

# 21 SWANSEA WORMS HEAD & RHOSSILI BAY

▶ Distance: 7½ miles/12km ▶ Time: 3½ hours ▶ Grade: Moderate

SEE  
FEATURE  
ON PAGE 68

Worm's Head from the  
Wales Coast Path.



PHOTO: TOM BAILEY



**CHOSEN BY...**  
**PHILIP THOMAS**  
Wales' Gower  
Peninsula comes

to a climax in a wild flourish of limestone cliffs, gorse-speckled heathland and the golden arc of Rhossili Bay. Here the land tapers to a striking foreland cut off at high tide, rearing from the waves like a sea serpent making a break for the open ocean. Worms Head alone ranks this among Britain's best coastal walks, but there's much more besides: secluded coves, a shipwreck on the sands and breezy hilltops where our prehistoric ancestors left their mark. There's spectacle in abundance. A walk of two halves, it's easily cut short for

an ice cream in Rhossili, or extended with an adventurous detour out to Worms Head.

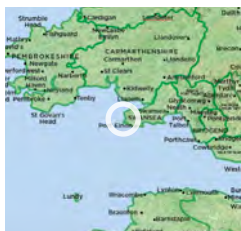
## 1 Start

Exit car park at back to R of toilets and National Trust shop, joining track above cliffs towards Worms Head. Where track bends L, head straight on across grass towards the Old Coastguard Lookout (crossing times for reaching Worms Head are displayed here). Follow path down to shore.

## 2 1 mile/1.5km

If you're crossing to the Inner and Outer Head at low tide, leave at least 1½ hours for the walk out and back (adds 2½ miles/3.2km). Be prepared to pick your way across wet

## PLAN YOUR WALK



## ROUTE

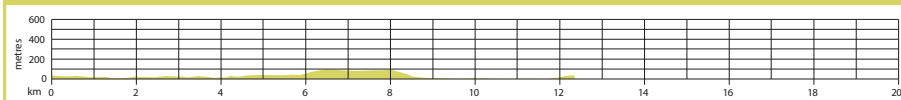
**Start/parking** Rhossili National Trust car park (£5, free for members), SA3 1PR, grid ref SS414880

**Is it for me?** Undulating on rocky coastal paths, muddy tracks and over heathland. Briefly on road. Follow sections of waymarked Wales Coast Path. For Worms Head crossing advice, see [nciwormshead.org.uk](http://nciwormshead.org.uk)  
**Stiles** None

## PLANNING

**Nearest town** Swansea  
**Refreshments** Three cafes & Worms Head Hotel bar ([thewormshead.co.uk](http://thewormshead.co.uk); 01792 390512) in Rhossili. Café/bar at Hillend Camping Park, Apr-Oct (01792 386606)  
**Public toilets** At start  
**Public transport** Buses 118/119 Swansea-Rhossili (Mon-Sat; [natgroup.co.uk](http://natgroup.co.uk))  
**Maps** OS Explorer 164; Landranger 159

## GRADIENT PROFILE



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► OS Explorer map 164 ► Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

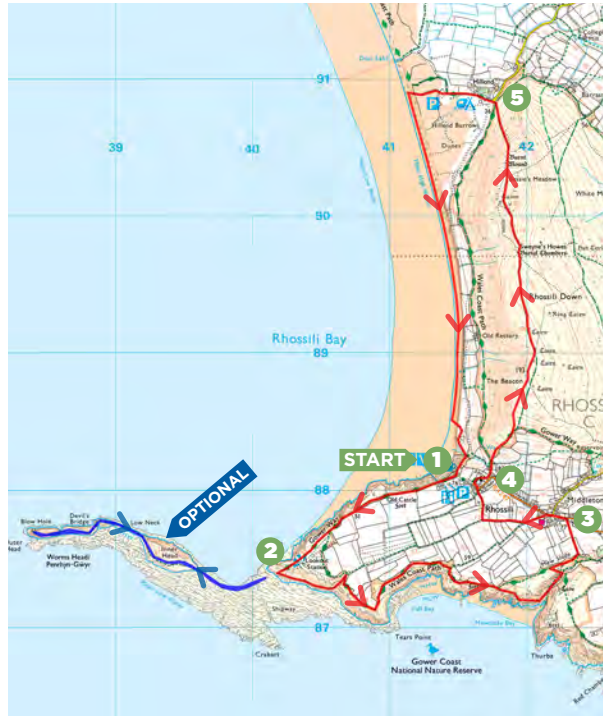
and slippery rocks. Otherwise, follow coastal path L and L again in 400m up next break in cliffs to a junction. Turn R, rejoining waymarked Wales Coast Path around Fall Bay. Ignore first path L inland and in another 400m, you can either keep L on main trail or fork R on an exposed path around a ledge and down to the mouth of the rocky Mew Slade valley. If you take the latter (more interesting) route, follow wall up valley to signpost and turn L up steep path signed 'Coast Path Rhossili'. Turn R at top and after 200m, turn L up hedged-in path to road in Middleton.

## 3 3 miles/4.6km

Turn L and in 200m turn L down track by bunkhouse signed 'Fall Bay'. At fork, go R up a grassier path through gates to meet another track. Turn R up to road in Rhossili.

## 4 3½ miles/5.6km

Turn L into village (where you could finish the walk), then R before bus shelter (signed 'Coast Path') to path around churchyard. Turn L down track and keep R at gate for Rhossili Bay to continue through another at the foot of Rhossili Down. Fork R of stone shed up path and follow it along the crest of Rhossili Down for another 1¼ miles, eventually descending to the lane at Hillend. Along the way you'll pass the trig



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point on The Beacon, prehistoric burial mounds on the sheltered east slope and the hard standings of a World War II radar station on the sea-facing flank.

## 5 5½ miles/8.6km

If a spring high tide has swallowed the beach, you could turn L onto the Wales Coast Path, around the static caravans and along the bottom of Rhossili Down, back to Rhossili. For a stomp across the sands, cross the lane turning L into Hillend

Camping Park. Bear R, then fork L down drive signed for car park. At back of car park, find path through dunes and turn L along beach for about 1½ miles. Before end of beach, turn L up path back into Rhossili. **CW**

**VIEW THE WALK ON OS MAPS ONLINE:**  
[lfto.com/cwroutes](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING

