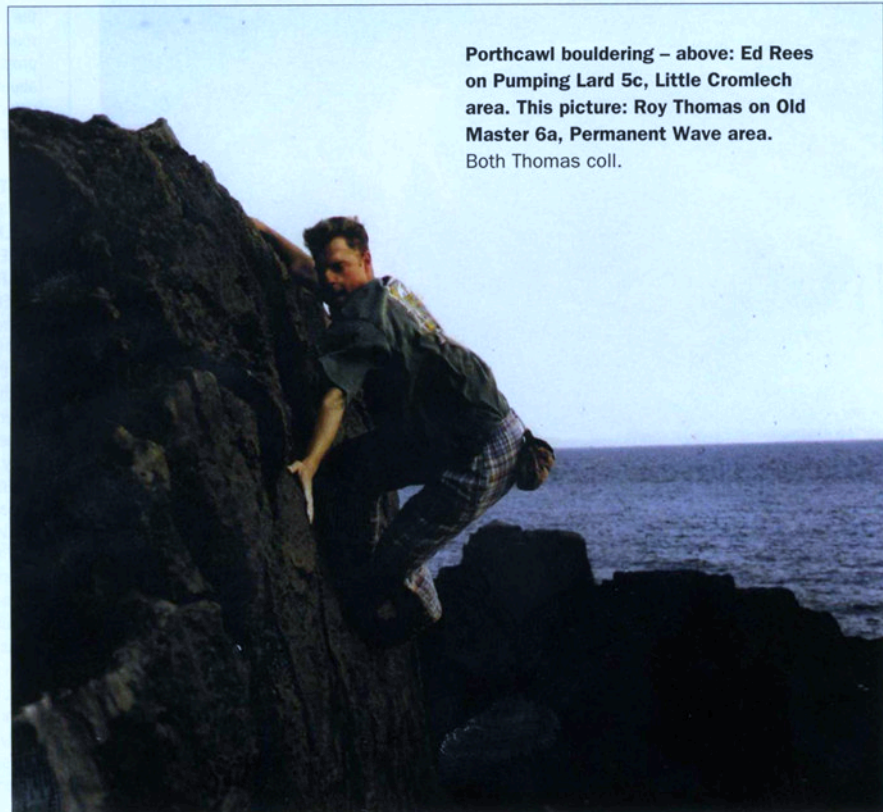


Porthcawl, SE Wales

Porthcawl is a Welsh seaside town located three miles south of the M4 just off Junction 37. Although not mentioned in the Gower and SE Wales guide it has got some climbing. Roy Thomas provides the local knowledge.

The seacliffs to the south of Rest Bay are 45ft at their highest and so rock climbing spots are limited (although they do exist and some are well worth checking out), but bouldering possibilities are endless. From Rest Bay you can walk around the coast, heading south exploring every 'nook and cranny' of limestone to find yourself swamped with bouldering possibilities. These will suit every ability as you can usually make things as hard or as easy as you like. Below is a selected list of 'bouldering hot spots' based on local knowledge of the area. Be warned though, most of these areas are cut off or covered at high tide so check at the lifeguard station at Rest Bay if you want to know what time to set out.



Porthcawl bouldering – above: Ed Rees on Pumping Lard 5c, Little Cromlech area. This picture: Roy Thomas on Old Master 6a, Permanent Wave area. Both Thomas coll.