

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.

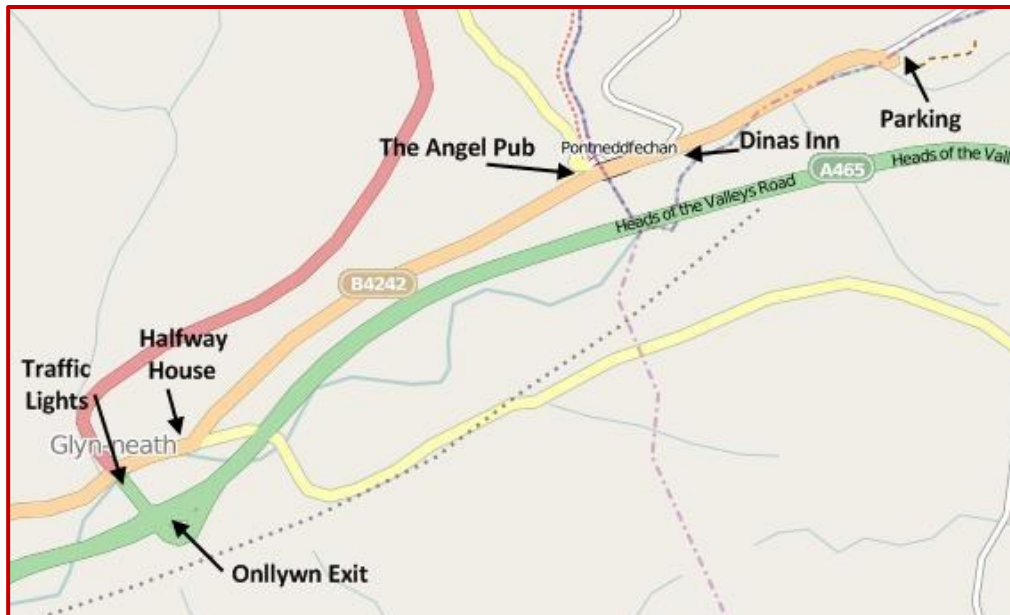
Crag shots were hard to get, so many of the shots highlight where the routes start. Combined with written description it's hoped the routes can be found.

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

From the car park follow a path up into the forest, after a few moments the first sector can be seen hiding on the left, *Cheesy Rider*. Right next to this is *the Inflated Roundhead* section and newly developed *Wave Band Wall*. A short walk after this is *For Love of Ivy* area.

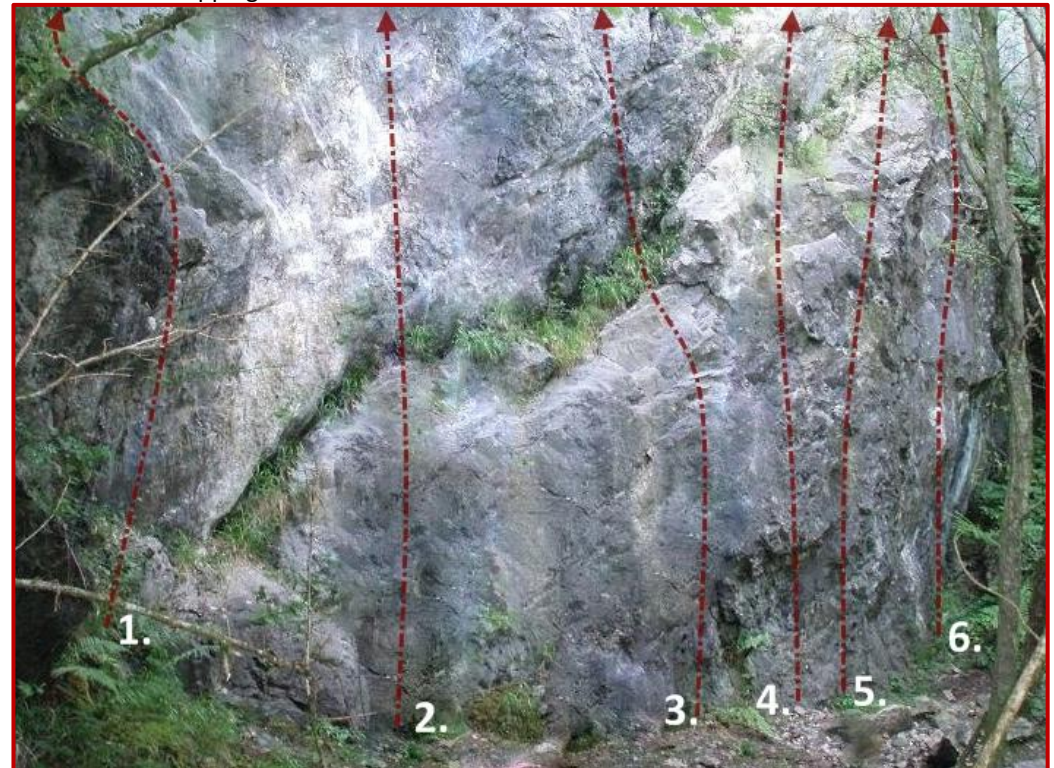
**CHEESY RIDER AREA ->**

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

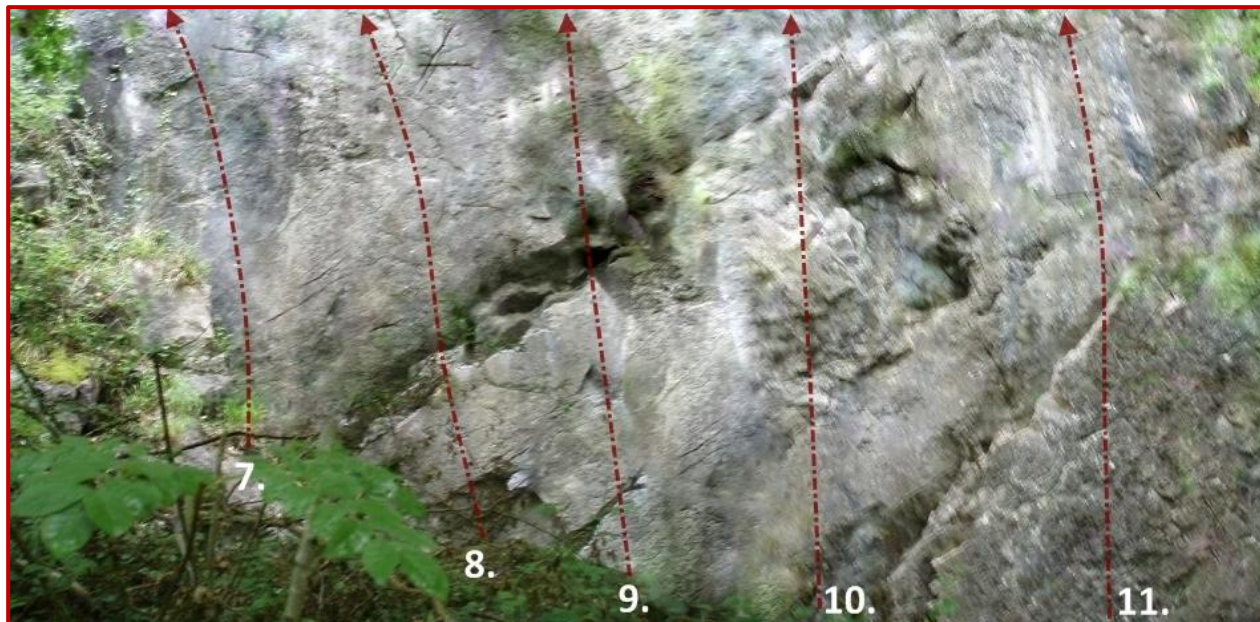
1. **Fromage Frais 5+**: The first bolt line you come too, great fun.
2. **Rob Roy 7a**: Shares the same lower off as Fromage Frais.
3. **Cheesy Rider 6b**: Hard move low down off a slot, then head over the roof for a slaby affair. The lower off is up on the slab over the roof. Helmet recommended, loose rock near the top.
4. **Creme De Rockfall 6b+**: New route from Gary Gibson, little dirty but worthwhile.

The next two routes are short and tough, the lower off can be seen above the obvious break, likely that the height of routes taken into account when originally graded.

5. **Scrapping the Barrel 5+**: This route used to make use of an old rusty peg... No more!
6. **Tapping the Keg 6a+**: Distinctly hard for the grade, possibly even hard for 6c! Shares same lower off as Scrapping the Barrel.

**DISCLAIMER**

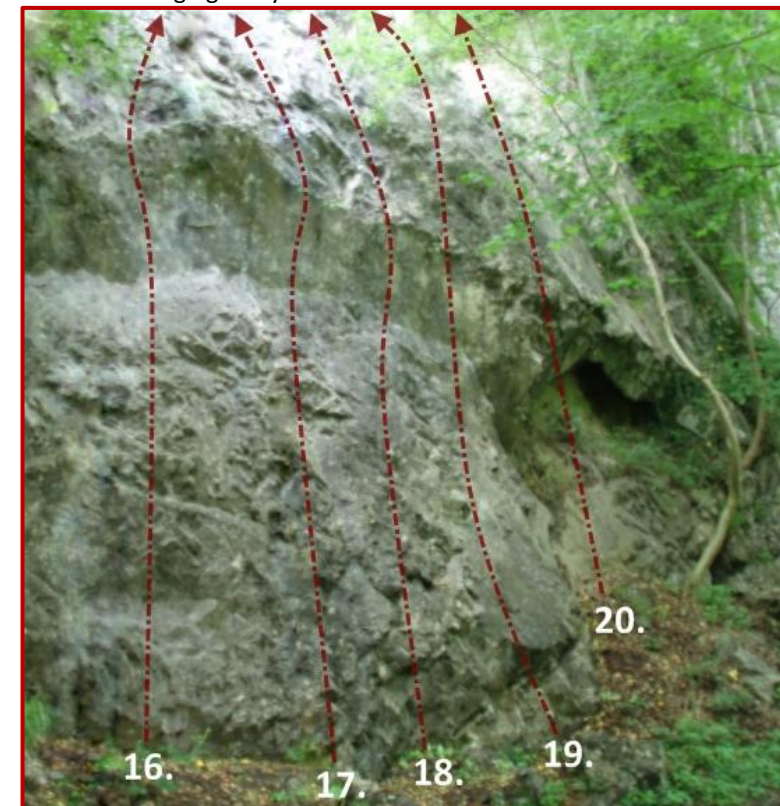
Climbing is a dangerous activity and should only be undertaken by those with suitable experience. Whilst this document attempts to accurately record the routes at the crag, mistakes may have occurred in the descriptions and routes can change. Climbers should therefore make their own judgement of a route 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.



<- 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.

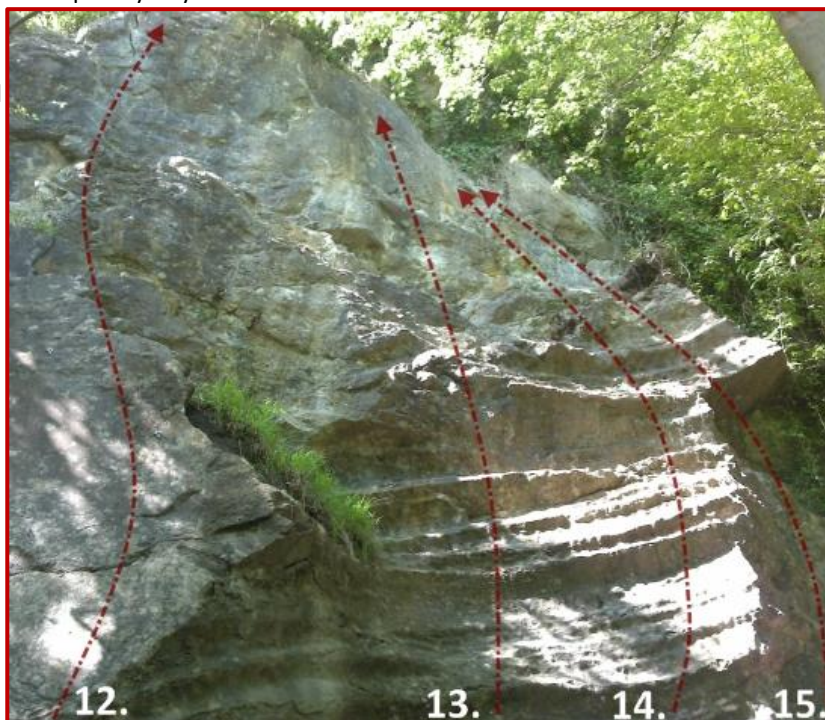
- 7. **Pinhead 6b+**: From the bank, head up on thin holds.
- 8. **Skin 'Ed 7b+**: A fingery affair
- 9. **The Inflated Roundhead 7a+***: Climb the wall below the flake.
- 10. **Charlie's Rusks 6c**: Often blind and awkward moves
- 11. **The Deflated Dickhead 6b***: Cuts through the diagonal ramp, and bears left changing in style.



WAVE BAND WALL -

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

- 12. **The Dumbfounded Dunderhead 6b** : Up the arête, difficult start from a left crimp , old in-situ kit now replaced.
- 13. **Smeg Head 4+**: An immediate sports classic at this grade and sure to receive many deserved ascents.
- 14. **Bone Head 5+** : The next two routes share a lower off.
- 15. **The Peoples Democratic republic of Maesteg 6a** : The hardest of the new routes on this wall, starts with some balancy slab work, then slip past the roof towards the belay.



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.

- 16 . **Connect One 6a**: From first bolt head diagonally right.
- 17. **South West Guru 6b**: Two slabs to tackle, leading to a seam
- 18. **Deadly Nightshade 6c**: Centre of the tiered slab, with a tricky rock over.
- 19. **Screaming Lampshades 6c+**: Shares same lower off as Deadly Nightshade.
- 20. **Big Ears Takes Flight 6c**: Head over the roof, then up on easier slaby ground.