



**SEASHORE  
TRAIL**

**02**

**REEFS OF REST BAY**

Rest Bay Beach  
Dunes 2 Dunes Coastal Walks, Bridgend  
OS Map 151



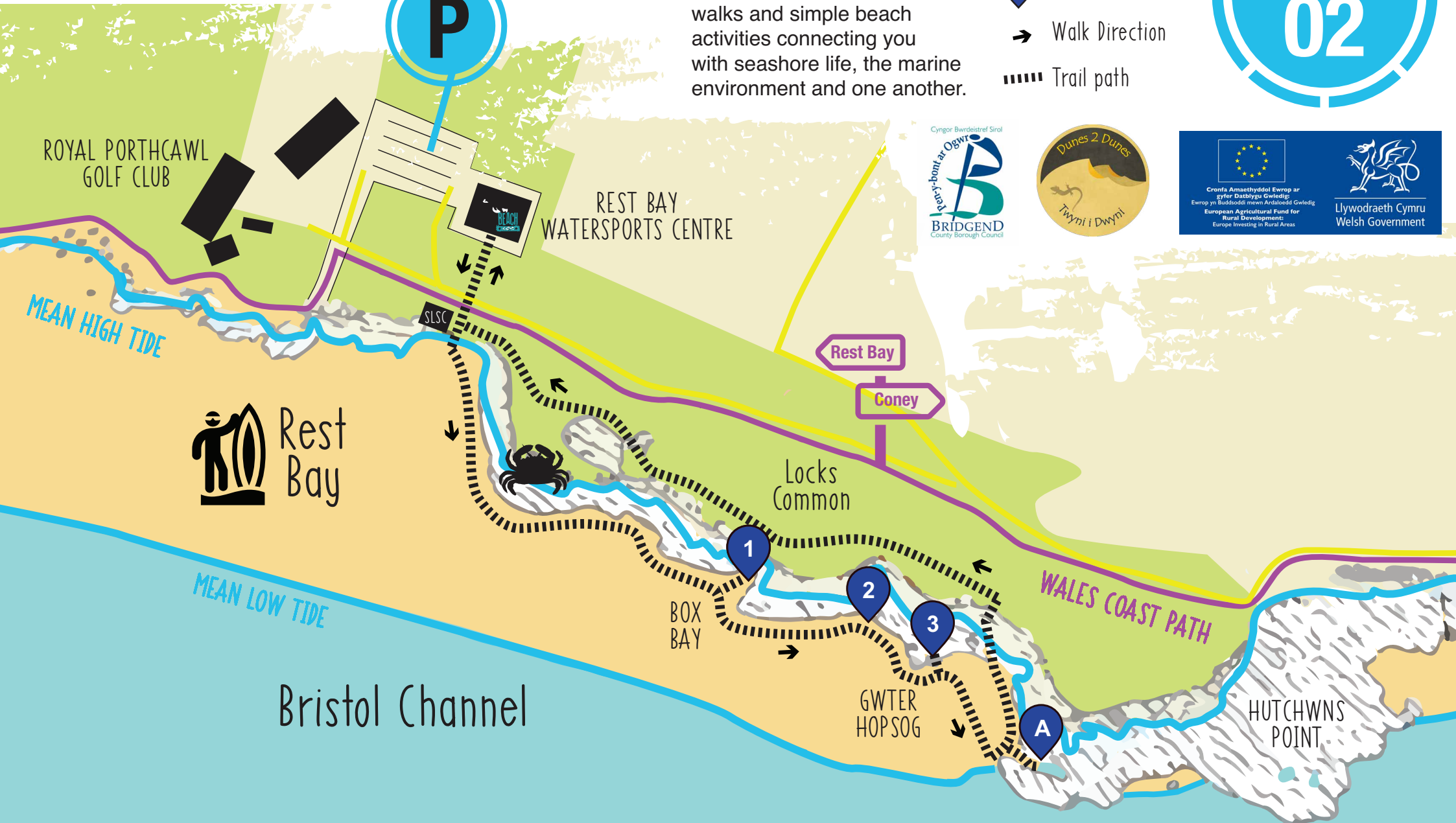
# REEFS OF REST BAY

Activity: Reef Rambling



Walk our Family-friendly Seashore Trails, where being active and learning combine. Lift your spirits, as you walk, with short beach walks and simple beach activities connecting you with seashore life, the marine environment and one another.

- A** Activity Spot
- 1** Stop & Look
- Walk Direction
- Trail path







**Dog Whelks**  
Look for eggs nearby



**Common Starfish**



**Beadlet Anemone**  
Tentacles retracted



**Purple Topshell**



**Honeycomb Worm Reef**

Limit human impact.  
Please do not stand on  
this fragile sand structure



The Reefs of Rest Bay are made by the Honeycomb worm. Found in the lower zone of this rocky seashore the worm needs a sand supply for tube-building. These delicate living reefs provide a habitat for many marine animals and seaweeds. Reefs are vulnerable to storm damage, trampling and pollution.

'Reefs of Rest Bay Factfile' download  
[www.beachacademywales.com/downloads](http://www.beachacademywales.com/downloads)





# REEFS OF REST BAY

## Walk Details

### Parking:

Rest Bay car park (Charges apply) App and Cash  
Lock's Common Road, Rest Bay CF36 3UP

### START...

Start your walk at Rest Bay Watersports Centre. Head down the steps from the building, across the grass and road, to the SLSC building accessing the beach via a slip.



Once on the sand, walking is flat and easy. Heading left (east) skirt the edge of the rocks where you will spot your first 'clumps' of Honeycomb Worm Reef, beautiful sand structures attached to rocky platforms made by the Honeycomb worm. Great spot to rockpool also.



Continue hugging the rocky edges, observing the reef structures and lower zone rockpools filling the landscape.

### 1 Stop & Look

Pop into Box Bay to take a look at the rocky landforms, a large boulder field and cliff face, a popular coastal climbing spot.



Continue hugging the coast, looking to your left you will start to notice natural gullies in the rock. Some filled with rockpools and others lined with reef structures. In Wales, natural channels on the seashore have 'Gwter' in their names meaning drain/channel.

### 2 Stop & Look

If you listen carefully you will hear the trickling sounds of water and may be lucky enough to spot the waterfall. There is not always water falling here.



### 3 Stop & Look

Continue your walk to Gwter Hopsog, a large rockpool filled gully. If you feel adventurous, you can safely wade through this coastal landform to observe the reefs. The water is deep here.



Head from Gwter Hopsog across the sand towards the waters edge to observe the reef systems close up.

### A Activity Spot

**Refer to: Reef Rambling Activity Sheet.** Here is a great place to explore the reefs for yourselves, searching for marine life between the sandy structures. Tread carefully and avoid standing on the reef on your reef ramble sticking to bare rock only. A reef lined sand gully guides you in towards a large rockpool. Lined with reef it is easy to access although the sand here is soft, wet deeper and muddy.



After exploring you will notice a stream flowing along the reefs edge. Follow it away from the sea, towards the rocks. To leave Rest Bay, follow the shingly beach towards the gullies, here you will see natural steps formed in the rocks that can lead you upwards. Climb the rocks and platforms to join Locks Common.



Once at the top head left and follow the grassy paths weaving their way through this local nature reserve. Paths can be rocky. Hug the clifftop or head straight back. Keep an eye out for porpoise and observe the reefs of Rest Bay from this higher vantage point. The Watersports Centre can easily be seen to end your walk with refreshments.

**...FINISH**

- \* Short circular seashore walk.
- \* Sturdy footwear needed as rock walking required.
- \* Check tides and start walk at low tide time.
- \* Weather changes rapidly on the coast. Be prepared.
- \* Beach clean while you walk. Help marine life.