



My First Newsletter!

I have finally got around to writing my first newsletter. I am going to try and make it a monthly one so we'll see how that goes...

As ever, I'm here if you have any questions whether it's about one of my routes, the boots I wear or anything in-between. Drop me a message [here](#)

Featured Hike



This month's featured hike is a beautiful one, it's Blaen-y-Glyn Isaf in the Brecon Beacons.

A circular 6 mile walk with waterfalls, mountains and a WWII crash site. There are lots of lovely swim spots too.

The Wellington Bomber R1465 was flown by a Canadian

crew on 6 July 1942 when the aircraft met heavy cloud. It is believed that the pilot descended from the advised 10,000ft to check the Wellington's location and struck the top of Waun Rydd. Unfortunately all 5 of the crew were killed and are buried in Hereford.

You can access the route [here](#).



Blog



This months blog is all about my experiences of solo wild camping as a woman.

You're not going on your own are you? Is that safe? What if something happens? Won't you be scared? These are just some of the questions I get asked when I go on a solo wild camp. Of course they're all valid and I completely understand where they're coming from. Women are programmed from a young age never to go anywhere alone. Most of us have that little voice that I think all women have, the voice that keeps us safe and tries to keep us away from danger. We constantly hear these terrible stories and so it's no surprise that women may have reservations about venturing off alone with a tent, away from people and in isolation.

So why do I do it? You can read it [here](#).

Events

The **Dawnstalkers** (a swim group based in Penarth) are hosting the Be Well Festival on 10th September at Bendricks Bay. They are offering Yoga, Breathwork, Speakers, Meditation, Journalling with A Background Of Tunes, Cocktails & Good Vibes.

The Dawnstalkers are a fantastic swim group who swim every day at dawn from Penarth. If you follow me on Instagram, you will no doubt be aware of them.

Tickets are now on [sale](#).



Wales Coast Path

I, along with [Chris Jones](#) and [Stacey Taylor](#), are hosting four walks to celebrate ten years of the Wales Coast Path. I've popped the links to get tickets below where there will also be further details.

[Saturday 8th October 2022](#)

Carmarthen

[Saturday 15th October](#)

Bangor

[Saturday 22nd October](#)

Newport

[Saturday 29th October](#)

Harlech

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.



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