

Three Cliff Bay & Ilston Cwm from Southgate

Region - Gower Peninsula

County/Area - Swansea

Length - 9.0 miles / 14.6 km

Ascent - 800 feet / 242 metres

Grade - easy/mod

Start - OS grid reference SS554874

Postcode SA3 2DJ (approx. location only)



Walk Route Description

The start is the National Trust car park at Southgate (grid ref. SS554874) where you will also find public toilets and refreshments.

- After parking walk east along the coast following the Wales Coast Path which runs along the side of the lane leading to Hunt's Farm (grid ref. SS565871).
- Shortly after the farm, bear right and stay on the Wales Coast Path as it swings south to Pwlldu Head.
- Continue along the cliffs to Pennard Farm. From here the path descends to Pwlldu Bay. Here the route turns inland (grid ref. SS573871) leaving the Wales Coast Path and turns north up the steeply sided Bishopston Valley.
- Continue past Hanging Cliff on your right before the valley swings to head northeast.
- Following the path keep the stream on your right. The valley swings north and heads towards Bishopston. Ignore the first path on your left climbing up the valley side but continue to a junction of paths (grid ref. SS574888).
- Turn left and climb out of the valley. At the top of the climb turn right and follow the path to reach the B4436 in Bishopston.
- Turn right along the B4436 and then almost immediately turn left along the lane leading to Kittle Hill Farm. Continue past the farm to reach the A4118 (grid ref. SS567901).
- Cross the road and take the track opposite which leads past Courthouse Farm into Ilston.
- Turn left along the lane and take the signed path on the left (grid ref. SS556903).
- Cross the footbridge and follow the wooded valley downstream. After approximately 400 metres you reach a path junction.
- Keep right following the valley down through Ilston Cwm to reach the A4118 once more (grid ref. SS551891).
- Cross the road care and walk to your right. Turn left over the first bridge and once on the other side bear right to take the signed path heading west with a stream on your right.
- At grid ref. SS554891 the path turns south along the valley following Pennard Pill. Stay at a low level, ignoring paths on your left that leave the valley and continue past Pennard Burrows on your left to reach the small headland at the western end of Pobbles Beach.
- Turn east and follow the cliff top path. You will soon rejoin the Wales Coast Path back to the start.