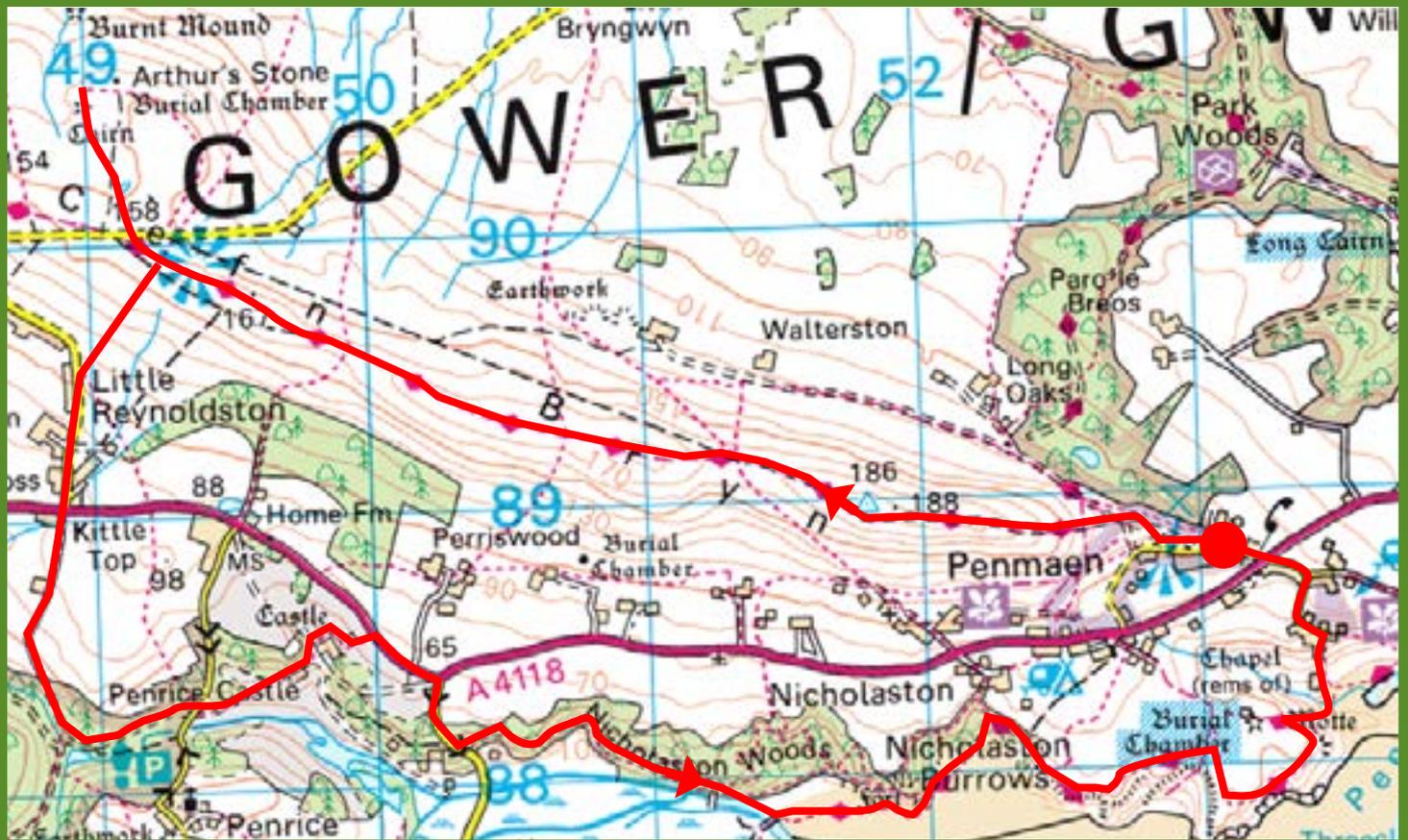


1. FROM CEFN BRYN RIDGE TO THREE CLIFFS BAY



©Crown copyright 2022 Ordnance Survey. Media 007/22

AT A GLANCE

WHERE: Three Cliffs Bay, Gower

DISTANCE: 9 miles

DIFFICULTY: Moderate

START: Small National Trust car park in Penmaen on a lane between the bus stop and church north of the A4118

GRID REF: SS531888

MAP: OS Explorer 164

1. After parking, trace your steps a short way and head sharp right to join a tarmac track. At the next fork, bear left and follow the path (Gower Way) as it climbs steadily onto the ridge. Keep to the brow of the ridge to OS trig column, the highest point of the walk.
2. The onward path descends to a broad col with several paths and tracks. >

1. FROM CEFN BRYN RIDGE TO THREE CLIFFS BAY



Keep ahead and follow the crest of the ridge over Cefyn Bryn, then over two minor tops and into a broad col. Continue along ridge crest (passing a topograph on your right) to the road.

3. Cross the road, walk through the parking area and walk north on a grassy path to Arthur's Stone. Retrace your steps back to the road, cross this and

Rock and roll Arthur's Stone is said to be a stone that King Arthur threw from his shoe

follow the main ridge path for 150 metres (before reaching the topograph).

4. Turn right down a grassy path. Continue to a road in Reynoldston. Turn left and continue to reach the A4118. Cross the A4118 and take the track opposite. >

1. FROM CEFN BRYN RIDGE TO THREE CLIFFS BAY



The track soon enters Mill Wood and descends into the valley. Continue to a junction by a pool and turn left. Follow this track to a gate and a road.

5. Cross the road and stile in a stone wall. Cross the stile and join the drive through Penrice Castle Park. The route through the park is waymarked with yellow

The power of three Three Cliffs Bay is named for the trio of cliffs that stretch across the beach

markers and leads to the A4118. Turn right and follow the road for 250 metres to the first junction on the right by the lodge.

6. Turn right and descend into the valley. As you descend, a wall comes in >

1. FROM CEFN BRYN RIDGE TO THREE CLIFFS BAY

on the right-hand side of the road. At this point, turn left up a gravel track (the footpath sign is on the side of the track). This leads through Nicholaston Woods. Reach a fork, keep right on the lower track, and continue to reach the Wales Coast Path.

7. Bear left along the Wales Coast Path through dunes, woodland and wetland. Ignore paths off to the right and continue ahead on the main path. Continue past Nicholaston Burrows and Penmaen Burrows to reach Three Cliffs Bay.

8. Reaching the sand at the Bay, turn left up to a track leading to Notthill. Reaching a wider track, turn left and continue up to a junction. Turn left again and return to the A4118 and the car park.

This route is courtesy of www.walkingbritain.co.uk ✨



©Adobe stock

POINTS OF INTEREST

● *When walking along the Cefn Bryn ridge, keep an eye out for the sheep, cattle and ponies that graze on the common land. Livestock have been here for centuries and do an important job maintaining wildlife habitats, supporting the likes of the marsh fritillary butterfly, skylarks (above) and the brown hare.*

● *On this walk you'll catch a glimpse of Penrice Castle, an ivy-covered ruin built in the 13th century. It stands above an 18th-century manor house that was built in the style of a neoclassical villa, inspired by its owner's recent Grand Tour of Europe.*