

# PRESS RELEASE

## 30 superb walks in an area of outstanding natural beauty

### WALKING ON THE GOWER

30 walks exploring the AONB peninsula in South Wales  
by Andrew Davies

In 30 routes suitable for a wide range of walkers, this guidebook showcases the best of Gower's rich array of spectacular landscapes. Away from the popular coastal areas around Langland, Oxwich and Port Eynon, this guide focuses on the less well-known Gower, where you can escape the crowds and find peace and solitude. The South Wales peninsula packs many fascinating geological formations, ancient archaeological sites and striking buildings into a remarkably compact and unspoilt area, and this guide will help you discover it all.

Selected in 1956 as the UK's very first Area of Outstanding Natural Beauty, the Gower peninsula is tiny – just 25km long by 13km wide – but it boasts some of the most scenic beaches to be found anywhere in the world. It is famous for its spectacularly steep and rugged coastline and its unspoilt golden beaches but with surrounding inland areas rich in wildlife, striking geology and interesting archaeological and historic sites, Gower's coastline is just the start of the adventure.

As well as crossing the picture-perfect beaches, the 30 circular routes in this guide take readers up into the little-explored valleys, hills and ridges inland to capture all of the area's rich diversity of scenery. Many routes combine a section of coastal path, which may visit a secluded cove or wide beach, with a ridge offering stunning panoramic views or with a tranquil stream valley. Gower's exceptional beauty makes it a haven for walkers, photographers and nature lovers, and it draws visitors back time and time again.

#### What's inside?

- clear route descriptions illustrated on OS map extracts and stunning photography
- packed with fascinating information on local wildlife, history and archaeology to help walkers make the most of their time on Gower
- 30 circular routes ranging from 2½ to 14 miles in length

#### About the author

Andy 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.

Front cover

#### Key information

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- routes avoid road walking wherever possible
- a memorable place to visit at any time of the year
- popular holiday destination

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