

RHOSSILI BEACH

Distance: 6½ miles (10km)
Start/finish: NT visitor centre, Rhossili, SA3 1PR
Terrain: Trail, beach, quiet road section
Toughness: Easy to moderate
Ascent: 231 metres
Navigation: Easy
Good for: Coast, beach, wildlife
Route info: wildrunning.net/101

This wonderful run has a north and a south loop, including some of the area's most stunning landmarks. From start, head N over Rhossili Down, following the obvious and inviting path. Breathtaking panoramic views from The Beacon summit. On reaching Hillend, descend to beach and follow the great, golden crescent all the way back to path which ascends to the visitor centre, passing the famous wreck of the Helvetia. The second half of the run heads straight out along the peninsula to Worms Head. For a short window at low tide, you can drop down to sea level and run to the island. ! Check tide times before crossing. Return on the inland path directly back to the start.

Miles	Km	Directions
0.0	0.0	Leave NT Visitor Centre east along road
0.1	0.2	Turn left onto footpath behind church
0.2	0.3	Turn left , heading north up obvious path onto Rhossili Down
0.7	1.1	Continue north past The Beacon
2	3.2	Arrive at Hillend - head west towards car park and beach
2.4	3.9	At beach turn left heading south along beach
4	6.5	Take steep footpath back up to Visitor Centre
4.3	6.9	Pass Visitor Centre, heading west along cliff top path towards Worms Head
4.9	7.9	Arrive at Kitchen Corner viewpoint. Turn left , heading south east along Coast Path
5.3	8.5	Turn left off Coast Path and follow path north east to return to Rhossili
6	9.7	Turn left , heading north back to road and start/finish point