

125. Rhossili Beach

Distance **6.5 miles/10km**

Ascent **281 metres**

Start/Finish **Rhossili, SA3 1PL**

From the village centre run through the churchyard, turn L onto the Gower Way and follow this up to the trig point on the Beacon. Follow the ridge north descending to the end of the road at Hillend. Turn L onto the Wales Coast Path and follow this to the beach. Turn L and run along the sand back to Rhossili village. At very high tide you may need to stay on the coast path below Rhossili Down rather than run on the beach. Take the steep path and steps back up to the start for a 4.3 miles/6.9km loop. The second loop heads out along the coast path to the lookout station above Worms Head. At low tide you can run out and explore Worms Head itself. From the lookout station turn L, following the coast around the headland. Turn L at the first inlet and follow the path inland between fields, then take a L to return to the start.

Miles	Km	Directions
0.0	0.0	Turn right out of the car park and run through the churchyard, turn left onto the Gower Way and follow this up to the trig point on the Beacon.
0.7	1.1	the ridge north descending to the end of the road at Hillend.
2	3.2	the Wales Coast Path and follow this to the beach.
2.4	3.8	Turn left and follow the beach or the coast path south all the way along the beach and up the steep footpath back to the start.
4.3	6.9	Follow the coast path south-west to the lookout station above Worms Head.
5.1	8.2	Turn left, following the coast around the headland. Turn left at the first inlet and follow the path inland between fields, trending left to return to the start.