

WALKING ON GOWER

by Andy Davies

CICERONE

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*To my mother and father, and family and friends
who have shared this area with me.*

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Front cover: View of Rhossili Bay and the Worms Head from Rhossili Down

WALK 6

Three Cliffs Bay, Pennard Pill, Ilston Cwm and Bishopston Valley

Start/Finish	National Trust car park, Southgate, Pennard (SS 5540 8735)
Distance	17.5km (10¾ miles)
Total ascent	405m
Time	4hrs
Refreshments	Three Cliffs Café and Pennard Stores in Pennard; Shepherds shop and café at Parkmill; Beaufort Arms and shops in Kittle.

An excellent day's walk that visits some of Gower's finest coastal landscapes and wooded valleys. Starting at the National Trust car park, where there are public toilets, the Three Cliffs Bay café and Pennard Stores, the route heads west along the cliffs to the stunning beaches at Pobbles and Three Cliffs Bay. It then swings inland following Pennard Pill and Ilston Cwm before returning back to the coast via Bishopston Valley to Pwlldu Bay.

From the **car park** facing the sea, with Heatherslade Residential Home on your right, take the path westward that follows the cliff line. After about 50m you come to the top of a rocky outcrop. Beneath you is Foxhole Cave that can be explored by dropping down to the left. The rocky cove has a lovely sandy beach at low tide. ►

Carry on along the small path that weaves its way through the gorse, following the cliff top until you reach another cove called Heatherslade. Soon you will be able to see the fantastic vista above Pobbles and **Three Cliffs Bay** with the coast sweeping around to the impressive upright cliff of Great Tor, and Oxwich Bay beyond.

Check to see whether the tide is low enough for you walk along the beach and around the headland of the Three Cliffs. The path now drops down the spine of a small ridge to the pebbly bank at Pobbles. If the tide is in, keep following the path along the cliffs, skirting around the edge of the golf links, and drop down into

The headland to the east is High Tor beneath which is the impressive bone cave, Minchin Hole.



Pennard Pill where there is a pebbly storm ridge. If the tide is low enough, walk across the sand and through the arch in the Three Cliffs. Walk upstream to the shingle bank.

Continue up the Pill making a short detour to see the remains of **Pennard Castle**.

The path climbs a little once it enters the woodland. Shortly afterwards, you come to a sign; carry straight on heading towards the houses, ignoring the turning to the right to Southgate and a green metal bridge. To buy refreshments, cross the bridge to Shepherds shop and

associated with thin seams of coal, a geological exposure unique in Wales.

Follow the track past Rectory Cottage and then turn left just before the house and barns. The path then runs in a deep sunken lane, probably a very old route in the past, and then runs through fields and turns right to a farm. It then drops down to a track on the left and to a ford. Do not cross but take the path on the left and cross to a stile which takes the path into Moorlakes Wood. Follow this with the stream on your right until to come to a gate in the fence with private access signs on your left and right. Cross the fence and follow the path through a scrubby and sometimes boggy area until it comes to the perimeter fence of the aerodrome. Turn right and follow this towards the road, crossing over to take a track across the common which is open access, bear left at a fork and then turn left and follow along the hedge to Swn-y-Coed.

Take the path on the right just past the farm and follow the way-marked signs over fields to meet a stream at Brookside House. Follow the road across Barland Common to the B4436, turn left up the hill and cross over, taking the minor road immediately on the right that drops down to St Teilo's Church. Cross over the stream and follow the road to Kittle and to the green.

Pass between the houses leaving the National Trust sign on your left and follow the track to Great Kittle Farm. Take the path to the left of the entrance and follow this to where it divides and take the one that drops down the middle of the gully, passing a fenced-off area where you will find a large limestone cavern.

Once you reach the bottom of **Bishopston Valley** (see Walk 3), which is surprisingly dry with no stream, turn right, signposted Pwlldu. If you wish to see the impressive swallow hole, turn left and walk for 250m.

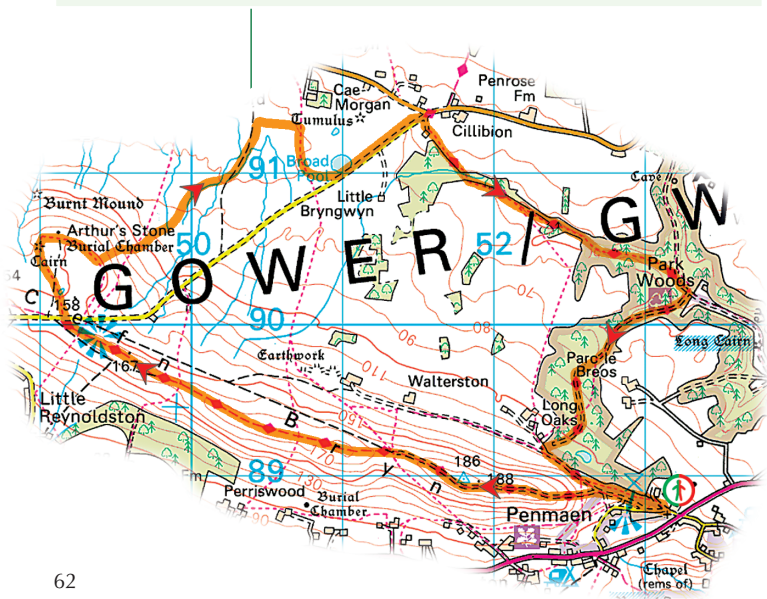
The **swallow hole** further up the valley is an impressive feature. The stream leading to it is only active during or after heavy rain, and even then the water often disappears just before it reaches cliff edge

WALK 8

Cefn Bryn, Broad Pool and Parc le Breos

Start/Finish	Penmaen (SS 5314 8877)
Distance	14km (8¾ miles)
Total ascent	255m
Time	3½hrs
Refreshments	None

The route follows the fine ridge of Cefn Bryn, the spine of Gower, to the impressive Arthur's Stone. There are superb views all along the ridge of north and south Gower with Three Cliffs Bay being the highlight. The picturesque nature reserve of Broad Pool is visited before exploring the beautiful parkland of Lodge Cwm. A short detour will allow you to marvel at Cathole Cave and the Parc Cwm long cairn. The return route is through the majestic woodland of Parc le Breos (see Walk 7).



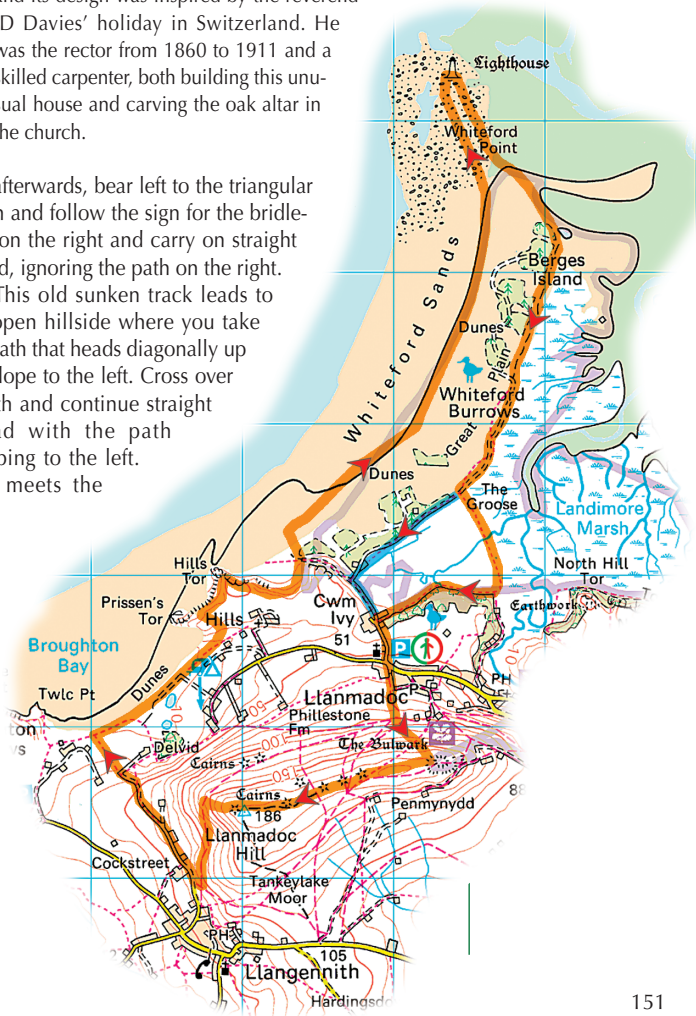
WALK 24 – LLANMADOC HILL, BROUGHTON BAY AND WHITEFORD NNR

Turn left out of the car park in **Llanmadoc** and up the lane with St Madoc's Church on the right.

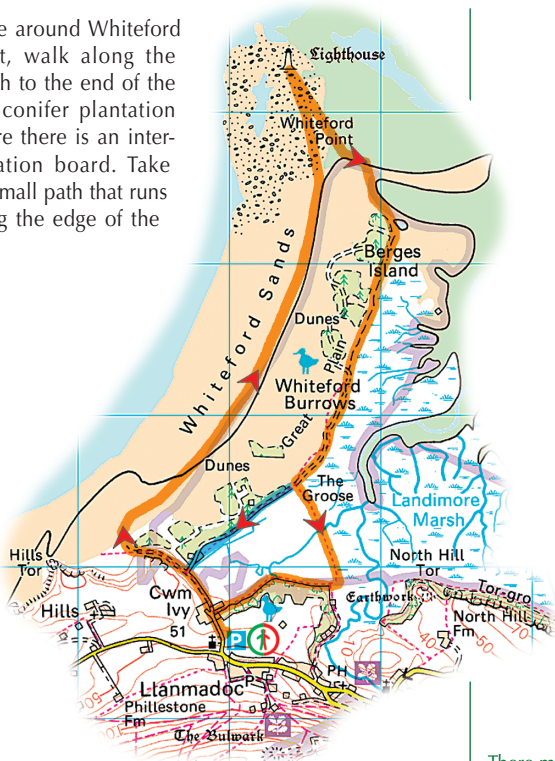
The impressive Swiss-style house is the **Rectory** and its design was inspired by the reverend JD Davies' holiday in Switzerland. He was the rector from 1860 to 1911 and a skilled carpenter, both building this unusual house and carving the oak altar in the church.

Just afterwards, bear left to the triangular green and follow the sign for the bridleway on the right and carry on straight ahead, ignoring the path on the right.

This old sunken track leads to the open hillside where you take the path that heads diagonally up the slope to the left. Cross over a path and continue straight ahead with the path climbing to the left. This meets the



Once around Whiteford Point, walk along the beach to the end of the first conifer plantation where there is an interpretation board. Take the small path that runs along the edge of the



salt marsh, and continue on the path that keeps closest to it until you join a track.

Look out for the sea wall on your left and a foot-path sign. ► Leave the track to take the footpath with **The Goose** on your left and **Cwm Ivy Marsh** on your right. Turn right at the end of the sea wall and take the footpath into Cwm Ivy Woods and Betty Church Nature Reserve which is owned by the Wildlife Trust for South and West Wales (see Walk 24).

Go through the gate and up the track to the road where you turn left to return to the start in **Llanmadoc**.

There may be a diversion sign here as the embankment across the marsh has been breached but the access may be reinstated in the future. The diversion will you bring you back to the track you walked on earlier where you turn left and back to the start.

APPENDIX A

Walk summary table

Walk	Title	Start/Finish	Distance	Total ascent	Time	Page
1	Mumbles, Langland and Caswell	Bracelet Bay (SS 6250 8715)	11.5km (7¼ miles)	290m	3hrs	23
2	Caswell, Pwlldu and Bishopston Valley	Car Park, Bishopston (SS 5791 8926)	9km (5½ miles)	255m	2½hrs	31
3	Bishopston Valley	St Teilo's Church, Bishopston (SS 5774 8937)	6.5km (4 miles)	180m	2hrs	36
4	Pwlldu Head and Bishopston Valley	Southgate (SS 5540 8735)	8.5km (5¼ miles)	340m	2hrs	40
5	Pobbles, Three Cliffs Bay, Pennard Pill and Castle	Southgate (SS 5540 8735)	6.5km (4 miles)	135m	2hrs	45
6	Three Cliffs Bay, Pennard Pill, Ilston Cwm and Bishopston Valley	Southgate (SS 5540 8735)	17.5km (10¾ miles)	405m	4hrs	49
7	Pennard Pill, Three Cliffs Bay and Parc le Breos	Parc le Breos (SS 5383 8963)	7.5km (4¾ miles)	185m	2hrs	57
8	Cefn Bryn, Broad Pool and Parc le Breos	Penmaen (SS 5314 8877)	14km (8¾ miles)	255m	3½hrs	62
9	Three Cliffs Bay, Tor Bay, Nicholaston Woods and Cefn Bryn	Penmaen (SS 5314 8877)	10km (6¼ miles)	355m	2½hrs	66
10	Millwood, Cefn Bryn, Reynoldston and Berry Wood	Millwood Forestry Car Park (SS 4931 8825)	10km (6¼ miles)	205m	2½hrs	71