

WALES

Rhosili serpents, seascapes and shipwrecks walk

Follow this gentle circular walk past the National Trust shop, along a cliff path with views of one of the best beaches in Wales. On the route you'll see the Helvetia shipwreck (at low tide), an Iron Age fort, and the tidal island of Worm's Head.

! Tide times

The Worm's Head is a tidal island with access possible for approximately 2½ hours either side of low tide. The National Coastwatch Institute (NCI) lookout has tide tables available and will offer advice as to the best time to cross.



Information

Address: National Trust car park, Rhosili, grid ref: SS413881

OS map: Landranger 159

Activity: Walking

Easy: 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. They must be kept on leads when crossing farmland. Rhosili Beach allows year-round access for dogs.

Full trail: Miles: 1 (km: 1.6)

Access: Easy

Duration: 30 mins

Terrain

Gentle gradients sloping downhill from the start and uphill with some steep stone steps on the return leg. No stiles to cross, one gate at the start.

Total steps: 7

Start point: National Trust car park, Rhosili, grid ref: SS413881

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 National Trust 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 is a series of mounds. These are the remains of one of at least 32 Iron Age forts found on the Gower Peninsula.
5. To the left of the track a dry-stone wall encloses a medieval open field strip system called The Vile.
6. Where the surfaced track bears sharp left, walk straight on, following a wide grass path towards the National Coastwatch Institute (NCI) lookout where you will have spectacular view of the Worm's Head. The lookout was built in Victorian times and is now manned by volunteers.
7. From the NCI lookout you can cross the causeway onto The Worm for a long walk, taking care to check tide times, or return to the start along the cliff path.

End point: National Trust car park, Rhosili, grid ref: SS413881