



Gower Beach Guide

The Gower peninsula was designated as the UK's first Area of Outstanding Natural Beauty (AONB) in 1956 and it remains a beautiful and unspoiled haven for beach holidays, sight seeing, walking, bird watching, sporting activities, etc. The peninsula's compact nature (16 miles long by 7 miles wide) means that most places of interest are within a short drive from Hill House.

Gower's main attraction are its wide variety of beaches with golden sands, warmer water than other parts of the UK (Due to the effect of the Gulf Stream current) and magnificent scenery and views. There are numerous bays along the South Coast between Port Eynon and the Mumbles and depending on the traffic you can be at any one of them within 20 minutes. The closest is perhaps Oxwich which is about 10 minutes. At all of these bays you can park very close to the beach but the car parks do fill up quite quickly on the weekends. The only exception to this is the collection of beaches around Three Cliffs bay. Here you have to park the car at Park Mill and take 10 minute stroll down the valley to the beach. You can also walk to Three Cliffs from Penmaen or Southgate.

In contrast to the small bays and coves of the South coast the beaches on the West Coast (Rhossili and Broughton) offer wide expanses of sand and open water and no matter how busy you can always find a secluded spot away from the other holiday makers.

It takes about 10 minutes to reach either Llanmadoc or Llangenith.

At Llanmadoc you can park at Cwm Ivy and walk out through Whitford burrows (sand dunes and pine woods) to see the lighthouse at the point. This is one of the two remaining cast iron Victorian lighthouses in the UK (No longer in use). You can do the same walk starting from the Britannia Inn and crossing the dyke to Whitford burrows.

If you just want to get onto Broughton Bay park at Lagadranta caravan park and walk out along the footpath onto the beach.

At Llangennith the right fork takes you to the other end of Broughton Bay and the left fork takes you to Hill End. Park at the caravan site and its short walk through the sand dunes onto beach.

Rhossili bay is very popular with surfers and there are surf shops and surf schools based in Llangenneth.








You can get onto the southern end of Rhossili beach from Rhossili village but it's a steep climb down the cliffs. Rhossili is about a 20 minute drive from Llanrhidian and its main attractions are the cliff walk and views of Worms Head.








If you are visiting Rhossili you can park at Middleton and walk down the valley to Mewslade bay.

Try and visit as many of the beaches as possible as they all provide something different. Check the tide table before you go and try and to make the most of the sea try and get to the beach when the tide is coming in.

Gower Beach information

Anti clockwise round the peninsula starting at Swansea Bay

<u>Swansea Bay</u>	
	Covers 5 miles of sand stretching from the Maritime Quarter to Mumbles and walking distance from the City Centre. This location offers a diverse range of activities from a gentle stroll on the beach, to rollerblading and cycling etc. on the promenade which encompasses a SSSI (Site of Special Scientific Interest) at Blackpill.
<u>Bracelet Bay</u>	
	Award-winning beach offering a range of activities for all the family. The sandy cove with pebbles and rock pools is bordered by excellent refreshment facilities, car park as well as a children's play area. Close to coastal path to Langland. Recommended in the Marine Conservation Society (MCS) Good Beach Guide.
<u>Limeslade Bay</u>	
	A small bay surrounded by cliffs with a pebble and sandy cove. Access by steps. Excellent refreshment facilities as well as a children's play area nearby. Close to car park at Bracelet Bay and coastal path to Langland. Recommended in the Marine Conservation Society (MCS) Good Beach Guide
<u>Langland Bay and Rotherlade</u>	
	Rotherlade is cut off from its neighbour at hightide, but is actually part of Langland, a superb stretch of sandy beach and extremely popular with sun and water-sports enthusiasts. Refreshment facilities are available at both beaches, with Langland and its landmark beach huts being particularly popular with families. Langland Bay is recommended in the Marine Conservation Society (MCS) Good Beach Guide.
<u>Caswell Bay</u>	
	An extremely attractive bay popular with water-sports lovers and ideal for families. A number of refreshment kiosks can be found right next to the beach. Recommended in the Marine Conservation Society (MCS) Good Beach Guide
<u>Pwll Du</u>	
	.A large sandy secluded beach backed by a high bank of Pebbles. Owned by National Trust Not accessible by Car.
<u>Three Cliffs Bay (Including Pobbles and Tor Bay)</u>	
	One of the most picturesque bays in Gower. It was voted Britain's Best Beach by the BBC Holiday Squad in 2006! A spectacular view of the Three Cliffs can be enjoyed from a view point overlooking the bay on the A4118 near the village of Penmaen. The beach can be accessed from Parkmill via a walk through the woods or from the village of Southgate via a cliff path. Please note that bathing is not recommended due to strong currents. Recommended in the MCS Good Beach Guide.

Oxwich Bay	
	<p>Located in the pretty village of Oxwich, this beach is privately owned and is another of our more popular family beaches, Please note that dogs are accepted. Adjacent to Nature Reserve and sand dunes. Various watersports on offer. Recommended in the MCS Good Beach Guide</p>
Port Eynon and Horton	
	<p>These adjoining beaches are very imposing and offer fabulous stretches of golden sand and rock pools to explore at low tide. The Salt House is a nationally important historic site. Port Eynon Bay is recommended in the MCS Good Beach Guide. Its picturesque village offers numerous refreshment options for visitors and parking adjacent to beach areas for easy disabled access</p>
Mewslade Bay	
	<p>Secluded bay, covered at high tide. Close to Worm's Head which can be reached by following the coastal path. Owned by National Trust. Recommended in the Marine Conservation Society (MCS) Good Beach Guide.</p> <p><i>Car Park at local farm and short walk down the valley</i></p>
Rhossili Bay	
	<p>Hailed as the 'British supermodel of beaches' by 'The Independent' and one of the top 25 beaches in the world by 'The Sunday Times', this superb beach is part-owned by the National Trust. It has excellent bathing, beautiful scenery and National Trust Visitor Centre. Visitors to Rhossili can enjoy spectacular views of Worm's Head, one of the most photographed landmarks in Wales. Recommended in the MCS Good Beach Guide. Please note that access at Rhossili is via steps, although at Llangennith, a broadwalk offers easier access to the beach.</p>
Llangennith	
	<p>Located on the northern end of Rhossili Bay and recognised as one of the premier surf beaches in the UK, Llangennith has acted as a nursery for rising surf stars for many years! 'The Observer' even listed it as the 'best place to learn how to surf in Britain'. Facilities include a café with outside seating area and disabled access. The picturesque Llangennith village nearby has a trendy pub and surf shop</p>
Broughton Bay	
	<p>A large and picturesque sandy bay near Llanmadoc at the Western tip of Gower, partly owned by the National Trust. Please beware of strong currents when bathing</p>
Whitford Sands	
	<p>Picturesque Whitford Sands run from Llanmadoc to Whitford Point. Bathing not recommended due to strong current. The sands are managed by the National Trust.</p>



Dogs, with the exception of guide dogs for the blind, are not allowed on some beaches. The byelaws are in operation from 1st May to 30th September inclusive every year. Any Council officer or Police Officer may require you to remove your dog from the beach. Any offenders may be liable for a fine of up to £500.

This restriction applies to the following beaches

Swansea Bay - from the river Tawe to the slip opposite Victoria Park at the site of the former St Helens Baths (former iron bridge) **and** from the beach access opposite Sketty Lane to the Northern edge of the slip opposite the West Cross Inn

Bracelet Bay Limeslade Bay Rotherslade Bay
Langland Bay Caswell Bay

Port Eynon beach - from the eastern edge of the steps to Port Eynon beach to the eastern edge of Horton beach access. (8)

Beaches where you can take your dog all year round include:

Mumbles Pwlldu Pobbles Three Cliffs
Tor Bay Crawley Oxwich Horton
Mewslade Rhossili Llangennith Broughton

Whiteford Sands

Port Eynon (from the main steps west to the Salt House)

Lifeguards.



Caswell, Langland, Bracelet Bay and Porteynon beaches are patrolled by professional lifeguards during the weekends from the beginning of May. From June until September the lifeguards are on patrol 7 days a week. Lifeguards will be on patrol between the red and yellow flags from 9.30am to 6.30pm every day, and are available for advice if you are unsure about tides or bathing conditions.