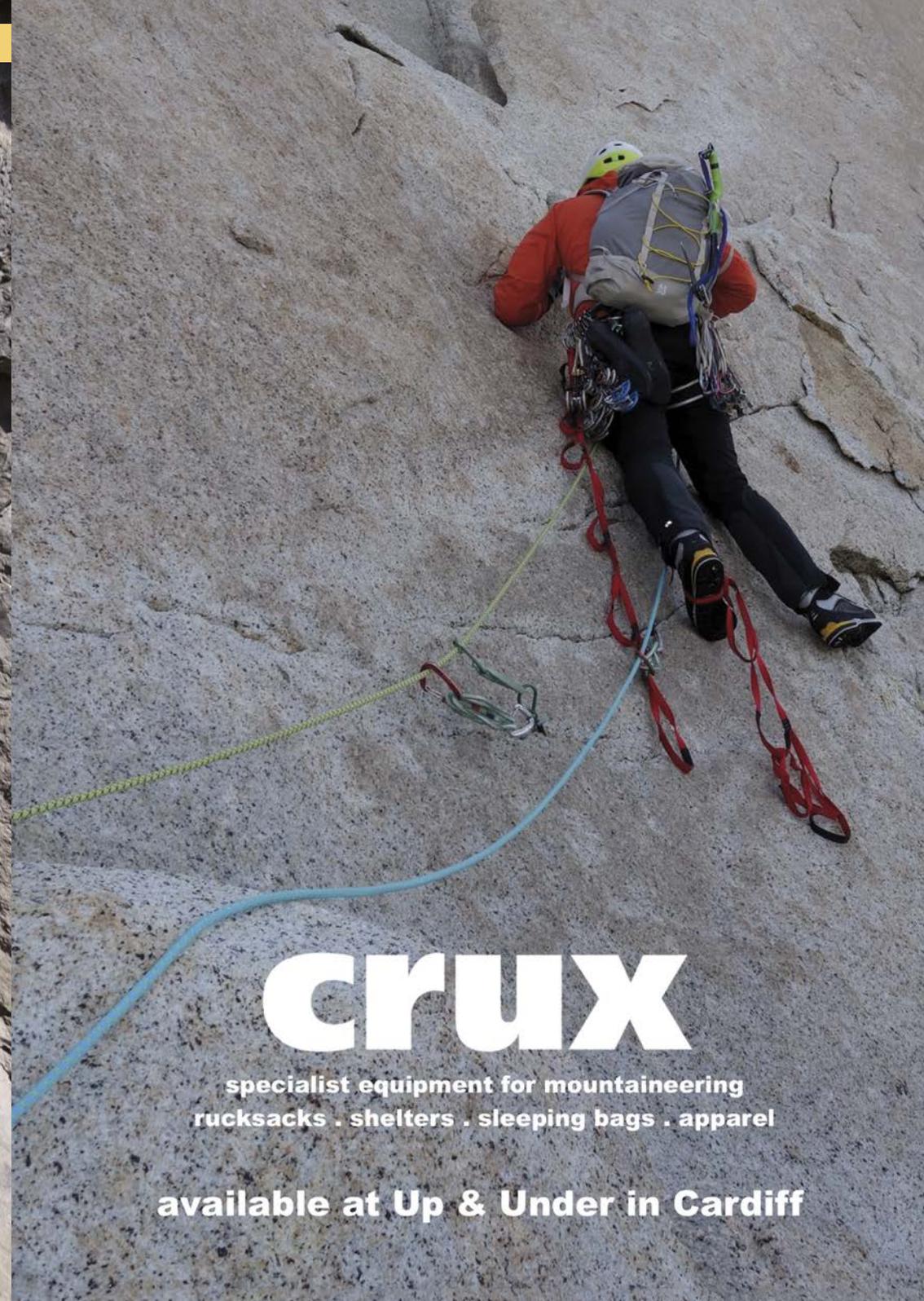
In common with most climbing areas in the UK, there have always been access issues on the limestone and sandstone cliffs of South Wales. Clashes over nesting birds, flora, historical sites, land ownership, gardening and dogs have all been causes for disagreement in the past. Other issues such as drilling, path erosion and parking have also caused conflict. Despite this, and thanks to the great work of the BMC and its volunteers, the majority of the crags covered in this book currently have good access arrangements.



There are some restrictions and warnings so please keep a look out for the red 'Restrictions' symbol (left). These are usually attributed because of nesting birds and the dates generally range from the beginning of February to the end of July. Other crags have very precise parking and approach requirements, whilst others have strict rules on what can and cannot be done due to the presence of historic artefacts. At some sandstone quarries access is less well defined (often due to liability concerns) and has led to signs being erected that state that climbing is not allowed. In these cases climbing has often gone on unhindered for many years, but, should you be asked to leave, please do so politely and send details of the owner and circumstances to the BMC access officer.

Individual crag access is covered in the respective chapters. Please read this information carefully and take great care to follow the described approaches so as not to infringe any restrictions. If in any doubt contact the BMC (Tel: 0161 445 6111), or check the access section of the BMC website - thebmc.co.uk/modules/RAD/.

John Warner and Jen Stephens on *Bowen to the Inevitable* (6a) - page 157 - at Bowen's Parlour, Gower. Photo: Warner Collection



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Prolific new router and bolter Gary Gibson on the fine wall climbing of *Asset Manager* (6c) - *page 61* - at Morfa Bychan. Maintaining the bolts in South Wales has been a massive undertaking and is ongoing. Please consider donating to the South Wales Bolt Fund (SWBF) through UKBoltFund.org. Photo: Mark Glaister

Gear

The vast majority of the sport routes featured in this book have good solid bolts and lower-offs in place. For most of the routes a 60m rope and 14 quickdraws is sufficient. However, there are a small number of lines that will require a longer rope to get down (and more quickdraws). **To avoid any doubt, always tie a stopper knot in the dead end of the rope to ensure that it will not pass through the belay device.**

If you intend to climb any of the trad routes described then you will need a full rack of wires and cams.

Bolting

The work of maintaining the bolts has been carried out by a few individuals and has been a huge task.

A plea from the bolt equippers

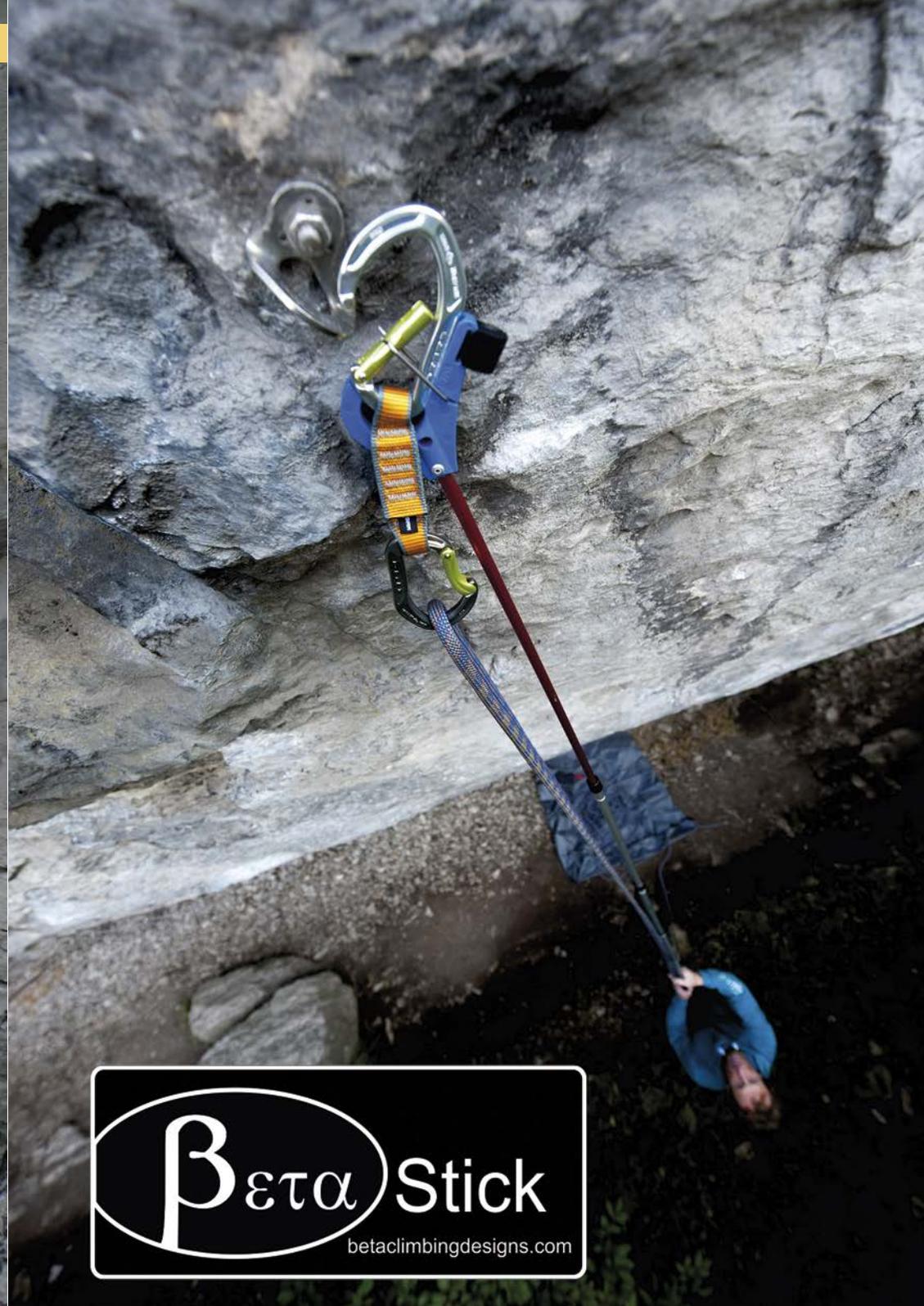
Please do not top-rope or repeatedly lower from the lower-off bolts/ring/maillon/krab as this increases the wear on these fixed items which may then need premature replacement. If you are going to top-rope, or make multiple ascents, please do so using your own quickdraws in the lower-off with only the last person threading the rope through the fixed lower-off point.

South Wales Bolt Fund

The South Wales Bolt Fund (SWBF) was formed to help with the replacement of protection bolts and lower-offs throughout South Wales - southwalesboltfund.co.uk

If you have enjoyed the sport routes in this book then consider donating an evening's beer money to the SWBF. You can find the link to the PayPal page via UKBoltFund.org. Proceeds from a proportion of the sales of this guidebook will go towards the SWBF.

UKBoltFund.org
Support local bolting volunteers



Most of the routes in this book are sport routes which are given a **Sport Grade**. A sport route is defined as one where all the major protection comes from gear fixed in the rock (bolts). There are a few trad routes covered where the majority of the gear is carried by the lead climber and is hand-placed. These are given a **British Trad Grade** and a red and white dotted line on the topo (instead of the normal red and yellow dotted line).

Sport Grade

The sport grade is a measure of how hard it is going to be to get up a certain section of rock. It makes no attempt to tell you how hard the hardest move is, nor how scary a route is.

British Trad Grade

1) **Adjectival grade (Diff, VDiff, Severe, Hard Severe (HS), Very Severe (VS), Hard Very Severe (HVS), E1... to E10).** An overall picture of the route including how well protected it is, how sustained and a general indication of the level of difficulty of the whole route.
 2) **Technical grade (4a, 4b, 4c... to 7b).** The difficulty of the hardest single move, or short section.

Colour Coding

The routes are given a colour-coded dot corresponding to a grade band. The colour represents a level that a climber should be happy at, hence sport routes tend to be technically harder than the equivalent coloured trad routes because the climber doesn't need to worry about the protection.

1 Up to 4c (Up to Severe)

Mostly these should be good for beginners and those wanting an easy life.

2 5a to 6a+ (HS to HVS)

General ticking routes for those with more experience.

3 6b to 7a (E1 to E3)

Routes for the experienced and keen climber. A grade band which includes many of the area's great classics.

4 7a+ and above (E4 and above)

The really hard stuff including some top sport routes.

Sport Grade	British Trad Grade	UIAA	USA
1	Mod <i>Moderate</i>	I	5.1
2	Diff <i>Difficult</i>	II	5.2
2+	VDiff <i>Very Difficult</i>	III	5.3
3	HVD <i>Hard Very Difficult</i>	III+	5.4
3+	Sev <i>Severe</i>	IV-	5.5
4a	BOLD 3c HS Hard Severe 4b SAFE	IV+	5.6
4b	BOLD 4a VS Very Severe 5a SAFE	V-	5.7
4c	BOLD 4b HVS Hard Very Severe 5b SAFE	V+	5.8
5a	BOLD 5a E1 SAFE	VI-	5.9
5b	BOLD 5a E2 SAFE	VI	5.10a
5c	BOLD 5b E3 SAFE	VI+	5.10b
6a	BOLD 6a E4 SAFE	VII-	5.10c
6a+	BOLD 6a E5 SAFE	VII	5.10d
6b	BOLD 6b E6 SAFE	VII+	5.11a
6b+	BOLD 6b E7 SAFE	VIII-	5.11b
6c	BOLD 6c E8 SAFE	VIII	5.11c
6c+	BOLD 6c E9 SAFE	VIII+	5.11d
7a	BOLD 7a E10 SAFE	IX-	5.12a
7a+	BOLD 7a SAFE	IX	5.12b
7b	BOLD 7b SAFE	IX+	5.12c
7b+	BOLD 7b SAFE	X-	5.12d
7c	BOLD 7c SAFE	X	5.13a
7c+	BOLD 7c SAFE	X+	5.13b
8a	BOLD 8a SAFE	X-	5.13c
8a+	BOLD 8a SAFE	X+	5.13d
8b	BOLD 8b SAFE	XI-	5.14a
8b+	BOLD 8b SAFE	XI	5.14b
8c	BOLD 8c SAFE	XI+	5.14c
8c+	BOLD 8c SAFE	XI+	5.14d
9a	BOLD 9a SAFE	XI+	5.15a
9a+	BOLD 9a SAFE	XI+	5.15a



Jordan Buys enjoying the 'black spot' route *Palace of Swords Reversed* (8a) - page 143 - at Foxhole on Gower. Photo: Mike Hutton

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valleys Sandstone

Carmarthenshire

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The Valleys Sandstone

There are many well established trad venues in South Wales that are not covered in this book. The variety of styles and grades is vast, ranging from easy-going multi-pitch expeditions, to extremely serious lines in the upper E grades. Below is a list of the best venues and some brief information that will give an idea of what to expect. All the cliffs and routes can be found on the SWMC and UKClimbing databases and in the guidebooks **Gower Rock** and **Gower & S.E. Wales**.

Lewes Castle (Gower) - *On map on page 104*
Mid-grade limestone coastal cliff set above a fine beach. **Best routes** - *Isis* HVS 5a, *Osiris* VS 4c, *Southwest Diedre* HVS 5a.

Yellow Wall (Gower) - *On map on page 104*
A big steep limestone sea-cliff with strenuous multi-pitch routes in the E grades. Tidal with an abseil approach. **Best routes** - *Yellow Wall* E3 5c, *Transformer* E3 5c.

Great Tor and Three Cliffs Bay (Gower)
Beautiful seaside limestone cliffs with many lower and mid-grade lines both single and multi-pitch. Tidal. **Best routes** - *Great Tor East Ridge* HS 4a, *Scavenger* VS 4c, *Arch Slab* VS 4c.

Ogmore (near Witches Point)
Adventurous single-pitch sea cliff trad climbing. Pumpy banded limestone, and not well travelled but memorable. Abseil approach and tidal. **Best routes** - *Flash Harry* HS 4a, *Pluto* VS 4c, *Pinnocchio* HVS 4c, *Glycogen* E1 5a, *Spellbinder* E5 6a.

Dinas Rock - *See page 176*
Home to a small number of difficult limestone trad lines. **Best routes** - *Groovy Tube Day* E1 5b, *Spain* E4 6a, *Dina Crac* E9 7a.

The Sandstone
Spread about all over the multitude of sandstone quarries are some worthwhile trad lines - although they see little traffic and may need a brush-off before an attempt. All of the routes listed below are covered in the Valleys Sandstone section of this guidebook. **Best routes** - *Lamb Leer Diease* E2 5c, *Thumbsucker* E5 6a, *Just Hanging Around* E1 5b, *The Owl and the Antelope* E2 5c, *The Expansionist* E3 5b, *Crack Basher* E3 5c.

There is plenty of bouldering on offer all over the area covered in this guidebook, but the main developed venues are listed below. The venues listed are covered on the UKClimbing and SWMC databases and topos and information on these and many other bouldering spots in the area is available at swbg.co.uk

Oxwich (Gower) - *On map on page 127*
Seashore limestone boulders of all shapes and sizes that are the remnants of a huge rock slide. Now developed to give many problems that range from f4 to f7c+. Tidal approach and bring a mat as the boulders sit on a rocky platform.

Pwlldu East, Caswell Bay (Gower)
Two good limestone areas south of Bishopston. Lots to do in the f5s and f6s plus some harder stuff.

Limeslade Bay (Gower) - *Map on page 169*
An area near Rams Tor with a good range of problems.

Dinas Rock - *See page 176*
The epicentre of limestone bouldering in the area with many problems throughout the grades up to f8a+. Most popular spot is the Kennelgarth Wall - an undercut smooth wall cut by a few cracks.

Ogmore-by-Sea (near Witches Point)
Lots of very good seashore problems on wave sculpted limestone. Grades from f5 to f7b+. Slightly tidal and bring a mat as there are rocky landings.

Neath Abbey Quarry - *See map on page 257*
A good sandstone boulderfield, but with some access issues.

Sully Island - *See map on page 255*
A tidal limestone bouldering area close to Cardiff. Lots to do across the grades.

The scope for Deep Water Soloing is wide given a good high tide on many of the sea cliffs, but the most popular spots are Sheepbone Wall at Rhossili Bay (good for easier lines), Giants Cave on Gower (Steep stuff over good water), Ogmore (wild, high and serious top-end venue).

Bridget Collier finishing the brilliant corner of the classic Ogmore trad route *Pluto* (VS 4c). Photo: Mark Glaister

Alex Mannion on *Coup De Tat* (f6c+) at the seashore boulders of Oxwich, on Gower. Photo: Simon Rawlinson

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valleys Sandstone



Graded Lists
 These graded lists cover many of the popular routes in the guidebook. They have been put together by the four main authors paying close attention to the UKC Logbook votes. Eagle-eyed readers will spot that routes on the sandstone crag Telpyn appear in the limestone list. This is deliberate due to the crag's location and the climbing style being similar to the other nearby Carmarthenshire crags.

8 b +	
☞ Helvetia	89
** ☞ Surplomb de Ray	142
8 b	
☞ Mortal Combat	186
*** ☞ Achilles' Wrath	89
8 a +	
*** ☞ Dog Days are Over	116
** ☞ Mr.T.	229
*** ☞ Air Show	86
** ☞ Cannonnade	89
*** ☞ Masada	229
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7 c +	
*** ☞ Bellerophon	166, 167
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7 c	
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7 b +	
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7 b	
** ☞ Wrecking Ball	86
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** ☞ It's a Black World	209
** ☞ Sink or Swim	213, 211
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Jordan Buys on the super technical *Chives of Freedom* (7c) - page 190 - at Dinas Rock. Photo: Mike Hutton

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Anya Forino enjoying the steep and juggy ground on the popular *King George verses the Suffragettes (7a+)* - page 88 - at Shipwreck Cove, Gower. Photo: Simon Rawlinson.

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The Valleys Sandstone



The compact wall of excellent sandstone at Coed Ely has some worthwhile lines that pack in the moves, despite their relatively modest height. The quarry is sheltered and a suntrap. In this picture Paul Cox is tackling the surprisingly steep finishing crack of *Campaign For See-through Bikinis* (6a+) - page 295. Photo: Mark Glaister

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** <input type="checkbox"/> Young Free and Single	294
** <input type="checkbox"/> Banog's Barmy Army	291
** <input type="checkbox"/> Killer Queen	364
* <input type="checkbox"/> Hail Mary	369, 372
🇨🇦 <input type="checkbox"/> Nosepicker	267, 269
🇨🇦 <input type="checkbox"/> Supertramp	371
6 c+	
* <input type="checkbox"/> Shaken but not Stirred	304
** <input type="checkbox"/> Fairies Wear Boots	357, 355
* <input type="checkbox"/> Enema of the Affair	356
* <input type="checkbox"/> Hair of the Dog	291
** <input type="checkbox"/> Great Expectations	331
* <input type="checkbox"/> Our Man In Bargoed	338
* <input type="checkbox"/> Gorki's Zygotic Myncki	300

6 c	
** <input type="checkbox"/> Deus Ex Machina	328, 331
** <input type="checkbox"/> The Relaxed Ladybird	331
** <input type="checkbox"/> Behind the Lines	293, 294
** <input type="checkbox"/> Scrotum Oil	326
** <input type="checkbox"/> Hostility Suite	362
* <input type="checkbox"/> Molybdenum Man	314
* <input type="checkbox"/> Moses Supposes	
His Toeses Were Roses	297
* <input type="checkbox"/> So Uncool	322
** <input type="checkbox"/> Leave it to Me (The Gap)	324
* <input type="checkbox"/> The Mastic Mick	327
🇨🇦 <input type="checkbox"/> Strange Little Girl	359, 360
* <input type="checkbox"/> Elf and Safety	300
** <input type="checkbox"/> The Grout Of San Romano	327
** <input type="checkbox"/> Controlled Emission	326
6 b+	
** <input type="checkbox"/> Peachy	355
🇨🇦 <input type="checkbox"/> Killer Arete	14, 297
** <input type="checkbox"/> Queens of the Stone Age	365, 364
** <input type="checkbox"/> Beware the Burly Butcher of Bargoed	338
* <input type="checkbox"/> Yikes	322
* <input type="checkbox"/> Raving Queen	364
* <input type="checkbox"/> Plano Dentist	353
** <input type="checkbox"/> Gaz 316	264
** <input type="checkbox"/> Slip into the Queen	364
* <input type="checkbox"/> The Bolt Fund Blues	331
* <input type="checkbox"/> Flakes and Chips	373
* <input type="checkbox"/> Twisted Logic	372
** <input type="checkbox"/> Crock Licker	272
6 b	
* <input type="checkbox"/> Enigma	258
** <input type="checkbox"/> Black Magic	3, 331
** <input type="checkbox"/> Rattle Those Tusks	324
* <input type="checkbox"/> Nappy Rush	343
* <input type="checkbox"/> High Moon	356
* <input type="checkbox"/> Half Man, Half Machine	331
* <input type="checkbox"/> Bad Bad Boy	258
* <input type="checkbox"/> The Tacless Teacher	372
* <input type="checkbox"/> Pepperatzi	338
** <input type="checkbox"/> Lundy Boy	374, 371
** <input type="checkbox"/> Firewater	291
** <input type="checkbox"/> Land of the Dinosaurs	324
** <input type="checkbox"/> Blood Sweat and Beers	331
** <input type="checkbox"/> A Poxy Queen	364
* <input type="checkbox"/> Post Expressionist	346
* <input type="checkbox"/> Don't Blame Me	322
🇨🇦 <input type="checkbox"/> Terry Forkwit	270, 272
* <input type="checkbox"/> Balthazaar's Ball Sac Bulges	338
* <input type="checkbox"/> Ring of Confidence	324
** <input type="checkbox"/> The Cragmeister	371
* <input type="checkbox"/> Greased Balls	326
* <input type="checkbox"/> Catch The Pigeon	289
** <input type="checkbox"/> A Certain Peace	317, 318
* <input type="checkbox"/> Brittainia	338
* <input type="checkbox"/> Diamond Dog	372
** <input type="checkbox"/> Bluster	322
** <input type="checkbox"/> Sorry Lorry Morry	304
* <input type="checkbox"/> Dirtbag Arete	287
* <input type="checkbox"/> Dirty as a Dog	343

6 a+	
** <input type="checkbox"/> Rising Sap	316
** <input type="checkbox"/> Galvanised	280
* <input type="checkbox"/> The Godfather	327
* <input type="checkbox"/> I Came	314
* <input type="checkbox"/> Beavers at Bargoed	338
🇨🇦 <input type="checkbox"/> Campaign For See Through Bikinis	opposite 294
* <input type="checkbox"/> Earl of Porth	300
** <input type="checkbox"/> Marlin on the Wall	322
** <input type="checkbox"/> Kabuto Mushi	322
** <input type="checkbox"/> Fluster	323, 322
** <input type="checkbox"/> The Chimney Finish	373
** <input type="checkbox"/> Poker in the Eye	324
** <input type="checkbox"/> Baldy Walks to Ponty	300
** <input type="checkbox"/> Hawk's Cheep	338
** <input type="checkbox"/> Discount Included in the Price	299, 300
* <input type="checkbox"/> Shackles of Love	324
* <input type="checkbox"/> Drag Queen	364
6 a	
* <input type="checkbox"/> Leading Edge	372
* <input type="checkbox"/> Grout Expectations	324
* <input type="checkbox"/> Yank the Plank	310
** <input type="checkbox"/> Up Yours	327
* <input type="checkbox"/> Hey Mister	310
* <input type="checkbox"/> Crash Landing	332
🇨🇦 <input type="checkbox"/> Groping For Jugs	337, 338
** <input type="checkbox"/> Rocky	371
* <input type="checkbox"/> Mister Faraday	324
* <input type="checkbox"/> Twice Shy	343
5 c	
* <input type="checkbox"/> Rockover Beethoven	331
** <input type="checkbox"/> Little Queen	367, 364
** <input type="checkbox"/> Pocket Battleship	258
** <input type="checkbox"/> The Forgotten Route	310
** <input type="checkbox"/> Dicky Dyson	287
** <input type="checkbox"/> Newton's Apple	327
** <input type="checkbox"/> Mental Mantles	372
* <input type="checkbox"/> Generation Gap	324
5 b	
* <input type="checkbox"/> Weeping Stump	313, 316
* <input type="checkbox"/> Looking for Leather	310
* <input type="checkbox"/> Per Rectum	326
5 a	
* <input type="checkbox"/> He Sawed	314
* <input type="checkbox"/> Leaky Ball Cock	287
4 c	
* <input type="checkbox"/> Down Under	280
* <input type="checkbox"/> Fairy Godmother	287
* <input type="checkbox"/> Raspberry Ripple	287
3 a	
* <input type="checkbox"/> Ripple Slab	287

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The Valleys Sandstone

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The Valleys Sandstone

Destination	Routes	up to 4+	5 to 6a+	6b to 7a	7a+ and up	Approach	Sun	Sheltered	Dry in Rain	Restrictions	Seep -age	Tides	Summary	Page
Telpyn Point	41	-	20	17	4	10 min							A remote but friendly sea cliff, composed of hard vertical sandstone, and within easy reach of the Pembroke trad crags.	48
Morfa Bychan	55	2	24	22	7	2-10 min							A good discovery that, although slightly tidal, should become popular. Easy access and with many fine routes in the mid-grades.	58
Pendine	54	-	18	23	13	10 min							Restricted access due to a tight tide window, but well worth the effort needed in planning a visit. Substantial climbs that take strong lines on good quality limestone.	70
Cwm Capel	11	1	6	4	-	1 min							A small sandstone quarry with some easier routes that are useful if you are passing, or looking for a local evening venue.	78
Rhossili Beach	124	23	53	31	17	12-14 min							Lots of routes across the grade spectrum, straight off of one of Wales's finest beaches. The crags are tidal and conditions are not always ideal.	82
Trial Wall Area	36	-	18	12	6	8-10 min							A collection of walls set high above the beach, with wide ranging appeal from grade 5s to grade 8s. Reliable conditions, little in the way of seepage and only a short distance from the car or beach.	104
Third Sister to Zulu Zawn	46	-	8	22	16	25-40 min							A stunning section of coast dotted with some fine sport crags that offer plenty of routes in the mid and higher grades. Excellent rock and the cliffs have the ambience of sea cliff climbing.	112
Oxwich	47	-	7	22	18	10-15 min							An impressive venue with easy access and a good set of (mainly) hard routes. There are two areas - one is an impressive leaning wall and the other a smaller hidden wall in the woods - an SSSI.	126
Watch House	20	-	5	13	2	10 min							Two contrasting crags near Southgate. Watch House Slab has some fierce slabby pitches. The overhanging Watch House East has more conventional fare.	134
Foxhole	26	3	3	10	10	10 min							Superb sport crag that offers some of the best steep climbing in the area, on excellent rock. Climbing is possible in the rain and on sunny days in winter if seepage is not present. Short approach.	140
Minchin Hole	12	-	1	6	5	10 min							An unusual setting in a large sea-level cave/zawn with a number of atmospheric lines. Cliff is of historic importance so some restrictions on what can and cannot be done.	148
Bowen's Parlour Area	32	1	11	12	8	10-12 min							A collection of walls, overhangs and small zawns with a good spread of grades. Some sections are tidal but there is always something to climb in calm seas. Awkward to find your way around on first acquaintance.	152
Bosco's Gulch Area	28	-	7	16	5	15 min							An interesting set of tidal sea cliffs with a range of routes across the grades. A little awkward to navigate around the various cliffs on a first visit. A bird restriction on one wall.	158
Pwllidu Bay	10	-	-	3	7	20 min							One good hard section of quarried cliff with a number of tough grade 7s. There are other easier lines on the same wall, but these are covered in mud that has washed down over the face.	166
Rams Tor	14	-	-	5	9	10 min							A wide crag that has bands of fierce overhangs running across it. Tricky to reach since the descent path is overgrown - the best access is now via abseil.	168
Barland Quarry	14	-	5	7	2	5 min							A gloomy inland old quarry working that has some intense slab climbs. Access problems.	172
Dinas Rock	108	1	11	43	53	2-12 min							One of South Wales's premier crags that has lots of hard climbs on excellent limestone, and is set in a lovely quiet valley. Also home to some accessible easier climbing.	176
Taff's Well	71	9	13	40	9	1-5 min							Impressive walls and close to Cardiff. A good number of long face routes that are generally on good rock. The drawback is the road noise from the A470. Some easier routes.	194
Taff's Well West	49	1	15	18	15	10-13 min							Two main sections of contrasting cliff, one steep and the other slabby. The setting is off putting but the climbing is good. In summer the dense tree canopy shelters some of the cliff from rainfall.	206
Gilwern	77	5	29	40	3	5-12 min							A series of quarried bays located high above the Usk Valley and with stunning views. Plenty here for those climbing in the lower and mid-grades. Very good rock.	214
Witches Point	64	3	10	29	22	5-6 min							A steep, high standard cliff set next to a fine surf beach. Many excellent routes that need crisp conditions to be enjoyed to the full. Only marginally tidal at its landward end.	226
Temple Bay	62	3	40	19	-	15 min							A long line of low walls just around the headland from Witches Point. Many steep and sharp lines on solid rock. Tidal and next to a quiet beach.	236
Castle Upon Alun	37	7	15	15	-	15 min							A hidden quarried wall of good, steep slabs. It is prone to getting dirty and the approach path is overgrown.	248

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Destination	Routes	up to 4+	5 to 6a+	6b to 7a	7a+ and up	Approach	Sun	Sheltered	Dry in Rain	Restrictions	Seep-age	Summary	Page
Dyffryn	45	1	27	17	-	13 min						A good local spot with lots of short but interesting lines in a quiet location.	256
Abbey Buttress	25	-	6	16	3	10 min						An old quarry with plenty of climbs close to the M4 and overlooking the steelworks at Port Talbot.	262
Treherbert Quarry	39	2	21	13	3	20 min						A quiet venue with some good climbs. It is perched high above the valley and has stunning views. Has the feeling of a mountain cliff and therefore is a warm weather venue.	266
Ton Pentre	14	-	6	8	-	10 min						A compact and steep quarry that is easily combined with a visit to nearby Gelli. A local venue.	274
Gelli	50	9	27	14	-	10 min						Lots of lower-grade routes good for locals on a summer evening. The approach is a bit grotty initially, but the crag itself is quiet and pleasant.	278
Ferndale	9	-	1	6	2	10 min						A series of vertical walls in a quarry high above the valley.	284
Blaenllechau	17	7	4	6	-	10 min						A good little quarry for some easier lines. Quiet spot.	286
Dan Dicks	14	-	2	8	4	10 min						An easily accessed crag with some impressive lines, but prone to becoming vegetated. Restriction due to nesting birds early in the year.	288
Trebanog	8	-	-	7	1	1 min						A small local spot good for a workout. Plenty of sun in winter and dries quickly.	290
Coed Ely	9	1	2	6	-	4 min						A nice little quarry with a handful of tough lines on good rock. Sunny and sheltered but with some access issues.	292
Glynfach	11	-	5	5	1	13 min						A small quarry high on the hillside with a limited number of routes. Worth a look for the climbs on the Killer Arete buttress.	296
Trehafod	19	-	8	11	-	Roadside						A small cliff with some stiff problems that is only a minute from the railway station platform. Good for grabbing some quick routes when passing.	298
The Darren	21	-	2	10	9	5 min						Local training crag that has a wall of super-steep climbs in the 7th grade.	302
Cwmaman	29	-	14	9	6	10 min						A vertical blank wall at the far end of the quarry that is home to some finger searing testpieces. Some of the easier lines are also worthwhile.	306
Mountain Ash	56	-	19	24	13	3-4 min						A collection of quarried walls shrouded by trees and quick to get to. Many decent routes across the grades.	312
The Gap	55	-	21	24	10	2-4 min						The old forcing ground of hard climbing in the Valleys. Still gets attention which keeps it in good condition. Some classic pitches on reliable well-equipped rock. Very finery and technical climbing.	320
Navigation Quarry	34	-	8	22	4	13 min						A lovely spot with good sport routes and also some trad. Sunny aspect and with excellent rock. Variable restriction due to nesting birds early in the year.	328
Deri	15	-	1	9	5	7 min						A fine little crag located on the edge of a country park. It has a steep wall of grade 7s. Access has been a problem in the past but is now fine. Restriction due to nesting birds early in the year.	334
Bargoed	27	-	7	18	2	1 min						A small quarry, set in woods, with lots of routes. Something here for most climbers, but the grades are quite stiff.	336
Llanbradach	87	3	7	62	15	10-20 min						A massive quarry with impressive walls. Good routes, but much of the quarry is now reverting back to nature although some of the walls have stayed relatively clean.	340
Crymlyn Quarry	18	-	6	10	2	4-12 min						A local crag that has been extensively cleaned but needs traffic to stay in condition.	352
Tyle y Coch	22	3	2	9	3	4 min						A small fierce little crag with good routes. Seepage can be a problem. No official access but climbing is usually tolerated.	354
Sirhowy	56	-	23	26	7	2-5 min						One of the Valleys's best. A lovely spot with brilliant climbs on its two best walls - The Rust Curtain and Western Walls. Sensitive access - keep the noise down and pay attention to parking information.	358
Tirpentwys	30	2	16	11	1	12 min						An excellent little quarry that has lots of good lines on clean and well-bolted rock. A very pleasant spot to hang out and climb. No official access but climbing is usually tolerated.	368