

Walk: SOC 12
Location: **Swansea Bay to Mumbles**

Directions: Find your way to the seafront, following signs to the Maritime Museum. Continue along the coastal road towards Mumbles, leaving the big Tescos behind you on the right. Very soon after you pass Tescos, look out for the first parking area by the promenade on your left. It is a sharp left turn off the road, passing under a height restrictor barrier. You do not need to go as far as Mumbles as the idea is to walk there.

Distance (miles): 26.2 (to Mumbles) or 21.1 to Swansea

Time (hours): 0.56 (to Mumbles) or 0.43 to Swansea

Length of Walk: 3 hours or longer if attempting to go to Mumbles, shorter if just doing a promenade walk and a bit of the beach.

Dates Walked: 01/04/2008, 28/02/2009, 22/05/2009, 12/09/2009, 19/12/2009,

Parking: Free if park in lay-by on sea front by promenade area.

Pop in to: Maritime Museum (not really walkable from the area you are now parked in) worth a visit while in the area.

Description: Swansea Bay used to be a nasty smelly polluted beach front that a few years ago got a good clean up. It still suffers from a few muddy streams draining into the bay, turning parts of the sand dunes into squelchy mud. However it is mostly sand dunes, heavily ridged in places by the action of the water, so bumpy with pram. The tide also goes out a long long way at low tide so this gives you a huge area of bay to walk around.

Hazard Warning: the beach is not as level as it looks so when the tide starts coming in, you can be cut off by some areas where the ground is lower. No problem if you do not mind wading in water up to thigh level but just be alert to the movement of the tide.

The objective of this walk is to get to Mumbles and back. Because it is such a large curved bay, when the tide goes out, it is quicker to walk across the bay rather than follow the curve of the beach. There are some squelchy bits where you can sink several inches into marshy mixtures of mud and sand, so some detours are necessary to remain on the higher areas of hard sand.

Walking back after dark, keep to the inland section of curved bay, do not cross in the dark due to the unexpected deep water areas during an incoming tide. The lights of Swansea as you walk towards the small promenade path of an evening are pleasing enough. However this bay is not the most attractive I feel, and is useful only when combined with a shopping trip in town or maybe a visit to the large Tescos (Tesco features rather highly on our shopping round).

Pictures taken on 01/04/2008:

Worm mounds on Swansea Bay



Bay goes on for miles when tide is out



Picture taken on 12/09/2009:

Looking from Swansea Bay towards Mumbles



Picture taken on 19/12/2009:

