

# Adventures in Gower

## Mumbles and the city of Swansea

without a car



2017-18



Explore its spectacular coastal path  
Discover its fascinating legends, heritage and history  
Swim or surf at its amazing bays and beaches  
Experience its unique natural environment

# Welcome to

## Gower and Mumbles without a car!

Gower has a comprehensive bus network linking Swansea to its beaches; the Coast Path and other walks; nature reserves; visitor attractions; and accessing outdoor activities. All parts of Mumbles are well served with local buses. Buses run seven days a week all year in Mumbles and Gower in the high season.

## Your Adventure starts on the Bus

Yes, the sense of anticipation grows as you see Gower and Swansea Bay unfolding before your eyes. You can get all over Gower and to most activities directly by bus.

**Gower Coast Path** – the ultimate coastal adventure! The entire length of the path is accessible at key points by the bus network.

**Other Gower Walks** – the 35 mile Gower Way crosses the peninsula from Worm's Head Rhossili over Gower's highest point to Penlle'r Castell in the ancient Lordship of Gower. There are many shorter walks criss-crossing Gower.

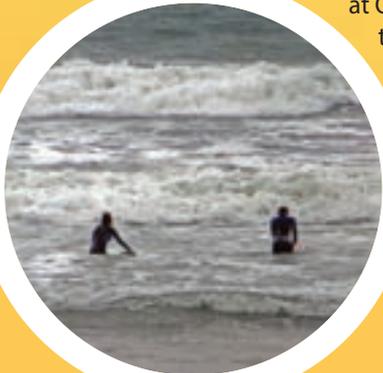
**Beaches** – all of Gower's amazing beaches are accessible by bus; it's a short walk to some.

**Nature & Wildlife Reserves** – Gower is home to three of Wales' National Nature Reserves; at Oxwich Bay, Gower Coast (Rhossili) and Whiteford (Llanmadoc) and smaller reserves run by the Wildlife Trust. All are easily reached by bus.

**Heritage and Legend** – Gower is full of history, heritage and legends including the Gower Heritage Centre in Parkmill, a rural life museum and craft centre. Gower is home to fifteen historic churches and four medieval castles. From the legendary King Arthur to the memorial to Antarctic explorer Edgar Evans, Gower is full of legends, past and present.

**Activities outdoors** – Gower is great for adventure activities; sailing at Oxwich; surfing at Langland, Caswell and Rhossili Bays; boat trips from Mumbles and Oxwich Bay; archery, shooting and falconry at Perriswood; kite flying at Pitton Cross; and many more.

**Swansea Visitor Attractions** – on poor weather days or just for a change, take the bus into Swansea for its huge range of attractions, entertainment and eating out. The National Waterfront Museum, the LC (Swansea's iconic leisure centre) and Swansea Market are three attractions a short walk from the City Bus Station.



# Buses in Gower and Mumbles

There are three principal routes in Gower with connecting links to smaller bays and villages. All parts of Mumbles are served frequently directly from Swansea.

New Adventure Travel buses run approximately every hour daytime (weekdays) on main south and north Gower routes and less frequently on connecting routes.

First Cymru runs every hour daytime (weekdays) on the Bishopston and Pennard route.

First Cymru also serves Mumbles every 15 minutes daytime (weekdays) and twice an hour Sundays and public holidays.

Gower Sunday Explorer runs on Sundays and Public Holidays to and within Gower at Easter, May Day, spring and late summer public holidays and all Sundays from 28 May to 1 October.

## Your ticket to ride

(prices correct as at April 2017 and subject to alteration)

**Explore Gower (Bus)** – unlimited travel all day in Gower, Mumbles and city of Swansea valid on all N A T and First Cymru bus services for £5.50 adult; £3.60 16 & under.

**Explore Gower (Train & Bus)** – buy this when you buy your train ticket at principal UK stations and get unlimited travel for a day in Gower, Mumbles and Swansea city for £5.50 adult £3.60 16 & under; or for a short break (3 days) at £13.00 adult £8.00 16 & under.

**Gower Day Rider** – unlimited travel all day only on NAT services 114 to 119 for £5.00 adult; £3.40 16 & under.

**First Day Swansea City** – unlimited travel all day only on First Cymru buses in the city of Swansea, Mumbles; and Bishopston/Pennard for £4.20 adult; £2.80 16 & under.

**First Day Swansea Bay** – unlimited travel on First Cymru buses throughout most of Swansea Bay.

**Family tickets** – there are family versions of Gower Rider and First Swansea City tickets for both daily and weekly travel.

**Explore Wales Pass/Explore South Wales Pass** – holders of these passes can use them without restriction on all bus services to and within Swansea and Mumbles.

**Wales Concessionary Travel Pass** – Seniors and others entitled to this and resident in Wales can travel on all bus services within Mumbles and Gower free of charge!

# General Information

## Your Adventure starts on the Train or Coach

There are frequent trains to Swansea from all parts of the UK and main airports; direct from London Paddington, Reading, Bristol, Cardiff and Manchester; or with one simple interchange from most other parts of the UK and principal airports.



Buy your 'Explore Gower' local travel ticket when you buy your train ticket. Day or Short Break (3 days) tickets give you unlimited travel in Gower, Mumbles and Swansea city.

National Rail **08457 48 49 50** • [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

There are coaches from all parts of the UK; direct from central London, Gatwick and Heathrow Airports, Birmingham, Bristol and Cardiff; or one simple interchange from most other parts of the UK.

National Express: [www.nationalexpress.com](http://www.nationalexpress.com) Megabus: [www.megabus.com](http://www.megabus.com)

## Travelling around Swansea, Mumbles & Gower

Frequent buses link Swansea's train and bus stations; the coach station is adjacent to the bus station. Buses to Gower and Mumbles leave from the bus station.

An 'Explore Gower' local travel ticket for a day gives you unlimited travel in Gower, Mumbles and Swansea city.

Local bus timetables are available at the bus station.

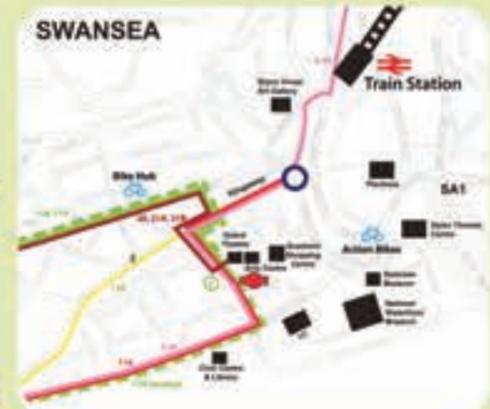
Plan your journey: Traveline Cymru **0871 200 22 33** • [www.traveline.cymru](http://www.traveline.cymru)



Every care has been taken to ensure that information in this leaflet was correct when going to press but ticket prices, services and facilities can be subject to alteration at short notice

# Gower and Mumbles by bus

Escape to a special place without the car



### Gower Bus Routes

2, 2A, 2B, 2C, 14	Swansea - Mumbles, Swansea - Pennard Cliffs
117, 118, 119	Swansea - South Gower
114	Swansea - South Gower (Summer, Sundays and Public Holidays)
116	Swansea - North Gower
115	Llangennith / Llanmadoc - Horton / Port Eynon
22	Swansea - Three Crosses

### Footpaths & Cycle Routes

-----	Popular Inland Walks
-----	Gower Coast Path
-----	Gower Way
-----	Blackpill - Gowerton - Penclawdd Cycle & Walking Path

Please note these routes are approximate and an Ordnance Survey Map should be used in conjunction with this map.

### Key to Attractions & Services

	B & B		Public Toilets		Bays, Beaches		Historic Church
	Cafe		Pharmacy		Boat Trips		Heritage Centre
	Meals & Drinks		Hospital A&E		Surfing		Standing Stone
	Information		Bus Station		Swimming Pool		Castle
	Youth Hostel		Bus Stop		Cycle Hire		Archery
	General Store				Nature Reserve		Public Access Land
	Hotel				Woodland		