

WALKING ON THE GOWER

30 walks exploring the AONB peninsula in South Wales

ISBN: **9781852848217** (Short Code: 821)

Publication Date: **October 2015**

Price: **£12.95**

Edition: **Second** (replaces 9781852846664)

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Paperback Gloss Laminated, 192 pages

17.2cm x 11.6cm

In 30 circular routes – ranging from 2½ to 14 miles long – this guidebook to Gower in South Wales combines the peninsula's famous rugged coastline and golden-sand beaches with the little-explored valleys, hills and ridges inland. Many routes follow a section of coast path to visit a secluded cove or wide beach, before climbing a ridge for stunning panoramic views or leading up into a tranquil stream valley.

The guide avoids the more well-known coastal areas in order to lead you to the parts of Gower little-frequented by crowds. There is plenty of information along the way on Gower's rich points of interest, including its local wildlife, history and archaeology.

Designated as the UK's first Area of Outstanding Natural Beauty in 1956, Gower is just 15 miles by 8 miles, but it packs in a glittering array of interesting features into its remarkably compact size. It is an exceptional area for coastal landscapes, with some of the most scenic beaches to be found anywhere.

Key marketing points

- An Area of Outstanding Natural Beauty, much of it owned by the National Trust
- Attracts visitors from throughout the world
- 30 routes to explore coast and countryside

About the author

Andy Davies has been a professional photographer for over 20 years and specialises in wildlife and landscape photography. He moved to West Wales in 1999 to be immersed in the environment which inspires. A former university lecturer, he now combines his love of photography and his passion for passing on skills to others in a series of photographic and video workshops in West Wales. He is also an external tutor for Aberystwyth University in outdoor and wildlife photography.

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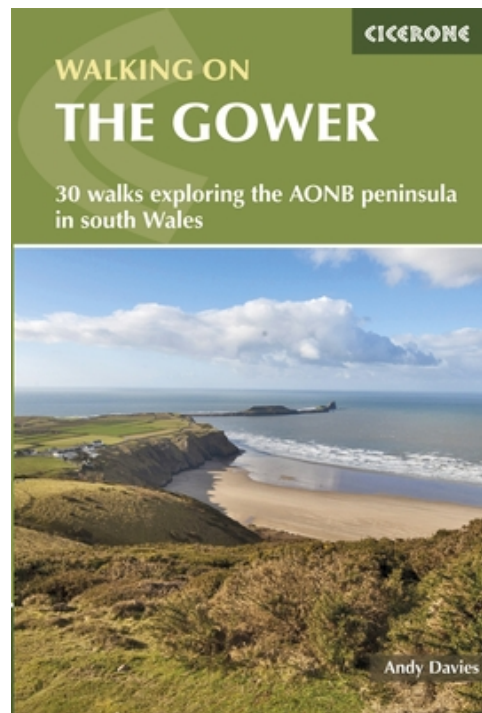
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