



13/09/26

latch

**GOWER
COASTAL
PATH**

WALK

CHILDHOOD CANCER AWARENESS MONTH

INFO PACK

START TIMES & LOCATIONS

24 Mile – 07:00

Rhossili Bay Car Park, Rhossili, Swansea SA3 1PP

12 Mile – 11:30

Oxwich Bay Car Park, Penrice, Swansea SA3 1LS

3 Mile – 15:30

Caswell Bay Car Park, Bishopston, Swansea SA3 4RH

FINISH

All routes finish by 16:30

Bracelet Bay Car Park, Mumbles, Swansea SA3 4JL

Finish line gathering: 16:30–18:00

latch

Yma ar gyfer cancer
plentyndod yng Nghymru | Here for childhood
cancer in Wales

TRANSPORT

You must arrange your own transport to the start points.

Return coaches from finish to start points for 24 & 12 Mile participants depart at approximately 18:00.

3 Mile participants must arrange their own return transport.

DIFFICULTY & DURATION

24 Mile – 10.5 hours – Strenuous (4/4)

12 Mile – 5 hours – Moderate to Strenuous (3-4/4)

3 Mile – 1 hour – Easy (1/4)

Multiple guides will be on-hand per section.

Slower walkers will be accompanied separately if needed.

WHO CAN TAKE PART

24 Mile: Age 14+ (must be accompanied by an adult)

12 Mile: Age 12+ (must be accompanied by an adult)

3 Mile: No age restriction (children must be with an adult)

Dogs are not allowed due to coach company restrictions.

KIT LIST (24 & 12 MILE)

EQUIPMENT

30L day pack
Dry bags
Trekking poles (optional)

CLOTHING

Base layer
Mid layer
Outer layer
Waterproof jacket & trousers
Pants or shorts
T-shirt
Underwear

ACCESSORIES & FOOTWEAR

Hat
Gloves
Neck gaiter
Good socks
Hiking boots
Gaiters (optional)

CONSUMABLES

Food (bring your own – none provided)
2–3 litres of water
Electrolytes (optional)
Power bank (optional)

PERSONAL CARE

Sunscreen
Lip balm
Sunglasses
Hand sanitiser
Hygiene products
Medications
Insect repellent

QUESTIONS? TALK TO US

If you have any queries regarding the Gower Coastal Walk,
please email us at fundraising@latchwales.org or call
029 2184 8859