



# Swansea, the Gower & Carmarthenshire

## Includes ➔

Swansea (Abertawe) .....	112
The Mumbles (Y Mwmbwls).....	127
Gower Peninsula (Y Gŵyr).....	127
Rhossili .....	131
Carmarthenshire (Sir Gaerfyrddin).....	134
Langharne (Talacharn).....	135

## Best Places to Eat

- ➔ Slice (p124)
- ➔ Joe's Ice Cream Parlour (p127)
- ➔ King's Head (p134)
- ➔ Angel Vaults (p137)
- ➔ Heavenly (p138)

## Best Places to Stay

- ➔ Tides Reach Guest House (p127)
- ➔ King's Head (p134)
- ➔ Fronlas (p138)
- ➔ New White Lion (p139)
- ➔ Port Eynon YHA (p131)

## Why Go?

This little slice of Wales sits between the Cambrian Mountains to the north, the Brecon Beacons to the east and attention-hogging Pembrokeshire to the west. But it has its own distinct attractions, the greatest of which is the craggy coastline and epic sand beaches of the Gower, which offers surfing, water sports of all sorts and undulating hikes. Swansea has something approaching big-city sophistication, with a glorious stretch of sand arcing between it and attractive little Mumbles. Inland, the fecund heartland of rural Carmarthenshire is little travelled, but is home to some intriguing prehistoric sights and enticing pubs, where you can enjoy the regional specialities of salt-marsh lamb and Pen-clawdd Cockles, harvested on the edge of the Gower since at least Roman times and a key ingredient in the iconic Welsh breakfast, laver bread.

## When to Go

Water sports fans might want to brave high summer on the Gower to make the most of the golden beaches, though be aware that the narrow country roads – and the B&Bs and campgrounds – are likely to be crammed during this time.

Many hostels and campgrounds don't open till after Easter, and the winter period is pretty quiet. If you're hiking you might prefer to aim for late spring/early summer or the autumn. Come prepared for rain showers whatever time of year you visit.

The Gower Festival in July hosts classical music recitals in ancient churches, and Swansea holds a similarly high-powered music and arts festival in October.

## Swansea, the Gower & Carmarthenshire Highlights

1 Watching the surf break at the Worms Head, or walking along the sand at dramatic **Rhossili Bay** (p131)

2 Marvelling at Norman Foster's intriguing glasshouse dome at the **National Botanic Garden of Wales** (p140), which harbours rare and endangered plants

3 Channeling your inner Jane Austen within the walled gardens and yew tunnels of the **Aberglasney Gardens** (p138)

4 Wandering expansive **Dinefwr Park & Castle** (p137) where you can go below stairs in the gracious manor house as well as explore the castle ruins

5 Exploring handsome **Llandovery** (p139), which has all the key ingredients of a fine Carmarthenshire town: Georgian architecture, castle ruins and a whole lot of pubs

6 Reliving a life of poetry and tragedy laid bare at the **Dylan Thomas Centre** (p113) in Swansea

7 Tracing Wales' industrial heritage inside the **National Waterfront Museum** (p113)

