

## WALES

# Rhosili headland walk

This walk across the headland takes in views across Rhosili Bay and out to Worm's Head before leading you back through the Vile, the remnants of an ancient landscape.

## ! Livestock along the route

Ponies and cattle are present along the trail throughout the year.



## Information

Address: National Trust shop, 3 Coastguard Cottages, Swansea SA3 1PR

OS map: Landranger 159; Explorer 186

Activity: Walking

Moderate: Gentle gradients sloping downhill from the start and uphill on the return leg. For further details, please see Terrain section.

Dog friendly: Dogs are allowed, as long as they're kept under close control. The must be kept on leads when crossing farmland. Rhosili beach allows year-round access for dogs.

Full trail: Miles: 3.5 (km: 5.6)

Access: Challenging

Duration: 1 hour 30 mins

## Terrain

Gentle gradients sloping downhill from the start and uphill with some steep stone steps on the return leg. Generally manageable for all fitness levels, although there is some uneven terrain and walking boots are preferable.

## Total steps: 10

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

1. From the National Trust car park with Rhosili beach and Worm's Head Hotel to your right, walk towards the National Trust shop (on your left). The shop is in one of the former coastguard cottages.
2. When you reach the shop, you will see the 3-mile-long beach of Rhosili on your right.
3. Go past the shop and through a pedestrian gate to continue along the track with the cliffs on your right.
4. To the right of the path there are a series of mounds. These are the remains of one of at least 32 Iron Age forts found on the Gower Peninsula. The magnificent views from here enabled inhabitants of the fort to see their enemies for miles around.
5. To the left of the track a dry-stone wall encloses a medieval open field strip system. Known as the Vile, it was introduced by the Normans in the 12th century. This system is now largely managed for wildlife by the National Trust using nature-friendly farming methods.
6. Where the surfaced track bears sharp left, walk straight on, following a wide grass path towards the National Coastwatch Institute (NCI) lookout. From here, you'll have spectacular view of the Worm's Head. The lookout was built in Victorian times and is now manned by volunteers.
7. At the NCI lookout turn left to walk along the clifftop. You will join a path that runs alongside the dry-stone wall. Continue until the path and wall take a sharp left overlooking Fall Bay.

8. Keep to the path on the left.
9. Follow the path until you reach an iron ladder and steps up to a pedestrian gate. Go up the steps, through the gate and follow the path on the right to take you uphill and through another gate.
10. Turn left and follow the marked footpath through sheep fields and onto a green lane. A short distance along the lane there is a sharp turn back to the left. Continue through the footpath gates and along this narrow, hedged track until you reach a wider lane on your right. Take the right turn onto the lane and follow it into Rhosili village, turning left onto the road which will lead you back to the National Trust car park.

End point: Rhosili Village, grid ref: SS414881

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