

**Dates & Location:** Fri 30th April - Mon 3rd 2010 (3 nights) Rhossili, Gower, Wales.

Hi All, The first May Bank Holiday trip is to the gorgeous Gower peninsular. We will be staying at the recently built Rhossili Village Hall Bunkhouse, on the southern west tip of the Gower peninsular in South Wales for 3 glorious nights. <http://www.rhossili.org.uk/bunkhouse/index.html>

**Accommodation & Cost:** Beautiful small rooms, mostly 2 person, plus 2 x 3 and 1 x 4 person rooms, some with fabulous sea views. Well equipped professional kitchen for communal meal (offers for Saturday night please), comfortable large lounge with patio doors to a lovely garden area with tables to sit outside and enjoy the sea views from as well as BBQ opportunity. Maximum of 18 Beds available with a cost of £50 per person/bed for 3 night's accommodation.

**Activities include Coastal walks, Rock Climbing, Cycling, Surfing, Swimming:** Cefn Bryn Down - circular walk with great views on all sides, Salt Marshes coast walk on north coast, Get a Bus to Port Eynon then walk back to Rhossili add on the Worms Head walk and back at low tide from Rhossili, Rhossili beach and Down circular walk, Mountain bike trails all over the peninsula, Walk around Three Cliffs Bay and Oxwich Bay and Castle, Climb at Three Cliffs Bay and at Fall Bay—a 15 min walk from Bunk house, surfing at Rhossili or Llangenith Beach etc

**Want to come?** Let me know ASAP - Only full payment guarantees your place. Book early to avoid disappointment, my trips sell out extremely fast! Alternative accommodation is Camping - you'll need to book early. Please find your own campsite if you intend to camp. Pitton Cross (SA3 1PH) is probably the nearest Tel: 01792 390593. N.B. Camping is not that cheap on the Gower, as it is so popular.

**What to bring...** Linen required – Single Bottom sheet, Duvet cover, Pillow case or Sleeping bag if you are lazy. Suitable clothing, equipment, food, charcoal for BBQ if required, swimming costume. Sun tan lotion etc. Note that there aren't many local food shops so bring what you need with you. Boots, wet/muddy footwear are not allowed in the main Bunkhouse, so please bring a change of footwear for indoor use.

**What is included:** The bunkhouse is fully furnished and well equipped. Duvets and pillows are provided as well as cleaning products and washing-up liquid. Hot water, electricity and heating oil are all inclusive in the price. The central-heating will be regulated as necessary by owners.

**Check-in Friday:** After 4 P M & **Check-out Monday:** By 10.30 A M (Please vacate by 10.30 am on the day of departure to allow time for cleaning and maintenance before the next visitors arrive. Leave as found - clean and tidy using the cleaning products provided and inform us of any damage or breakages.)

**How to get there:** Watch out as it is really easy to get lost in Swansea en route. Rhossili Village Hall Bunkhouse is situated at the start of Middleton in the village of Rhossili, at the south-western corner of the Gower Peninsula, South Wales, just 18 miles from Swansea City centre. There is a Public Notice board by the bunk house building but other than that it's not very obvious. **Postal Address:** Rhossili Village Hall, Middleton, Rhossili, Swansea SA3 1PL <http://www.rhossili.org.uk/bunkhouse/index.html> Approximately 3.5 hours (151 miles)

**Food for Friday** - Suggest cook in kitchen, eat en route or at the Worms Head pub Rhossili on Friday night, it's a 10 min walk from the accommodation, it's the one by the Worms Head Car Park area, just drive straight past the bunkhouse till you can't go any further, then it's on your right opposite main car park. Serves till 8.45 - The Worm's Head Hotel, Rhossili, Gower, Swansea, SA3 1PP Telephone: +44 (0)1792 390512

**Food for Saturday - Communal meal estimate £5 cost each**

**Food for Sunday – BBQ ?** Bring your own plus charcoal

**Other stuff and info:**

**Gower Bus Timetable:** If you want to walk from Port Eynon to Worms head.

Traveline Cymru on 0871 200 22 33. The 118 Bus leaves from Rhossili about to Port Eynon and back, check times: <http://www.swansea.gov.uk/index.cfm?articleid=6624>

**Horse Riding** around Three Cliffs Bay: 01792 371 636

Parc-Le-Breos House, Parkmill, Gower, SA3 2HA [www.parc-le-breos.co.uk](http://www.parc-le-breos.co.uk) **Half Day Ride** (10am–1pm or 1:30pm–4pm) £30

**Boat Trip:** times vary with the tide so call to get times.

**Port Eynon to Worms Head, Round Trip (May - Sept only)**

2hrs approx / Adult £ 28 / Child (under 14) £20 Tel: 07866250440 Gower Coast Adventures

**Surf Hire** at Rhossili or other end at Llangenith

<http://magicseaweed.com/Llangennith-Surf-Report/32/>

<http://www.surfinggenie.com/rhossili-beach.html>

Tide times s on next page.....

**Tides / Sunrise / Sunset:** check these for Worms Head walk and for climbing at Fall Bay

2010-05-01	2:34 AM BST	0.92 meters	Low Tide
2010-05-01	5:47 AM BST	Sunrise	
2010-05-01	8:52 AM BST	9.36 meters	High Tide
2010-05-01	2:51 PM BST	1.16 meters	Low Tide
2010-05-01	8:39 PM BST	Sunset	
2010-05-01	9:11 PM BST	9.31 meters	High Tide
2010-05-02	3:12 AM BST	1.30 meters	Low Tide
2010-05-02	5:45 AM BST	Sunrise	
2010-05-02	9:31 AM BST	8.90 meters	High Tide
2010-05-02	3:28 PM BST	1.60 meters	Low Tide
2010-05-02	8:40 PM BST	Sunset	
2010-05-02	9:50 PM BST	8.84 meters	High Tide
2010-05-03	3:52 AM BST	1.79 meters	Low Tide
2010-05-03	5:43 AM BST	Sunrise	
2010-05-03	10:11 AM BST	8.36 meters	High Tide
2010-05-03	4:08 PM BST	2.12 meters	Low Tide
2010-05-03	8:42 PM BST	Sunset	

Rhossili Beach WOW!



Worms Head

