



## RHOSSILI The High And Lows

*This walk takes in the stunning views over one of Wales's finest and wildest beaches.*

**4 miles/6.4km** 1hr 45min **Ascent** 590ft/180m **Difficulty** 2

**Paths** Easy-to-follow footpaths across grassy downs, 2 stiles

**Map** OS Explorer 164 Gower **Grid ref** SS 416880

**Parking** Large car park at end of road in Rhossili

- 1 From car park, head out on to road and continue uphill as if you were walking back out of village. You'll pass St Mary's Church on your **L** then, immediately after this, bear **L** down on broad track to gate at its end. Go through this and keep **L** to follow grassy track that snakes along steep hillside.
- 2 Follow this through bracken, passing Old Rectory on your **L** and eventually you'll reach sunken section with wall on your **L**, and caravan park behind. Don't be tempted to break off **R** just yet; instead, keep going until you come to gate on **L**.
- 3 Don't go through but turn sharp **R** and follow grassy track steeply up on to ridge. At top of steep section it's easy to be drawn off to **R** towards some obvious outcrops, but keep to top track that literally follows crest.
- 4 You'll pass some ancient cairns and drop slightly to pass a pair of megalithic cromlechs, or burial chambers. These are known as Sweeney's Howes and

are over 4,000 years old. Continue on a broad track up to the high point of The Beacon.

5 Keep straight ahead on clear track that starts to drop easily then steepens to meet dry-stone wall. Continue walking down side of wall and you'll eventually come to gate you passed through on way out.

6 Follow lane out to road, turn **R** and pass St Mary's Church on your **R** to return to car park.