

# Help the Bay Stay This Way

Swansea is officially beautiful and we are tasked with maintaining it

One of the biggest positives of coming to study at Swansea University is its proximity to the beach, whether that be on [Swansea Bay](#) or [Gower](#).

If you want to experience all that Swansea has to offer, then you need to get down to the beaches and explore the surrounding countryside.

We want you to have the best time you can whilst exploring your new home, so here are our top tips for getting the most out of your trips and respecting and protecting the area for future generations.

## 1. The tide is high

Whether you're on Singleton Campus, Bay Campus or somewhere in between, Swansea Bay will be right on your doorstep.

Swansea Bay runs just shy of 5 miles and consists of 5 beaches; from Aberavon Beach in Neath Port Talbot to the far reaches of Mumbles Beach, by the iconic [lighthouse](#). The Bay features the 2<sup>nd</sup> highest tidal range in the world at 10.4m

You can travel to all of the parts of Swansea Bay inside Swansea County using the Swansea [UniBus City](#) Tickets.

## 2. Down to the sloeback, slow, black, crowblack, fishingboat-bobbing sea<sup>1</sup>

In 1956 Gower was designated the 1<sup>st</sup> ever [Area of Outstanding Natural Beauty](#) in the UK. The peninsula consists of 25 beaches of varying size and consistency.

It is so good for anyone to get outdoors and be as active as possible; just ask [these scientists](#). There are fewer spots in the UK better to do that than [Gower](#).

You can travel as far as Three Cliffs Beach and Aberavon Beach using the Swansea [UniBus Max](#) tickets.

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<sup>1</sup> [Under Milk Wood](#)

### 3. Be Ready; like Baywatch<sup>2</sup>

One of the great features of Mumbles is the Pier, dating back to 1898, which houses the local [RNLI Lifeboat Station](#). It's great to know that there are volunteers who will risk their lives to get you out of deep water, but [thinking safely](#) in the first place is the best way to protect yourself and others.

By sticking to [lifeguarded beaches](#) and knowing your [beach flags](#), you will do your bit to stay safe when you want to venture into the water.

Although this is Wales ([and it rains a lot](#)), always consider [sun protection](#) when you set course for the beach. The wind and the temperature can easily deceive people into thinking they don't need sun protection; but [sunburn is no joke](#).

### 4. Take a walk on the wild side

There is [so much to do](#) in Swansea Bay and on Gower that anyone should be able to find something to interest them.

Some highlights include:

- Gower activities – there are [Activity Centres](#) and [Tour Companies](#) available to take groups out to explore the area
- Surfing and Stand Up Paddle Boarding – whether the swell is [high](#) or [low](#), there are activities for those who prefer to be on (rather than in) the water
- [Coastal path](#) and [gardens](#) – for those who like a birds eye view of the coast
- Cycle path – the [bay cycle path](#) covers the entire area and encompasses Bay and Singleton campuses. You can even take one of our [Santander bikes](#) for a spin.
- Castles – there are 6 castles dotted across Swansea Bay and Gower. You can find them all on the [Legendary Castle Trail](#).

### 5. Your toxic [waste] slippin' under

Despite Sir David Attenborough's [pleading](#) and the good work of many individuals and groups, 42% of 18-24 year olds admit to [dumping litter on the beach](#).

Many generations of people have visited and lived by the Swansea coast and we want many generations more to do the same and maintain the level of Outstanding Natural Beauty that we have the privilege to call home.

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<sup>2</sup> The show; not the film

You can do your bit by:

- Using the council bins provided for all of your rubbish
- Making use of the [BBQ bins](#) located on Swansea Beach, Caswell Bay, Langland and Rotherslade
- Joining the beach cleaning effort along with [Discovery](#) and [Keep Wales Tidy](#)
- And finally, [taking home](#) everything that you came with and encouraging others to do the same

