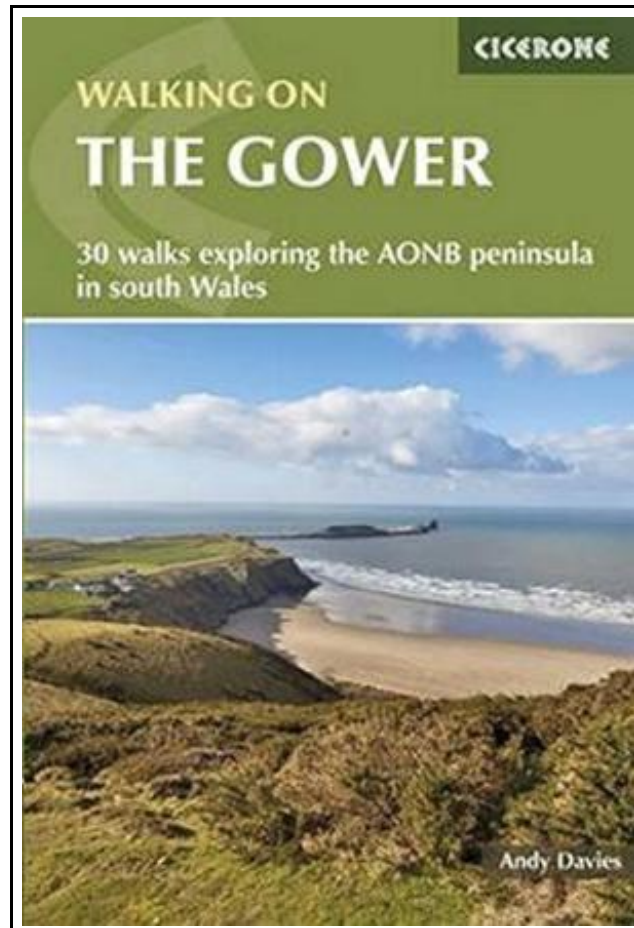


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WALKING ON THE GOWER: 30 WALKS EXPLORING THE AONB PENINSULA IN SOUTH WALES (PAPERBACK)



Cicerone Press, United Kingdom, 2015. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This guidebook presents 30 circular day walks in the Gower Area of Outstanding Natural Beauty, taking in the rich variety of landscapes across this beautiful area of South Wales. Ranging from 2 1/2 to 14 miles long, there are walks to suit all abilities. The peninsula is famous for its spectacularly steep, rugged coastline and perfect golden sand beaches but this guide also takes walkers to the inland valleys, hills and ridges little explored by most holidaymakers. Route descriptions are illustrated with OS mapping extracts and inspiring photography and accompanied by a route summary table to help you choose walks to suit your location and ability. Along the way, the author provides a wealth of information on the plants, animals, geology, history and archaeology of a region with something for everyone, all within a compact area easily accessible from Swansea and Mumbles. Coastal areas such as those around Langland, Oxwich and Port Eynon are well frequented, but this guidebook concentrates on places where walkers can escape the crowds to find peace and solitude in this exceptionally beautiful and unspoilt area.



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