



## Mewslade bay & Fall Bay Walk, Gower

### Description:

Explore two of Gower's most beautiful and rugged bays, a thoroughly recommended way to loose an afternoon.

**Distance covered:** 1 miles      **Average time:** 1.5 hours      **Terrain:** Expect steep narrow cliff paths and some mud in winter.

### Directions:

Follow the B4247 towards Rhossili when you drop down into the village of piton take the only left hand turn in the village the road will bear round to the left (downhill), turn left into the first field gateway to the car park, there is an honesty box on the gate post for your parking fee.

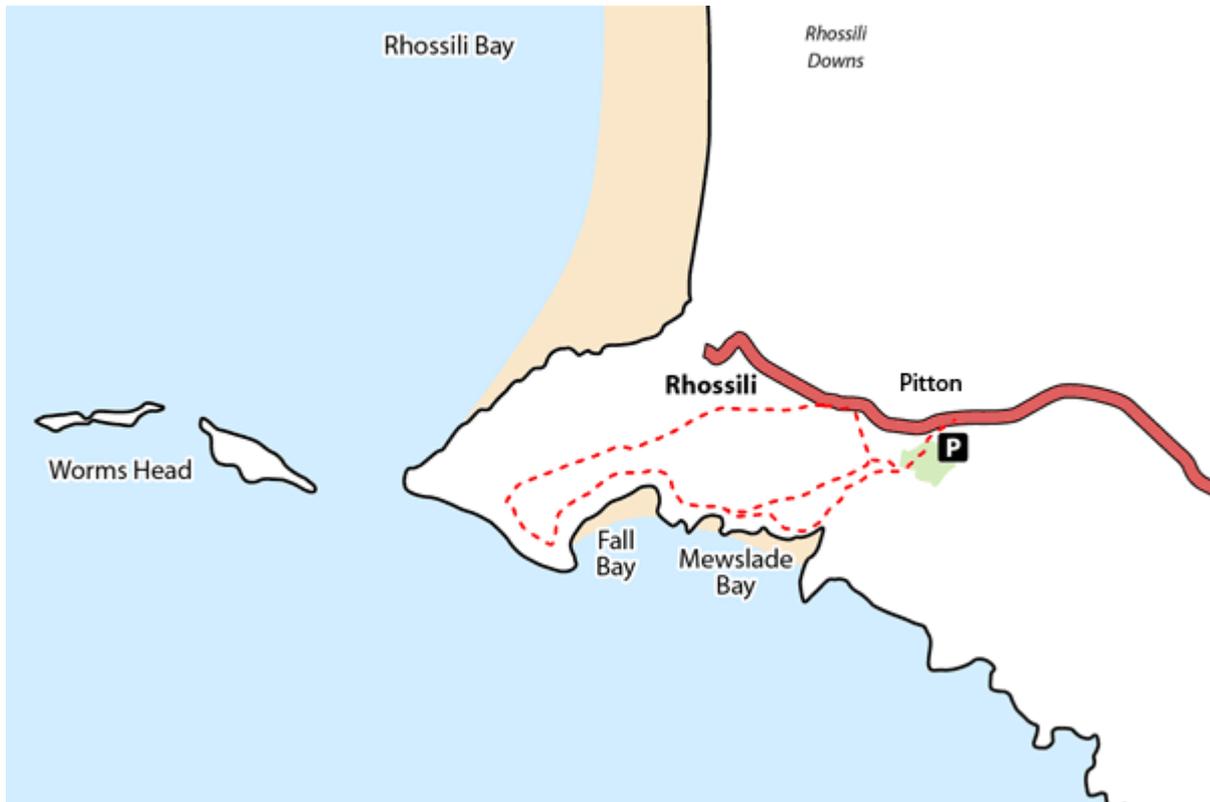
Walk out of the car park and turn left, then bear immediately right around the old barns and garages, just in front of you, you will see a gate just on the right of the green tin barn which takes you out along a narrow wooded track past 2 small chalets in the field on the left and down towards the beach.



Pass through the gate out of the woods and continue downhill towards the beach. The beach is a favourite with local surfers but if you fancy a swim it's not advisable if the surf is big as there is a strong accompanying undertow. Before you meet the rocks at the head of the beach you need to take the cliff path to the right, the path will take you up over the headlands all the way to Fall bay. When you come over the last headland above Fall bay look for a wooden set of steps taking you up on to the farmland on your right. Once up in the fields take the stile 30 yards ahead on the right then bear left along the field boundaries until you find yourself following a farm track.

The track will emerge at the main road in the village of Middleton. From here turn right down the main road for 800yds past the old chapel until you see the turning in Pitton back to the car park.

**Mewslade bay & Fall Bay Walking Map:**



Copyright © 2005 Kerry Edwards, All Rights Reserved.