

Gower Peninsula Walk – 2 ½ miles

Penmaen Burrows, Three Cliffs Bay

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A relatively short walk in the Three Cliffs bay area along a beautiful stretch of the Gower coast full of history. In the spring and early summer wild flowers are abundant all along the path and in the dunes. Part of the walk can be along the beach if the tide is more than half out

Getting there:

Road: A4118 to Penmaen

Car parks: parking sign-posted just off main road

Foot: part of coast path

Bus: Service 118 to Penmaen, Quadrant bus station Swansea

Rail: mainline station Swansea

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

Maps and start grid ref: OS Landranger 159 gr SS526884 Explorer 164

Facilities available camp site, toilets, pubs- nearest at Parkmill

Terrain: moderate walking conditions

Accessibility: Height gain of 80m over the walk. The beach is suitable for paddling or swimming at Tor Bay and Nicholston, however unusual currents exist in Three Cliffs Bay and care should be taken if swimming here. Children should be supervised when walking on the cliff paths

Points of interest: Cross the road and follow the path down towards Three Cliffs Bay. Stay on top of the plateau and continue on this path looking out for the following features:

1. Remains of a medieval church overlooking the bay, and to the right a small distance away is the site of the Neolithic burial chamber
2. Remains of Norman ring work on the site of a Motte- a small fortified building used to guard an area
3. Pillow mound- in some locations these sometimes signify a place where rabbits were kept for food
4. The small bay of Great Tor
5. Lime kiln – used to make lime that was exported to Somerset and Devon
6. Dune slacks- the back of dunes where the sand is more stable and wild flowers grow in profusion. Return to car park by climbing through the woods to the top of the cliffs and then heading back to the village of Penmaen- the road is narrow so beware of traffic especially in the summer

Property contact details: 01792 390636

National Trust properties nearby: coastal properties at Rhossili, Bishopston, and Pennard Cliffs

