

COASTAL RAMBLE: PORT EYNON – RHOSSILI



A challenging and undulating route along clifftops and hidden bays

This section of the Coastal Path forms one of the most beautiful and famous walks in the Gower Peninsula, taking in spectacular coastal and rugged scenery culminating in the iconic Worm's Head, a spectacular promontory, as well as one of Wales' and Britain's finest beaches at Rhossili.

The Walk in detail

Alight from the bus from Swansea in Port Eynon (GR 468852). Signage is not very clear and you need first to walk to the seafront and turn R, skirting the top of the beach past the Youth Hostel. Then strike up the steep hill path towards a commemorative stone on the summit. From here, it is a grass path to Overton Mere, the path then undulating to Overton Cliff (GR 455850). Here, it divides with the official Coast Path going to the right to a point higher on the cliff; (an alternative, more interesting but more challenging, skirts the cliffs and rewards you with some very stunning scenery. However, after about 1km (Long Hole Cave), the lower path is closed and you must strike back up to the cliff top.

Above the famous Paviland Cave, (GR 438862), there is a path to the right that leads to Pilton Green (1.5kms) on the main B4247 road. The path continues past Mewslade Bay where there is a steep drop down to the small valley before an inevitable steep ascent back to cliff tops. At the top of the climb, if you wish to shorten the walk, take the path directly ahead to Middleton and follow the main road to Rhossili. This will save 3.5kms

For those with sufficient time and energy, the main Coast Path route follows Mewslade past Fall Bay to the end of the peninsula above Worm's Head causeway.

From Worm's Head continue along the well-used path into Rhossili village. The bus stop is in the turning circle at the top of the village (GR 416880)

Useful Information

Start point:	Port Eynon (GR 468852)
End point:	Rhossili (GR 416880)
Map:	O.S. Explorer 164 or Landranger 159
Distance:	7.5 kilometres
Time:	4 - 4½ hours* *3 - 3 ½ hours if Middleton short cut used
Terrain:	Moderate to hard with steep sections
Refreshments:	Port Eynon Rhossili
Toilets:	Port Eynon Rhossili
Trains:	Swansea 23 kilometres
Bus stops:	Port Eynon Rhossili
Parking:	Port Eynon (charged); Rhossili (charged) There are limited through buses between Port Eynon & Rhossili
Buses:	Outward: 114 or 118 from Swansea Return: 114, 118 or 119 to Swansea
Tickets:	NAT Day Rider for day's unlimited travel (adult, 16 & under & family options available).