

# South Wales Sport Climbs

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**Cover:** Marti Hallett on *Silver Sixpence* (7a) - p.140 -  
in the Tooth Fairy Area, Third Sister on Gower.  
Photo: Mark Glaister.

**This page:** Chris Davies on *Retrobution* (7b) - p.103  
- at the Trial Wall on Gower. Photo: Andy van Kints

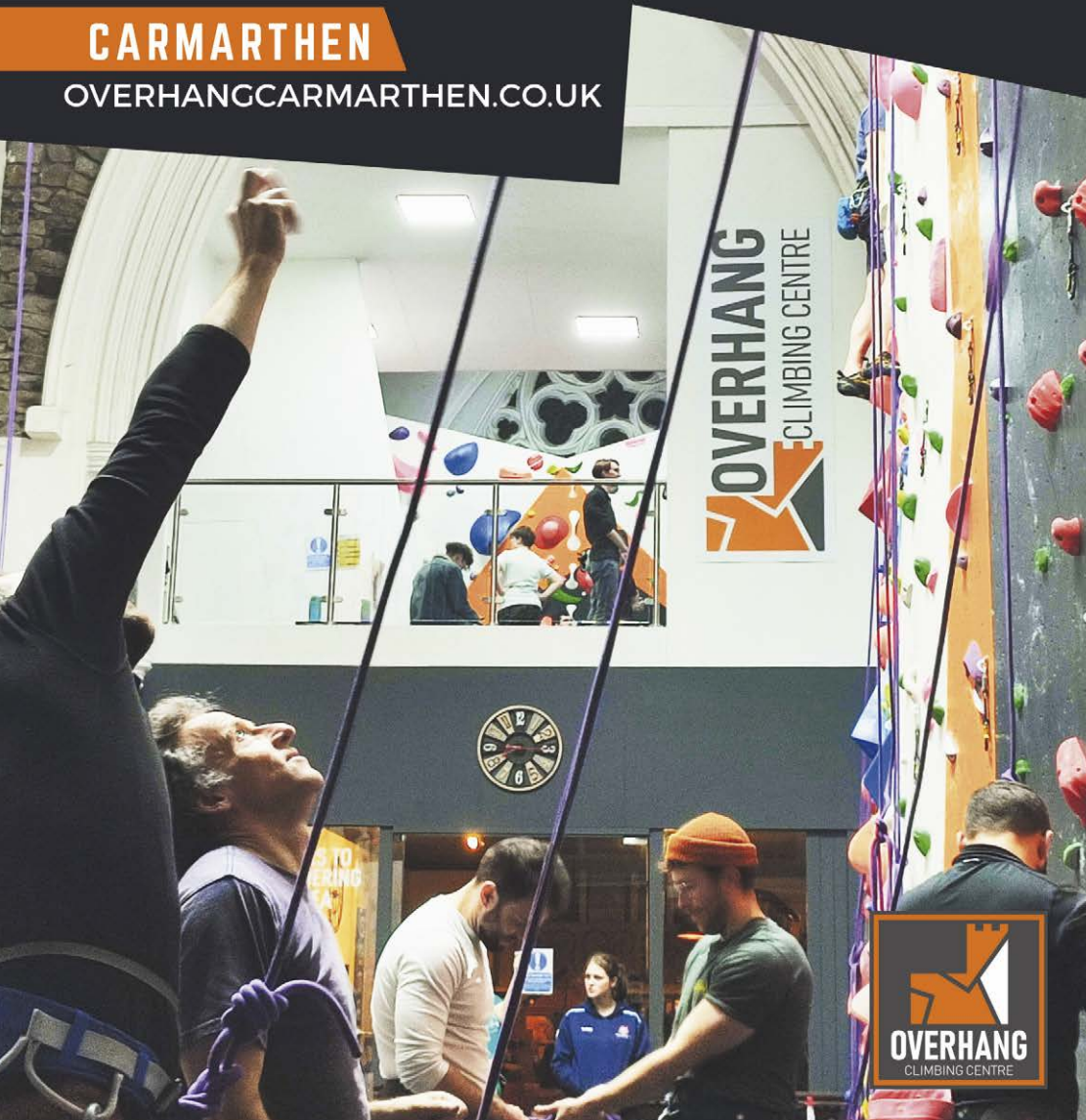
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South of the Brecon Beacons (Bannau Brycheiniog) and spanning the land and sea cliffs from the River Wye on the Welsh border to the green rurality of Pembrokeshire lies a wealth of sport climbing. South Wales sport climbing pretty much covers the full catalogue of grades ranging from easy going 3s and 4s through to some state-of-the-art upper end grade 8s. There is plenty on offer to keep both local and visitor busy for a very long time, with currently around 2700 fully bolted sport climbs now developed and with the potential for lots more to come.

South Wales sport climbing takes place on limestone and sandstone cliffs both natural and quarried. The multitude of venues are located in environments that vary from sea-cliff to mountainside, and in post industrial to world heritage settings.

Whether you are local, studying at Cardiff or Swansea, travelling to or from Pembroke's trad sea cliffs or just on a quick trip from London down the M4 corridor, the amount of sport climbing on offer is vast and provides huge potential to enjoy well equipped climbs in some superb and diverse locations.

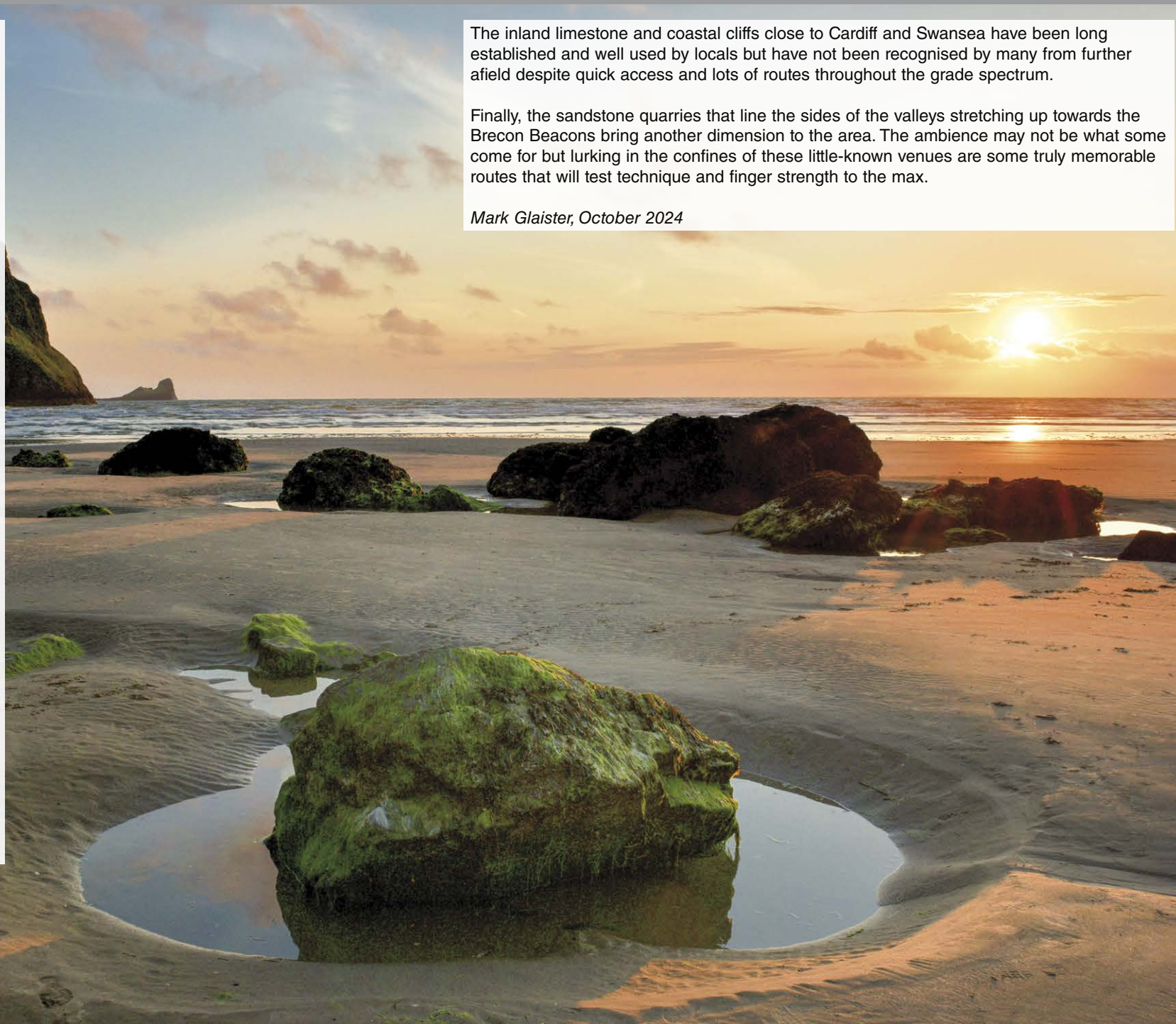
The climbing is easily split into four main areas - The Valleys Sandstone, Gower, the Inland and Coastal Limestone crags and Camarthenshire's sea cliffs.

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

The inland limestone and coastal cliffs close to Cardiff and Swansea have been long established and well used by locals but have not been recognised by many from further afield despite quick access and lots of routes throughout the grade spectrum.

Finally, the sandstone quarries that line the sides of the valleys stretching up towards the Brecon Beacons bring another dimension to the area. The ambience may not be what some come for but lurking in the confines of these little-known venues are some truly memorable routes that will test technique and finger strength to the max.

*Mark Glaister, October 2024*



Rhossili Beach and Worm's Head. Photo: Keith Sharples



Aaron Martin tackling the classic sandstone wall pitch *Propaganda* (7a+) - p.404 - at Cwmaman in The Valleys. The image pretty much sums up the extremely fingery climbing experience to be had on the sandstone quarried faces that pepper the hillsides which lead up from the coast to the foothills of the Brecon Beacons (Bannau Brycheiniog). Photo: Elis Rees

## Coverage

This is the second edition of South Wales Sport Climbs from Rockfax. It covers virtually all of the worthwhile sport climbing to be found on the limestone and sandstone natural crags and quarries of South Wales. The area is geographically diverse and encompasses many landscapes that range from tidal sea cliffs to inland quarries set high up in the industrial valleys that lead up toward the mountains of the Brecon Beacons. There are around 2700 routes to go at; enough to keep both the occasional visitor and local enthusiasts busy for many years.

The Valleys Sandstone quarries and the spectacular sea-cliffs of Gower have been climbed on for decades the former being responsible for many steely fingered locals and the later for its wealth of stunning trad sea cliffs. However since the 1990s it has been the rapid 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 limestone sea cliffs.

The styles and difficulty of climbs available is remarkable for such a compact area, access is easy with a good road network and workable options for those who want to use public transport. Staying in the area is easily arranged with the popular 'climbers' options of camping or modern hostel accommodation being widely available. Non climbing options are more than well catered for with stunning mountain walking in the Brecon Beacons National Park and state-of-the-art mountain biking set alongside some world class beaches.

So if you have enjoyed the sport climbing at Portland, North Wales, The Peak District or Yorkshire give South Wales a punt - rock up at Foxhole, Rhosilli, Rams Grove, Third Sister, Dinas Rock, Witches Point, Sirhowy, Navigation Quarry, Tirpentwys or Gilwern and you might well be in for a pleasant surprise?

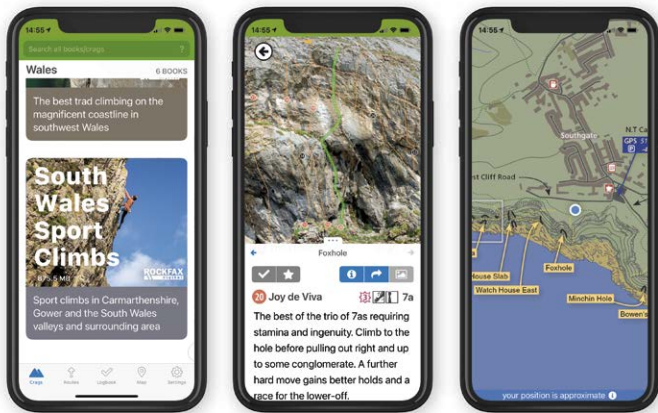
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Rockfax Digital is available as an app which is free to download and incredibly useful in its own right. It contains a detailed crag map linked to the UKClimbing crags database with basic information and route lists for crags worldwide. The map also displays all the 3,800+ listings from the UKClimbing Directory of climbing walls, outdoor shops, climbing clubs, outdoor-specific accommodation and instructors and guides, amongst others.



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### UKC Logbooks

A popular method of logging your climbing is to use the [UKClimbing.com](http://UKClimbing.com) logbooks system. This database has 645,000+ routes on over 24,400+ crags. So far, over 66,900 users have recorded more than 10.8 million ascents! To set up your own logbook, just register at [UKClimbing.com](http://UKClimbing.com) and click on the logbook tab. 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 which is used by guidebook writers to get opinions on grades and quality of routes. The logbook can be private, public or restricted to your own climbing partners only.

Rockfax Digital can be linked to your [UKClimbing.com](http://UKClimbing.com) user account and logbook so that you can record your activity while at the crag. To do this you will need a 3G/4G/5G data connection. You can also look at the UKC logbooks to see if anyone has climbed your chosen route recently to check on conditions.

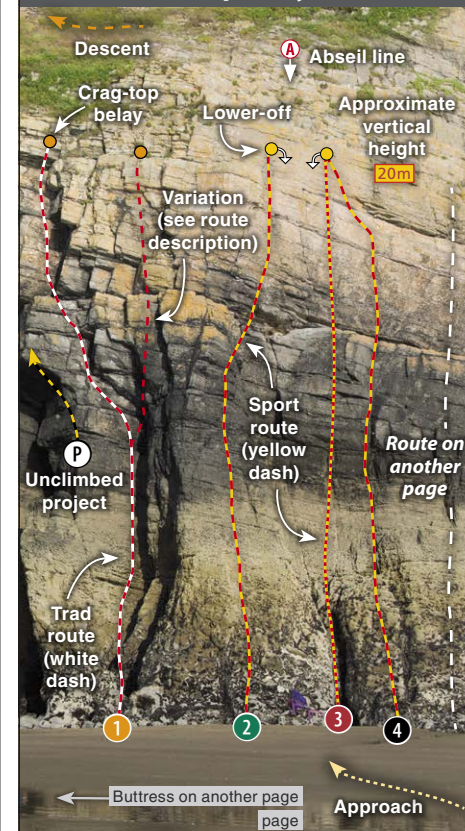
### Route Symbols

- 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.
- 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 long fall potential or a scary run-out.
- A long reach is helpful, or even essential, for one or more of the moves.
- Some loose rock may be encountered.
- Graunchy climbing - wide cracks or awkward and thrutchy moves.
- A trad route requiring gear on a crag which is predominantly sport routes.

### Crag Symbols

- Angle of the approach walk to the crag with the approximate approach time.
- Approximate time that the crag is in the sun (when it is shining).
- The crag is exposed and may be cold especially if the wind is blowing.
- The crag can offer shelter from the wind. Can be a suntrap - good in winter, bad when hot.
- A buttress with some multi-pitch routes.
- A buttress where some, or all, of the routes are affected by the tide. Check the details carefully.
- The buttress suffers from seepage. It may be wet and unclimbable after prolonged periods of rain.
- A buttress that requires an abseil approach.
- The crag/buttress has a restriction due to nesting birds - check the crag information.
- The crag/buttress has either restricted or special access requirements. Check the details carefully.
- 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



## Previous Guides and Route Information Sources

The traditional 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.

## Guides

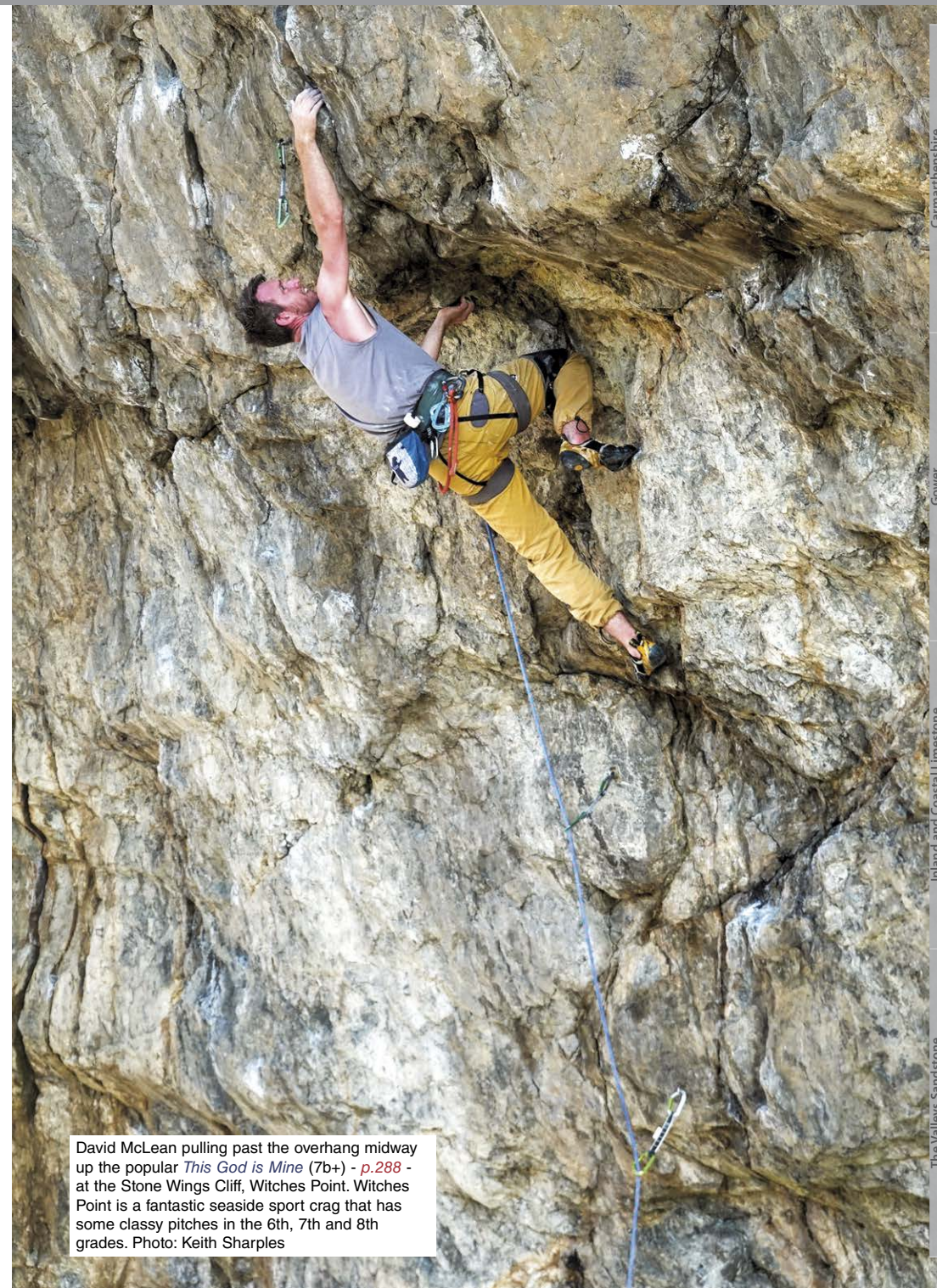
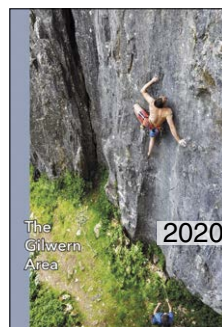
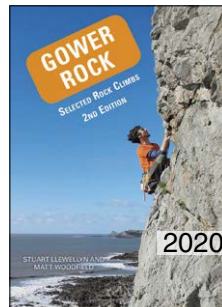
- Gower** - J.O.Talbot (West Col 1970)
- South East Wales** - J.C.Horsfield (SWMC 1973)
- South East Wales** - J.Harwood (SWMC 1978)
- Gower and South East Wales**  
- M.Danford, T.Penning (SWMC 1983)
- Gower & S.E.Wales** - A.E.Richardson (SWMC 1991)
- South East Wales Sandstone**  
- G.Ashmore, A.Senior (JDMEL 1991)
- South East Wales Sandstone** - G.Ashmore (JDMEL 1995)
- Gower Sport Climbs** - A.Berry (1997)
- South East Wales Sandstone, Limestone & Gower Sports Topos**  
- G.Gibson (Climb High 1997)
- Gower & S.E.Wales** - G.Ashmore, R.Thomas (SWMC 2003)
- South Wales Sport Climbs**  
- M.Glaister, R.Thomas, G.Ashmore, G.Gibson (Rockfax 2016)
- The Gilwern Area**  
- G.Percival, G.Jenkin, M.Davies (Great Western Rock 2020)
- Gower Rock** - S.Llewellyn, M.Woodfield (Pesda Press 2020)
- Gower Trad** - M.Woodfield, M.Glaister (Rockfax Digital 2024)  
*Pembroke and Gower Trad print guide coming in 2025*

## Websites

- South Wales Climbing Wiki** [swcw.org.uk](http://swcw.org.uk) - A big online Wiki that covers all of the trad and sport climbing in the area. A good spot to look for new developments.
- UKClimbing** [ukclimbing.com](http://ukclimbing.com) - Online route database for all areas (including trad) covered in this guidebook.
- South Wales Bouldering Guide** [swbg.co.uk](http://swbg.co.uk) - Online guide to bouldering in the area.

## 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.



David McLean pulling past the overhang midway up the popular *This God is Mine* (7b+) - p.288 - at the Stone Wings Cliff, Witches Point. Witches Point is a fantastic seaside sport crag that has some classy pitches in the 6th, 7th and 8th grades. Photo: Keith Sharples

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We would like to thank all the people who have helped put together this edition of South Wales Sport Climbs.

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We would like to extend a special thanks to Tim Hoddy, who maintains the South Wales Climbing Wiki, a vital online source of the routes and development in the area covered by this book.

A huge thanks to all those who have taken and been the subjects of the portfolio of shots that go toward making a huge contribution to the appeal of the book. Carl Ryan, Keith Sharples, Elis Rees, Simon Rawlinson, Marsha Balaeva, Tom Skelhon, Dave Simmonite, Sam Brown, Al Rosier, Katherine Woolley, Aaron Martin, Rhys Allen, Andy van Kints, Amy Chitty, Jacob Isaac, Mike Hutton, Cat McKenna, Sam Parsons, Eben Muse.

It has as ever been a pleasure to work with Alan James and the UKC/Rockfax team on the production of this guidebook.

*Mark Glaister, Roy Thomas, Gary Gibson, Goi Ashmore - October 2024*

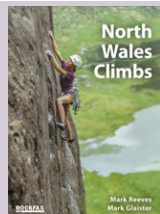
Andy Collins fully committed on the powerful upper bulge of *Serpent's Tooth* (6b+) - *p.131* - at Third Sister - Bottom. This crag is a relatively new addition to the sport climbing on offer at Gower and is a smart choice if it is unpleasantly windy on the higher crags hereabouts. Photo: Mark Glaister

Carmarthenshire

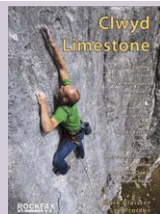
Gower

Inland and Coastal Limestone

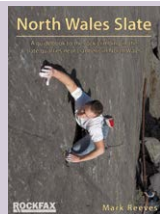
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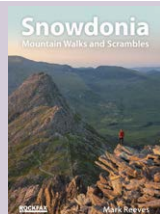
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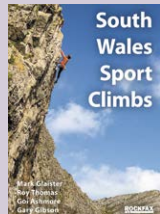
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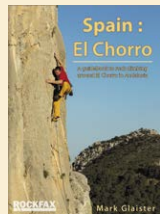


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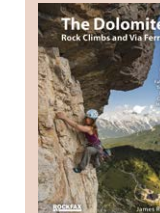
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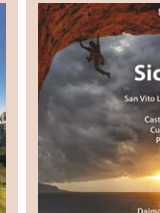
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Spain: Mallorca  
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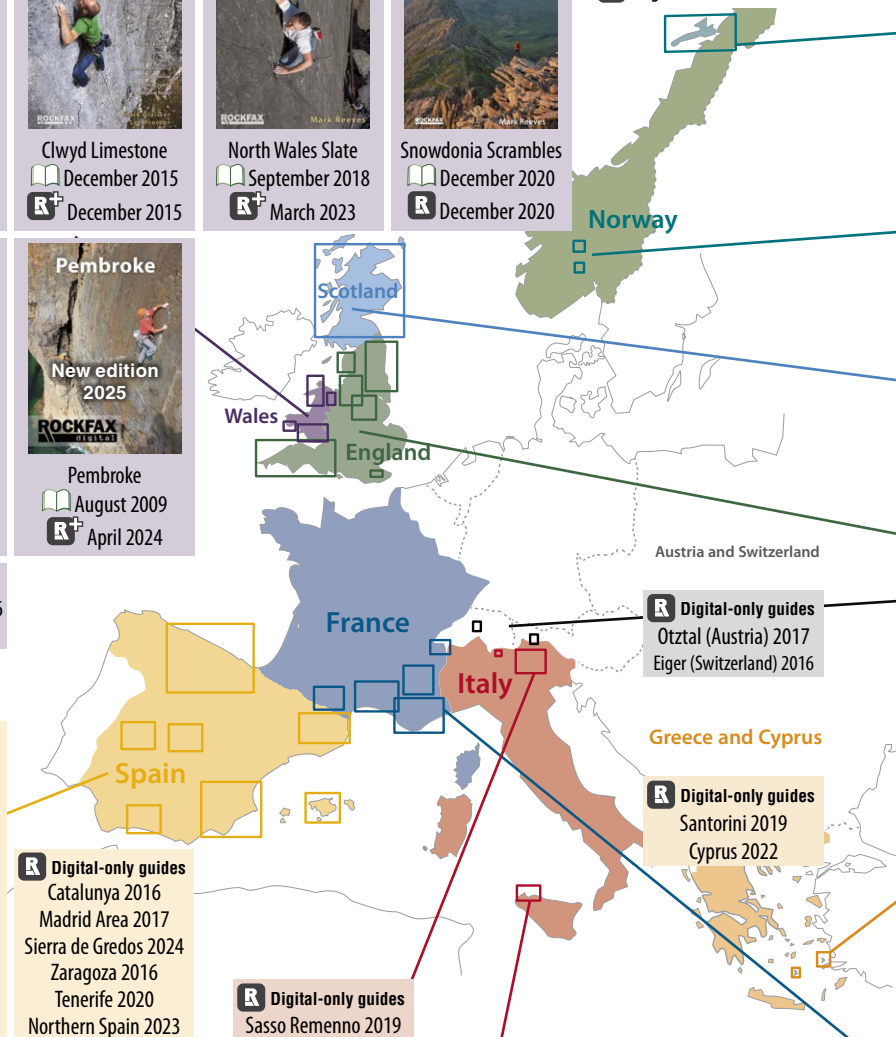


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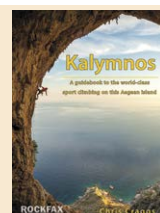
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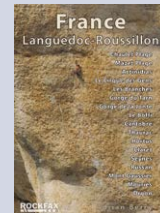


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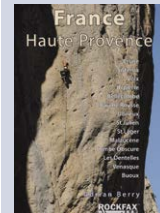
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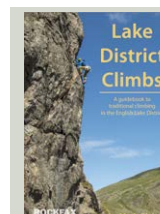
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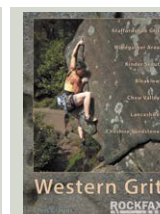
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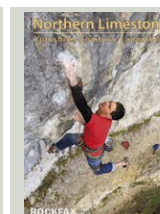
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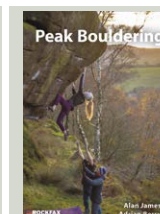
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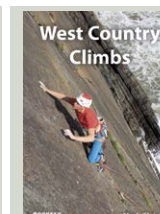
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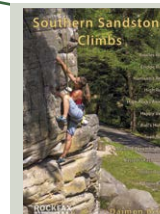
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August 2023  
October 2023



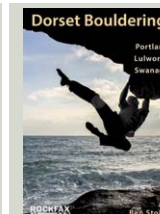
West Country Climbs  
December 2022  
April 2023



Southern Sandstone  
September 2017  
May 2023



Dorset  
July 2021  
June 2023



Dorset Bouldering  
May 2014  
January 2020



Devon Bouldering  
January 2024  
January 2024

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Carmarthenshire

Gower

Inland and Coastal Limestone

The Valleys Sandstone

# South Wales Sport Logistics

Sam Clarke on the severely overhanging *Achilles' Wrath* (8b) - p.84 - at Shipwreck Cove, Rhossili Beach, Gower. Since the first sport routes were established at Rhossili Beach in 2012, the area has become very popular with Shipwreck Cove being a beacon for hard climbing in the upper grades and the other sectors a magnet for teams looking for beach-side grade 4s, 5s and 6s. Photo: Keith Sharples

### Mountain Rescue

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

#### Dial 112 and ask for

#### 'POLICE - MOUNTAIN RESCUE' or 'COASTGUARD'

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.

### When to Go

The climbing sites covered in this guide are geographically diverse, ranging from exposed mountain tops to sheltered seaside sun-traps. As a result there is scope for climbing in good conditions throughout the year. The climate data given below 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.

| Temperature °C          | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Average Max Temp (°C)   | 5   | 6   | 7   | 10  | 13  | 16  | 18  | 18  | 15  | 11  | 7   | 5   |
| Average Min Temp (°C)   | 1   | 1   | 2   | 3   | 6   | 8   | 10  | 11  | 9   | 6   | 3   | 1   |
| Average Rain Days/month | 10  | 6   | 9   | 7   | 6   | 8   | 7   | 8   | 7   | 9   | 8   | 9   |

Bethan Cox making a late afternoon autumnal ascent of *Snap Crackle 'n' Pop* (6a) - p.277 - at Sector Hindu Kush, Gilwern West. The Gilwern crags, both East and West, have seen a lot of new routing and re-equipping since the previous Rockfax guide was published in 2016. The approach to the crag has also been radically altered following a landslip damaging the old road. Nevertheless, although the walk to the western crags is now longer, it is a very pleasant walk and pretty flat. Photo: Mark Glaister



Carmarthenshire

Gower

Inland and Coastal Limestone

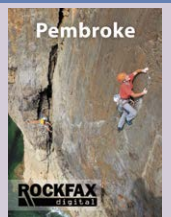
The Valleys Sandstone

Carmarthenshire

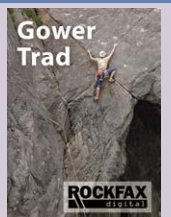
Gower

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**Pembroke**  
 Coming 2025  
 April 2024



**Gower Trad**  
 Coming 2025  
 May 2024

**Rockfax Guidebooks**  
 There are two Rockfax guides with trad climbing coverage in the area.  
**Gower Trad (2024 Digital)**  
**Pembroke (2024 Digital)**  
[rockfax.com](http://rockfax.com) [rockfax.digital](http://rockfax.digital)

- This Map**
- Pub
  - Takeaway
  - Cafe
  - Restaurant
  - Supermarket
  - Chemist
  - Petrol
  - Parking
  - Church
  - Hospital
- Other Maps**
- Camping
  - Caravan Park
- Legend:**
- Train Station
  - Airport
  - Ferry
  - Tourist Info
  - Gear Shop
  - Climbing Wall

### Getting Around

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.

### Public Transport

If you do wish to use public transport then the crags in this area are generally easy to get to. Gower, the Valleys Sandstone, Witches Point and Dinas Rock are all easily reached from either Cardiff, Bridgend or Swansea by rail and bus. Nearly all the Valleys Sandstone crags are within striking distance of train stations. Gower is well serviced by bus from Swansea and it is possible to camp within walking distance of the crags.

**Buses** - The best website is [traveline.info](http://traveline.info).  
**Trains** - For timetable information go to [thetrainline.com](http://thetrainline.com)

### Satellite Navigation

GPS 51.566867  
 P -4.087787  
 The parking spots on the close-up maps are indicated with a precise GPS location and QR code (right). Just point your phone at the QR code and open in your chosen navigation app to take you direct to the parking spots.



### Tourist Information

For general information for a visit contact the tourist information websites listed below:  
[breconbeacons.org](http://breconbeacons.org)  
[visitbergavenny.co.uk](http://visitbergavenny.co.uk)  
[visitblaenavon.co.uk](http://visitblaenavon.co.uk)  
[visitcardiff.com](http://visitcardiff.com)  
[visitcrickhowell.wales](http://visitcrickhowell.wales)  
[visitwales.com](http://visitwales.com)

More information on all areas and travel tips are at [information-britain.co.uk](http://information-britain.co.uk) and [visitwales.com](http://visitwales.com)



Charlotte Macdonald on *Fiesta* (6b) - *p.137* - at Third Sister - Upper, Gower. This crag was one of the first to have some popular lower grade lines bolted and has now been joined in recent times by many more close by, the majority containing routes in the 6th and 7th grades. Photo: Andy van Kints

## Accommodation

Useful for all types of accommodation:  
[ukclimbing.com/listings](http://ukclimbing.com/listings)

## Camping

### The Valley Campsite - *map p.48*

Amroth Road, Llanteg, Narberth.

[thevalleycampsite.co.uk](http://thevalleycampsite.co.uk)

Basic site for Carmarthenshire crags.

### Pitton Cross Camping - *map p.117*

Rhossili, Gower. [pittoncross.co.uk](http://pittoncross.co.uk)

Great site that is well positioned for Gower crags. Book at busy times. Can walk to crags.

### Eastern Slade Barn

Eastern Slade Farm, Oxwich, Gower.

[easternsladebarnhower.co.uk](http://easternsladebarnhower.co.uk)

Superb accommodation plus a basic camping field. Book ahead for the bunkhouse.

### Lone Wolf Campsite

Glyn y Mul Farm, Aberdulais.

[glynymulfarm.co.uk](http://glynymulfarm.co.uk)

Out of the way site. No groups. Well placed for Dinas Rock. Must book ahead.

### Acorn Camping - *map p.312*

Ham Lane South, Llantwit Major.

[acorncamping.co.uk](http://acorncamping.co.uk)

Well positioned for Witches Point, Costa del Major and crags just off of the M4. No groups allowed. Book ahead at busy times.

### Pyscodlyn Farm

Pyscodlyn Farm, Abergavenny.

[pyscodlyncaravanpark.com](http://pyscodlyncaravanpark.com)

Excellent facilities. Close to Abergavenny and Crickhowell for food and pubs. Good for Gilwern crags and dropping over into the sandstone crags. Handy for Brecon Beacons.


### Cwmcarn Forest Camping - *map p.482*

Crosskeys. [cwmcarnforest.co.uk](http://cwmcarnforest.co.uk)

Good camping with camping pods also available. Mountain bike opportunities. Good for the sandstone especially the eastern valleys. Possible to walk to a couple of crags.



Aaron Martin getting to grips with the typical Costa del Major bands of horizontally bedded limestone on the route *S'Not Yours* (6a+) - *p.320* - at The Nose, Costa del Major. Photo: Carl Ryan

Pubs **Springwell Inn** - map p.56

Pendine, Carmarthen. Nice spot close to the beach and friendly.

**Worm's Head Hotel** - map p.192

Rhossili, Gower. Fine location overlooking the beach and Worm's Head. Decent food and great outside terrace. Can be busy.

**King Arthur Hotel**

Reynoldston, Gower. Excellent venue. Good food and beer garden. Not particularly close to the coast but worth the effort to get to.

**The Joiners Arms** - map p.192

Bishopston. Handy spot for crags at the eastern end of Gower.

**Gwaelod y Garth Inn**

Taff's Well, Gwaelod-y-Garth. Close to Taff's Well area crags, nice rustic and homely.

**The Bear Hotel**

Crickhowell. Hotel bar with good atmosphere and food. Close to Gilwern.

**The Three Golden Cups** - map p.284

Southerndown, Bridgend. Small pub close to Witches Point and the beach.

**The Pelican** - map p.284

Ogmore-by-Sea. Upmarket venue with food and a lively atmosphere. Near Witches Point.

**Prince of Wales**

Ton Kenfig, Bridgend. Good pub with food midway between Witches Point and Abbey Buttre.

**Glantaff Inn** - map p.418

Quakers Yard, Treharris. Good friendly spot central to many of the Valleys crags. Good food and beer.

**Greenhouse Inn**

Newport Road, Llantarnam. On the western side of the Valleys and a good spot post Tirpentwys.



The Worm's Head Hotel by the parking in Rhossili. Photo: Mark Glaister



Eleri Clarke on the super-steep *Pioneers of the Hypnotic Groove* (7b) - p.171 - at Foxhole, Gower. Foxhole is the most popular of the harder venues on Gower being a year-round option having no tidal problems, a line-up of brilliant routes and multiple link-ups. Photo: Elis Rees

## Cafes ☕

**Amorth/Pendine** - Lots of options on the seafront.

**The View Cafe** - map p.76

Rhossili, Gower. Great views out over the beach and close to the parking. Good coffee.

**Three Cliffs Coffee Shop** - map p.164

Southgate, Gower. Great Cafe next to parking. Also has a shop with Post office and cashpoint.

**Cafe at Book-ish**

High Street, Crickhowell. Close to Gilwern. Good coffee and atmosphere.

**Dunraven Beach Cafe** - map p.284

Southerndown. Seasonal cafe by Witches Point.

Valleys Sandstone area has lots of cafes and fast food outlets in the towns and villages.

## Climbing Shops 🧗

### Up and Under

490 Cowbridge Road East, Victoria Park, Cardiff, CF5 1BL. Tel: 02920 578579  
[upandunder.co.uk](http://upandunder.co.uk)

Specialist climbing and outdoor gear retailer in Cardiff with online ordering.  
See inside back cover, map page 21.

**Crickhowell Adventure** - High Street, Crickhowell.

More shops at -

[ukclimbing.com/listings/outdoor\\_shops/](http://ukclimbing.com/listings/outdoor_shops/)

## Climbing Walls 🧗

### Overhang Climbing Centre

Churchill House, Picton Terrace, Carmarthen SA31 3DF. Tel: 01267 237981  
[overhangcarmarthen.co.uk](http://overhangcarmarthen.co.uk)

Indoor climbing centre with a 12m lead wall and 2 bouldering areas. Cafe with snacks.

See page 2, map page 20.

**Rock UK**, Old Drift Mine, Trelewis, Treharris.

**Dynamic Rock**, Hebron Road, Swansea.

**The Climbing Hangar** - Castell Close, Swansea.

**Flashpoint Swansea** - Parc Tawe, Swansea.

**Boulders** - Culverhouse Cross, Cardiff.

**Flashpoint Cardiff** - Penarth Road, Cardiff.

**Boulders** - St. Catherines Park, Cardiff.

More walls and information at -

[ukclimbing.com/listings/climbing\\_walls/](http://ukclimbing.com/listings/climbing_walls/)



The View cafe at Rhossili. Photo: Mark Glaister



Bridget Glaister on *F\*uc\*ose* (6b) - p.123 - at Rams Grove Crag, Gower. Photo: Mark Glaister

# South Wales Sport Climbing

A climber moves up to the headwall of *Supertramp* (7a) - p.499 - at Tirpentwys. Since the publication of the previous Rockfax guidebook to the sport climbing available in South Wales, the pecking order of popular venues has firmed up and in The Valleys particularly Tirpentwys and Navigation Quarry have become highly regarded alongside the older go-to spots such as The Gap and Sirhowy. Photo: Mark Glaister

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. 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. Usually all that is required to ensure continued freedom of access to the cliffs, and to maintain good relations with landowners and stewards, is a responsible approach and level of general behaviour.

### General Behaviour

Rock climbing has become ever more popular, increasing numbers of people want access to the cliffs and the pressures on the crag environment have never been greater.

Some general guidelines:

- Be polite to other countryside users
- Don't light fires or use barbecues
- Close gates after you go through them
- Park sensibly as described in this book
- Don't stray from the popular paths
- Don't disturb animals especially sea birds
- Use less chalk
- Don't use wire brushes
- Take your litter home
- Go before you go!


### Parking

All the crags in this book have parking areas which are indicated with GPS coordinates and QR codes on the maps (see right - just scan with your phone).



Please use these parking areas. If there is one thing above all others that annoys landowners, it is having their drive/field blocked by someone's car. In some cases parking may involve you spending some money in one of the Pay and Display parking areas.

### Restrictions

 There are some restrictions and warnings so keep a look out for the red 'Restrictions' and 'Birds' symbol (above). The restricted dates generally range from the beginning of February to the end of July. Signs are usually erected on the crag approaches where there is new or updated information on the extent or duration of a restriction.

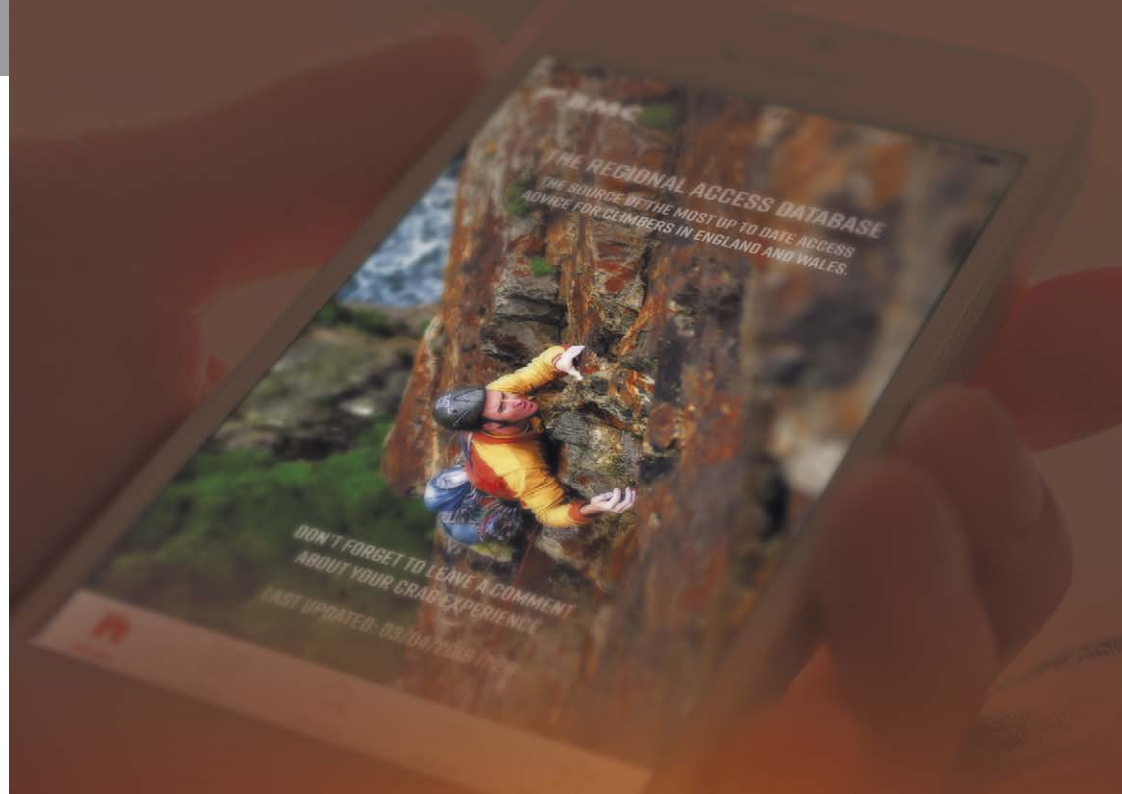
Other crags have very precise parking and approach requirements, whilst others have strict rules on what can and cannot be done due to the presence of historic artefacts. At some sandstone quarries access is less well defined (often due to liability concerns) and has led to signs being erected that state 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.

### BMC RAD App

Access arrangements can change and we recommend that, when unsure, you use the BMC Regional Access Database (RAD) to check what the current situation is. You can check the RAD here - [thebmc.co.uk/modules/RAD/](http://thebmc.co.uk/modules/RAD/) or install the BMC RAD app from your iOS or Android app store.

If you do encounter problems, contact the BMC Access and Conservation representative. They are always happy to discuss problems and often their involvement at an early stage can defuse a situation before it escalates into a serious access dispute.

**British Mountaineering Council,**  
177-179 Burton Road,  
Manchester, M20 2BB.  
Tel: 0870 010 4878  
Web: [thebmc.co.uk](http://thebmc.co.uk)  
Email: [office@thebmc.co.uk](mailto:office@thebmc.co.uk)



 **BMC**

**RAD APP** (REGIONAL ACCESS DATABASE)

The source of the most up to date access advice  
for climbers in England and Wales  
[thebmc.co.uk/rad](http://thebmc.co.uk/rad)



Carmarthenshire

Gower

Inland and Coastal Limestone

The Valley's Sandstone



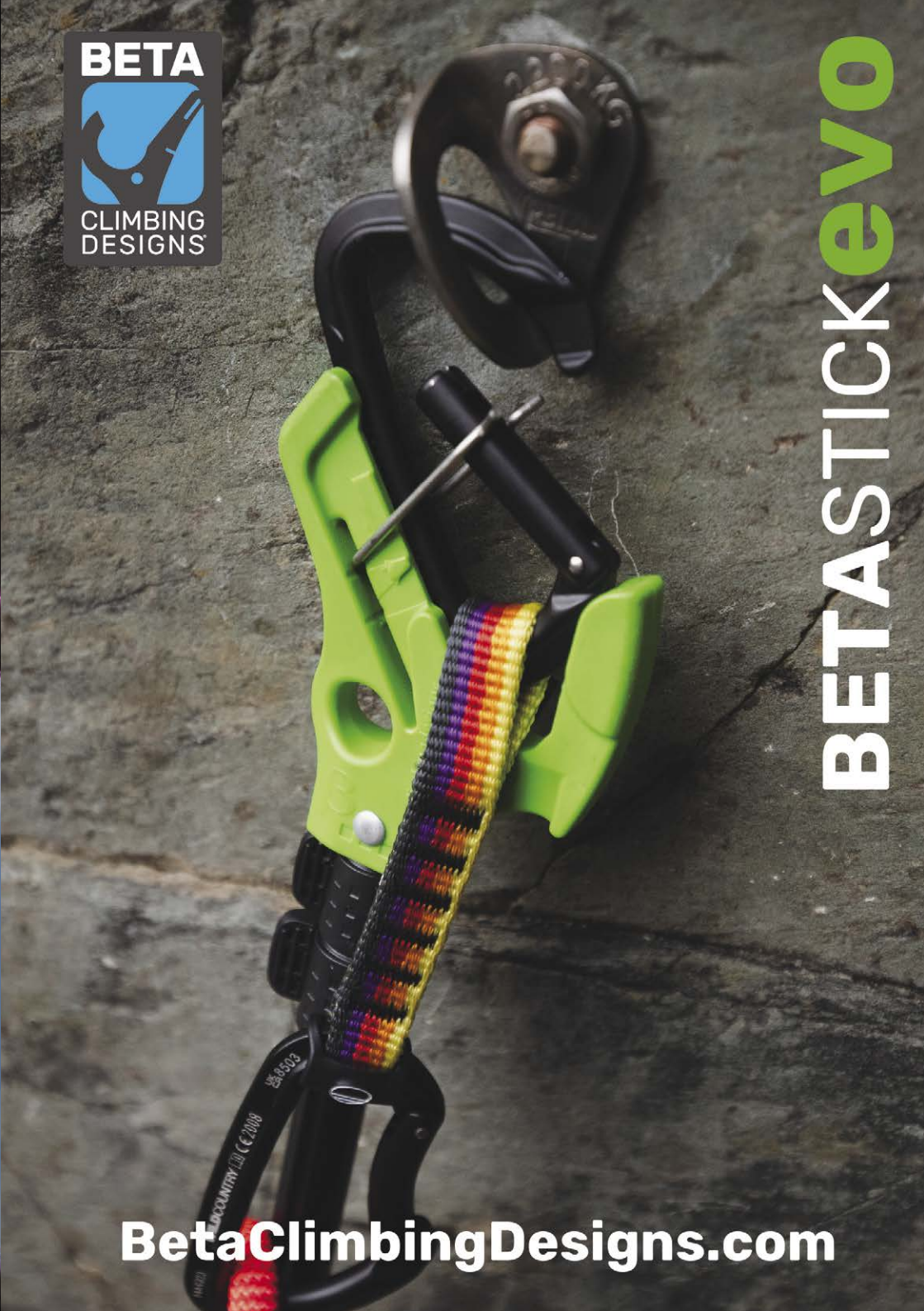
Rhoslyn Frugtniet on *Palace of Swords Reversed* (8a) - p.171 - at Foxhole, Gower. Photo: Simon Rawlinson

**Gear**  
 Most of the sport routes described in this book have good solid bolts and lower-offs in place. For the vast majority of routes a 60m rope and 14 quickdraws is sufficient to climb them. However there are a number of routes that will require a longer rope to get down (and probably 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.**

A clip-stick is a very useful piece of kit as some initial bolts are high and the landings not ideal, especially on the sea cliffs.

On a small number of the sea cliffs an abseil rope will be needed to access the base of the crag.

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



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## ALPHA SPORT

The Alpha Sport is the ultimate sport climbing quickdraw. Shaped for success with a confidence inspiring gate action, the rest is up to you. A durable and easy to grab nylon sling reduces the effort of working routes. For sport climbers who prize positive handling and quick clipping,



dmmwales.com



Photo: Aaron Martin

### Bolting

The work of maintaining the bolts has been carried out by many individuals. It has been a huge task and is ongoing. If you come across any routes that need re-equipping then please submit your comments to the databases on - [ukclimbing.com](http://ukclimbing.com).

### South Wales Bolt Fund

The South Wales Bolt Fund was formed to help with the replacement of protection bolts and lower-offs throughout South Wales. More details, and a link to donations, is available on the website - [southwalesboltfund.co.uk](http://southwalesboltfund.co.uk)

If you enjoy the sport routes in this book then consider donating an evening's beer money to the South Wales Bolt Fund.

Proceeds from some of the sales of this guidebook will go towards this fund.

Matt Woodfield on *Any Old Iron* (6c) - p.248 - at The Outer Pit, Taff's Well West. Photo: Mark Glaister

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valley's Sandstone



**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).

The trad grade gives 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.

More information on grades:

[rockfax.com/publications/grades.html](http://rockfax.com/publications/grades.html)

| Sport Grade | British Trad Grade<br>(for well-protected routes) |                         | UIAA  | USA   |
|-------------|---|-------------------------|-------|-------|
| 2a          | Mod<br>Moderate                                   |                         | I     | 5.1   |
| 2b          |   | Diff<br>Difficult       | II    | 5.2   |
| 2c          |   |                         | III-  | 5.3   |
| 3a          |   | VDiff<br>Very Difficult | III   | 5.4   |
| 3b          |   |                         | III+  | 5.5   |
| 3c          | Sev<br>Severe                                     |                         | IV-   | 5.6   |
| 4a          |   | HS<br>Hard Severe       | IV    | 5.7   |
| 4b          |   |                         | IV+   | 5.8   |
| 4c          |   | VS<br>Very Severe       | V-    | 5.9   |
| 5a          |   |                         | V     | 5.10a |
| 5b          |   |                         | V+    | 5.10b |
| 5c          | E1<br>5c  |                         | VI-   | 5.10c |
| 6a          |   | E2<br>6a                | VI    | 5.10d |
| 6a+         |   |                         | VI+   | 5.11a |
| 6b          |   | E3<br>6a                | VII-  | 5.11b |
| 6b+         |   |                         | VII   | 5.11c |
| 6c          |   |                         | VII+  | 5.11d |
| 6c+         |   | E4<br>6b                | VIII- | 5.12a |
| 7a          |   |                         | VIII  | 5.12b |
| 7a+         |   |                         | VIII+ | 5.12c |
| 7b          | E6<br>6c  |                         | IX-   | 5.12d |
| 7b+         |   |                         | IX    | 5.13a |
| 7c          |   | E7<br>7a                | IX+   | 5.13b |
| 7c+         |   |                         | X-    | 5.13c |
| 8a          |   | E8<br>7a                | X     | 5.13d |
| 8a+         |   |                         | X+    | 5.14a |
| 8b          |   | E9<br>7b                | XI-   | 5.14b |
| 8b+         |   |                         | XI    | 5.14c |
| 8c          |   | E10<br>7b               | XI+   | 5.14d |
| 8c+         |   |                         | XI+   | 5.15a |
| 9a          |   |                         |       |       |
| 9a+         |   | E11<br>7b               |       |       |

### Colour Coding

The routes are given a colour-coded dot corresponding to a grade band.

● **Green Routes** *Beginners* - everything at grade 4c (up to **Severe**) and under. Good routes to start out your climbing career on.

● **Orange Routes** *Experienced* - 5a to 6a+ inclusive (**HS** to **HVS**). General ticking routes for those with more experience. There are many excellent routes available across this band.

● **Red Routes** *Advanced* - 6b to 7a inclusive (**E1** to **E3**). For the experienced and keen climber. Anyone operating at this level can attempt some of the best climbing in the area.

● **Black Routes** *Expert* - 7a+ to 7c+ inclusive (**E4** to **E6**). If you are up to it then this band has some major national testpieces.

○ **White Spots** *Elite* - 8a and above (**E7**). The hardest routes for the world's best climbers.



Olli Burrows moving up to the twin bulges on *Altered Carbon* (7a+) - p.355 - at Space Mountain. Photo: Alan Rosier

This graded list has been assembled from the votes on UKClimbing Logbooks. If you disagree strongly with the list then register your route online at [ukclimbing.com/logbooks/](http://ukclimbing.com/logbooks/)

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**8b+**  
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 Hell Dagger . . . . . 84  
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**8b**  
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 Berlin Extension . . . . . 213  
 Orion . . . . . 183  
 Crime and Punishment . . . . . 103  
 No Chips Round Here . . . . . 414  
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**7a+**  
 Urban Development . . . . . 344  
 King Zog . . . . . 471  
 Rob Roy . . . . . 202  
 Scared Seal Banter . . . . . 434  
 Crawling King Snake . . . . . 176  
 Scream for Cream . . . . . 247  
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 Get Flossed . . . . . 431  
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Alan Cassidy on *Helvetia* (8b+) - p.84 - one of many hard pitches at the magnificent Shipwreck Cove, Rhossili Beach, Gower. Photo: Elis Rees

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valleys Sandstone

Carmarthenshire

Gower

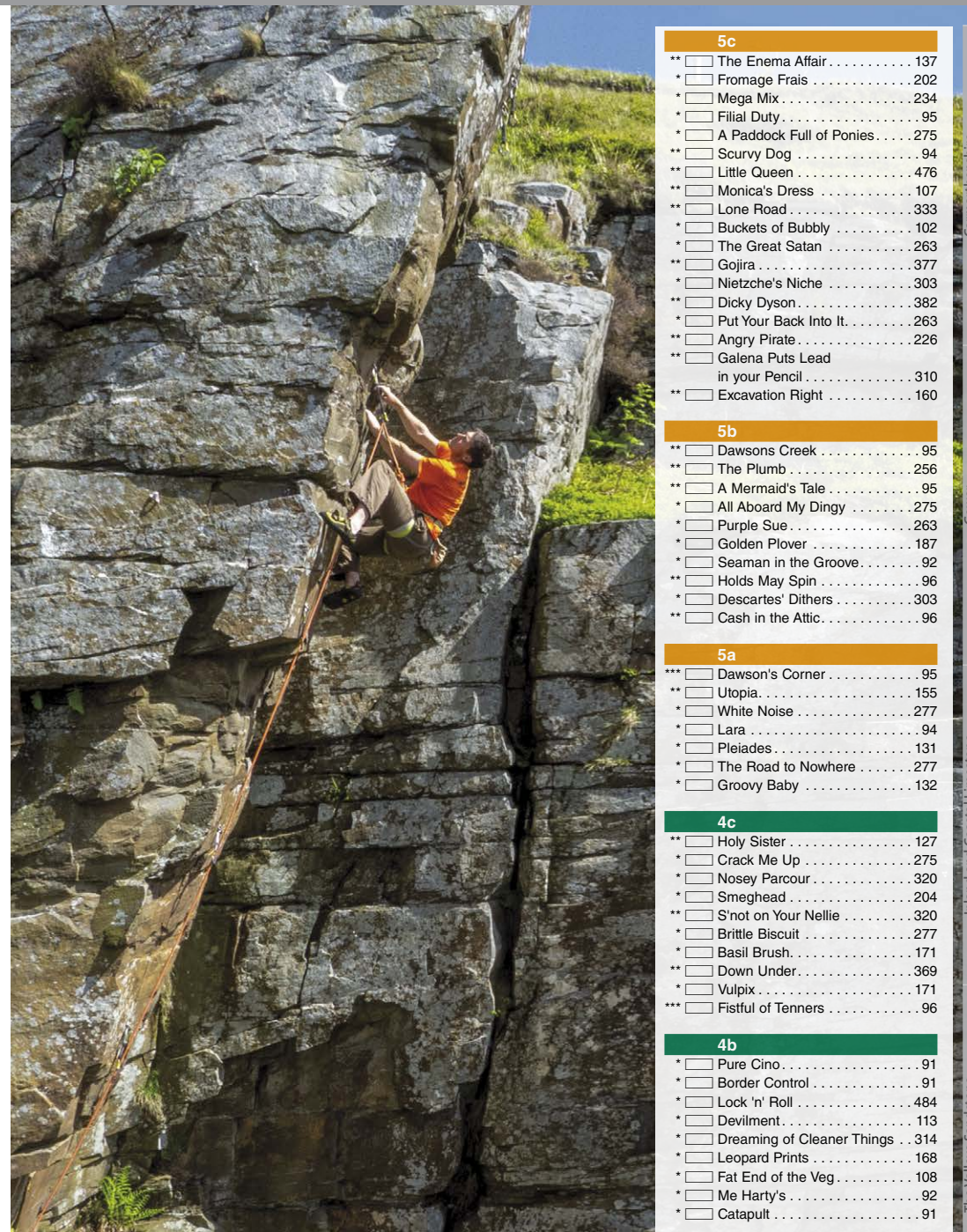
Inland and Coastal Limestone

The Valleys Sandstone

| 6c  |     |
|---|-----|
| ** <input type="checkbox"/> Wij zitten nog in een sneeuwstorm | 197 |
| ** <input type="checkbox"/> Operation Moonshot                | 354 |
| ** <input type="checkbox"/> The Quiet Earth                   | 219 |
| ** <input type="checkbox"/> Asthmanaut                        | 355 |
| ** <input type="checkbox"/> The Daughters of Lear             | 131 |
| ** <input type="checkbox"/> The Grout of San Romano           | 434 |
| ** <input type="checkbox"/> Long Awaited                      | 298 |
| ** <input type="checkbox"/> Angel of Mons                     | 236 |
| ** <input type="checkbox"/> Hostility Suite                   | 472 |
| ** <input type="checkbox"/> Clip Joint                        | 163 |
| ** <input type="checkbox"/> Deus Ex Machina                   | 442 |
| ** <input type="checkbox"/> Book End Rib                      | 261 |
| ** <input type="checkbox"/> Organised Chaos                   | 231 |
| ** <input type="checkbox"/> Black Adder                       | 80  |
| ** <input type="checkbox"/> Decades Apart                     | 193 |
| ** <input type="checkbox"/> The Relaxed Ladybird              | 442 |
| ** <input type="checkbox"/> Nouveau Cuisine                   | 123 |
| ** <input type="checkbox"/> Arab Spring                       | 135 |
| ** <input type="checkbox"/> Vanity of Small Differences       | 260 |
| ** <input type="checkbox"/> Hanging by a Thread               | 291 |
| ** <input type="checkbox"/> Vladimir and the Pearl            | 52  |
| ** <input type="checkbox"/> Glucosamine and Chondroitin       | 276 |
| ** <input type="checkbox"/> Leave it to Me (The G)            | 431 |
| ** <input type="checkbox"/> Twilight World                    | 137 |
| ** <input type="checkbox"/> Sophie's Wit Tank                 | 72  |
| ** <input type="checkbox"/> Battle of the Bulge               | 274 |
| ** <input type="checkbox"/> Miss You                          | 197 |
| ** <input type="checkbox"/> Daggers                           | 234 |
| ** <input type="checkbox"/> Asset Manager                     | 61  |
| ** <input type="checkbox"/> Water                             | 135 |
| ** <input type="checkbox"/> Any Old Iron                      | 248 |
| ** <input type="checkbox"/> Par 3                             | 86  |
| ** <input type="checkbox"/> Out of Pocket                     | 311 |
| ** <input type="checkbox"/> Academy Awards                    | 215 |
| ** <input type="checkbox"/> On the Road                       | 333 |
| ** <input type="checkbox"/> The Road to Mandalay              | 332 |
| ** <input type="checkbox"/> Power Vacuum                      | 135 |
| ** <input type="checkbox"/> Nine Green Bottles                | 377 |
| ** <input type="checkbox"/> Strange Little Girl               | 471 |
| ** <input type="checkbox"/> Closed Road                       | 333 |
| ** <input type="checkbox"/> Controlled Emission               | 432 |
| ** <input type="checkbox"/> Dream Academy                     | 215 |
| ** <input type="checkbox"/> Oh Man                            | 124 |
| 6b+   |     |
| ** <input type="checkbox"/> Blinded by Love                   | 463 |
| ** <input type="checkbox"/> Pubic Enema                       | 308 |
| ** <input type="checkbox"/> Litigious/Fergie's Folly          | 255 |
| ** <input type="checkbox"/> John's Route                      | 86  |
| ** <input type="checkbox"/> You are What You Is               | 464 |
| ** <input type="checkbox"/> Tarus Bulbous                     | 232 |
| ** <input type="checkbox"/> Mouse Trap                        | 444 |
| ** <input type="checkbox"/> Rising Sap                        | 412 |
| ** <input type="checkbox"/> Straining Pitch                   | 163 |
| ** <input type="checkbox"/> Magic Carpet                      | 255 |
| ** <input type="checkbox"/> The Cragmeister                   | 499 |
| ** <input type="checkbox"/> Peachy                            | 492 |
| ** <input type="checkbox"/> Tread Gently                      | 160 |
| ** <input type="checkbox"/> No Epoxy au Oxley                 | 172 |
| ** <input type="checkbox"/> Rock Bottom                       | 145 |
| ** <input type="checkbox"/> Credit Squeeze                    | 60  |
| ** <input type="checkbox"/> Drone On                          | 334 |
| ** <input type="checkbox"/> Sleeping Dogs Lie                 | 430 |
| ** <input type="checkbox"/> Writings on the Wall              | 345 |
| ** <input type="checkbox"/> Croeso I Gymru                    | 290 |

| ** <input type="checkbox"/> Selling Short                         | 61  |
|---|-----|
| ** <input type="checkbox"/> Queens of the Stone Age               | 476 |
| ** <input type="checkbox"/> Away With The Mixer                   | 383 |
| ** <input type="checkbox"/> Slipping into Luxury                  | 469 |
| ** <input type="checkbox"/> Red Square                            | 231 |
| ** <input type="checkbox"/> Cheesy Rider                          | 202 |
| ** <input type="checkbox"/> Rag and Bone                          | 248 |
| ** <input type="checkbox"/> Al-Tikrit                             | 120 |
| ** <input type="checkbox"/> Jaded Locals                          | 161 |
| ** <input type="checkbox"/> Beware the Burly Butcher of Bargoed   | 455 |
| *** <input type="checkbox"/> Off the Peg                          | 145 |
| ** <input type="checkbox"/> The Intensity of Spring               | 219 |
| *** <input type="checkbox"/> GAZ 316                              | 344 |
| ** <input type="checkbox"/> Nematode                              | 144 |
| ** <input type="checkbox"/> Killer Arete                          | 391 |
| ** <input type="checkbox"/> Craxploitation                        | 442 |
| ** <input type="checkbox"/> Bye Dad                               | 95  |
| ** <input type="checkbox"/> Twisted Logic                         | 500 |
| ** <input type="checkbox"/> Slip into the Queen                   | 476 |
| ** <input type="checkbox"/> Flakes and Chips                      | 501 |
| ** <input type="checkbox"/> Crock Licker                          | 364 |
| ** <input type="checkbox"/> Crimp Paddle                          | 94  |
| ** <input type="checkbox"/> Road Kill                             | 333 |
| ** <input type="checkbox"/> Between the Lines                     | 463 |
| ** <input type="checkbox"/> Reaction Series                       | 183 |
| ** <input type="checkbox"/> Gwest y Gymru 7 Inch Mix              | 234 |
| 6b  |     |
| ** <input type="checkbox"/> A Freem of White Horses               | 308 |
| ** <input type="checkbox"/> Id-iot                                | 235 |
| ** <input type="checkbox"/> Hot Flush                             | 145 |
| ** <input type="checkbox"/> Chock a Block                         | 145 |
| ** <input type="checkbox"/> Feud For Thought                      | 183 |
| ** <input type="checkbox"/> The Burning Glass                     | 303 |
| ** <input type="checkbox"/> Rattle Those Tusks                    | 431 |
| ** <input type="checkbox"/> Fiesta                                | 137 |
| ** <input type="checkbox"/> Good Gear, Good Cheer                 | 235 |
| ** <input type="checkbox"/> Land of the Dinosaurs                 | 431 |
| ** <input type="checkbox"/> Nappy Rush                            | 462 |
| ** <input type="checkbox"/> Dan's-Inferno                         | 385 |
| ** <input type="checkbox"/> California Freeming                   | 308 |
| ** <input type="checkbox"/> Great Expectations                    | 294 |
| ** <input type="checkbox"/> Siege of Syracuse                     | 303 |
| ** <input type="checkbox"/> Black Magic                           | 442 |
| ** <input type="checkbox"/> Central Integrator                    | 65  |
| ** <input type="checkbox"/> Lundy Boy                             | 499 |
| ** <input type="checkbox"/> Flow Job                              | 274 |
| ** <input type="checkbox"/> Decimus Maximus                       | 236 |
| ** <input type="checkbox"/> Soapy Dahl                            | 71  |
| ** <input type="checkbox"/> Smoke and Mirrors                     | 294 |
| ** <input type="checkbox"/> Magic Touch                           | 289 |
| ** <input type="checkbox"/> A Little Something I Prepared Earlier | 370 |
| ** <input type="checkbox"/> Tea Leaves                            | 274 |
| *** <input type="checkbox"/> Fatal Reflection                     | 412 |
| ** <input type="checkbox"/> Lateralus                             | 478 |
| *** <input type="checkbox"/> Terry Forkwit                        | 364 |
| ** <input type="checkbox"/> Blood, Sweat and Beers                | 441 |
| ** <input type="checkbox"/> Orangutanarium                        | 419 |
| ** <input type="checkbox"/> Gwyn's Road                           | 333 |
| ** <input type="checkbox"/> A Poxey Queen                         | 476 |
| ** <input type="checkbox"/> Bluster                               | 428 |
| ** <input type="checkbox"/> Magic Circle                          | 294 |
| * <input type="checkbox"/> Bottom Drawers                         | 88  |
| ** <input type="checkbox"/> Sunni Daze                            | 120 |
| ** <input type="checkbox"/> Dirty as a Dog                        | 463 |

| ** <input type="checkbox"/> Sorry Lorry Morry               | 400 |
|---|-----|
| ** <input type="checkbox"/> Cold Inconvenience              | 144 |
| ** <input type="checkbox"/> One More for Me                 | 123 |
| ** <input type="checkbox"/> Threadbare                      | 144 |
| ** <input type="checkbox"/> I Am what I Am                  | 464 |
| 6a+   |     |
| ** <input type="checkbox"/> F'uc'ose                        | 123 |
| * <input type="checkbox"/> Iron to Defeat Napoleon          | 260 |
| ** <input type="checkbox"/> No Beer, No Fear                | 235 |
| * <input type="checkbox"/> Lips Of My Shofarot              | 302 |
| ** <input type="checkbox"/> Discount Included in the Price  | 395 |
| * <input type="checkbox"/> Knackers Yard                    | 248 |
| ** <input type="checkbox"/> All Things Bright and Beautiful | 274 |
| ** <input type="checkbox"/> Southeast Wall                  | 137 |
| * <input type="checkbox"/> Mr Softy                         | 255 |
| * <input type="checkbox"/> Fear Inoculum                    | 219 |
| ** <input type="checkbox"/> Pelagic Mush                    | 289 |
| * <input type="checkbox"/> Drag Queen                       | 476 |
| * <input type="checkbox"/> Full Metal Jacket                | 248 |
| ** <input type="checkbox"/> Poker in the Eye                | 430 |
| * <input type="checkbox"/> No Bear, No Fear                 | 235 |
| ** <input type="checkbox"/> Fluster                         | 428 |
| ** <input type="checkbox"/> Don't Sit on My Sofa            | 197 |
| ** <input type="checkbox"/> The Two Hundred Year Echo       | 260 |
| ** <input type="checkbox"/> Marlin on the Wall              | 428 |
| ** <input type="checkbox"/> Hung Over                       | 144 |
| ** <input type="checkbox"/> ParLOUR Vous le Sport           | 183 |
| ** <input type="checkbox"/> Terrordactyl                    | 487 |
| * <input type="checkbox"/> First Handout                    | 86  |
| ** <input type="checkbox"/> Bending Sickle                  | 161 |
| ** <input type="checkbox"/> All For Nothing                 | 63  |
| ** <input type="checkbox"/> Hooker with a Penis             | 478 |
| ** <input type="checkbox"/> Grey Wall                       | 254 |
| ** <input type="checkbox"/> Las Mariposas                   | 130 |
| ** <input type="checkbox"/> The Clot Thickers               | 89  |
| ** <input type="checkbox"/> Galvanised                      | 369 |
| *** <input type="checkbox"/> Jubilee Step Sister            | 127 |
| ** <input type="checkbox"/> Hawk's Cheep                    | 455 |
| ** <input type="checkbox"/> Under the Mattress              | 96  |
| 6a  |     |
| ** <input type="checkbox"/> Heading South                   | 61  |
| ** <input type="checkbox"/> Pocket Battleship               | 338 |
| * <input type="checkbox"/> The White Stuff                  | 261 |
| * <input type="checkbox"/> Whatever Floats Your Boat        | 275 |
| ** <input type="checkbox"/> Abra-Ker-Fucking-Dabra          | 294 |
| ** <input type="checkbox"/> Pwll Du Crack                   | 275 |
| ** <input type="checkbox"/> Up Yours                        | 434 |
| *** <input type="checkbox"/> Groping for Jugs               | 455 |
| * <input type="checkbox"/> Death Twitch                     | 441 |
| ** <input type="checkbox"/> Bowen to the Inevitable         | 183 |
| * <input type="checkbox"/> Blow Me Another One              | 299 |
| ** <input type="checkbox"/> Sister Mary's Blessed Finger    | 137 |
| * <input type="checkbox"/> Them's Be Barnacles              | 92  |
| * <input type="checkbox"/> Mental Mantels                   | 500 |
| ** <input type="checkbox"/> Spit it Out                     | 107 |
| ** <input type="checkbox"/> Black Night's Rein              | 254 |
| * <input type="checkbox"/> Lamisil                          | 90  |
| * <input type="checkbox"/> The Pervasive Grey               | 264 |
| * <input type="checkbox"/> Zoo Time                         | 406 |
| * <input type="checkbox"/> Mr Potatoe Head                  | 203 |
| ** <input type="checkbox"/> Rocky                           | 499 |
| * <input type="checkbox"/> Snap, Crackle and Pop            | 277 |
| ** <input type="checkbox"/> Spoilt Bastard                  | 362 |
| ** <input type="checkbox"/> Dolphin Snoggin'                | 257 |
| ** <input type="checkbox"/> Lemon Soul                      | 95  |



Paul Cox on the continually steep climbing encountered on the classy line of *Killer Arete* (6b+) - p.391 - at Glynfach. Photo: Mark Glaister

| 5c  |     |
|---|-----|
| ** <input type="checkbox"/> The Enema Affair                | 137 |
| * <input type="checkbox"/> Fromage Fraiss                   | 202 |
| * <input type="checkbox"/> Mega Mix                         | 234 |
| * <input type="checkbox"/> Filial Duty                      | 95  |
| * <input type="checkbox"/> A Paddock Full of Ponies         | 275 |
| ** <input type="checkbox"/> Scurvy Dog                      | 94  |
| ** <input type="checkbox"/> Little Queen                    | 476 |
| ** <input type="checkbox"/> Monica's Dress                  | 107 |
| ** <input type="checkbox"/> Lone Road                       | 333 |
| * <input type="checkbox"/> Buckets of Bubbly                | 102 |
| * <input type="checkbox"/> The Great Satan                  | 263 |
| ** <input type="checkbox"/> Gojira                          | 377 |
| * <input type="checkbox"/> Nietzsche's Niche                | 303 |
| ** <input type="checkbox"/> Dicky Dyson                     | 382 |
| * <input type="checkbox"/> Put Your Back Into It            | 263 |
| ** <input type="checkbox"/> Angry Pirate                    | 226 |
| ** <input type="checkbox"/> Galena Puts Lead in your Pencil | 310 |
| ** <input type="checkbox"/> Excavation Right                | 160 |
| 5b  |     |
| ** <input type="checkbox"/> Dawsons Creek                   | 95  |
| ** <input type="checkbox"/> The Plumb                       | 256 |
| ** <input type="checkbox"/> A Mermaid's Tale                | 95  |
| * <input type="checkbox"/> All Aboard My Dingy              | 275 |
| * <input type="checkbox"/> Purple Sue                       | 263 |
| * <input type="checkbox"/> Golden Plover                    | 187 |
| * <input type="checkbox"/> Seaman in the Groove             | 92  |
| ** <input type="checkbox"/> Holds May Spin                  | 96  |
| * <input type="checkbox"/> Descartes' Dithers               | 303 |
| ** <input type="checkbox"/> Cash in the Attic               | 96  |
| 5a  |     |
| *** <input type="checkbox"/> Dawson's Corner                | 95  |
| ** <input type="checkbox"/> Utopia                          | 155 |
| * <input type="checkbox"/> White Noise                      | 277 |
| * <input type="checkbox"/> Lara                             | 94  |
| * <input type="checkbox"/> Pleiades                         | 131 |
| * <input type="checkbox"/> The Road to Nowhere              | 277 |
| * <input type="checkbox"/> Groovy Baby                      | 132 |
| 4c  |     |
| ** <input type="checkbox"/> Holy Sister                     | 127 |
| * <input type="checkbox"/> Crack Me Up                      | 275 |
| * <input type="checkbox"/> Nosey Parcour                    | 320 |
| * <input type="checkbox"/> Smeghead                         | 204 |
| ** <input type="checkbox"/> S'not on Your Nellie            | 320 |
| * <input type="checkbox"/> Brittle Biscuit                  | 277 |
| * <input type="checkbox"/> Basil Brush                      | 171 |
| ** <input type="checkbox"/> Down Under                      | 369 |
| * <input type="checkbox"/> Vulpix                           | 171 |
| *** <input type="checkbox"/> Fistful of Tanners             | 96  |
| 4b  |     |
| * <input type="checkbox"/> Pure Cino                        | 91  |
| * <input type="checkbox"/> Border Control                   | 91  |
| * <input type="checkbox"/> Lock 'n' Roll                    | 484 |
| * <input type="checkbox"/> Devilmint                        | 113 |
| * <input type="checkbox"/> Dreaming of Cleaner Things       | 314 |
| * <input type="checkbox"/> Leopard Prints                   | 168 |
| * <input type="checkbox"/> Fat End of the Veg               | 108 |
| * <input type="checkbox"/> Me Harty's                       | 92  |
| * <input type="checkbox"/> Catapult                         | 91  |
| 4a  |     |
| * <input type="checkbox"/> Whispering Whelks                | 92  |
| * <input type="checkbox"/> Julie's Delight                  | 155 |

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valley's Sandstone

Carmarthenshire

Gower

Inland and Coastal Limestone

The Valley's Sandstone

|                              |                              | Routes                         | up to 4c | 5a to 6a+ | 6b to 7a | 7a+ to 7c+ | 8a up | Approach | Sun         | Shelter | Dry in rain | Seepage | Access | Abseil | Tidal   | Summary   | Page |
|------------------------------|------------------------------|--------------------------------|----------|-----------|----------|------------|-------|----------|-------------|---------|-------------|---------|--------|--------|---|---|------|
| Carmarthenshire              | Carmarthenshire              | Telpyn Point                   | 46       | 1         | 21       | 20         | 4     | ▢        | 10 min      |         |             |         |        |        |   | A remote but friendly sea cliff, composed of hard vertical sandstone within easy reach of Pembroke trad crags.                        | 50   |
|                              |                              | Morfa Bychan                   | 62       | 2         | 27       | 26         | 7     | ▢        | 2 - 10 min  |         |             |         |        |        |   | A good, although slightly tidal cliff. Easy access and with many interesting routes in the mid-grades.                                | 58   |
|                              |                              | Pendine                        | 62       | 1         | 18       | 25         | 17    | ▢        | 10 min      |         |             |         |        |        |   | Restricted access due to a tight tide window. Substantial climbs that take strong lines on good quality limestone.                    | 67   |
|                              |                              | Rhossili Beach                 | 131      | 23        | 53       | 31         | 9     | 15       | 12 - 14 min |         |             |         |        |        |   | Many routes straight off of one of Wales's finest beaches. The crags are tidal and conditions are not always ideal.                   | 80   |
|                              |                              | Trial Wall Area                | 107      | 7         | 43       | 47         | 9     | 1        | 10 - 14 min |         |             |         |        |        |   | A collection of walls set high above Rhossili beach. A wide ranging appeal from grades 5 to 8. Reliable conditions.                   | 102  |
|                              |                              | Third Sister Area              | 155      | 7         | 50       | 71         | 24    | 3        | 20 - 40 min |         |             |         |        |        |   | A stunning section of coast dotted with some fine sport crags that offer plenty of routes in the mid and higher grades.               | 120  |
|                              |                              | Free Luncher's to Fetlock Zawn | 33       | -         | 8        | 22         | 1     | 2        | 30 - 35 min |         |             |         |        |        |   | A collection of zawn walls the most popular being Free Luncher's which is an excellent venue for grade 6s. Some buttresses are tidal. | 144  |
|                              |                              | Port Eynon                     | 3        | -         | 1        | 2          | -     | ▢        | 20 min      |         |             |         |        |        |   | A small, tidal and remote crag that might be useful if staying locally.   | 150  |
|                              |                              | Oxwich                         | 25       | -         | 7        | 16         | 2     | ▢        | 15 min      |         |             |         |        |        |   | A long low wall that is tidal and hidden amongst trees. Lots in the mid-grades but often dirty and can be humid. Tidal access.        | 152  |
|                              |                              | Utopia Area                    | 22       | 5         | 11       | 6          | -     | ▢        | 22 - 23 min |         |             |         |        |        |   | A collection of non-tidal crags that has some popular lower grade routes. The approach is a scramble not on a path and needs care.    | 155  |
| Gower                        | Gower                        | Watch House                    | 39       | 5         | 11       | 19         | 4     | ▢        | 16 min      |         |             |         |        |        | A varied set of crags. The slab has some fierce pitches whilst Watch House East has more conventional fare and is tidal.      | 159   |      |
|                              |                              | Foxhole                        | 43       | 10        | 9        | 11         | 9     | 4        | 12 min      |         |             |         |        |        |   | Superb sport crag that offers some of the best steep climbing in the area on excellent rock. Short approach and sheltered.            | 168  |
|                              |                              | Minchin Hole                   | 19       | -         | 1        | 7          | 8     | 3        | 12 min      |         |             |         |        |        | An unusual setting in a large sea-level cave/zawn with a number of atmospheric lines. Some important restrictions.            | 175   |      |
|                              |                              | Bowen's Parlour Area           | 32       | 1         | 11       | 12         | 8     | ▢        | 15 - 17 min |         |             |         |        |        | A collection of walls, overhangs and small zawns with a good spread of grades. Some sections are tidal. Awkward approach.     | 179   |      |
|                              |                              | Bosco's Gulch Area             | 67       | 5         | 25       | 29         | 8     | ▢        | 17 - 20 min |         |             |         |        |        | An interesting set of tidal cliffs with a range of routes across the grades. A little awkward to navigate around the cliffs.  | 185   |      |
|                              |                              | Pwlldu Bay                     | 12       | -         | -        | 5          | 6     | 1        | 23 min      |         |             |         |        |        | One good hard section of quarried cliff with a number of tough 7s. The right side of this crag is covered with mud.           | 193   |      |
|                              |                              | Rams Tor                       | 14       | -         | -        | 5          | 9     | ▢        | 10 min      |         |             |         |        |        |   | A wide crag that has bands of fierce overhangs running across it. The best access is via abseil.                                      | 195  |
|                              |                              | Barland Quarry                 | 14       | -         | 4        | 8          | 2     | ▢        | 5 min       |         |             |         |        |        |   | A rather gloomy inland old quarry working that has some intense slab climbs. Access problems - check first.                           | 197  |
|                              |                              | Dinas Rock                     | 109      | 1         | 11       | 44         | 45    | 8        | 2 - 12 min  |         |             |         |        |        |   | One of South Wales's premier crags that has lots of hard climbs on excellent limestone and is set in a quiet valley.                  | 202  |
|                              |                              | Darren Fawr                    | 32       | -         | 6        | 25         | 1     | ▢        | 30 min      |         |             |         |        |        |   | A limestone escarpment with lots of mid-grade climbs. Exposed and on the slopes of the Brecon Beacons. The approach is long.          | 218  |
| Inland and Coastal Limestone | Inland and Coastal Limestone | Taff's Well                    | 90       | 8         | 22       | 49         | 9     | ▢        | 1 - 5 min   |         |             |         |        |        |   | Impressive walls close to Cardiff. A good number of long face routes on generally good rock. Road noise level is high.                | 226  |
|                              |                              | Taff's Well West               | 55       | 3         | 16       | 18         | 18    | ▢        | 10 - 13 min |         |             |         |        |        |   | Two sections of cliff, one steep and the other slabby. The dense tree canopy shelters some of the cliff from rainfall.                | 244  |
|                              |                              | Gilwern East                   | 116      | 14        | 53       | 42         | 7     | ▢        | 10 - 16 min |         |             |         |        |        | A secluded series of quarried bays. Quick to approach and with lots in the low-to-mid grades. Good in hot weather.            | 254   |      |
|                              |                              | Gilwern West                   | 110      | 8         | 59       | 35         | 8     | ▢        | 20 - 23 min |         |             |         |        |        | A popular spot for teams of mixed abilities with many routes in the low-to-mid grades. Exposed and high up.                   | 272   |      |
|                              |                              | Witches Point                  | 82       | 3         | 19       | 36         | 21    | 3        | 5 - 6 min   |         |             |         |        |        | A steep, high standard cliff set next to a fine surf beach. Many excellent routes. Only marginally tidal at its landward end. | 288   |      |
|                              |                              | Temple Bay                     | 76       | 4         | 43       | 28         | 1     | ▢        | 15 min      |         |             |         |        |        | A long line of low walls. Many steep and sharp lines on solid rock. Tidal and next to a quiet beach.                          | 298   |      |
|                              |                              | Castle Upon Alun               | 45       | 6         | 16       | 22         | 1     | ▢        | 15 min      |         |             |         |        |        | A hidden quarried wall of good, steep slabs. It is prone to getting dirty and the approach path can be overgrown.             | 308   |      |
|                              |                              | Costa del Major                | 76       | 6         | 44       | 20         | 6     | ▢        | 20 min      |         |             |         |        |        | An unusual sea cliff of horizontally banded walls. Extensive with many routes in the mid-grades. Mildly tidal.                | 314   |      |

|                    | Routes | up to 4c | 5a to 6a+ | 6b to 7a | 7a+ to 7c+ | 8a up | Approach    | Sun | Shelter | Dry in rain | Seepage | Access | Abseil | Tidal | Summary  | Page |
|--------------------|--------|----------|-----------|----------|------------|-------|-------------|-----|---------|-------------|---------|--------|--------|-------|--|------|
| Craig Cwm          | 57     | 2        | 28        | 27       | -          | □     | 5 - 8 min   |     |         |             |         |        |        |       | A lovely series of small sandstone buttresses set in a pleasant location. Lots of grade 5s and 6s. Easy approach.          | 332  |
| Dyffryn            | 45     | 1        | 27        | 17       | -          | □     | 20 min      |     |         |             |         |        |        |       | A good local spot with lots of short but interesting lower-grade lines in a quiet location. A longish approach.            | 338  |
| Abbey Buttress     | 26     | -        | 7         | 15       | 4          | □     | 10 min      |     |         |             |         |        |        |       | An old quarry with plenty of climbs close to the M4 and overlooking the steelworks at Port Talbot.                         | 344  |
| Pen Pych           | 12     | -        | 2         | 7        | 3          | □     | 25 min      |     |         |             |         |        |        |       | A small crag in a gorgeous location next to a waterfall. A long but fine walk in. A popular tourist spot.                  | 347  |
| Space Mountain     | 40     | 1        | 9         | 24       | 6          | □     | 20 min      |     |         |             |         |        |        |       | An extensive series of walls and stacked overhangs in a stunning position high up at the end of the Rhondda Valley.        | 352  |
| Treherbert Quarry  | 37     | 2        | 21        | 11       | 3          | □     | 20 min      |     |         |             |         |        |        |       | A quiet venue with some good climbs. Has the feeling of a mountain cliff and therefore is a warm weather venue.            | 362  |
| Gelli              | 53     | 9        | 27        | 16       | 1          | □     | 10 min      |     |         |             |         |        |        |       | Lots of lower-grade routes. The approach is a bit grotty initially, but the crag itself is quiet and pleasant.             | 368  |
| Ferndale           | 60     | 3        | 25        | 29       | 3          | □     | 4 - 10 min  |     |         |             |         |        |        |       | A series of vertical walls in a quarry high above the valley. Also a smaller lower level quarry good for a quick hit.      | 374  |
| Blaenllechau       | 17     | 7        | 4         | 6        | -          | □     | 10 min      |     |         |             |         |        |        |       | A good little quarry for some easier lines. A quiet spot with a good view. Alternative approach if main path overgrown.    | 382  |
| Dan Dicks          | 14     | -        | 2         | 8        | 4          | □     | 10 min      |     |         |             |         |        |        |       | An easily accessed crag with some impressive lines, but prone to becoming vegetated. Bird restrictions.                    | 385  |
| Trebanog           | 17     | 1        | 6         | 9        | 1          | □     | 1 min       |     |         |             |         |        |        |       | A small local spot good for a workout. Plenty of sun in winter and dries quickly. A quick approach.                        | 388  |
| 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 Killer Arete Buttress. | 391  |
| Trehafof           | 19     | -        | 8         | 11       | -          | □     | 1 min       |     |         |             |         |        |        |       | A small cliff with some stiff problems that is only a minute from the railway station platform. Nice evening venue.        | 394  |
| The Darren         | 23     | -        | 3         | 12       | 8          | □     | 5 min       |     |         |             |         |        |        |       | Good local training crag that has a wall of super-steep climbs in the 7th grade.   | 398  |
| Cwmaman            | 29     | -        | 14        | 9        | 6          | □     | 10 min      |     |         |             |         |        |        |       | A vertical blank wall that is home to some finger searing classic testpieces. Some easier lines on adjacent walls.         | 404  |
| Mountain Ash       | 59     | -        | 21        | 24       | 13         | □     | 5 min       |     |         |             |         |        |        |       | A collection of quarried walls shrouded by trees and quick to get to. Many decent routes across the grades.                | 410  |
| Mount Pleasant     | 60     | 1        | 42        | 15       | 2          | □     | 13 min      |     |         |             |         |        |        |       | A two tiered quarry that has been developed over many years. A good place spoiled by some fly tipping on the approach.     | 419  |
| The Gap            | 68     | 1        | 26        | 31       | 10         | □     | 2 - 4 min   |     |         |             |         |        |        |       | An old forcing ground of hard climbing in the Valleys. Still gets plenty of attention which keeps it in good condition.    | 428  |
| Navigation Quarry  | 51     | 4        | 17        | 25       | 5          | □     | 15 min      |     |         |             |         |        |        |       | A lovely spot with good sport routes and also some trad. Sunny aspect and with excellent rock.                             | 440  |
| Abertwssyg         | 11     | -        | 6         | 3        | 2          | □     | 10 min      |     |         |             |         |        |        |       | A section of exposed escarpment perched above a quarried slope with a small number of pitches in the 5 to 7b range.        | 447  |
| Deri               | 17     | -        | 2         | 10       | 5          | □     | 7 min       |     |         |             |         |        |        |       | A fine little crag with a steep wall of grade 7s. Restriction due to nesting birds early in the year.                      | 449  |
| Bargoed            | 27     | -        | 6         | 18       | 2          | □     | 1 min       |     |         |             |         |        |        |       | A small quarry, set in woods, with lots of routes and a very swift approach. Something here for most climbers.             | 454  |
| Ridgeway           | 9      | -        | 3         | 6        | -          | □     | 2 min       |     |         |             |         |        |        |       | An old quarry, the best section of which is a small wall of good rock that is quick to approach from the parking.          | 457  |
| Llanbradach        | 90     | 3        | 7         | 64       | 16         | □     | 10 - 20 min |     |         |             |         |        |        |       | A massive quarry with impressive walls. Good routes. The Upper Tier is impressive and well worth a look.                   | 462  |
| Sirhowy            | 53     | -        | 19        | 27       | 7          | □     | 1 - 5 min   |     |         |             |         |        |        |       | One of the Valleys's best. A lovely spot with brilliant climbs on its two best walls. A very quick approach.               | 471  |
| Cox's Quarry       | 8      | -        | 3         | 5        | -          | □     | 20 min      |     |         |             |         |        |        |       | A tiny wall of excellent well bolted rock located within a huge quarry. Good intense lines set in a sheltered dell.        | 481  |
| Cross Keys Quarry  | 31     | 7        | 14        | 9        | 1          | □     | 5 min       |     |         |             |         |        |        |       | Very convenient and sheltered small quarry with lots of grade 6s. Open and gets lots of sun even in cooler months.         | 483  |
| Cwmcarn            | 26     | -        | 13        | 13       | -          | □     | 10 min      |     |         |             |         |        |        |       | Tree shrouded quarry that has lots of routes. Best when dry and leaves are off of the trees.                               | 487  |
| Tyle y Coch        | 22     | 8        | 2         | 9        | 3          | □     | 4 min       |     |         |             |         |        |        |       | A small fierce little crag with good routes. Seepage can be a problem. Minor access issue.                                 | 492  |
| Tirpentwys         | 30     | 2        | 17        | 10       | 1          | □     | 12 min      |     |         |             |         |        |        |       | An excellent quarry. Lots of good lines on clean and well-bolted rock. A very pleasant spot to hang out and climb.         | 498  |
| TOTALS (full book) | 2699   | 172      | 975       | 1156     | 351        | 40    |             |     |         |             |         |        |        |       |  |      |

Faded symbol means only some of the routes are affected by the symbol characteristic