

### 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 the whole path in one go – you can get a similar coastal experience by just walking sections of it or using one of the published circular walks mentioned below.

Much of the Coast Path involves walking over rough terrain, steep slopes and a small number of 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.

There are a number of published circular walks based on the Coast Path and the routes of these are shown on this leaflet.

For further information on these walks please contact or visit the tourist information centres below or download them from our website:  
[www.swansea.gov.uk/countrysideaccess](http://www.swansea.gov.uk/countrysideaccess).  
 For more information on Swansea Bay, Mumbles and Gower go to: [www.visitswanseabay.com](http://www.visitswanseabay.com)

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 Countryside Council for Wales website at [www.cccg.gov.uk/enjoying-the-country/](http://www.cccg.gov.uk/enjoying-the-country/) **wales-coast-path**

	Coast Path
	Public footpaths
	Public bridleways
	Circular walks
	Route from stations
	Access land
	Parking



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## Wales Coast Path Gower

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.

**Public transport**  
 The Coast Path can be accessed using Swansea and Gwenton railway stations.

**For information on trains:**  
 • [www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
 • [www.baytrans.org.uk](http://www.baytrans.org.uk)  
 • [www.traveline-cymru.info](http://www.traveline-cymru.info)  
 Tel: 0871 2002233

**Accommodation**  
 • Swansea Tourist Information Centre: [www.visitswanseabay.com](http://www.visitswanseabay.com)  
 E-mail: [tourism@swansea.gov.uk](mailto:tourism@swansea.gov.uk)  
 Tel: (01792) 468321  
 • Mumbles Tourist Information Centre: [www.mumblesinfo.org.uk](http://www.mumblesinfo.org.uk)  
 Tel: (01792) 361302  
 E-mail: [info@mumblesc.co.uk](mailto:info@mumblesc.co.uk)

**Problem reporting**  
 If you encounter any problems on the Coast Path or other paths please inform the Countryside Access Team on Tel: 01792 635736, or E-mail: [countrysideaccess@swansea.gov.uk](mailto:countrysideaccess@swansea.gov.uk)

**Maer' cyhoeddial hwn ar gael yn Gymraeg.**  
 Information correct at time of publication (March 2012).

The completion of an 870 mile long Wales (WG) commitment. The development programme Coast Path by 2012 is a key Welsh Government (the Environment for Growth theme of the European Regional Development Fund (through the Environment for Growth theme of the Convergence Programme) and the sixteen local authorities and two national parks through which the path passes.





### 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.



### Safety

**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 [www.mumblesinfo.org.uk](http://www.mumblesinfo.org.uk) (click on 'tides').

**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 and the time of year.

**Emergencies:** If you find yourself in difficulty dial 999 (or 112 on a Mobile) and ask for the Coastguard. 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 take your litter home with you.

