

**INTRODUCTION**

Dinas Rock is a major sport climbing crag in South Wales, and seems to be having a Renaissance period as of late. The roadside crags have seen a major re-equipping effort by local activists supported by the South Wales Bolt Fund. The area is a honey pot for outdoor companies, and is very busy on summer weekends. Please ensure you take away all your rubbish, and if you see some that isn't yours please take it away with you. A lot of effort has gone in by several climbers to clean routes and open them up, please don't go over the top with the tree cutting.

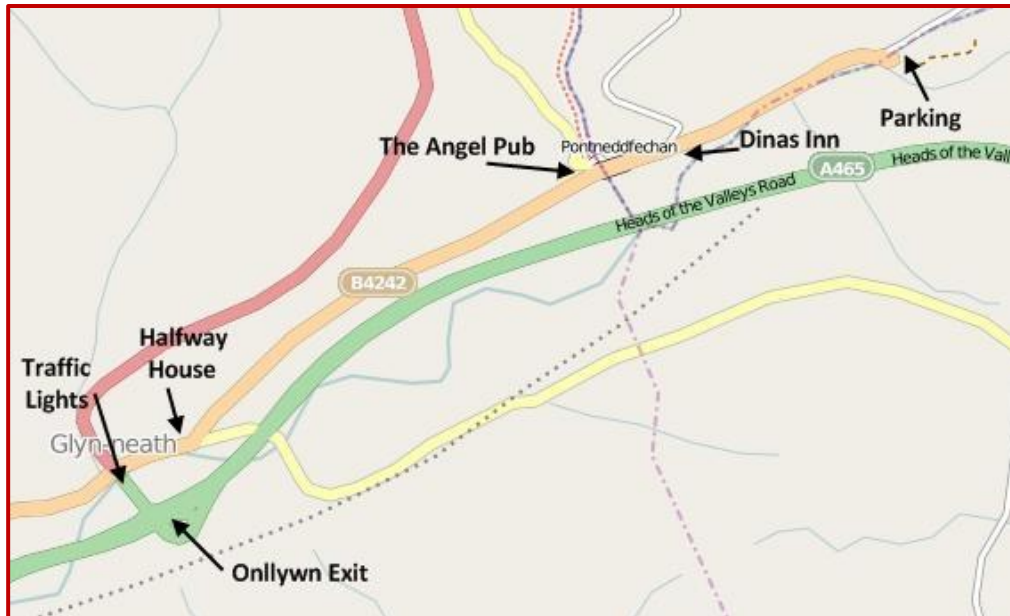
If top roping, please do so on your quickdraws and have the last climber to thread the lower off. This will make the lower offs last longer.

Crag shots were hard to get, so many of the shots highlight where the routes start. Combined with written description it's hoped the routes can be found.

**LOCATION (NGR 912080 to 916082)**

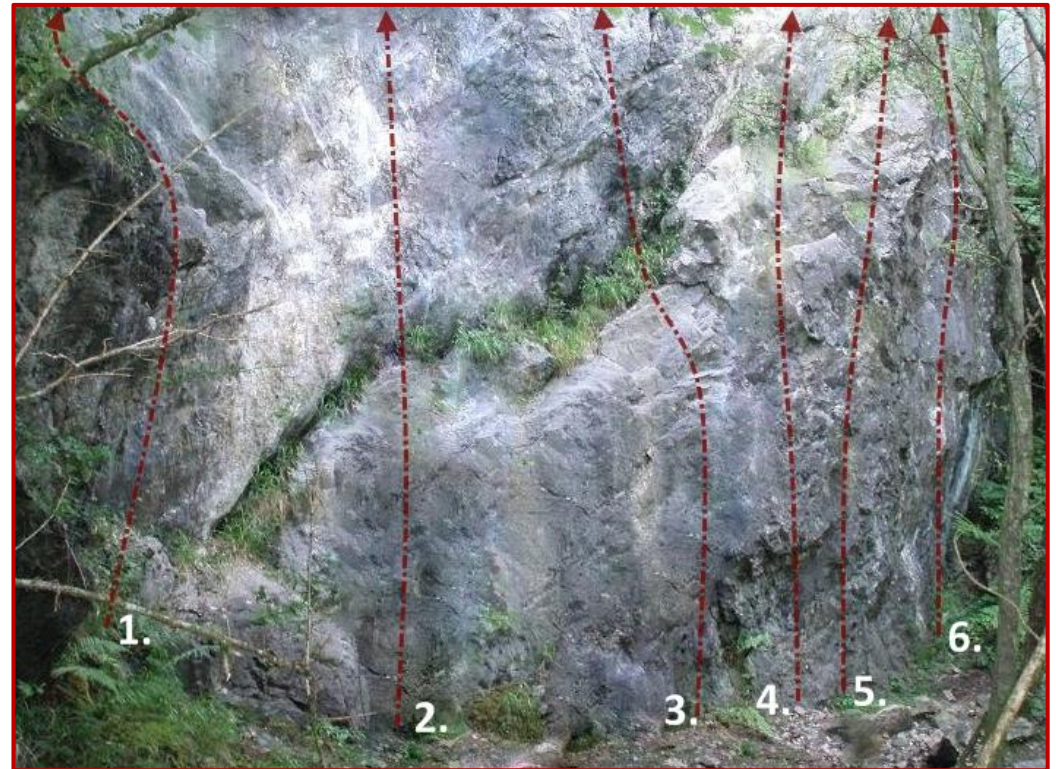
Take the A465 'Heads of the Valleys Road' leave on the Glynneath exit, following the slip road (right hand lane) to a set of traffic lights. At the lights turn right passing the Dinas Hotel pub. After ~ ¼ mile turn left signposted Pont Nedd Fechan the B4242 road (just after Halfway House). Stay on this road passing the Angel pub, and then bear right off the road as you see the Dinas Inn. Continue on this road, and bear right over a bridge and turn left into the car park.

**APPROACH**



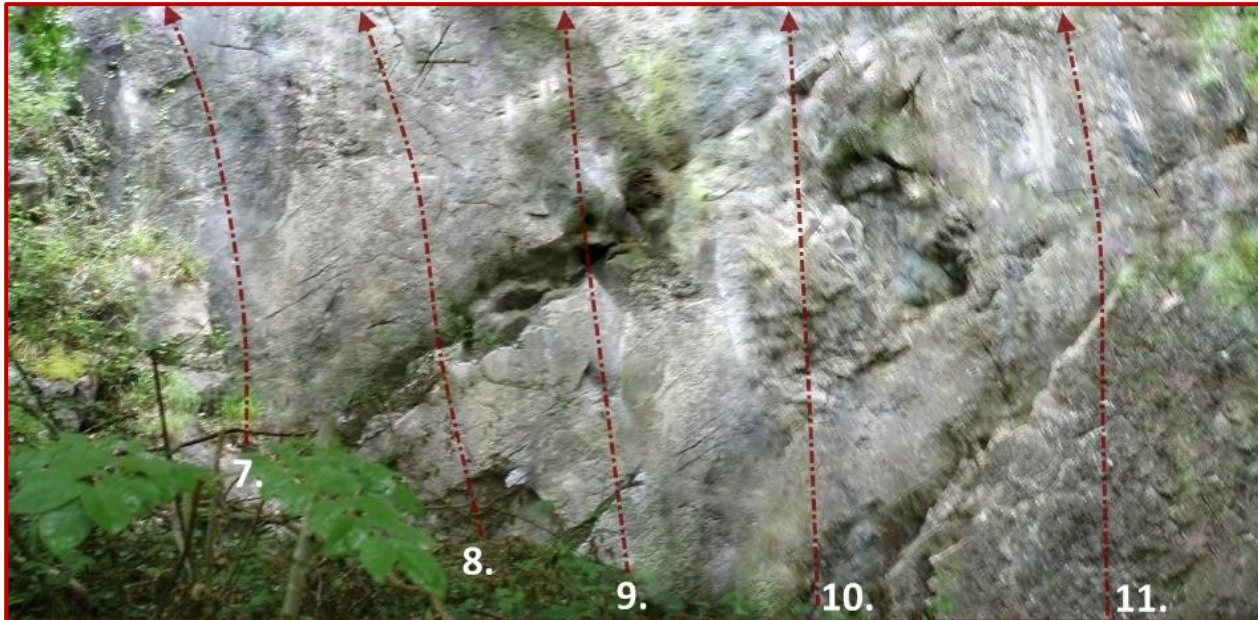
**CHEESY RIDER AREA ->**

This is the first section of crag off the path, and has some cracking routes, generally tough undertakings for the grade.



**DISCLAIMER**

Climbing is a dangerous activity and should only be undertaken by those with suitable experience. Whilst this document attempts to accurately record the routes at the crag, mistakes may have occurred in the descriptions and routes can change. Climbers should therefore make their own judgement of a route before attempting it. Climbers should also make their own judgement on the quality of in-situ equipment. Bolts and lower-offs may become stolen or damaged. All routes are climbed at your own risk.



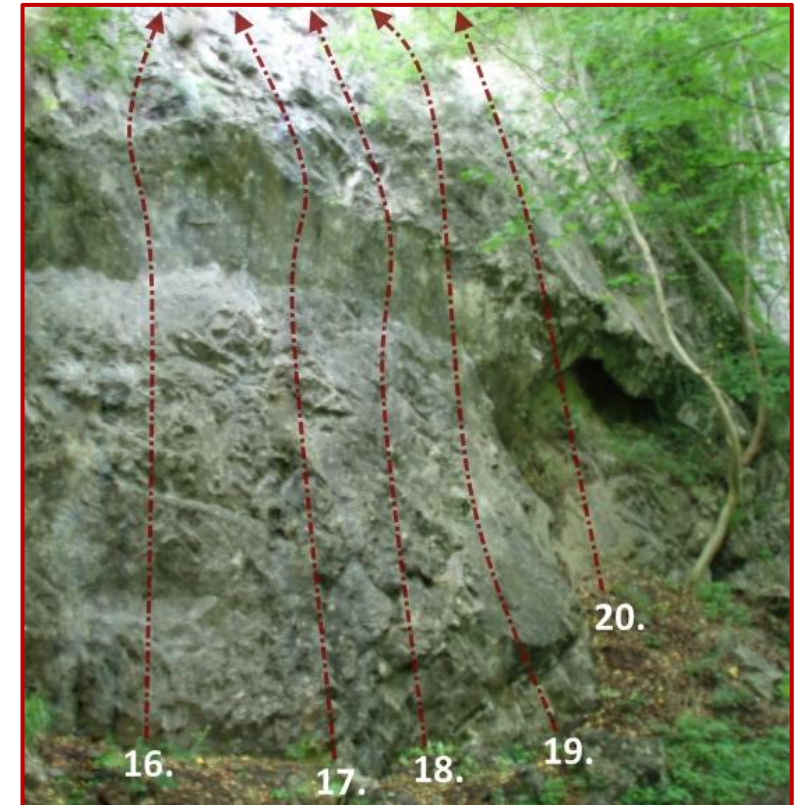
**WAVE BAND WALL –**

A newly uncovered section of rock developed by Roy Thomas and Dai Emmanuel for the mere mortals.

PLEASE BUY THE  
FULL VERSION

**<- INFLATED ROUNDHEAD AREA**

This next section is just beyond Cheesy Rider area, the climbing tends to be blind at points but very enjoyable. Topo shows just the start of the routes.



**FOR LOVE OF IVY SLABS -^**

This sector begins on slabs, before pulling through a roof a mid-height. The first two routes share a lower off.