



*Walking Holidays in Britain's most Beautiful Landscapes*

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## *The Gower Peninsula*

The Gower Peninsula in South Wales was designated as the UK's first Area of Outstanding Natural Beauty way back in 1956, and to this day, remains as beautiful as ever. It was awarded its AONB status for its classic coastline, much of which is defined as Heritage Coast, along with its outstanding natural environment, with over 30% of the area being a National Nature Reserve or a Site of Special Scientific Interest.

Our holidays follow the Wales Coast Path for 45 miles / 72 km from the village of Pen-Clawdd on the Loughor Estuary round to the town of Mumbles on the western edge of Swansea Bay. On your journey you will enjoy some of the most stunning sections of the Wales Coast Path and several of the most beautiful beaches in Britain.

Whiteford Sands is a two mile stretch of secluded beach backed by Whiteford Burrows, a dune system and coniferous plantation. Among the flora on display is the early marsh orchid and fen orchid. On the eastern edge of the burrows the marsh is home to the oystercatcher, pintail and golden plover. Award winning Rhossili Bay boasts three miles of gorgeous golden sands and each year in the fields above the bay the National Trust plant a staggering half a million sunflowers, poppies, lavender and lupins all bursting with colour in summer. Three Cliffs Bay, appropriately named on account of the three sea cliffs that jut out into the bay, is another beach lover's dream, a paradise of surf washed sands. Above the bay is Pennard Burrows, arguably one of the finest viewpoints in the country.

It's not all sea and sand however, the Gower Peninsula is a wealth of inspiring landscapes. Just wait till you see the dramatic limestone cliffs and ancient coastal woodlands, the rolling grasslands and russet coloured downs. There is in excess of a thousand archaeological sites and over a hundred listed buildings. More than this, there is a warm Welsh welcome wherever you go.



100% Financial Protection





## Why do this walk?

- The Gower Peninsula was designated as the UK's first Area of Outstanding Natural Beauty.
- Over 30% of the peninsula is National Nature Reserve or a Site of Special Scientific Interest.
- Visit some of Britain's most beautiful beaches including Rhossili Bay and Oxwich Bay.
- Experience a rich and varied environment of heathland, limestone grassland, marshes, dunes and coastal woodlands. Lots of historic interest including castle ruins, Iron Age forts and a surviving medieval open field system.
- Enjoy delicious local cuisine such as Laverbread, Salt Marsh Lamb and Penclawdd Cockles.

## Essential Info

Length	4 - 6 nights
Full Route Length	45 miles / 72 km

## Grade



**Easy to  
Moderate**

This is a coastal walk, not technically difficult, and if walked at a comfortable pace, can be completed by people with limited walking experience. There are ascents and descents between the sandy bays and grassy limestone clifftops. Exploring the rocky promontories is optional.

**Terrain:** A coastal path mainly through farmland and over grassy cliff tops, with stretches along sandy beaches and short sections on quiet roads.

**What's it like underfoot?** Generally good paths and tracks, although a few sections can get muddy after heavy rain.

**How Much Up & Down?** There are occasional ascents and descents to and from sea level.

**Signposting:** The Wales Coast Path is clearly signed and waymarked with its own distinctive logo.

**Navigation:** Pretty straightforward. In addition to the official guide, the Wales Coastal Path is marked on the Ordnance Survey map

## The Route

### Penclawdd to Llanmadoc

The walk begins in the former industrial village of Pen-clawdd, which in the seventeenth century was a fairly significant port, exporting among other things coal and copper, often on locally built ships. By late nineteenth century this had changed as a shift in the River Loughor's main channel meant the village was only accessible by smaller boats. The newly arrived railway took on the task of exporting goods.

The route heads quickly to the village of Crofty before opening to a rural landscape and you're introduced to Gower's designated Area of Outstanding Natural Beauty. Field paths and marshland lead the way to Llanmadoc with the vast Llanrhidian Marsh permanently by your side. The village of Llanrhidian itself is pretty and is home to several historic buildings. An ideal location for a mid-way break. A slight detour would lead to Weobley Castle, a fortified manor house with magnificent views over the salt marsh. Llanrhidian Marsh gives way to Landimore Marsh and you pass beneath the impressive rocky outcrop of North Hill Tor before crossing Burry Pill with the help of huge stepping stones and onto





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Llanmadoc. It's worth noting that at high water, the stepping stones are covered and a 1¼ mile/2 km diversion is required.

#### **Llanmadoc to Rhossili**

Llanmadoc takes its name from St Madoc, a sixth century saint, possibly of Irish origin and a pupil of St David and St Cenydd. The village's church, dedicated to Madoc, dates back to the thirteenth century and is the smallest in Gower.

The walk to Rhossili combines cliffs, marshland, woodland and undoubtedly some of Gower's finest beaches, including of course, Rhossili Bay. First up is Whiteford Burrows leading to Whiteford Point, the site of the now disused cast iron lighthouse. The lighthouse, built in 1865 is safer viewed from a distance as rapid incoming tides can quickly surround you. The Point is a 3,000 acre National Nature Reserve comprising dunes, beach, salt marsh and woodland. In spring and early summer rare butterflies and wildflowers colour the dunes. Whiteford Sands stretch round to Broughton Bay and the small tidal island of Burry Holms.

If the tide permits, consider crossing the short causeway onto Burry Holms to view the remains of the small medieval hermitage dedicated to St Cenydd. It's thought that Burry Holms may once have been a base for Viking raiders. It's also believed to have been the site of an Iron Age fort and earlier still a seasonal camp

for Mesolithic hunters. Well worth a visit.

Three unbroken miles of golden sandy beach now sweep round to the small village of Rhossili on the southwestern tip of the Peninsula. Rhossili Bay is one of the most spectacular beaches in Britain. Above the bay is Rhossili Down. The walk along the crest of the ridge is considered one of the finest on the peninsula, particularly in late summer when the colour of the heather is at its most striking.

#### **Rhossili to Oxwich**

At Rhossili, all eyes are drawn to Worms Head. The iconic tidal headland, a nature reserve, is connected to the mainland by a rocky causeway for two and half hours at low tide. The end is two kilometers away and involves a little scrambling which some may find difficult. The going can be slow, therefore anyone set on reaching the end will need to be mindful of the time. Worms Head is not part of the Wales Coast Path.

Sticking with the path, this section of the Gower Peninsula serves up some of the most stunning coastal walking the country has to offer. Grassy clifftops interspersed with dramatic narrow valleys lead to Port Eynon. Beyond Port Eynon Bay the path passes beneath low lying limestone cliffs to Oxwich Point. It's here you reach Oxwich National Nature Reserve and head into Oxwich Wood, a long strip of coastal



woodland, emerging eventually to the sandy surf washed beach that is Oxwich Bay.

#### **Oxwich to Mumbles**

Oxwich Bay, as with Rhossili Bay and Broughton Bay before it, is a sweeping expanse of golden sand, backed with dunes and punctuated with a rocky outcrop. Great Tor is an immense and imposing rock face of limestone dividing the Oxwich Bay from Three Cliffs Bay at high tide.

Above Three Cliffs Bay stands Pennard Burrows and upon it, the ruins of Pennard Castle. The views over the bay from here are often cited as being among the best in the country.

From here grassy tops above dramatic limestone cliffs lead all the way to the surfing beach of Caswell Bay.

It's onto the headlands again before one last opportunity to build a sandcastle at Langland Bay ahead of your final push onto Mumbles Head and your stroll into town marking the end of your Gower Peninsula adventure.



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### Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Llangennith and Mumbles.

**Llangennith** If surfing is on your 'to do list', then Llangennith Beach is the place to do it. Factor in a rest day and enjoy a fun filled day with the Welsh Surfing Federation surf school. Their team of male and female fully qualified surf instructors have a wealth of teaching experience. There are lessons to suit all ages and abilities from beginner up.

**Mumbles** Why not stick around for an extra day after your walk and take the train into Swansea, it's less than half an hour away. As well as the Marina, there's a whole host of parks and gardens to visit and all appetites are catered for by the many independent eateries and boutique bistros. Looking for some culture, then visit the Dylan Thomas Centre, the Glynn Vivian Art Gallery, Swansea Museum or view the exhibitions in the Arts Wing of Swansea Grand Theatre.

### Getting There and Away

General travel information for the Gower Peninsula will be in your holiday pack. Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps. To view train times please visit [trainline.com](http://trainline.com) where you can also purchase tickets in advance. For information on bus timetables please visit [traveline.org](http://traveline.org) If you require secure car parking whilst walking this route, please contact us for information.

#### Getting There:

**By Air:** The nearest International Airport to the trail is Rhose Cardiff. There is a railway station at Rhose Cardiff Airport with services to Swansea and Gowerton. If coming from further afield, London Heathrow or Gatwick may be a more convenient option. There is a railway station at Heathrow Airport with services to London Paddington from where trains run direct to Swansea and Gowerton or via Newport South Wales. There is a railway station at Gatwick Airport with services to Reading from where trains

run direct to Swansea and Gowerton or via Newport South Wales/Cardiff Central.

**By Public Transport:** The nearest Railway Stations to Pen-clawdd are Gowerton (GWN) or Swansea (SWA). Both Gowerton and Swansea stations are located on the West Wales Line with services to Manchester Piccadilly and London Paddington via Bridgend, Cardiff Central, Hereford, Shrewsbury, Crewe and Stockport.

**By Road:** Leave the M4 at Junction 47 then follow signs for the A483 Swansea. At the next roundabout, follow the A484 Llanelli, then follow signs for B4296 Gowerton B4295 to Pen-clawdd.

#### Leaving from Mumbles:

**By Public Transport:** The nearest railway station to The Mumbles is Swansea (SWA). From Oystermouth Square, the First South & West Wales bus service runs direct to Swansea Bus Station, Monday to Saturday. There are no services to London Paddington from where trains run direct to Swansea and Gowerton or via Newport South Wales. There is a railway station at Gatwick Airport with



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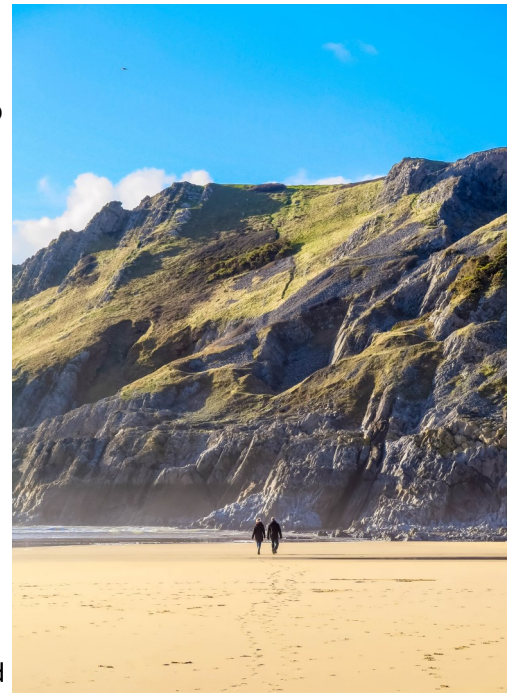
**By Road:** From Junction 42 of the M4, follow the A483 to Swansea. Once in Swansea follow signs for the A4067 City Centre. Pass through the City and stay on the A4067 to the Mumbles

### *How our holidays work*

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

### **Inbuilt Flexibility**

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please. You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.



### *How to Book*

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details. Alternatively, you can either book online using our website at [mickledore.co.uk](http://mickledore.co.uk) or telephone us during office hours.







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## Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and on a working farm.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

**Single Rooms** We are happy to book single rooms on this walk but cannot normally book more than two for any

one group. Single room bookings include a supplement.

## What We Provide

### All Holidays

**Accommodation** Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs.

Full English or Continental breakfast.

**Guidebook** A guidebook with route information, maps, photos and background information.

**Information of Services Along the Route** A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

**Maps** Ordnance Survey Explorer (1:25000) map covering the entire route.

**Personal Itinerary** A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

**Emergency Telephone Support** If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

### 12.5% discount at Cotswold Outdoors

We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

### Options

**Luggage Transport** We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

**Packed Lunches** Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or café on the route.

**Off Road Parking** If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

**Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option!)



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## What's not included

**Evening Meals** Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £30.00 per night.

**Transport to the start & away from the finish** Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

**Travel Insurance** Even if you are based in the UK travel insurance is worth having.

## Prices

Detailed prices for all our holidays are available on the website.  
mickledore.co.uk

## About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.

- We have 15 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

## Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.



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#### AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at [aito.com](http://aito.com). Visit the website to find out more about the Association or call 020 8744 9280.



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## Our Itineraries

Our walking holidays on the Gower Peninsula involve two night stays at many of the locations. Our friendly drivers will transfer you between the trail and your accommodation, no doubt sharing their local insights with you as you travel the short distances. You will have a little more time to settle into your accommodation, spend a little less time packing and unpacking, and we're absolutely sure you'll enjoy getting to know our wonderful accommodation providers that little bit better.

The Wales Coast Path naturally hugs the coastline, while some of the towns and villages sit slightly inland. When choosing your holiday, please bear in mind that the actual distance walked on any day may sometimes vary by up to 2 miles/3 km from the quoted distances, depending on the exact location of your accommodation. The mileages shown are typical door to door distances for each day.

Pen-clawdd to Mumbles in 4 Days Walking Code: GP5				Pen-clawdd to Mumbles in 5 Days Walking Code: GP6			
		miles	km			miles	km
Day 1	Travel to Pen-clawdd for your first night of accommodation.			Travel to Pen-clawdd for your first night of accommodation.			
Day 2	Pen-clawdd to Llanmadoc then transfer back to Pen-clawdd	9	14	Pen-clawdd to Llanmadoc then transfer back to Pen-clawdd	9	14	
Day 3	Transfer to Llanmadoc, walk to Rhosilli then transfer to Reynoldston	10	16	Transfer to Llanmadoc then walk to Llangennith	9	14	
Day 4	Transfer back to Rhosilli, walk to Oxwich then transfer to Mumbles	12	19	Llangennith to Port Eynon then transfer to Llangennith	10	16	
Day 5	Transfer to Oxwich then walk to Mumbles	12	19	Transfer to Port Eynon, walk to Southgate, then transfer to Mumbles	9	14	
Day 6	Depart from Mumbles after breakfast			Transfer to South gate then walk to Mumbles	8	13	
				Depart from Mumbles after breakfast			



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## Booking Form

### Contact Details

Address: .....

Telephone: ..... Mobile / Alternative Tel: .....

Email: ..... Emergency Contact No: .....

### Your Holiday

Holiday Name: ..... Holiday Code: ..... (Hadrian's Wall: Add an "R" if starting in the West)

Date of First Night: ..... Date of Last Night: .....

### Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): .....

### Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (made payable to Mickledore Travel Ltd)
Rest Days <input type="text"/>	OR please debit my Visa/Visa Debit/Mastercard/Mastercard Debit/Solo (delete as appropriate)
Total cost per person <input type="text"/>	Card number: .....
Number in group <input type="text"/>	Valid from: ..... Expires: ..... Security number*: .....
Total group cost <input type="text"/>	*The last 3 digits on the back of the card
Deposit (20% of Total Cost) <input type="text"/>	I authorise Mickledore Travel to charge a 20% deposit to my card now and the remaining balance 6 weeks before commencement of my holiday, (for card payments only).
Single and solo supplements will be added where applicable.	I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
	Signed: ..... Date: .....
	Name: .....

2% charge for credit cards, no charge for debit cards

How did you hear about Mickledore Travel: .....