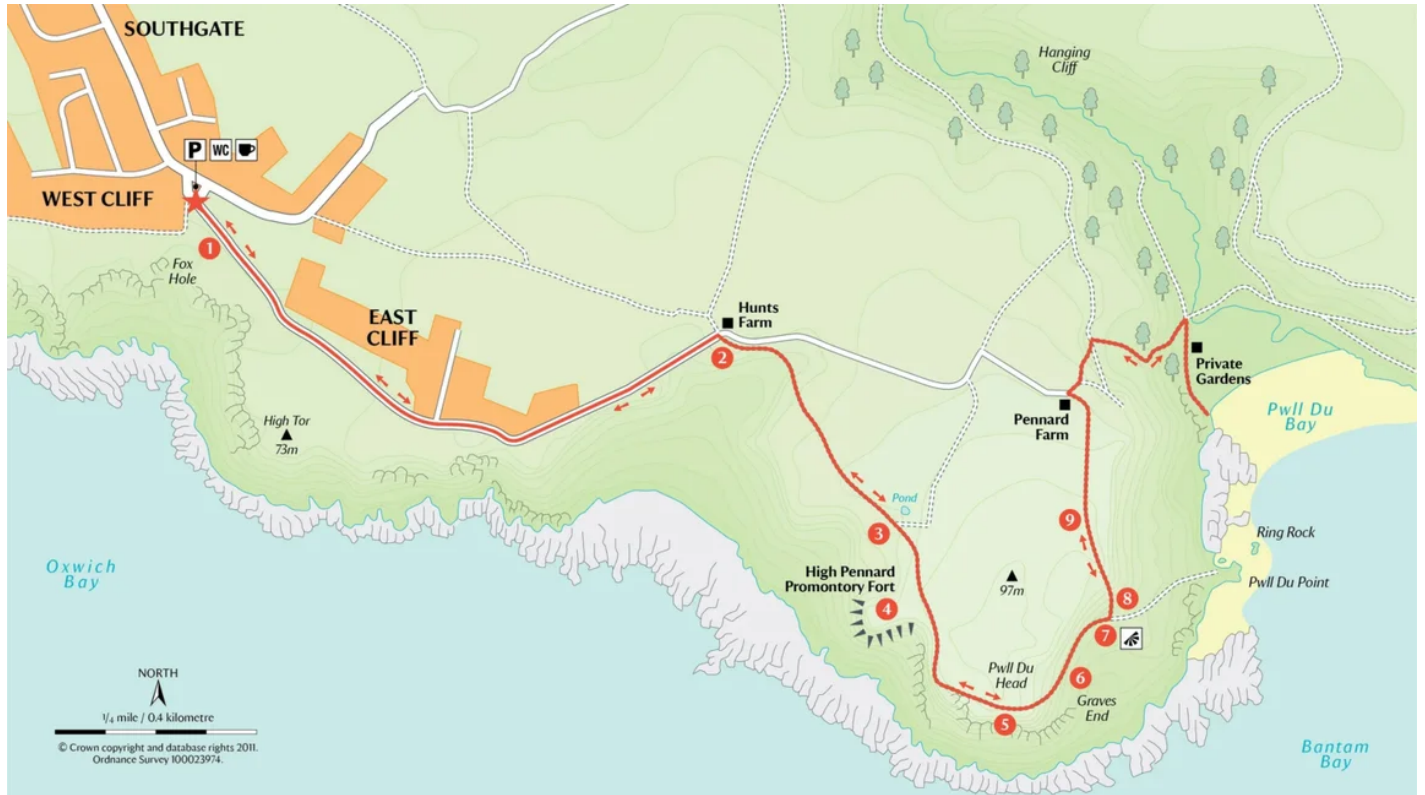


WALES

## Southgate, Hunts Bay and Pwll Du circular walk

A beautiful but challenging walk along the South Gower coast, passing over clifftops and down through wooded valleys. Enjoy stupendous views, discover rare and fascinating flora, and root around an Iron Age hillfort.



## Information

---

Address: Southgate, Swansea, SA3 2DH

OS map: Landranger 159

Activity: Walking

Moderate: A fairly challenging walk with some steep sections. For further details, please see Terrain section.

Dog friendly: Dogs welcome; must be kept on leads near livestock.

Full trail: Miles: 4 (km: 6.4)

Access: Challenging

Duration: 2 hours

## Terrain

---

Varied terrain, from clifftop paths and stony tracks to woodland paths (often muddy). Some of the route, particularly on the coast, can be steep.

## Total steps: 9

---

Start point: Southgate car park, grid ref: SS554874

1. Start with the National Trust car park hut on your right and walk along the track for about a mile (1.6km). On a clear day there are far-reaching views across the Bristol Channel to Somerset and Devon.
2. When you reach Hunts Farm head right onto the coast path, signed Pwll Du Head, which will go up some steps with a wall on your left.
3. When you pass a small pond on your left look for the path which bears right and go uphill, keeping the fence on the left. When you reach the top, look out for the banks and ditches. These are all that remain of an Iron Age promontory fort.
4. You will now see High Pennard, which is one of a series of Iron Age promontory forts irregularly spaced along the South Gower coast. Pottery dating to the first or second century AD has been found here.
5. Continue along the coast path, following the route through the gorse and around the headland.
6. You are now standing above a cliff known as Graves End, so named as it's near the spot where the ship the 'Caesar' was wrecked in 1760.
7. Keeping left, continue round the headland. Be sure to stop and admire the view over Bantam Bay.
8. Carry on up the path, climbing the steep slope to the top of the headland.
9. Follow the signs for the coastal path, up to Pennard Farm. Further on, you can turn right to walk through woodlands Pwll Du Bay (please note that this is a steep slope), or turn left to walk back along the road to re-join at Step 2. Please note that this is a country road so please take care.

End point: Southgate car park, grid ref: SS554874

---