



Gorge Walking

Location: Dinas Rock car park, Neath Valley: SA11 5NU

Changing facilities: in car park

Toilets: by the Angel Hotel

Mobile phone signal: good with 4G

Tea and coffee available nearby at the Community Centre

Equipment Supplied by Gower Adventures

Wetsuit

Buoyancy aid

Helmet

Wellington boots (if you don't have your own)

Equipment to bring and wear

T-shirt or rash vest and swimming costume to wear under wetsuit

Strong shoes, walking boots or wellingtons to wear in the gorge

Change of clothes including towel and shoes

Medication

Drink