

WORM'S HEAD

WALES

Distance: 7.8 km (4.8 miles)

Difficulty: Moderate

Terrain: Scramble on rocky foreshore; easy paths on Inner Head, Devil's Bridge, and Outer Head with rocky scrambles linking each; short, steeper scramble

Height gain: 90 metres

Map: OS Explorer 164

Starting point: Rhossili, NT car park. Lat/Long 51.5693, -4.2885; GR SS 415 881

Highlights

- Scrambling up vertiginous Outer Head
- Listening at the blowhole on Outer Head
- Exciting traverse of Devil's Bridge rock arch
- Spectacular geological features
- Views of the award-winning Rhossili beach

Pubs and cafes near the route

- The Bay Bistro, Rhosilli; and Worm's Head Hotel

Dogs

- Welcome

Worm's Head Walk

More of an adventure than a walk, this route explores the many natural wonders of Worm's Head and starts from idyllic Rhossili village. Initially following the coast path above stunning Rhossili Bay, the route crosses the rocky tidal causeway and ascends is the steep-sided, 30-metre high, flat-topped Inner Head. Next is Middle Head, which is split into two by Devil's Bridge, a spectacular natural rock arch. To reach the rocky summit of the third section, Outer Head, requires a steeper but easy scramble. From a distance this looks to be the preserve of mountaineers but the short scramble up it makes for a spectacular finale.

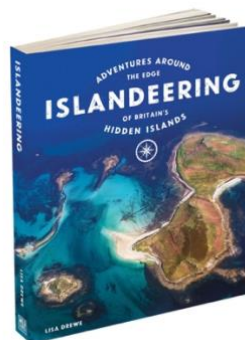
Directions



1. From the car park turn left (west), head through the hamlet of Rhossili, then follow the coast path for 1.2km to the coastguard station. Walk downhill past the sign with details of safe crossing times to the island. Drop down onto the beach at the lifebuoy post and find a route through the rocks and pools to the starting point of the causeway. Keep to the north side of the causeway to cross over to the island.
2. Once on the island you can follow an easy path along the south coast or a steep path that ascends Inner Head for a short but thrilling ridge walk. Descend to Low Neck and scramble across the top edges of the folded rocks for a short section before reaching the grass and rock path that crosses Devil's Bridge.
3. Take the path immediately after Devil's Bridge to keep to the spine of the island (or follow the easier south coast path). Immediately before the sign for Outer Head there is a rock window to the right.
4. Just before reaching the tip of Outer Head find the fissure of the blowhole (7) to the north of the path and the cave beneath, which is only accessible from the coast. There is an easy rocky scramble to the right to reach a small plateau, then another shorter but steeper rock scramble takes you to the summit of Outer Head.

Special notes: Safe crossing 2.5 hours before and after low tide. The top of Outer Head is off limits between 1st March and 31st August owing to nesting seabirds.

There are circular routes around 50 islands of Britain featured in our book "Islandeering: adventures around the edge of Britain's hidden islands".



Happy Islandeering
Lisa, Charlie and Goose
www.islandeering.com