

Gower Peninsula Walk – 3 ½ miles

Bishopston Valley

THE NATIONAL TRUST

Supported by  RIAS

A beautiful walk along the south coast of Gower highlighting natural habitats and their wildlife and also past industrial uses of mining minerals and quarrying which have shaped the landscape. In the woods, water is still important where natural processes are continuing today, changing the limestone to new forms. The Trust owns 26 miles of coast in Gower with much to explore

Getting there:

Road: A4118, then B4436 to Bishopston, minor road to Southgate

Car parks: parking at southern end of village in NT car park

Foot: part of coast path

Bus: Service no 15 to Pennard, Quadrant bus station, Swansea, walk to Southgate

Rail: Swansea

For public transport information visit www.traveline.org.uk

Maps and start grid ref: OS Landranger 159 gr SS554874, Explorer 164

Facilities available car park, toilets, pub, shops, available in Southgate

Terrain: Moderate walking conditions, but can be muddy in winter

Accessibility: Height gain of 55 m over the walk. Take care around high cliffs.

Livestock present - dogs must be under close control or short leads

Points of interest: Follow the path from the car park with the coast on your right. Continue on this path looking out for the following features:

1. High Tor- views across the Bristol Channel to Somerset and Devon
2. Hunts Bay- good areas for flowers in spring and summer- (path can be followed round for Pwlldu Head as a slightly longer route)
3. Pwll Du Bay- all the houses were once inns to quench the thirst of quarrymen working the limestone on the western side of the bay
4. On other side of stream is the iron age promontory fort
5. Damp meadows below the ancient woodland of Bishopston
6. Resurgence- stream comes out of the ground
7. Guzzle Hole- where stream can be seen and heard underground
8. Long Ash silver lead mine
9. Series of 'collapsed' caverns worn away by the water, one is slightly up on the side of the valley rather than in the valley bottom

It is advisable to return via the same route down the valley until reaching path and lane, which used to be used for smuggling, to Hael Farm. Follow this back to the car park

Contact us: Tel 01792 390636

National Trust places to visit nearby:

Coastline at Rhossili, Penmaen, and Pennard Cliffs

