

Gower Peninsula Walk – 3 ½ miles

Pennard Cliffs

THE NATIONAL TRUST

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A relatively short walk in the Three Cliff bay area along a beautiful stretch of the Gower coast with views right across the Bristol Channel to Devon and Somerset. In the spring and early summer wild flowers are abundant all along the path and many species of migrant birds breed in the summer

Getting there:

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

Car parks: SS554874

Foot: part of coast footpath

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

Rail: mainline station Swansea

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

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

Facilities available: toilet, coffee shop

Terrain: moderate walking conditions, stout footwear advised, can be muddy

Accessibility: Height gain of 40m over the walk. Cliffs can be dangerous.

Livestock present – keep dogs under close control or on short leads.

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

1. Great views across the Bristol Channel to Somerset and Devon. The Bristol Channel has one of the largest tidal ranges in the world. Some of the large spring tides can rise and fall 10m a tide
2. Hunts Bay- south facing so very good for butterflies like Meadow Brown in high summer which feed on flower nectar, but breed on the grasses
3. Site of Iron Age promontory fort. Old mining areas like this would be valuable and had to be protected from raiders coming up the Channel
4. Graves End- a ring of stones marks the grave of buried sailors from a boat that was wrecked on the coast – the Caesar
5. Pwll Du Bay – the houses were once inns to quench the thirst of quarrymen who worked the extensive limestone quarries on the western side of the Bay
6. Bishopston Valley is an ancient woodland with rare wild service trees- a good place to cool off in the summer by the stream
7. Hael Lane and Hael Farm were used by smugglers, in the 18th and 19th centuries. Continue on the road to the car park

Property contact details: 01792 390636

National Trust places to visit nearby:

Coastline at Rhossili, Penmaen, and Port Eynon

