



3 cliffs bay walk – Gower

Description:

3 cliffs bay walk beginning at Penmaen church, a lovely simple walk taking you down to the Bay, from here you can explore the beach further tide permitting, or head inland to explore 3 Cliffs valley and the imposing Pennard castle.

Distance covered: 0.5 miles **Average time:** 20min **Terrain:** easy, but a good climb back up if you go down to the beach...

Directions:

Turn off the south Gower road (A118) at the Eastern end of Penmaen village. Turn right off the main road if you heading in from Swansea when you see Penmaen church. Drive for a further 150m, cross the cattle grid and park on the car park to your right (SS 53054 88825).

Once you are parked up retrace your journey to the main road past the church, cross over the road heading straight down north hills lane opposite.



History:

The Church you see today was built to replace an abandoned church located on Penmaen Burrows which was besanded in the early 14th Century. The new church is dedicated to John the Baptist, look out for the fine stained glass window depicting the saint in the north wall and a second depicting St. Paul . Also in the north wall is a grave stone dated 1623 which was discovered beneath the church altar during extensive restoration work In 1854. it reads:



"Here resteth the body of David the son of David the sonne of Richard the sonne of Nicholas the sonne of Rys teh sonne of Leison teh sonne of Rys the sonne of Morgan Ychan the sonne of Morgan the son of Cradocke the sonne of Iustin ap Gwrgan Sometime Lord of Glamorgan interred the 21 day of August in the year of our blessed redemption 1623"

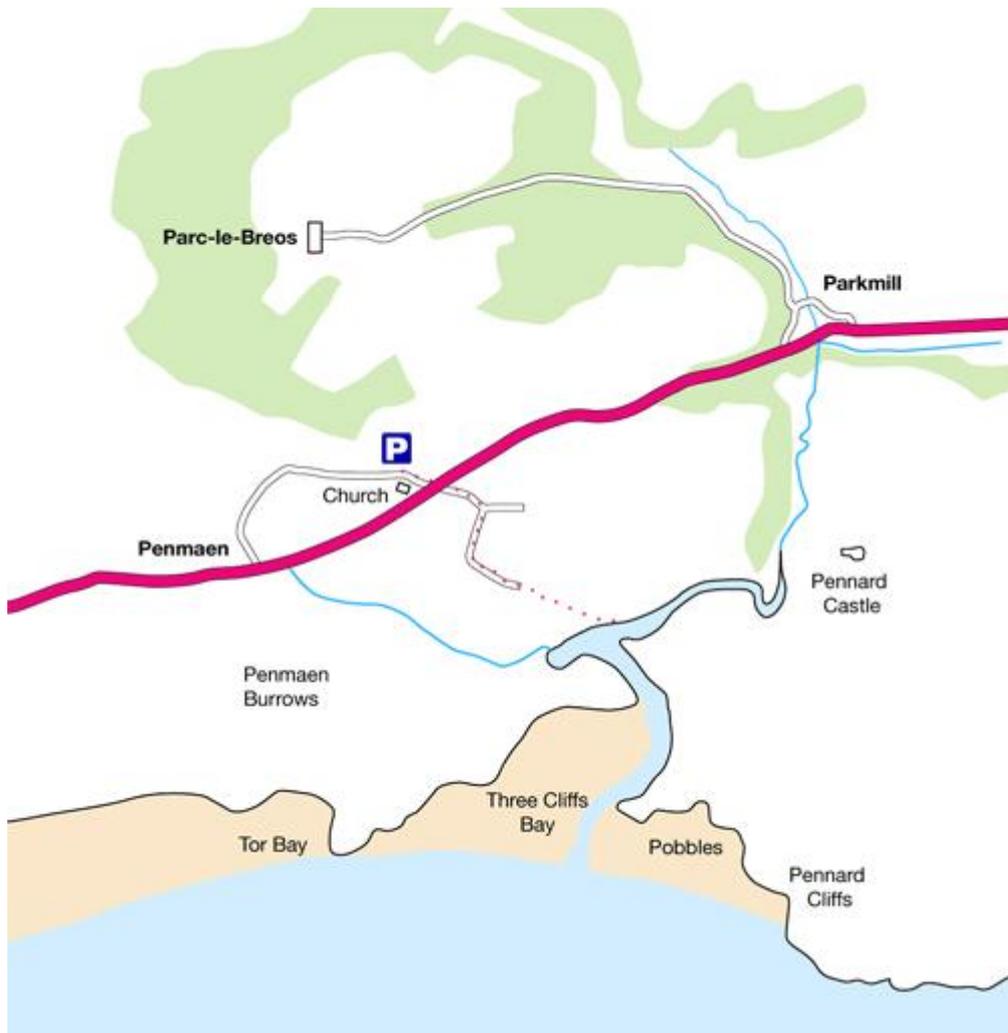
Continue for 200 yds down the lane, take the first and only right turn. Follow the lane downhill.

Pass through the galvanised gate at the end of the road this takes you onto a rough track which leads straight down to the stepping stones over 3 cliffs river. If you want to get to Pobbles side of the bay or walk up the valley to the castle you will need to cross the river, for the main beach stay on the Penmaen side and follow the river to the right.

At the top of the track make sure you stop to enjoy the views from the vantage point, the most popular point for photos of the bay.

If you look south to the opposite Headland you should just make out the grassy banks of the Iron age hill fought on the headland. The fought was replaced by the more substantial stone built Norman castle which lies just out of sight further up the valley.

Walking map 3 Cliffs Bay:



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