



WHERE TO STAY AND EAT

The location of the Worm's Head Hotel (01792 390512, www.thewormshead.co.uk), on the edge of Rhossili's famous lookout point, is worth the price alone. The 24 rooms, though not the height of fashion, all have sea views. Food is solid pub fare (Welsh lamb, seafood, comforting desserts) served in the bar, restaurant or terrace, with stupendous views in all.

The King's Head pub (01792 386212, www.kingsheadgower.co.uk) in Llangennith may be filled with surfers, but the bedrooms – with chocolate bedlinen and plasma TVs – are positively chic for these parts. The best food in Llangennith is to be found here: the chalkboard menu is by turns adventurous and comforting, from a medley of Thai dishes (a speciality) to liver and bacon casserole, complemented by irresistible puddings.

The lonely Old Rectory cottage, perched romantically above the sea on the Rhossili Downs, can be rented (0870 458 4422, www.nationaltrustcottages.co.uk).

Further afield, there is accommodation and sophisticated dining in Oxwich Bay (see pp184-191). The Port Eynon Youth Hostel (0870 770 8868, www.yha.org.uk) combines character (it's set in an old lifeboat station) with location (the ocean is on its doorstep).

Next door to the Worm's Head Hotel, the Bay Bistro and Coffee House (01792 390519) has the same magnificent view and serves fresh and local seafood.

Stretching for three shimmering miles, Rhossili is made for bare feet; above right, the wreck of the *Helvetia*.