

COASTAL RAMBLE: CASWELL BAY – OYSTERMOUTH



A highly scenic walk mostly on well surfaced footpaths

This walk takes advantage of some magnificent cliff and beach scenery through Langland and Bracelet Bays, Mumbles Head and the Victorian resort of Mumbles. This section can be done in easy stages with opportunities to stop for leisure and refreshment en route. It is best done in an easterly direction as Oystermouth has a wide range of facilities and frequent return buses.

The route in detail

The coast path starts just 50 metres from the bus terminus (GR 594877) and is left of Surfside Café. The well surfaced path starts quite steeply and hugs the coastline all the way to Langland Bay (GR 609874) where you proceed along the promenade backed with iconic beach huts.

From Langland Bay, the path again turns to hug the coast for a short distance to Rotherslade where it skirts the shingle beach then resumes the coastline.

The path swings round into Limeslade (GR 626872), and takes you on along the pavement above Bracelet Bay and past the Big Apple, from where you drop down numerous steps to the Mumbles Pier complex (GR 630874).

From Mumbles Pier to Oystermouth (GR 616883) your route is along the level and well surfaced Swansea Bay cycle trail, the former trackbed of the Mumbles Railway.

Useful Information

Start point:	Caswell Bay (GR 594877)
End point:	Oystermouth Square (GR 616883)
Map:	O.S. Explorer 165 or Landranger 159
Distance:	7 kilometres
Time:	2- 2½ hours
Terrain:	Easy to moderate with some steep sections.
Refreshments:	Caswell Bay Langland Bay Limeslade Oystermouth
Toilets:	Caswell Bay Langland Bay Knab Rock Oystermouth
Trains:	Swansea 12 kilometres
Bus stops:	Caswell Bay Limeslade Bay Oystermouth Square
Parking:	Oystermouth (charged); the 2C (3A Sundays) bus takes you to Caswell Bay
Buses:	Outward: 2C or 3A to Caswell Bay Return: 2, 2A, 2B, 2C, 3A
Tickets:	First Day Swansea City or First Swansea Bay tickets for day's unlimited travel (adult, 16 & under & family options available). If coming by train, Swansea Plus Bus tickets can be purchased with your train ticket