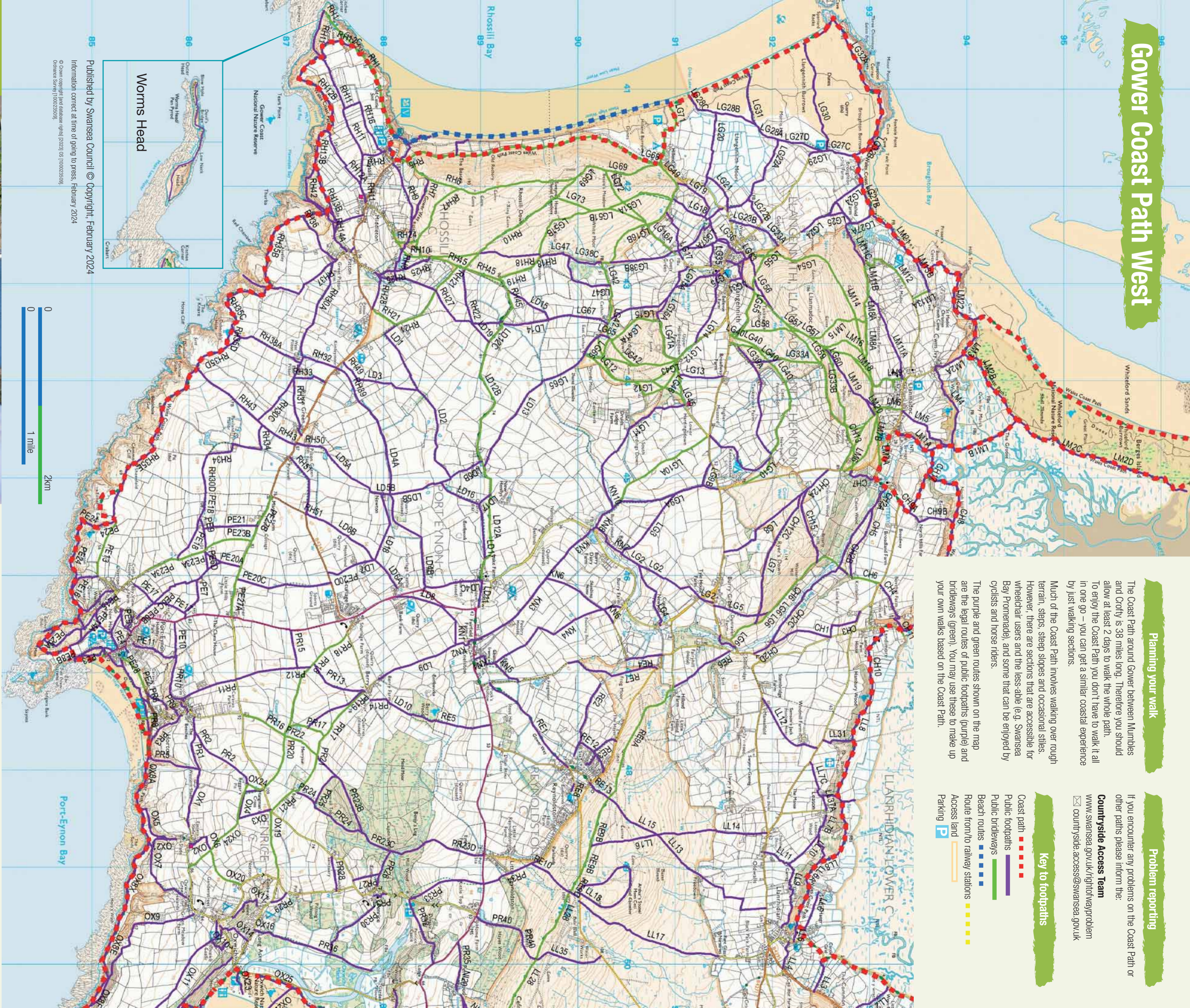


# Gower Coast Path West



## 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. 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, 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.

## Problem reporting

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

### CountrySide Access Team

[www.swansea.gov.uk/rightwayproblem](http://www.swansea.gov.uk/rightwayproblem)  
[countryside.access@swansea.gov.uk](mailto:countryside.access@swansea.gov.uk)

## Key to footpaths

- Coast path ■ ■ ■
- Public footpaths ■
- Public bridleways ■
- Beach routes ■ ■
- Route from/to railway stations ■ ■
- Access land ■
- Parking P

# Gower Coast Path

[visitswanseabay.com](http://visitswanseabay.com)



## Gower Coast Path



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 a must see.

Discover more about walking in Swansea Bay at: [visitswanseabay.com/walking](http://visitswanseabay.com/walking)

## Visitor information & accommodation

Find all you need to plan your complete day out, short break or holiday: [visitswanseabay.com](http://visitswanseabay.com)



@visitswanseabay  
 #HappyPlace

## Public transport information

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
[www.traveline.cymru](http://www.traveline.cymru)  
 0800 464 0000

For information on buses and sustainable transport around the coast:  
[www.swanseabaywithoutacar.com](http://www.swanseabaywithoutacar.com)



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# Gower Coast Path West

Key to footpaths overlaid



## 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.



## Countryside Code

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

## Safety

**Cliffs** - The Coast Path is close to the edge of the cliff in many places.

**For your own safety KEEP TO THE PATH!**

**Tides** - Some sections of the Coast Path are subject to high tides. Be careful, as the tide can turn very quickly here. 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.

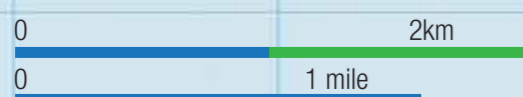
Check tide times by calling the Coastguard on:  
☎ 01646 690909

Or visit:  
[www.bbc.co.uk/weather/coast\\_and\\_sea/tide\\_tables](http://www.bbc.co.uk/weather/coast_and_sea/tide_tables)

**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.



This leaflet is also available in Welsh - Please contact [Gower.AONB@swansea.gov.uk](mailto:Gower.AONB@swansea.gov.uk)

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