

WALES

Rhosili Ranger Run

This varied 10km trail run follows the Wales Coast Path alongside Rhosili Down and back over the golden, three-mile stretch of the beach, with the second half looping out towards the dramatic headland at Worms Head.

Wildlife-friendly farming

The fields in this area are one of the best examples of the traditional open strip field farming system in the country. We're farming in a wildlife friendly way by creating new hay meadows and sowing traditional crops, creating perfect habitats for arable plants, birds and pollinators.



Information

Address: National Trust car park, Rhosili, SS 414880

OS map: Explore 164

Activity: Running

Easy: This trail follows the West Coast Path and along the three miles of flat sand on Rhosili beach. 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: 0 (km: 0)

Short trail: Miles: 3 (km: 4.8)

Access: Easy

Duration: 1 hour - 2 hours

Terrain

This varied 10km trail run follows the Wales Coast Path alongside Rhosili Down, with steep steps and back over the golden, 3-mile stretch of the beach, with the second half looping out towards the dramatic headland at Worms Head.

Total steps: 5

Start point: National Trust car park, Rhosili, SS 414880

1. Turn right out of the car park entrance and follow the road east using the footpath alongside the churchyard, rejoining the road at a track junction.
2. Turn left here onto the Wales Coast Path (WCP) and follow it north, forking left to contour along the hill on the seaward side of The Beacon until you reach the road at Hillend.
3. Turn left, still on the Wales Coast Path (WCP), and follow it west to the beach. Then leave the WCP turning left onto Rhosili beach and running south on firm, flat sand all the way back to the steep path below Rhosili village at the south-eastern corner of the beach.
4. Climb the steep path back to the start but turn right at the car park and follow the Wales Coast Path which is also the Gower Way along a track towards Worms Head. Follow this past the Old Castle with meadows to your left to reach the lookout station.
5. Turn left following the Wales Coast Path (WCP) around the headland to an inlet and path junction. Turn left off the WCP and head inland along the edge of some ancient strip fields. Turn left at the next junction and follow the path along the edge of fields back to the start.

End point: National Trust car park at Rhosili, SS 414880
