

Whiteford Sands from Llanmadoc

Region - Gower Peninsula

County/Area - Swansea

Length - 5.1 miles / 8.3 km

Ascent - 250 feet / 76 metres

Grade - easy

Start - OS grid reference SS439935

Postcode SA3 1DJ (approx. location only)



Walk Route Description

The start is the carpark on the north side of Llanmadoc Village (grid ref. SS439935).

- Exit the car park and turn right and follow the lane to the hamlet of Cwm Ivy. Continue ahead through a gate and follow the tarmac lane downhill through trees to a junction (grid ref. SS437939)
- Bear right here and join the Wales Coast Path. You soon pass a cottage on your left and pass through woodland before emerging into open country with mudflats and salt marsh to your right beyond which lies the River Loughor.
- After a mile (grid ref. SS447952) you leave the track just after it bends to the left and continue on a narrower path still with the estuary on your right.
- Reaching Whiteford Point (grid ref. SS447966) the Wales Coast Path turns south along the seaward side of the spit with sand dunes to your left and the sea to your right.

Note: Depending on tides you do have the option of walking along the broad expanse of Whiteford Sands.

- After just under two miles you reach the foot of Cwm Ivy Tor with its Limestone Crags and a path junction (grid ref. SS433940).
- Turn left here and join a clear track heading east to Cwm Ivy.
- Follow the lane gently uphill back to the start.