

# Waterfall Country

## Summer 2022

### The Burger Pod

A new burger pod will be opening at the Cwm Porth car park from 13th August. It will be selling burgers made with meat from Paddy Sweeny of Brecon as well as vegetarian and vegan options, coffee, teas and soft drinks.

The Burger Pod is run by Chris and Simon Foster who have worked in the area as outdoor instructors for many years. Covid saw most of that work dry up so they decided to take the plunge and start up their own business.

Having led many caving groups from Cwm Porth in their time, they know how busy the site can get and how many people need some hot food after walking, or caving.

The Burger Pod is open holidays and weekends 9am-5pm. Term time 9am-4pm Wed - Sunday.

Follow: Facebook/TheBurgerPod



**Sunday 21st August**  
**12pm onwards!**

### Pontneddfechan village hall



- Bouncy castle
- Your local Spider-Man
- Raffle
- Cupcakes
- Singers
- Mascots



### Pontneddfechan Fun Day

To raise funds to replace the Village Hall play park the community are holding a Fun Day at the Hall on Sunday 21st August from midday. There will be stalls, a car boot sale, a bouncy castle, face painting, refreshments and apparently a local Spider Man amongst many other family friendly activities.

Please do support this event to get this much needed play area back for the community to enjoy.

Pontneddfechan Village Hall, Min Yr Awel, Pontneddfechan, Neath SA11 5ND

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### Waterfall Country Park & Ride Service

During the summer of 2022 visitors to Waterfall Country will be offered a two free Park and Ride services from Lancaster Close car park, Glynneath, one to Pontneddfechan, and the second to Gwaun Hepste car park, two of the main starting points for the walks in Waterfall Country. The service will run on Saturdays, Sundays and Bank Holiday Monday from July 23rd to September 4th 2022..

Neath Port Talbot Council is working in partnership with Brecon Beacons National Park Authority, Powys County Council and local transport operators DJ Thomas and Forge Travel to operate the Park and Ride service with the aim of easing parking pressures on the local community. This year's additional route to Gwaun Hepste car park aims to reduce the traffic in the narrow lanes around this area. <https://dramaticheart.wales/home/discover-our-area/attractions/waterfalls-2/park-and-ride/>

## WATERFALLS PARK & RIDE ROUTE TIMETABLE

Saturdays, Sundays and Bank Holidays - July 23rd to September 4th 2022

### Route 1 - Pontneddfechan

Lancaster Close > Pontneddfechan Waterfalls > Dinas Rock

<b>Glynneath, Lancaster Close Car Park</b>	<b>09:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>	<b>12:00</b>	<b>12:30</b>	<b>14:00</b>	<b>14:30</b>	<b>15:00</b>	<b>15:30</b>	<b>16:00</b>	<b>16:30</b>
Glynneath, Co-Op	09:31	10:01	10:31	11:01	11:31	12:01	12:31	14:01	14:31	15:01	15:31	16:01	16:31
Pontneddfechan Waterfalls	09:35	10:05	10:35	11:05	11:35	12:05	12:35	14:05	14:35	15:05	15:35	16:05	16:35
<b>Min-yr-Awel/Village Hall for Dinas Rock</b>	<b>09:40</b>	<b>10:10</b>	<b>10:40</b>	<b>11:10</b>	<b>11:40</b>	<b>12:10</b>	<b>12:40</b>	<b>14:10</b>	<b>14:40</b>	<b>15:10</b>	<b>15:40</b>	<b>16:10</b>	<b>16:40</b>
<b>Min-yr-Awel/Village Hall for Dinas Rock</b>	<b>09:45</b>	<b>10:15</b>	<b>10:45</b>	<b>11:15</b>	<b>11:45</b>	<b>12:15</b>	<b>12:45</b>	<b>14:15</b>	<b>14:45</b>	<b>15:15</b>	<b>15:45</b>	<b>16:15</b>	<b>16:45</b>
Pontneddfechan Waterfalls	09:47	10:17	10:47	11:17	11:47	12:17	12:47	14:17	14:47	15:17	15:47	16:17	16:47
Glynneath, Co-Op	09:52	10:22	10:52	11:22	11:52	12:22	12:52	14:22	14:52	15:22	15:52	16:22	16:52
<b>Glynneath, Lancaster Close Car Park</b>	<b>09:55</b>	<b>10:25</b>	<b>10:55</b>	<b>11:25</b>	<b>11:55</b>	<b>12:25</b>	<b>12:55</b>	<b>14:25</b>	<b>14:55</b>	<b>15:25</b>	<b>15:55</b>	<b>16:25</b>	<b>16:55</b>

### Route 2 - Gwaun Hepste Four Falls

Lancaster Close > Gwaun Hepste Four Falls

<b>Glynneath, Lancaster Close Car Park</b>	<b>09:15</b>	<b>10:45</b>	<b>13:15</b>	<b>14:45</b>	<b>16:15</b>
<b>Gwaun Hepste Four Falls</b>	<b>09:55</b>	<b>11:25</b>	<b>13:55</b>	<b>15:25</b>	<b>16:55</b>
<b>Gwaun Hepste Four Falls</b>	<b>10:00</b>	<b>11:30</b>	<b>14:00</b>	<b>15:30</b>	<b>17:00</b>
<b>Glynneath, Lancaster Close Car Park</b>	<b>10:40</b>	<b>12:10</b>	<b>14:40</b>	<b>16:10</b>	<b>17:40</b>

Times in bold print are timing points, all other times are estimated.

There is no charge to use this service.

Passengers may board or alight at any recognised bus stop along the route.

[www.DramaticHeart.Wales](http://www.DramaticHeart.Wales)



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### Meet and Greet Staff

Meet and greet staff are back again this year in Waterfall Country as since the pandemic having extra people at the busy popular areas has been essential for running the car parks, giving help and advice to visitors and keeping the trails clean amongst many other things

The Brecon Beacons National Park Authority have again secured funding for this additional help right across the busy places in the Park and especially so around Cwm Porth and Gwaun Hepste.



As one visitor said, 'What a fabulous job the meet and greet staff are doing. They give visitors such a warm welcome and provide knowledgeable information about the area. Their guidance makes us appreciate what makes the area so special'

### Meet the National Park Authority's Waterfall Country Team



Jon Pim  
Waterfalls Project Officer



James Lawrence  
Waterfalls Partnership Manager



Richard Farquhar  
Waterfalls Area Warden



Simon Rees  
Community Development Officer

My name is Simon Rees and I am the newest member of the Waterfalls Team as a Community Development Officer. It is a privilege to be working in such a special and beautiful environment and I look forward to meeting the people, community councils, community groups and partners over the coming weeks and months. Contact details: 07854997522

# Waterfall Country

## Summer 2022

### Volunteering

Volunteers make a huge contribution to the Brecon Beacons National Park Authority and are a highly valued and appreciated part of the team. Volunteers are people of all ages and walks of life who generously give their time to help monitor, improve, and conserve this special landscape, as well as enhancing the experience of residents and visitors.

From practical work with our wardens and uplands teams, to heritage surveys, ecology work, and visitor support, there are a variety of ways to get involved and help look after the National Park.

Opportunities vary throughout the year so the best way to find out about our current opportunities and how to get involved contact our Volunteer Development Officer Stephen Organ 07854 997564 [Stephen.organ@beacons-mpa.gov.uk](mailto:Stephen.organ@beacons-mpa.gov.uk)



### Sustainable Development Fund

Is your community in or just on the border of the Brecon Beacons National Park? Do you have a community project idea that you'd love to make happen? Then have a look at the Sustainable Development Fund managed by the Brecon Beacons National Park Authority. It would be great to hear from you, even if plans are at a very early stage. If you are new to making grant applications, we are here to help.

The Fund has supported hundreds of projects over the past twenty years and aims at improving community quality of life, helping the local economy and protecting the local environment. This year we also have two dedicated funding programmes:

**Energy Efficiency:** support to install energy saving measures of renewable energy in community facilities.

**Built Heritage:** support for individuals and community groups to undertake works to conserve and enhance local Heritage assets such as buildings, archaeological features, interpretation of historic features, signage etc.

If you'd like a chat about an idea, please get in touch at: [sdf@beacons-mpa.gov.uk](mailto:sdf@beacons-mpa.gov.uk) or give us a call on **07973 781479** <https://www.beacons-mpa.gov.uk/communities/sustainability-2/subsustainable-development-fund/>



# Waterfall Country

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### Four Falls Trail

Natural Resources Wales, Brecon Beacons National Park Authority and the Waterfall Country Partnership members have been working with landscape architects, to see what improvements are needed to this trail network.

These improvements aim to reduce erosion and damage to the fragile environment of the gorges, improve safety, access and navigation for visitors and interpret the special plants, animals and geology found in the rare Atlantic Rainforest woodlands.

Any work within the gorges is a significant undertaking, so partners are beginning to look at how these improvements might be timed and how they might be delivered over the coming years.



### Cwm Porth

The Brecon Beacons National Park Authority have been working with architects to look at how the Cwm Porth site might be improved and updated. The facilities are used by thousands of school children and education groups each year accessing Porth-yr-Ogof cave that lies below. It is also a popular site for walkers with staff presence, a small shop and toilets.

Work on the site will include new toilets and changing facilities, interpretation and useable indoor space that can be used for educating visitors to the special qualities of this environment.

All these improvements will be done to the highest quality with the minimum of environmental impact, utilising solar, grey water collection and using as locally sourced building material as possible.

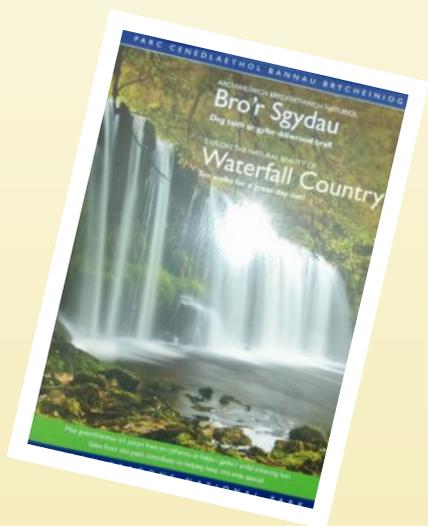
# Waterfall Country

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### Walking Guides

The Brecon Beacons National Park Authority provides a Waterfall Country pocket guide illustrating ten great walks in this beautiful part of the Park. Ideal for providing visitors with a good understanding of the areas and will offer a choice of walks to suit their capabilities.

As a business in the community if you would like to order a box of 50 pocket guides which would be the minimum purchase then please contact the National Park Visitor Centre on the details below to discuss further.



Contact: Beverley Powell  
Tel: 01874 623 483

### Know the dangers

Cold temperatures can cause cold water shock

Fast currents can cause drowning

Hidden dangers - you can't always see what is underneath

Shallow water can cause serious injury

Facts from the Royal Life Saving Society UK

### Dangers of Swimming

Why is cold water shock dangerous? Anything below 15°C is defined as cold water and can seriously affect your breathing and movement, so the risk is significant most of the year. Average UK and Ireland sea temperatures are just 12°C, even in the summer.

How does it happen and what are the cold water shock symptoms? Cold water shock causes the blood vessels in the skin to close, which increases the resistance of blood flow, increases heart rate and your blood pressure goes up. Cold water shock can therefore cause heart attacks, even in the relatively young and healthy.

The sudden cooling of the skin by cold water also causes an involuntary gasp for breath. Breathing rates can change uncontrollably and all these responses contribute to a feeling of panic, increasing the chance of inhaling water directly into the lungs. This can all happen very quickly: it only takes half a pint of water to enter the lungs for a fully grown man to start drowning. You could die if you don't get medical care immediately.

<https://www.adventuresmart.uk/open-water-swimming/>

<https://rnli.org/safety/know-the-risks/cold-water-shock/>