



A Boxing Day swim with the Burry Port Bluetits

This Girl Walks

Blwyddyn Newydd Dda!

I cannot believe it's 2023 already, hopefully there won't be too many sore heads out there this morning I've gone for a sunrise swim with the DawnStalkers to give a bit of a fresh start to the new year.

All in all I've had a pretty good 2022. There were some losses, a lot of change but some absolutely incredible times too.

I hope you've all had a good one and as ever, I am so grateful for your support. It means the world.

Diolch x

A Beginners Guide to Navigation

My blog this month is a beginners guide to navigation.

If you're heading out into the mountains, being able to navigate is absolutely essential. Google Maps will not work while you're up there so you will need to find a much more dependable method. Map &



compass will always win hands down in terms of reliability however there are simpler ways such as using one of the many apps out there. To name a few: Garmin, AllTrails, Outdooractive and my absolute go to – OS Maps.

You'll find information on how to find routes, footpaths, open access land, contour lines and of course, trig points!

[Read it here](#)

Featured Hike

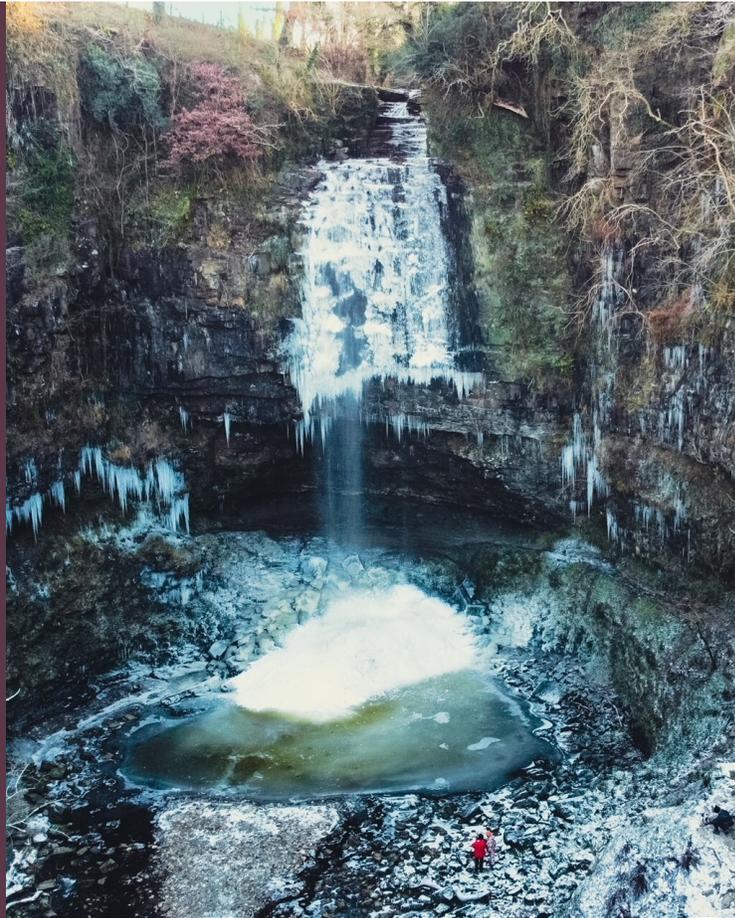
Henrhyd

A 3.5 mile out and back route visiting one of Wales' most

spectacular waterfalls.

One of the falls in Waterfall Country that you can walk behind and also the tallest in South Wales - 90ft! It sits on the western edge of the Brecon Beacons nestled within Graig Llech Woods .

The falls are best seen after a heavy rainfall but please be careful as this does make the paths very slippery.



The falls occur on a geological fault on the river Nant Llech and have retreated up the valley by up to 165ft (50m) since the last Ice Age. The hard layer of sandstone forming the lip of the waterfall is known as Farewell Rock. Coal miners digging down to this layer in the mines of the South Wales valleys would say 'farewell' as there was little chance of finding coal below it.

In the mid-1800s the area was surveyed by William Logan, an internationally noted geologist. While surveying for a detailed geological map of the South Wales coalfields he found two fossilised trees at the base of the falls. You can now see them outside Swansea museum.

Batman

So, what you may not know (although it is isn't a very well kept secret), is that the entrance to Batman's cave is actually in the Brecon Beacons! Who would have thought it, eh?

Henrhyd Falls - the tallest waterfall in South Wales, was used for the filming in The Dark Knight Rises as the entrance to the Batcave, take a look at this [YouTube clip](#) where Robin finds the Caped Crusaders lair!



Frozen Falls

Two weeks ago I visited the falls which were completely frozen. I have never seen them like this and it was absolutely incredible.

My friend Carly and I bashed our way through the ice and had a bit of a wild ice bath much to the amusement of other visitors.



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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