Wales Coast Path
Gower West

Planning your walk
The Coast Path around Gower between Mumbles and Crofty is 38 miles long. Therefore you should allow at least 2 days to walk the whole path (unless you are extremely fit). To enjoy the Coast Path you don’t have to walk it all in one go - you can get a similar coastal experience by just walking sections.

Much of the Coast Path involves walking over rough terrain, steps, steep slopes and occasional stiles. However, there are sections that are accessible for wheelchair users and the less-able (e.g. Swansea Bay Promenade), and some that can be enjoyed by cyclists and horse riders.

The purple and green routes shown on the map are the legal routes of public footpaths (purple) and bridleways (green). You may use these to make up your own walks based on the Coast Path.

Maps of the Coast Path around the rest of Wales can be found on the Wales Coast Path website at: www.walescoastpath.gov.uk

Problem reporting
If you encounter any problems on the Coast Path or other paths please inform the:

Countryside Access Team
01792 635 736
countryside.access@swansea.gov.uk

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www.nationalrail.co.uk

For information on buses around the coast:

www.baytrans.org.uk
0871 200 2233
www.traveline-cymru.info

Swansea Tourist Information Centre
visitswanseabay.com
01792 468 321
tourism@swansea.gov.uk

Mumbles & Gower
Tourist Information Centre
01792 361 302
info@mumblestic.co.uk

Accommodation and visitor information
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Information correct at time of going to print March 2014.

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Public transport

Swansea Tourist Information Centre visitswanseabay.com (01792 468321)

* tourism@swansea.gov.uk

Mumbles & Gower Tourist Information Centre (01792 361302)

* info@mumblestic.co.uk

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The Gower and Swansea Bay section of the Wales Coast Path extends from Swansea Port and the SA1 Waterfront in the east, around Swansea Bay and the Gower Peninsula, to Loughor in the west. The Coast Path around the spectacular coast of Gower, the UK’s first Area of Outstanding Natural Beauty, is one of the highlights of the Wales Coast Path.

Finding your way

The Coast Path route is waymarked using the white dragon-shell logo and coast path way marks. However, you may wish to use alternative routes along the coast across beaches or along other paths, of which there are many.

Finding your way

Cliffs - The Coast Path is close to the edge of the cliff in many places. KEEP TO THE PATH!

Tides - Some sections of the Coast Path are subject to high tides. In extreme instances you may have to wait until the tide recedes before continuing, whilst in others you will be able to use an alternative route. Check tide times by calling Swansea Coastguard (01792 366534) or at visitswanseabay.com

Risks - Roads - Most of the Coast Path follows quiet public paths. However, there are some sections of road walking with no pavement. Take care when using these sections as drivers may not be aware of your presence.

Clothing - You are advised to wear suitable footwear and clothing for the conditions you expect to find on the Coast Path at the time of year.

Emergencies - If you find yourself in difficulty dial 999 (or 112 on a mobile) and ask for the Coastguard. Please note that mobile phone coverage is poor in some areas.

Countryside Code

Please keep dogs on a lead when near sheep, cattle or breeding birds. Leave gates as you find them, and please take your litter home with you.

Wales Coast Path - Gower

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