



## Three Cliffs Bay Walk- Gower

### Description:

This Three Cliffs Bay walk is an easy going but one which I find sets me up for the day. In just 20 minutes you will have walked through farm land, woodland and moor land and will find yourself admiring a picture postcard view of Three Cliffs Bay. Don't forget your camera especially for sunrise and sun set! **For those of you not staying with us you are welcome to use this walk but as there are no rights of way through the grounds, please just park at the national trust car park at Penmaen.**

**Distance covered:** 0.8 miles    **Average time:** 20 min    **Terrain:** easy, easy, easy... (walk is also suitable for pushchairs and wheel chairs, but ask us about unlocking the gate)

### Directions:

Walk out of the front door of the house and turn right, walk past the end of the house and up the corral (fenced in area).

Follow the track through the corral and along the old Church path, you will pass the trout ponds on your right and valley gardens on your left immediately after this there is a cross roads – take the track straight on across the fields and through the woods.



At the woodlands end you will cross a style next to a gate, here the track will bear left taking you past a small pink cottage end on to the road and then through a grassy car park.

When you reach the tarmac village lane turn left over the cattle grid. Look out for Penmaen Church on your right.

**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"*

Now cross the main road and continue for 100yds down the lane, take the first and only right turn. Follow the road until you find yourself at the lookout above three cliffs 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.*

If you have the time why not make your way down on to the sands before heading back to Parc-le-Breos house the same which way you came.

If you would like to make this walk into an hour and a half circular route just have a look at the Three Cliffs and Pennard castle walk

Walking map 3 Cliffs Bay:

