



gower
adventures

Location:

Porth yr Ogof cave. Cwm Porth car park. CF44 9JF
Near village of Ystradfellte

Equipment Supplied

Caving suit

Helmet

Lights

Caving belt

Equipment to bring and wear

Warm clothes

(trousers, tee shirt, 2 long-sleeved tops)

Hat and gloves

Strong shoes or wellingtons

Drink and food

Change of clothes including towel and shoes

Medication

Toilets at the cave