

## What is there to see underground?

Little can compare to the mighty roar of an underground river or walking through magnificent chambers with pure white stalactites. There is both beauty and adventure to be found underground.



## Why join SWCC?

Joining a caving club can be a very rewarding experience. Not only do you get to meet people with similar interests, but you also have the chance to learn new skills and visit places you never even knew existed. SWCC is an active club and has regular trips to caves around the UK and abroad, training in SRT (single rope technique; used in vertical caving trips) and other aspects of caving, such as rigging and knot tying. There is also the chance to develop other interests such as digging, cave diving, surveying and photography within a supportive environment.

## Come and visit us!

South Wales Caving Club,  
1-10 Powell Street,  
Penwyllt,  
Powys,  
SA9 1GQ

Useful websites:

[www.swcc.org.uk](http://www.swcc.org.uk)

[www.ogof.net](http://www.ogof.net)

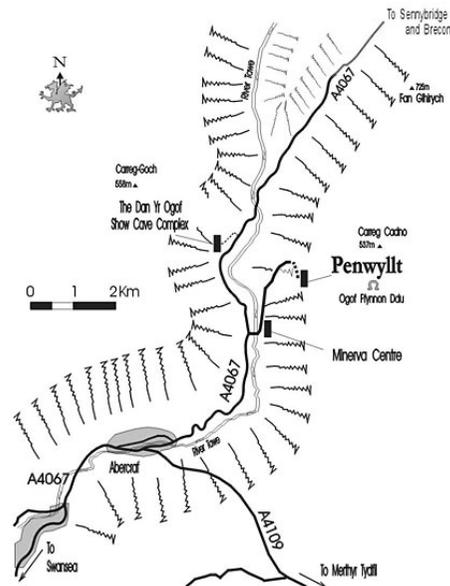
[www.ogof.org.uk](http://www.ogof.org.uk)

Contact:

[meets\\_sec@swcc.org.uk](mailto:meets_sec@swcc.org.uk)

The best time for a first visit to the club would be either a committee meeting weekend or a provisional members' weekend (see the calendar on [www.swcc.org.uk](http://www.swcc.org.uk) for dates).

**Photos taken by SWCC members Mark Burkey, Peter Collings-Wells and Brendan Marris**



# South Wales Caving Club

Clwb Ogofeydd Deheudir Cymru



## So you want to start caving?

Come on! What are you waiting for? You have the chance to see sights that only a small percentage of people will ever see, make new friends, have fun, and keep fit. What's not to like?



## South Wales Caving Club

**SWCC** was established in 1947. With over 250 members, drawn from all corners of the UK, we are one of the largest caving clubs in the country.

We are based at Penwylt, near Swansea. Our club cottages have bunkhouse style accommodation for up to 60 people and full kitchen facilities are available. Hut fees are £5 per night for SWCC members and £7 for members' guests and visiting caving clubs.



## Is caving for you?

Caving is the exploration of the subterranean world beneath our feet. It may be enjoyed by reasonably fit people of all ages. An adventurous and inquisitive spirit is the main requirement- though do make us aware if you suffer from any medical conditions. There is no need for any specific training before you go caving, just come and give it a try! The club's nearest cave system is Ogof Ffynnon Ddu. This is currently the deepest and third longest system in the UK with over 35 miles of passageway to explore. Trips for all abilities may be undertaken in the system. Remember, caving is not about small spaces - it is about exploring and teamwork.

## What do I need to get started?

Caving is a relatively inexpensive sport. To try caving for the first time wear old clothes you don't mind getting wet and muddy and wellingtons or

walking boots with good grip. A cheap PVC oversuit could also be worn if you own one. Avoid cotton where possible as this soaks up water and will make you cold; fleece or synthetic materials are best.



SWCC has helmets and lights available to borrow and Absolute Adventure can also hire oversuits and helmets. See [www.absoluteadventure.co.uk](http://www.absoluteadventure.co.uk)

## What will my first trip be like?

Beginner caving trips usually last for around 4 hours. A typical trip may include walking, climbing, crawling and possibly even swimming. Caves vary greatly in size and shape. Sometimes you may find yourself walking in a chamber large enough to house a jumbo jet, other times you could find yourself crawling in a space the size of a chimney. The speed of the trip is dictated by the group itself and no-one will ever push you to do more than you feel comfortable with.