



This Girl Walks

How is it December already? I feel like this year is absolutely flying by.

I hope you've all had a great November, mine has been pretty exciting. I headed up to Scotland and climbed Ben Nevis for the first time. It was brutal! -11c and snow up to our knees in places, it was very tough but an incredible experience. My hair actually froze!



A Woman in Mountain Rescue

My blog this month is all about being a woman in mountain rescue.

So why did I join? I have volunteered a lot over the years and I think it's important to try to give something back if you can. I've wanted to join mountain rescue for a number of years now after seeing the

amazing work that they do but something always held me back from applying.

I think from the outside, mountain rescue always seemed very male dominated, a bit of a boys club if you will. I never thought I would be fit or strong enough to join.

In my opinion, it is often the case that women hold themselves to much higher standards. Women typically feel they have to work harder and achieve more to attain the same level of recognition as their male counterparts.

So in the summer of 2021 I had a word with myself and applied to join the team.

[Read it here](#)

Featured Hike

The Lonely Shepherd

An 8.5 circular route passing through the Cydach Gorge, the Monmouthshire & Brecon Canal, the old ironworks and all with spectacular views.

The legend of the Lonely Shepherd tells of a shepherd who spent his days on the mountains of Llangattock. He was a lonely man until one day he met a widow who was in need of a home and she agreed to marry him.



She took care of him and the shepherd was content. One day however, she admonished him for walking his dirty boots over her clean floor. Then another night he came home to find the cottage filled with her friends which angered him.

I don't want to take up too much space in your inbox so click on the link

below to find out more about the legend.



The Clydach Gorge

The photo is of the Devil's Bridge although this particular one is in the Clydach Gorge rather than the more famous one in Ceredigion. It is so named because apparently you can see the Devil's face in the rocks below the falls, I couldn't spot it myself but let me know if you do!

The Gorge is a place full of legends and

mythical creatures like a shape shifting goblin by the name of Pwca who would take the form of an animal such as a rabbit, horse, goat etc - always black. If the Pwca crossed your path, it would bring terrible fortune upon you.

Witches would also brew evil concoctions in their cauldrons using the rare plants that grow in the area. It is also said that Shakespeare himself so inspired by the mystical properties of the Gorge, wrote A Midsummer Night's Dream here.

[Route Details](#)

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.

Diolch

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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