

WALES

Rhosili Down, Hillend and beach walk

Walk to the highest point on Gower, take in the views and meander through ancient landscapes before descending onto a three-mile-long sandy beach.

Flora and fauna

Rhosili Down is lowland heath and home to a variety of birds and insects including the rare black bog ant. The south Gower coast hosts many rare plants and birds including yellow whitlow grass and choughs.



Information

Address: National Trust shop, Rhosili, grid ref: SS414881

OS map: Landranger 159

Activity: Walking

Challenging: Challenging walk with steep paths, uneven terrain and steep steps to the finish. For further details, please see Terrain section.

Dog friendly: Dogs allowed, but please keep under close control, as livestock are present throughout the year.

Full trail: Miles: 5 (km: 8)

Access: Challenging

Duration: 2 hours 30 mins

Terrain

A challenging walk to the highest point on Gower and a descent onto one of the most famous beaches in Wales. Very steep steps on the route back to the village.

Total steps: 9

Start point: National Trust shop, Rhosili, grid ref: SS414881

1. Start in the National Trust car park. Walk along the road past the bus stop. Follow the footpath as it bears left towards the churchyard and past St Mary's Church. At the junction with the stony track go left and continue on this track until you reach the gate marked with a National Trust sign for Rhosili Down.
2. Head up the hill through the heathland. It's steep, so take the opportunity for a well earned rest on your way, before making your way to the top of the Down.
3. Continue on the main path along the ridge of the Down. The beacon marks the highest point in Gower and is also the site of a Bronze Age cairn built around 4,000 years ago. As you continue along the ridge path you will pass the remains of Stone Age burial chambers called Sweeney's Howes.
4. The ridge-land takes you through a vast area of heathland. Further down the slope to the right there are areas of wet heath.
5. As you approach halfway along the Down you will see the remains of a Second World War radar station in front of you. Continue through here and continue up the slope on the far side.
6. From here the path descends steeply towards Hillend campsite. Go into the site and straight on past Eddie's Café and turn left on the beach. You are approximately halfway around now.
7. Turn left onto the beach and head back towards Rhosili.

8. Once you have passed the Helvetia, look out for the slope back up to the top of Rhosili Cliffs.

9. At the top turn right to head towards the car park.

End point: Rhosili, grid ref: SS414881
