

Duke of Edinburgh Practice Expedition team were reaching for the stars this week when they took their first ever walk to height.

The candidates visited Rhossili, at Gower Swansea where they walked to the Beacon at 193m from sea level.

Rhossili Bay curves along an arc running northwards from the village. The sandy beach is three miles (5 km) long and is backed with sand dunes. Locals refer to the beach as Llangennith Sands.

The backdrop to Rhossili Bay is a stretch of moorland that rises over 600ft from the shore, Rhossili Down, this is the highest point on the Gower Peninsula, (the Beacon), and home to a number of prehistoric remains. At the top on a clear day you can see right across the Bristol Channel and to Pembrokeshire. We saw some RAF fighter planes too.

Well done everyone



What have you done today to make you feel
PROUD?