**Start & Finish:** Bus stop on Caswell Road opposite Caswell Drive, Neath.

**Distance/time:** About 2 miles, 1-2 hours.

**Terrain:** Surface varies from hard and smooth, to soft and uneven earth. There are steps but no stiles.

**Route:** The route crosses the golf course - beware of airborne golf balls! The path runs close to cliffs and slopes along the coast.

**Safet:** Wear appropriate clothing and footwear for the conditions and season.

**Refreshments:** Refreshments at Langland Bay and Caswell Bay.

**Public Toilets:** Langland Bay, Caswell Bay.

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**Walk Highlights**

- **Two sandy beaches with facilities** - look for Langland's colourful beach huts from the 1920's and 1930's.
- **Spectacular views** over the Bristol Channel to North Devon and beyond.
- **Choughs, skylarks, peregrines and buzzards** can be seen along this walk.
- **Wildflowers** like gorse, thrift and red and white campions are particularly colourful in Spring.

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**Useful Contacts**

Swansea Tourist Information Centre
Tel: 01792 603222
visit.swansea.gov.uk
www.visitswanseabay.com

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**Information correct at time of going to print - January 2014. Other leaflets in this series are available from Swansea Tourist Information Centre, Plymouth Street, Swansea SA1 3QG.**