



## Rhossili Headland & Wormshead walk Gower

### Description:

A pleasant stroll on wide gravel cliff top paths overlooking Rhossili bay and Worms Head. Famous for its spectacular sunsets! If your only in Gower for one day you should still make the effort to get here.

**Distance covered:** 0.75 miles      **Average time:** 20 min      **Terrain:** Easy under foot, almost flat and suitable for pushchairs and wheel chairs...

### Directions:

Follow the south Gower road (A118) to the village of Scurlage and turn right onto the B4247 for Rhossili, follow the road through the village and park in the large car park next to the worms head hotel (SS 41410 88139). You cant miss it...

Walk to the seaward side of the car park and pass through one of the gaps in the wall onto the lane on the other side. Turn left and follow the lane out thorough the gates towards worms head.



### Views & Shipwrecks:

*The view of Rhossili bay over 3 miles to Burry Holmes at the Llangennith end of the beach is breath taking, if you have sharp eyes you should just make out the wreck of the Helvetia a oak barque wrecked here on the first of November 1887 now reduced to a series of heavy wooden spares*

*stretching from the sand a little way down the beach. The Helvetia was sheltering in the bay during a gale but as nightfall approached she dragged anchor and had to be abandoned, by morning the ship was wrecked and her cargo 500 tons of timber was strewn along the beach.*

Follow the path until you reach the old coast guard look out above the worms head causeway. The name Worms Head is a corruption of the Old Norse word for Dragon, apparently what this headland looked like to the invading Norsemen as they arrived at Gower from the sea.

### **Walking on The Worm itself**

If you feel tempted to walk out to worms head itself bear in mind it is very easy to get cut off by the tide, the causeway is exposed for a maximum of 2.5 hours either side of low tide and the worm is about 1 mile long so it will take you well over an hour to walk directly out and back without stopping. If you do find yourself trapped on the island don't attempt to swim or even wade back across the causeway, strong swimmers have lost their lives doing just that. The best thing to do is to wait for tide to drop again, if that gives rise to other concerns use your mobile to speak to the coast guard.

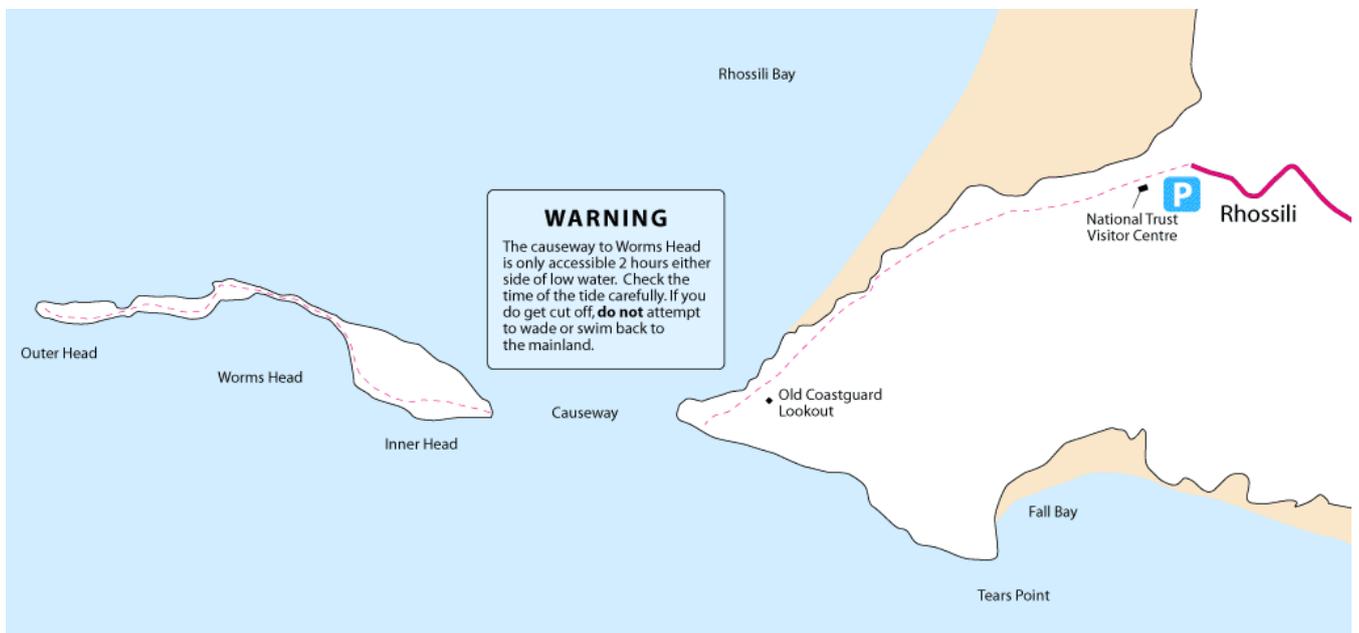
Having given all of the warnings, i have to say that walking out on the head is an unforgettable experience and well worth planning, also remember that the outer head is closed at the beginning of the summer to protect the breeding sea birds.

### ***History: Rhossilli Church***

*When you get back to the village the Local church, St Mary's, set next to the car park is worth a visit. It dates back to 12th Century replacing an earlier church which is thought to have been in existence from the 6th century set at the bottom of Rhossili downs it reportedly fell fowl to the ravages of powerful storms during the 13th century and resulted in the new church and village being constructed at its present location away from the encroaching sea and sand. The church is entered through a beautifully ornate carved archway very typically of Norman . On the left hand pillar there is a rare scratch sun dial. There is good evidence to suggest that the archway was scavenged from the original church. In the chancel you will find an original 14th Century window, known as the "leper's window" – it is set low so as to allow the feared lepers to hear the word of the scriptures from outside! Also have a look at the memorials in the nave they include one to Petty Officer Edgar Evans, a Rhossili man who died with Captain Scott in the Antarctic in 1912.*

*Interesting further evidence of the presence of the Normans in Rhossili is the rair 12 century open field system known as the Vile which stretches from the church all the way out to the headland next to Worms Head.*

Rhossilli & worms Head Walking Map:



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