WALKING BY BUS

Langland and Caswell

'Walking by Bus' is a City and County of Swansea initiative to encourage sustainable tourism and healthier lifestyles by promoting short walks linked to bus routes.

Bus Information

Mon-Sat (every 15 minutes) **Sun** (no service): First Cymru No. 2C to Newton from Swansea Bus Station.

Please check before travelling

Traveline Cymru ☎ 0870 608 2 608
www.traveline-cymru.org.uk

Walk Highlights

- Two sandy beaches with facilities - look for Langland's colourful beach huts from the 1920's and 1930's.
- Spectacular views over the Bristol Channel to North Devon and beyond.
- Choughs, skylarks, peregrines and buzzards can be seen along this walk.
- Wildflowers like gorse, thrift and red and white campions are particularly colourful in Spring.

Useful Contacts

Swansea Tourist Information Centre
☎ 01792 468321 ✉ tourism@swansea.gov.uk
visitswanseabay.com
www.swansea.gov.uk/aonb

Start & Finish:	Bus stop on Caswell Road opposite Caswell Drive, Newton.
Distance/time:	About 2 miles, 1-2 hours.
Terrain:	Surface varies from hard and smooth, to soft and uneven earth. There are steps but no stiles.
Safety Information:	The route crosses the golf course - beware of airborne golf balls! The path runs close to cliffs and slopes along coast.
Safet	Wear appropriate clothing and footwear for the conditions and season.
Refreshments:	Refreshments at Langland Bay and Caswell Bay.
Public Toilets:	Langland Bay, Caswell Bay.

- Walk back the way you arrived on the bus for a few yards onto Caswell Road. Turn left and after a few yards turn right along Hillgrove (private road, but public footpath).

  Follow the track as it turns right and crosses part of the golf course. Follow the path until you reach the steps leading down to the coastal path.
- Turn right and carefully walk down the steps until you reach the coast path. Turn left and follow the path around the coast to Langland Bay.
- Walk past the first few beach huts on your left then turn left up the lane away from the Bay to the bottom of Brynfield Road. Turn left and follow the lane towards Langland Bay Golf Club.
- Before the clubhouse turn right past the 'No Entry' sign and follow the narrow path across and then beside the fairway of the golf course.
- Here you will emerge onto a track. Cross over the track and up the bank onto a second track. Cross this track and climb a short flight of steps onto a third track, which you followed earlier.
- Turn right and follow the track, retracing your steps back to Caswell Road. Turn left then right to return to the bus stop.

Information correct at time of going to print - January 2014. Other leaflets in this series are available from Swansea Tourist Information Centre, Plymouth Street, Swansea SA1 3QG.

City and County of Swansea
Dinas a Sir Abertawe

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Langland a Chaswell

Mynd i gerdded ar y Bws

Tirweddau i fyw .org.uk

MYND I GERDDED AR Y BWS

Swansea Walks · Teithiau Cerdded Abertawe

Langland a Chaswell

'Mynd i Gerdded ar y Bws' yw un o fentrau Dinas a Sir Abertawe i annog twristiaeth gynaliadwy a ffyrdd iach o fyw drwy hyrwyddo teithiau cerdded byr sydd wedi'u cysylltu â theithiau bws.

Gwybodaeth am Fysus

Dydd Llun-dydd Sadwrn (bob 15 munud)
Dydd Sul (dim gwasanaeth): First Cymru Rhif 2C i Newton o Orsaf Fysus Abertawe.

Gwiriwch cyn teithio.

Llinell Deithio Cymru ☎ 0870 608 2 608
www.traveline-cymru.org.uk

Uchafbwyntiau'r Daith Gerdded

- Dau draeth tywod gyda chyfleusterau - edrychwch am gytiau traeth lliwgar Langland o'r 1920au a'r 1930au.
- Golygfeydd syfrdanol ar draws Môr Hafren i ogledd Dyfnaint a'r tu hwnt.
- Cewch weld y frân goesgoch, yr ehedydd, yr hebog tramor a'r boncath ar hyd y daith gerdded hon.
- Mae blodau gwyllt fel yr eithin, clustog Fair, y blodyn neidr a'r gludlys gwyn yn orchudd arbennig o liwgar yn y gwanwyn.

Cysylltiadau Defnyddiol

Canolfan Croeso Abertawe
☎ 01792 468321 ✉ tourism@swansea.gov.uk
www.dewchifaeabertawe.com
www.abertawe.gov.uk/aonb

Dechrau a Gorffen:	Safle bws ar Heol Caswell gyferbyn â Caswell Drive, Newton.
Pellter/amser:	Tua 2 filltir, 1-2 awr.
Tir:	Yr wyneb yn amrywio o dir caled a llyfn, i dir meddal ac anwastad. Mae grisiau ond dim camfeydd.
Gwybodaeth Diogelwch:	Mae'r llwybr yn croesi'r cwrs golff - gwyliwch rhag y peli golff yn hedfan drwy'r awyr! Mae'r llwybr ger ymyl y clogwyni ac yn gwyro ar hyd yr arfordir.
Byddwch yn barod:	Gwisgwch ddillad ac esgidiau addas ar gyfer yr amodau a'r tywhorau.
Lluniaeth:	Lluniaeth ym Mae Langland a Bae Caswell.
Toiledau Cyhoeddus:	Bae Langland, Bae Caswell.

- Ewch yn ôl ychydig lathenni ar hyd y ffordd y gwnaethoch gyrraedd ar y bws i Heol Caswell. Trowch i'r chwith ac wedi ychydig o lathenni, trowch i'r dde ar hyd Hillgrove (heol breifat, ond llwybr cyhoeddus).
- Dilynwch y trac wrth iddo droi i'r dde a chroesi rhan o'r cwrs golff. Dilynwch y llwybr nes i chi gyrraedd y grisiau sy'n arwain i lawr i lwybr yr arfordir.
- Trowch i'r dde a cherdded i lawr y grisiau'n ofalus nes i chi gyrraedd llwybr yr arfordir. Trowch i'r chwith a dilyn y llwybr o gwmpas yr arfordir i Fae Langland.
- Cerddwch heibio i'r cytiau traeth cyntaf ar eich chwith ac yna troi i'r chwith i fyny'r lôn i ffwrdd o'r Bae i waelod Heol Brynfield. Trowch i'r chwith a dilyn y lôn tuag at Glwb Golff Bae Langland.

  Cyn adeilad y clwb, trowch i'r dde heibio i'r arwydd 'Dim Mynediad' a dilyn y llwybr cul ar draws ac yna wrth ymyl ffordd glir y cwrs golff.
- Yma, byddwch yn dod allan ar drac. Croeswch y trac ac i fyny'r banc i ail drac. Trowch y trac a dringo ychydig o risiau i drydydd trac, y buoch yn ei ddilyn yn gynharach.
- Trowch i'r dde a dilyn y trac, gan aildroedio'r llwybr yn ôl i Heol Caswell. Trowch i'r chwith ac yna i'r dde i ddychwelyd i'r safle bws.

Mae'r wybodaeth yn gywir ar adeg argraffu – Ionawr 2014. Mae taflenni eraill yn y gyfres hon ar gael gan Ganolfan Croeso Abertawe, www.abertawe.gov.uk/aonb Stryd Plymouth, Abertawe SA1 3QG.

City and County of Swansea
Dinas a Sir Abertawe
Bae Abertawe – Y Mwmbwls a Gŵyr

Langland and Caswell
Walking by Bus

Landscapes for life .org.uk
Gower – One of the AONB Family