



This Girl Walks

I just wanted to start by saying thank you for all your lovely comments about this newsletter, I'm genuinely so grateful.

For those of you who don't know me I'm **Carys**, an outdoor lover on a mission to empower women to experience the freedom and euphoria of solo adventuring. I'm a member of Mountain Rescue, and also a hiker, swimmer, wild camper and paddler who runs the This Girl Walks website which shares routes, hints, tips and discounts to help get you outside.

Solo Female Hiker

My blog this month is all about hiking solo



as a woman.

The outdoors is for everyone and you will never regret being brave. Since starting my

Instagram page and this little blog, I have loved how many like-minded women I have been able to

connect with. They all absolutely inspire me.

Solo hiking gives me time to just think, clear my head and go at my own pace. It encourages you to focus on your surroundings more and perhaps notice things that you may have missed had you been with other people.

There is a big difference between loneliness and solitude. It's empowering, it's freedom, it's euphoric, it's excitement and ends with a real sense of accomplishment that you just don't get when you hike with others. Give it a try, you might just like it.

[Read it here](#)

Featured Hike

The Garth

I'm not even sure if this one qualifies as a mountain but in Welsh it's called Mynydd Garth so I'll go with it.





If you've ever seen the film starring Hugh Grant "The Englishman who went up a hill and came down a mountain", then it is supposedly based on Garth Mountain. It was written and directed by Christopher Monger who is from neighbouring Taffs Well. In the film the hill in question is in the fictional town of Ffynnon Garw and basically the hill comes up just short of mountain status

so the locals build a mound on the top to give it the extra height.

When you get to the top, you will see where the inspiration comes from as there are 4 ancient burial mounds which date from the Early-Middle Bronze Age about 2,000BC.

[Route Details](#)

Trefil Quarry and the Chartist Cave



If any of you follow me on Instagram you will have seen my recent post about the Chartist Cave. Stacey (aka @wales_on_my_doorstep) has created a fantastic YouTube video all about it which you can watch via the link below.

Make sure you subscribe to her channel to watch more of her adventures around Wales

[YouTube](#)

Bare & Wild Beacons Socks



Introducing the upcoming Beacons Socks by Bare & Wild

The wonderful Bare & Wild will be donating almost all profits from the sale of these socks to the Central Beacons Mountain Rescue Team so that we can continue the work that we do!

Featuring their signature tree-lined panoramic vista, the distinctive colours of our Mountain Rescue Team and made using organic cotton woven design for ultimate comfort. They are super soft and breathable to keep your feet ultra cool during those long hikes to the summit and toasty warm on those cold evenings.

Get your own pair via the link below and use code THISGIRLWALKS10 for a discount.

[Shop the Socks](#)

Discounts

Bare & Wild

A sustainable and organic clothing brand, inspired by the outdoors. This small business have the most beautiful tees, sweats and socks among other things. If you follow me on social media, you will see me wearing a lot of their clothing. if you follow this [link](#) and a discount will automatically be applied.

ACAI Outdoorwear

Outdoorwear for women with style, fit and performance designed by women for women. Their legwear is four way stretch and shower resistant while the breathe tee which I am currently a little obsessed with, has a protective anti-bacterial finish that manages body odour, even when washing at low temperatures. You can currently get £20 off your first order by following this [link](#).

ION8

The Ion8 water bottles are 100% Leak proof, the spouts are completely sealed and lock for peace of mind, operates with a single finger, on-the-go one touch flip top lid, smooth liquid flow means no glugging, no squeezing and no painful suction, easy to carry with a handy easy swivel hook, easy to refill opening, BPA free, non toxic recyclon or steel, odour resistant and

easy clean. Follow the link for a discount.

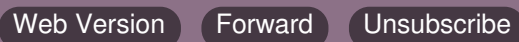
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That's it from me! Don't forget I'm always here if you have any questions, just drop me a message on info@thisgirlwalks.co.uk or via a DM on social media.

Diolch, Carys :)



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