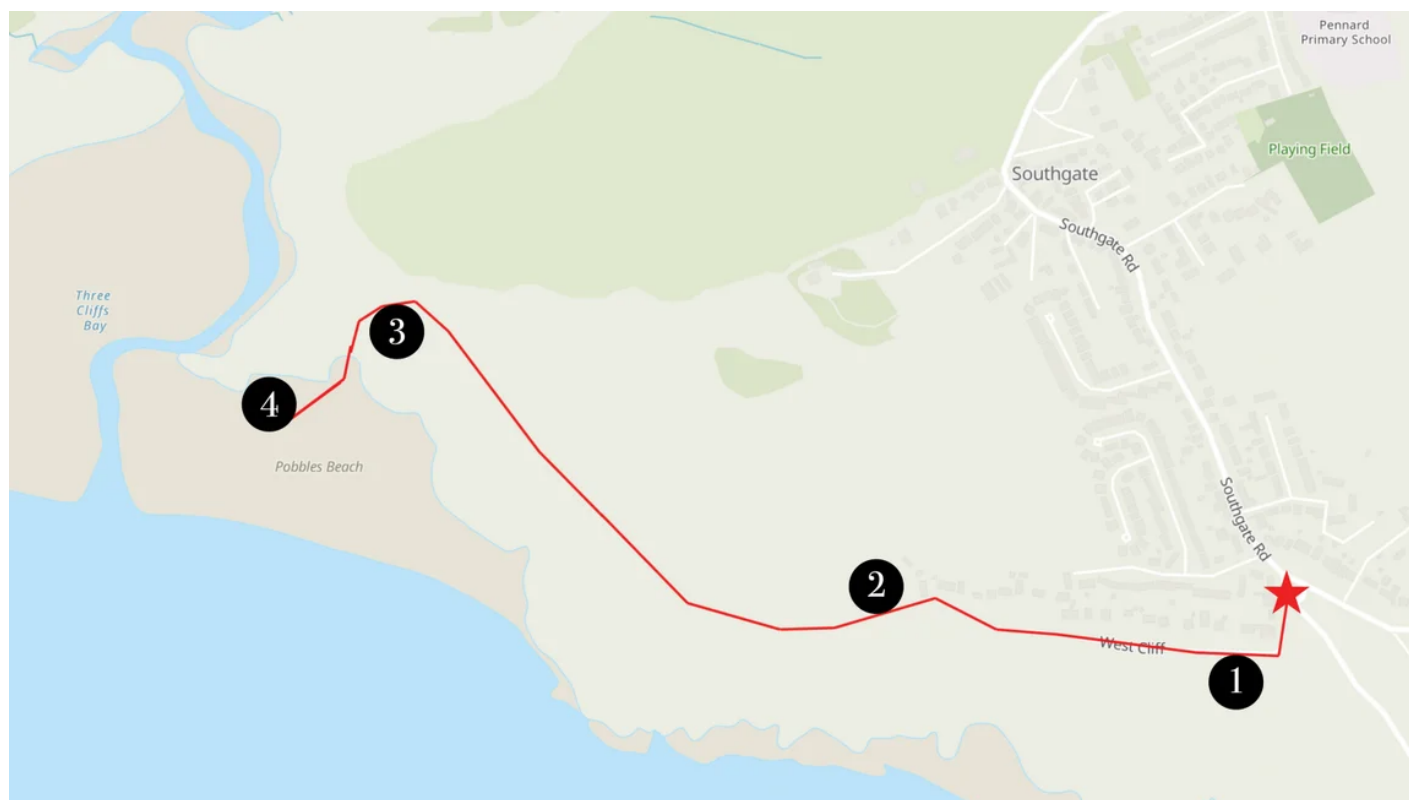


WALES

Southgate to Three Cliffs Bay walk

On this short walking trail, you'll enjoy spectacular views over Gower and South Pembrokeshire. Take some time out with a picnic on one of Gower's most iconic beaches, with a view of Pennard Castle ruins.



Information

Address: Southgate, Swansea, SA3 2DH.

OS map: Landranger 159

Activity: Walking

Moderate: A moderate walk following the coastal path with some steep climbs. For further details, please see Terrain section.

Dog friendly: Dogs welcome but should be kept on leads as livestock is present.

Full trail: Miles: 1 (km: 1.6)

Access: Challenging

Duration: 1 hour

Terrain

Follows the coastal footpath, with a downhill section to the bay, so you may want to take it easy on the way back up. 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: 4

Start point: Southgate car park, grid ref: SS554874

1. From the car park bear right and follow the path as it winds its way along the clifftop. Look out for the limestone soil loving flowers that make a wonderful display in spring.
2. Continue along the coast path until you're overlooking Three Cliffs Bay.
3. You will gradually descend through sand dunes to Pobbles Bay.
4. Continue down until you reach the bottom and enjoy your picnic. If you are visiting at low water, you can access Three Cliffs Bay across the sand from Pobbles Bay - but please keep an eye on the tide and be careful.

End point: Three Cliffs Bay, grid ref: SS535879