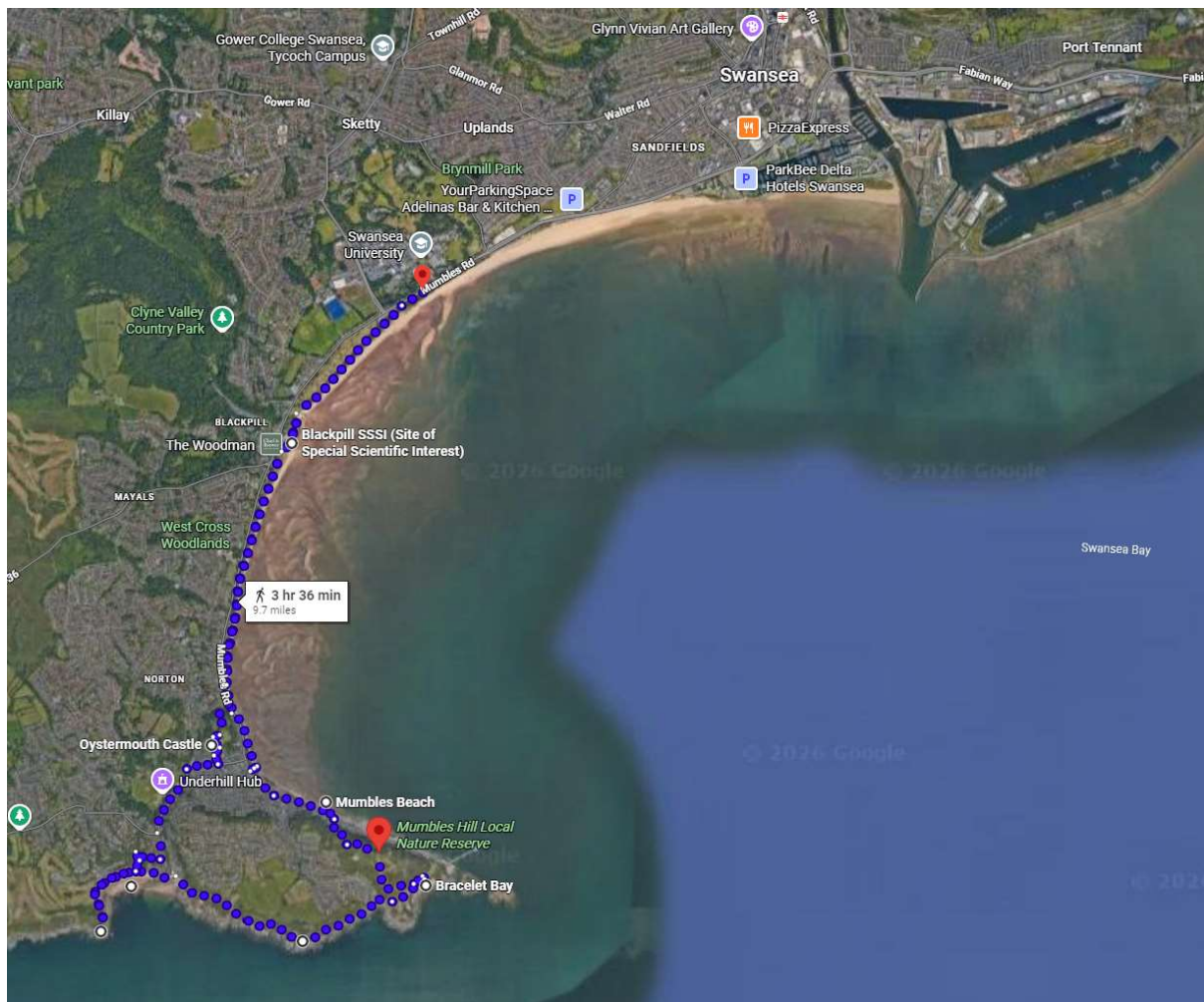


Coastal Walk, 4.5 - 5.5hrs, ~10miles, 518ft of elevation change



- **Take Bus X1 (Swansea University Singleton Campus) from Bay Side Campus to Boating Lake stop (13 stops, 27min)**
- **Walk along coastal path south west towards Blackpill SSSI**

In 1986 Blackpill beach was designated as a Site of Special Scientific Interest (SSSI) in recognition of its importance for local and migratory birds who stop over during the winter to refuel on their global journeys from Africa to Greenland and the Russian Steppe.

The mud and sand provide the perfect habitat for many marine invertebrates, the rich source of food on which the 150 or so species of birds recorded here depend.

- **Keep walking along Mumbles Beach towards Mumbles Hill Local Nature Reserve**

Mumbles Hill Local Nature Reserve

The 23 hectares of Mumbles Hill was declared a Local Nature Reserve (LNR) in 1991 to protect the site for both wildlife and people.

Habitats present on the hill include maritime heath, limestone grassland, limestone scrub and woodland, each supporting different plants and animals. Over 200 species of plants and fungi, 40 species of birds and hundreds of species of butterflies, bees and bugs have been recorded on the hill. Small mammals such as voles, foxes and shrews also can be seen. Resident birds include green woodpecker, skylark and jay whilst migratory birds include house martins, swallows and garden warblers.

Mumbles Hill LNR is common land, grazed until 1950s when the reserve was separated from more extensive grazing areas. The lack of grazing has allowed invasive species such as bracken, gorse, holm oak and cotoneaster to encroach, threatening to choke the rare limestone grasslands.

Toilets are available at the nearby Mumbles Pier

- **Continue along the Gower Coast Path via Bracelet Bay to Langland Bay and Snaple Point view point**
- **Turn around and walk back to Langland Bay and walk via Langland Bay Rd And Newton Rd to Oystermouth Castle. You can have a stop here and visit the castle.**

Oystermouth Castle dates back to the 12th century and is steeped in history.

On a forty foot high limestone ridge overlooking the pretty village of Mumbles Oystermouth Castle is a spectacular location.

The earliest building remains at Oystermouth Castle, the keep in the central block, date from the early 12th century.

Used as the residence of the Marcher Lords of Gower it was frequently under attack from the local Welsh. In the twelfth century the castle was mainly owned by the first Earl of Warwick and his family. In 1203 the lordship of Gower was given to the de Breos family who ruled until the 1320s when it passed into the hands of the de Mowbray's via Alina de Breos who married John de Mowbray. The de Mowbrays lost Gower to the Beauchamps for some time due to a legal decision and in 1461 it passed to the Herberts, the Somersets and then to the Dukes of Beaufort who held it until 1927 when it was transferred to Swansea Corporation. Currently it is the responsibility of the Swansea Council, with the

Friends of Oystermouth Castle looking after the day to day running of the castle during the open season.

Standard admission £6, 11.00am - 5.00pm (last admission 4.30pm)

Toilets available

- **Head back along the beach path towards Boating Lake Bus stop**

