

Gower Peninsula Walk – 4 miles

Whiteford Burrows

THE NATIONAL TRUST

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Short description: A lovely walk on a large expanse of dunes in the more remote part of North Gower overlooking the estuary of the River Loughor. The rural nature of Gower is highlighted against the backdrop of industrial Llanelli, only 3 miles across the estuary, but a different world away

Getting there:

Road: A4118 to Upper Killay, B4271 to Llanrhidian, then C road to Llanmadoc

Car parks: car park SS440933 in farmers field

Foot: from the Broughton Burrows beach to the south west

Bus: Service 115, 116 Quadrant bus station Swansea

Rail: Swansea mainline

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

Maps and start grid ref: OS Landranger 159 gr SS440933 Explorer 164

Facilities available: public house available in Llanmadoc

Terrain: Easy walking conditions on sand most of the time

Distance: 4 miles

Accessibility: Height gain of 10m over the walk. The beach is not suitable for paddling or swimming at low tide

Points of interest: Follow the path from the car park down to the beach.

Continue on this path looking out for the following features:

1. Cwm Ivy Tor- lovely location for many wildflowers on the outcrop and a bone cave- site where animal bones found from hunting expeditions.
2. Burrows Cottage- ex Foresters cottage, now a National Trust holiday cottage
3. Through the woods is the Lodge basecamp for National Trust volunteers to stay and undertake practical work on the properties on Gower. The marsh on your right is freshwater with a medieval sea wall preventing sea water entering the area
4. Pines were planted on the dunes to help stabilize them and also to be a crop in the future. On the edge of the plantation dune plants can still survive even though the Pines are changing the dune habitat
5. Views across the Burry Inlet to Burry Port and Carmarthenshire. Whiteford lighthouse is accessible if you follow the tide out and do not stay very long

Return to car park along the beach/strandline and then come back to the car park on the track past Cwm Ivy Tor

Property contact details: Tel 01792 390636

National Trust properties nearby: coastal properties Rhossili, Penmaen, Llanrhidian Marsh, and Port Eynon. Inland properties Welshmoor and fantastic views of the coast from the The Bulwark Hillfort SS443928

