

Kayak Crew



WALES COAST KAYAK

MERTHYR MAWR TO REST BAY

ROUTE MAP & DISTANCE

7 miles from Merthyr Mawr to Rest Bay, Porthcawl. About 2-3 hours paddling depending on how fast you paddle, whether you stop for lunch, etc



MERTHYR MAWR LAUNCHING/LANDING

At Merthyr Mawr, you can launch from one of the following locations:

- (a) **The Swing Bridge, Merthyr Mawr** - There is free parking next to the Swing Bridge at Merthyr Mawr. The Ogmore river starts shallow in parts and then becomes tidal about half a mile downstream.



OR

- (b) **The Dipping Bridge** – this is about 1.3 miles upstream and another good launch spot with some off-road parking adjacent to the bridge.



This map shows the above 2 alternative launch spots on the Ogmore River. We launched from the Swing Bridge.



You could do the route in reverse and paddle from Rest Bay to Merthyr Mawr, in which case you should aim to land at Merthyr Mawr just before high tide. In that case, you would have to land at the Swing Bridge at Merthyr Mawr because the current would likely be too strong to paddle against any further upstream.

REST BAY LANDING/LAUNCHING

Rest Bay has a quite large pay and display car park just up from the beach.



Rest Bay is quite an exposed beach and can get rough at times.

TRANSPORT

There do not appear to be any bus services which run to Rest Bay or to Merthyr Mawr.

We left a vehicle at either end of the route.

There are a number of taxi firms based in Porthcawl since it's a reasonable sized town and something of a tourist hot spot.

DANGERS / ISSUES

Tides

The Ogmore River is tidal not far downstream from our launch spot at Merthyr Mawr. Ideally, you should aim to launch about 30 minutes before high tide so that there will be sufficient water in the river and the tide will start to go out as you get onto the lower section of the estuary.



Towards low tide, the lower Ogmore River like many estuaries becomes very shallow with mud and sand banks becoming exposed, as you can see from the above photo. So, you really want to be finishing the Ogmore River section of this route up to 2 hours or so after high tide at the latest.



As you can see from the below illustration, when tide is coming in on the South Wales coast, it runs West to East. When it's going out, it runs East to West. This stretch of the South Wales Coast is very tidal and at time it can run up to about 3 knots. When we got onto the sea, we paddled Westwards with the outgoing tide and we noticed how much it assisted us.



Sea Conditions

We always use www.surf-forecast.com to check and weather, tide times and sea conditions before any of our sea kayaks.

The sea is generally more sheltered in the section of this route East of Porthcawl due to the shape of the coastline. It tends to be rougher and more exposed West of Porthcawl, especially as you get towards Rest Bay.

Any questions then email us on info@kayakcrew.co.uk

