

# GORGE WALKING

Trewern offers a chance to get up close and personal with the natural environment with our gorge walking activities. The local mountain streams tumble down steeply, creating beautiful waterfalls and gorges. Some offer a veritable playground for outdoor adventure as you attempt to follow them without leaving the water, or use each waterfall as a place to try something new. You haven't lived until you've felt the power of a waterfall pounding down on your head! Sometimes full or half days, and often combined with tunnel exploration.

## What is Gorge Walking?

Also referred to as ghyll scrambling/canyoning in other parts of the UK, this can be undertaken by any group throughout the year. Canyoning was



originally a French alpine activity that describes coming down with the flow of the water.

The best way of describing gorge walking is a river adventure. You travel through a steep sided gorge following the course of the river by various ways and means. It's a mix of rock scrambling and white-water fun with fast flows, calm pools and water shoots. Fully kitted out with wet suits, wetsuit jackets (if needed) buoyancy aids and a helmet, learning and getting wet has never been so much fun!! It is fun, exhilarating, challenging, adventurous, and even beautiful if you take time to look around!



We will sometimes be going against the flow of the water on a journey, scrambling over rocks with the options of sliding, falling or jumping into pools, and climbing up and swimming under waterfalls. At other times

we will follow the flow of the water and feel what it is like to be part of the water cycle.

Groups learn to take responsibility for each other: helping their teammates to clamber over, or duck under obstacles; they help to fit and adjust equipment (final checks by instructors); and they take it in turns to lead the way. If we're going through the tunnel, the potential for teamwork is enormous too, as we travel through in the dark, everyone learns to trust their teammates, how to communicate effectively and to support those that are struggling.



We are lucky to have a number of gorges to choose from, ranging in difficulty and distance from the Centre. Whatever the group, whatever the age, we provide a unique way to learn about and experience the watercourses of South Wales. What better way to find out about how our rivers affect the landscape?



Our teachers are extremely experienced in the venues we use, and are well trained in white water rescue techniques. We always carry comprehensive safety equipment and often have a hot drink and cake waiting in the minibus for when the gorge walk is over.

Warm showers await at the centre when we get back!

If crawling behind waterfalls, sliding into pools and floating down the river with the flow sound good to you, then join in and enjoy the learning.

## What kit do we need for gorge walking?

We provide:

- helmet
- waterproofs (not to keep dry, helps keep the wind off)
- wetsuit
- wetsuit jacket (sometimes)
- buoyancy aid
- wellies

You need to bring:

- warm jumper (and an extra in winter!)
- t-shirt or similar
- swimming costume
- you may need a complete change of clothes