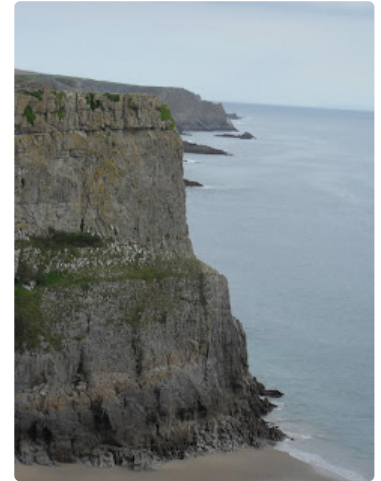




# Rhossili via Worms Head Circular (Wales Coast Path) walk

A gentle cliff top headland walk a dramatic extension - a classic walk out to 2 small islands cut off at high tide, with stunning views of Rhossili beach.



## Tides

Worms Head is only accessible 2.5 hours either side of low tide. You must check the tide times in advance to do this part of the walk.

## Length

10km / 6.1 miles

## OS Map

OS Explorer 164 (Gower)

## Toughness

4 out of 10 (except for optional scrambling over Worm's Head)

## Features

These 2 walks starts in Rhossili, a small village at the south west end of the Gower Peninsular. Rhossili is named after a truly stunning beach, regularly on best in the world lists. Both walks head out from the village (pub, tea rooms, bus to Swansea) to its headland.

The first is the classic walk out to the Worm's Head (NT), 2 small islands which are cut off by the sea at high tide. You must plan this walk in advance by consulting tide timetables.

The second walk is a gentle cliff walk around Rhossili headland (with stunning views of the beach), continuing past Worms Head, around to Mewslade Bay, and back across the headland to Rhossili village.

These 2 walks can be done together, but either is a spectacular walk on its own.

The walk, including Worm's Head is suitable for children, with adult supervision. Dogs should not be off the lead due to sheep, and cliff edges.

Tea is on the terrace of the Worm's Head Hotel pub with a truly stunning view.

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## **Travel**

**There is a direct bus service from Swansea bus station.**

**Hourly or 2 hourly.**

**Check if a day pass is cheaper than a return.**

**SA3 1PP.**

**There is an NT pay car park (£2.50 for 2 hours, £5 all day), or very limited on street parking.**

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## **Eat**

- **Worm's Head Hotel, Rhossili. On a cliff overlooking the long sweep of the beach. OK food, stunning view from the terrace. Cheap. Very popular. Limited on-street parking, or large NT pay car park.**
- **A great picnic walk. There are several other**

**cafes  
and  
tea  
rooms,  
but  
none  
with  
the  
same  
view  
as the  
pub.**

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## **Worms Head**

The Worm's Head (NT) is 2 small islands off the headland of Rhossili, Gower. They are joined to the coast at low tide by a causeway. The walk out to them is a classic, with great coastal views.

The walk does involve some light scrambling (i.e. hands needed to balance yourself in places). The causeway is quite rocky - wear boots! You must plan this walk in advance by consulting tide timetables, and do not try and beat the tide back across the causeway. You might not make it. The islands are 50m (150 feet) high, enough for a stunning view. On the way back, its much quicker and easier to walk around, rather than over, the middle island.

**The walk is possible only 2.5 hours either side of low tide.** People who ignore this fact are regularly stranded - don't be one of them. Do not try and cross back when the causeway is closed - wait to be rescued.

You are requested not to climb the further island from 01-March to 31-August due to ground nesting birds

1. [Coastwatch - Worm's Head](#)
2. [Tide Times](#) (Choose Mumbles)

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## **Rhossili**

Rhossili is a small village in a superb location at the southern end of Rhossili beach - the beach is regularly on 'best in the world' lists. Behind the beach is a down (grassy hill). Beyond the village is a headland and the Worms Head islands.

Eat: The Worms Head Hotel, [thewormshead.co.uk](http://thewormshead.co.uk) - OK bar food, £4 pints, has a terrace with an absolutley stunning view of the bay. Probably the best view of any pub in the country! There's a tea room next door.

By Bus: Year round bus from Swansea. Buy a bus pass. About 1 hour. Every 1 to 2 hours. Check the times before travelling, especially off season.

By Car: SA3 1PP, about 45 mins from Swansea. In 2015, the National Trust brought the village car park for £3 million, raised the fee to £4 (free to members, £2 for 1 hour), and made the charges year round. There's free parking for a few cars by the church, or on the road in to town.

Stay: There are several B&B's in Rhossili, and holiday rentals, besides the Worms Head Hotel. The nearest youth hostel is Port Eynon

## Gower Walks

Clockwise from Swansea - Gower's beaches are exceptional - there really are this many 5 star walk here!

- [Mumbles to Three Cliffs Bay](#)
- [Three Cliffs Bay to Oxwich Bay](#)
- [\(Oxwich Bay to\) Port Eynon to Rhossili](#)
- [Rhossili via Worms Head Circular](#)
- [Rhossili via Llangennith Circular](#)
- [Llanmadoc via Whiteford Sands Circular](#)
- Llanmadoc to Gowerton (to do)

If you want to do the Gower Coast Path

- Swansea town centre along the promenade to Mumbles is easy enough.
- Then our Mumbles to Three Cliffs and Three Cliffs to Oxwich walks can be done in 1 go.
- Next you can combine (Oxwich Bay to) Port Eynon to Rhossili with Rhossili via Llangennith Circular (but finish early in Llangennith, as there are rare Oxwich - Llangennith buses.
- Then choose the Llanmadoc to Llangennith option of the Llanmadoc via Whiteford Sands Circular
- Finally, Llanmadoc to Gowerton

## Get There

The nearest train station is Swansea... but its a 10 min walk from the bus station. Some early morning / late evening buses start from it though.

London Paddington to Swansea : 3 hours, £80 off peak return. 'Advance' tickets (no changes) from £20 single. A good compromise is "Advance" out, and an (Open) "Single" back - about £60.

London Waterloo via Salibury and Bath - £60 off peak return. Much longer. Cheap advance tickets on the few direct trains per day.

Megabus (London to Swansea from £6 single) coach and National Express coach is another option.

Driving to Swansea takes about 3 hours from London. The Seven bridge costs £6.60 to Wales only (free coming back). Its not worth driving around via Gloucester, even if going to the Brecon Beacons. Its a lot longer, and with the extra fuel, you wont save much

## Buses

**You must check the bus times beforehand** - using [traveline.cymru/](https://traveline.cymru/)  
Why? Because times and routes vary on school days, not school days, weekdays, Saturday, Sunday, summer, winter... It might be efficient, but its confounding for visitors. There are different day bus passes for each company which are good value (about the same price as a single!), but which one you need varies by destination and day !!!

Partial update: Summer 2018

Swansea bus station is about 15 mins walk from the train station. From there, 2 companies run buses to Gower, with a bizarre obfuscated schedule.

There is a 'Go Gower' day pass for £5.40, valid on both companies.

Notes. Mumbles official name is Oystermouth, they are the same place. Swansea, Black Pill and Mumbles are on Swansea Bay.

Current routes are

First	#2 / 2B / #2C	Swansea - Black Pill (bay) - Mumbles (bay) - Rotherslade (beach) - #2C continues to Caswell (beach)	Every 30 mins
First	#14 / #114	Swansea - Black Pill (bay) - Southgate (for 3 Cliffs Beach)	~ 30 mins
NAT	#117 / #118 (Mon-Sat)	<b>South Gower</b> : Swansea - Killay (for disused railway line) - Parkmill (1km inland from 3 Cliffs beach) - (#117 via Oxwich beach) - Port Eynon (beach) - Rhosilli (south end of the beach)	~ 60 mins
NAT	#114 (Sunday)	<b>South Gower</b> : Swansea - Black Pill (bay) - <b>Southgate (for 3 Cliffs Beach)</b> - Parkmill (1km inland from 3 Cliffs beach) - Oxwich (beach) - Port Eynon (beach) - Rhosilli (south end of the beach)	~ 60 mins
NAT	#116	<b>North Gower</b> : Swansea - (sometimes via Llanmadoc for Whitford Sands) -	~ 60 mins

## Llangennith (north end of Rhosilli beach)

NAT	#115 (Mon-Sat)	Llangennith (north end of Rhossili beach) - Port Eynon (beach) {not to/from Swansea}	3 per day
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- On Sunday, the South Gower bus takes a better route via BlackPill (close to Mumbles) and Southgate (Three Cliffs). Apart from that, the routes don't overlap, so its great for 1 way walks, and to/from Swansea, but bad for to/from Mumbles, and long south coast walks.
- On Mon-Sat, you sometimes have to change bus to/from Oxwich via a timetabled connection.
- [First Choice](#) - via Mumbles routes
- [NAT](#) - Gower routes
- [Swansea Bay Without a Car](#) has online bus departure posters for the main places

New for 2018: There is a £3.50 one-way flat rate ticket for West Gower, for thoes returning to their car.

**Stay**

Swansea is the best place for public transport users. The city doesn't have many tourist sites except for Wind Street (pronounced Wine Street, loads of mega pubs) and the marina. Many old seafront B&B's, and mega chain hotels.

Mumbles (Oystermouth) is a pretty seaside village, quieter at night and more upmarket nowadays as the 'Mumbles mile' pubs are no more. Old B&Bs and boutique hotels. Swansea's 'latin' quarter.

There is a Youth Hostel in Port Eynon, and a large beach campsite on Rhosilli beach near Llangennith. Also campsites at Three Cliffs. Rhosilli itself would be a great place to stay for car travellers.

**Warning**

The [Severn Estuary](#) has the second highest tidal range in the world (after the Bay of Fundy), with typically, a 30 foot (10 metre) difference between high and low tide.

If you walk along the beach beneath high cliffs, or far out on the sands, be aware of that you can be cut off by a rising tide!

**Help Us!**

After the walk, please leave a [comment](#), it really helps. Thanks!

You can also upload photos to the [SWC Group on Flickr](#) ([upload your photos](#)) and [videos to](#) [Youtube](#). This walk's tags are:

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**By Car**      **Start** Rhossili, Gower, West Glamorgan

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**Map Walk**    This walk **requires** an OS map and a compass or GPS for navigation. You can print out OS maps using the link above.

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**Help**            National Rail: 03457 48 49 50 • TraveLine (bus times): 0871 200 22 33 (12p/min) • TFL (London) : 0343 222 1234

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**Version**        Aug-24 Andrew

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## Walk Directions

1. Park either in the pay car park, or down the road a ways
2. (from the car park) Walk along the path out to the headland
3. **Worm's Head Option**
  1. Checking the safety notice, and the tide times.
  2. Walk out over the rocks to the middle then to the final island, returning the same way.
  3. NB: its quicker, safer and easier (but not so fun) to walk over the rocks directly to the further island (i.e. around the middle one)
  4. Either return to Rhossili, or continue the cliff walk.
4. **Cliff Walk to Meswlade Bay Option**
  1. Continue along the cliff path as far as Mewslade.
  2. Cut back, across the headland to Rhossili
5. Have a well deserved drink in Rhosilli's pub.

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