

# 20 GOWER PENMAEN

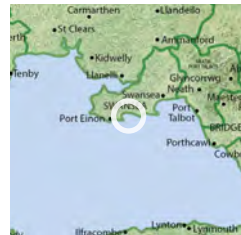
▶ Distance: 9 miles/14.5km ▶ Time: 4 hours ▶ Grade: Challenging



Three Cliffs Bay at low tide.

PHOTO: JULIE ROYLE

## PLAN YOUR WALK



## ROUTE

**Start/parking** Penmaen church – track between church and bus stop leads to National Trust car park by cattle grid, SA3 2HH, grid ref SS531886

**Is it for me?** Moorland, woodland, parkland, wetland, dunes, cliff-tops  
**Stiles** 1

## PLANNING

**Nearest town** Swansea

**Refreshments** Pub at Reynoldston, café at Penmaen (both close to route, not on it)

**Public toilets** None

**Public transport** New Adventure Travel 117/118 from Swansea to Penmaen church, daily except winter Sundays

**Maps** OS Explorer 164; Landranger 159



### CHOSEN BY... JULIE ROYLE

There is so much packed into this glorious walk you'll probably want to return again and again, to enjoy this wonderful landscape in all seasons and all weathers. The walk begins with the so-called 'backbone of Gower' a moorland ridge which offers great views and the chance to see wild horses. The return leg meanders through woods and beautifully landscaped parkland before meeting the exquisite coast for which Gower is principally famous. Oxwich Bay is a real joy, with so many different habitats that it's recognised as one of the most diverse coastal areas in Britain, while

Three Cliffs Bay is spectacular, especially at low tide. A dramatic ruined castle at Penrice and a Neolithic burial chamber known as Arthur's Stone add to the attractions.

### 1 Start

Walk straight ahead from cattle grid on track or parallel grassy path. At Three Cliffs Care Home bear R across common. After short distance you'll be walking parallel with another track. Follow it for a while before bearing L on path across Cefn Bryn. Follow ridge top for 4km, ignoring branching paths and guided by occasional Gower Way marker-stones.

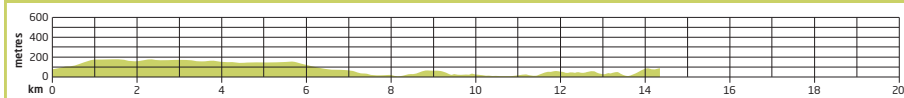
### 2 2¾ miles/4.5km

Pass toposcope and look

for the grassy path on the other side of the road, indicated by a roadside fingerpost. Descend to cross



## GRADIENT PROFILE



20 GOWER  
PENMAEN▶ OS Explorer map 164 ▶ Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

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## DON'T MISS...



Explore  
Penmaen  
Burrows to  
find another neolithic  
burial chamber and  
the ruinous remains  
of a medieval church.

the road and join path. Follow it to Arthur's Stone then turn L. Keep L of pool as you approach road. Re-cross road and go straight on to cross ridge. Walk across common to meet road lined by houses (Reynoldston). Turn L along edge of common, join road at cattle grid and proceed to A4118.

## 3 4½ miles/7km

Cross to the track opposite. Follow it to Mill Wood and walk through the wood to the junction by a pool. Turn L and walk to the lane. Cross to Penrice Castle Park, using the stone stile for access then joining the driveway. Follow the yellow-painted markers through the park and up to the A4118. Turn R, then R again at lodge. Take next path on L, at Oxwich National Nature Reserve.

## 4 6 miles/9.5km

Walk through Nicholaston Woods, keeping to the lower path. Leaving the woods, continue past the wetlands.

After a brief overgrown section join the Wales Coast Path on the R, continuing in the same direction through wetlands, dunes and woodland. Coast Path is sparsely waymarked; avoid descending paths leading only to beaches. Several signposted turnings lead to Penmaen but best is one from Three Cliffs Bay, via Notthill to Penmaen church. **CW**

GET THIS WALK  
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IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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