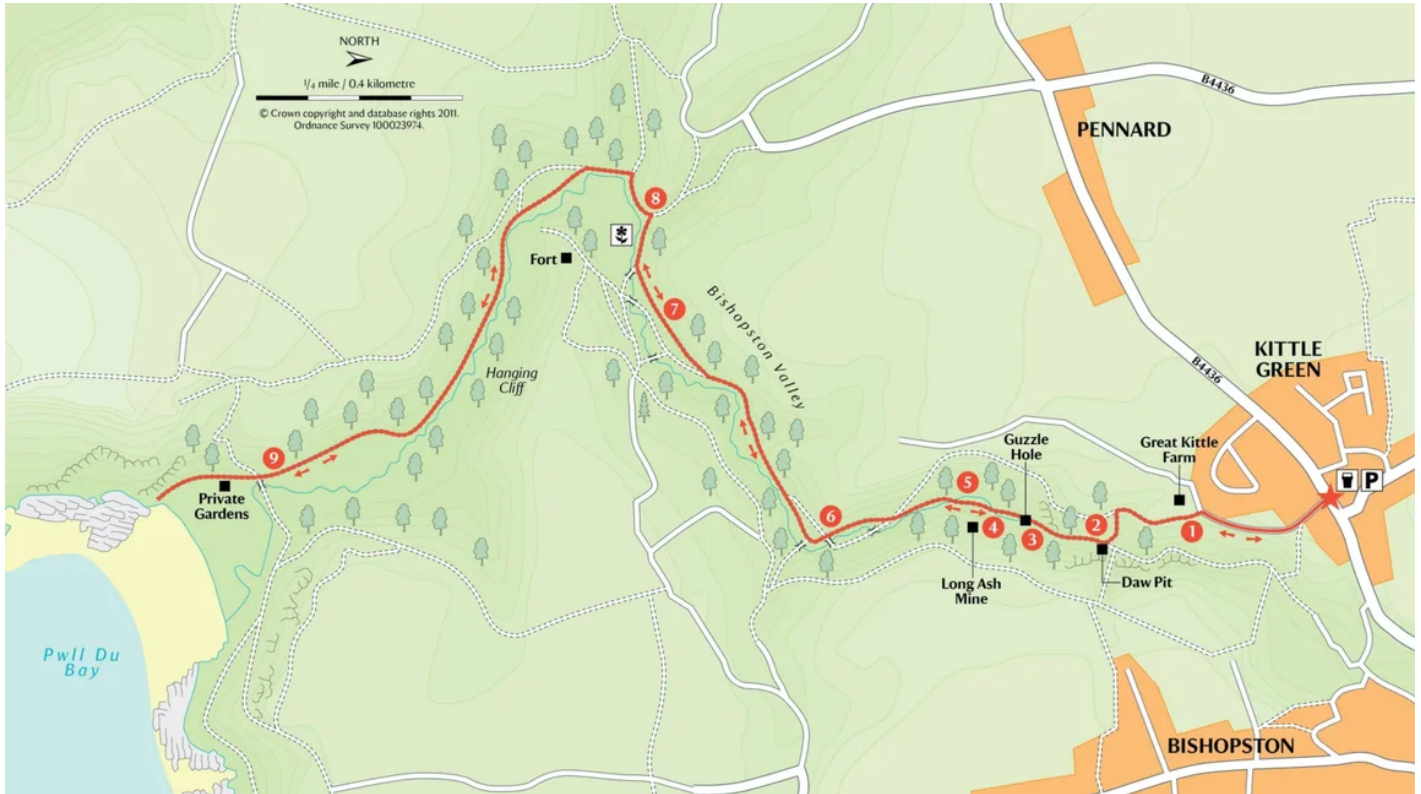


WALES

Bishopston Valley walk

A challenging walk through a hidden valley. Discover a secret world of limestone caves, underground rivers and ancient woodland and emerge from beneath the canopy onto one of Gower's most beautiful but secluded beaches. Those with keen eyes may be able to find trees such as the wild service tree.



Information

Address: Kittle Green, Swansea

OS map: Landranger 159

Activity: Walking

Moderate: A walk over stony ground with some steep climbs and descents. For further details please see the Terrain section.

Dog friendly: Dogs are welcome; please use a lead around livestock.

Full trail: Miles: 4 (km: 6.4)

Access: Challenging

Duration: 2 hours 30 mins

Terrain

A walk through a wooded valley, including muddy woodland floors and an uneven stony path. The walk starts with a steep descent into the valley and ends by climbing back up the same hill. The beach at the halfway point has a pebble ridge.

Total steps: 9

Start point: Kittle Green, grid ref: SS573893

- Starting at Kittle Green, walk past the National Trust sign and keeping Great Kittle Farm on your right follow the footpath into the trees. The path drops down the slope for about 0.25 miles (0.4km) and can be slippery after rain. When you reach a fork in the path bear left and go down the steps until you reach a fence on your right.
- Continue down the steep slope to the bottom and turn right along the dry riverbed. Cross the river to walk on the left hand side, taking care on the uneven surface for about 200yds (180m). The track crosses back across the river at this point.
- The track here is usually muddy. Keep listening for the sound of the river as you get closer to Guzzle Hole.
- Long Ash Mine can be seen on your left. The mine once produced both silver and lead and was in service until 1854. A grille is in place to protect the roosts of greater and lesser horseshoe bats. There are also the remains of old miners' cottages nearby.
- Cross the river again and go up some steps, keeping left as you do.
- You will soon come across one of three bridges that cross the river along the valley. The valley was once a busy place providing food, fuel and work for many surrounding villages and many small footpaths still link communities to the wood. Do not cross the bridge but continue on the path alongside the river. Look out for the old stone walls on your right as you continue, remnants from when the valley was grazed and there were far fewer trees than there are now.
- Follow the path into the meadow in front of you. The wet meadows in the valley are registered as common land. They are grazed by cattle and are home to a number of wildflowers. Follow the path as it heads back out of the meadow and resumes its place alongside the river. Soon you will reach another bridge; do not cross but continue along the path until you reach a fork in the path.

8. At the fork, keep left. Soon you will come to a right turn in the path, continue straight ahead keeping the river alongside the path following the sign to Pwll Du Bay.
9. Go past the fence on the edge of the path and where it forks follow the path left down the hill. Do not cross the bridge. When you reach the private garden turn left and walk onto the beach.

End point: Bishopston Valley, grid ref: SS573893
