



THIS GIRL  
WALKS



## This Girl Walks

So here we are with newsletter number 2! I hope you are finding it helpful and as ever, I am always interested to hear what you think or answer any questions you have. For those of you who don't know me I'm **Carys**, an outdoor lover on a mission to empower women to experience the freedom and euphoria of solo adventuring. I'm a member of Mountain Rescue, and also a hiker, swimmer, wild camper and paddler who runs the This Girl Walks website which shares routes, hints, tips and discounts to help get you outside.



### We Swim Wild & Free

My blog this month is all about Wild Swimming.

It calms me like nothing else. The moment I slip into that chilly river where it simultaneously numbs me and heightens my senses at the, I feel relief with the stress of the day almost washing out of me.

I can't really put into words why I love it as much as I do. My mind empties and I just get this overwhelming sense of calm and peace. The beauty of my surroundings, the tranquillity, exploring the magical and enchanted pools and rivers of the Brecon Beacons is like something out of a fairy-tale.

I feel so completely wild and free.

[Read it here](#)

## Featured Hike

### Pen y Fan

If you want to climb Pen y Fan and avoid the crowds, this is the way to do it.

A 7.5 circular hike which follows in the steps of



little Tommy Jones and visits the magical glacial lake of Cwm Llwh.



This is the tragic story of 5 year old Tommy Jones who on the morning of August 4th 1900, travelled with his father to visit his grandparents who lived in a farm in Cwm Llwh.

They were greeted in the Login (now a ruin), in Cwmgwdi by Tommy's grandad and his 13yr old cousin, Willie John. Willie and Tommy were sent on ahead to let those at the farm know of their imminent arrival.

Tommy got scared and decided to return to his father. Willie went on to the farm, delivered the message and returned to the Login - all within 15 minutes but Tommy hadn't arrived.

For weeks teams of volunteers, military and police searched tirelessly but to no avail until 29 days later, a woman called Mrs Hammer, who lived just north of Brecon, found his body after having a dream of its location. Tommy had somehow managed to climb 1,300 feet up the nearby peak of Pen y Fan and unfortunately passed away, most likely after succumbing to the elements. He was found with his favourite toy and tin whistle around his neck just yards from where his father had searched days earlier.

An obelisk now stands on the very spot Tommy was found.

[Route Details](#)

**Giveaway!**



Head over to my Instagram page for a chance to win your very own pair of AKU Tribute II GTX boots.



This tough and versatile boot is ideal for hiking in the hills and at mid-mountain height. Weighing in at 620g they have a bouncy Vibram Sendera outsole. The placement and spacing of the lugs provide a channel to drive out water, preventing slips and ensuring phenomenal grip.

They are comfortable straight out of the box and are ready-made for wet

and muddy trails with a full-grain leather upper, GORE-TEX lining, and a warm interior to keep your feet protected against harsh outdoor conditions.

[Giveaway](#)

## Cardiff Half Marathon



On Sunday 2nd October I am running the Cardiff Half Marathon to raise money for the Central Beacons Mountain Rescue Team.

For those of you who don't know, I joined the team back in January. It is a fully voluntary organisation, on call 24 hours a day, 365 days a year and relying primarily on donations from members of the public and fundraising to maintain our essential life-saving rescue service.

If anyone is able to spare a penny, it really will go a long way with the team and the work that we do.

[JustGiving](#)

## Bare & Wild Beacons Socks



Introducing the upcoming Beacons Socks by Bare & Wild

The wonderful Bare & Wild will be donating almost all profits from the sale of these socks to the Central Beacons Mountain Rescue Team so that we can continue the work that we do!

Featuring their signature tree-lined panoramic vista, the distinctive colours of our Mountain Rescue Team and made using organic cotton woven design for ultimate comfort. They are super soft and breathable to keep your feet ultra cool during those long hikes to the summit and toasty warm on those cold evenings.

Get your own pair via the link below and use code THISGIRLWALKS10 for a discount.

[Shop the Socks](#)

## Events



As I mentioned in my last newsletter, 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 free tickets below where there will also be further details. The Carmarthen date is full but there are still spaces on the other three.

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.

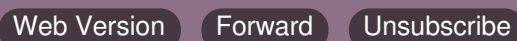
## Diolch

That's it from me! Don't forget I'm always here if you have any questions, just drop me a message on [info@thisgirlwalks.co.uk](mailto:info@thisgirlwalks.co.uk) or via a DM on social media.

Diolch, Carys :)



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