

Day 2:

8.45am, bleary eyed people, silent except for my buoyant sense of morning humour, (appreciated by all; NOT!), but with lunch made by everyone we set off for Rhossili and the Worms Head. There was some enthusiasm for the low water trek onto the Head over the causeway, but happy news for those less enthusiastic; it was high water so that part was abandoned. So we trekked off onto the longest beach in Wales 300 feet below us. It is a beautiful curving 7 mile beach.



The beach is somewhere down there!



Where have the others gone?
there first



The longest beach in Wales



They got

The sea beckoned and with a gentle surf we all played in the water until lunch. Rolls and sand, drinks and sand, cake and sand, lots of aggregate to go with the food!

After lunch as the tide began to come in, the Atlantic rollers came in as well. With three boards and plenty of body surfing great fun and swallowing of water was had. It really was a fun time, the sea clear, no seaweed or Jelly Fish to worry about, just good old fashioned exuberant fun.



The Worms Head from Rhossili beach



They were much bigger than these look

After negotiating the narrow lanes back to the cottage, and me being convinced that we were going back a different way, (I was out numbered 9-1, they were right,) we arrived home.

It was the 'Boys' turn to prepare and cook the food for dinner, it turned out to be a palatable variation of Spaghetti Bolognese, each male being a cleaned up version of Gordon Ramsey. Plenty was consumed as all the fresh air and exercise gave everyone a huge appetite.

Copious amounts of after sun and some moaning followed, but luckily no indigestion as we settled down to play Cluedo, followed later by a walk to the castle by a few.

Reflection, evaluation and prayers ended day two, with a very quick decent into sleep.