

COASTAL RAMBLE: CASWELL BAY – PENNARD CLIFFS



Looking east from Pwll Du Head

Spectacular views from Pwll Du Head and a storm beach at Pwll Du Bay

This beautiful section of the Coast Path takes in one of the most spectacular sections of the Gower 'Area of Outstanding Natural Beauty' coastline. It follows the winding cliff top path from Caswell Bay to Pwlldu Bay before rounding Pwlldu Head with its great coastal views. The route continues above Deep Slade and High Tor to Pennard Cliff. There is so much to see along this section of the Coast Path, with breathtaking views, it is a section not to be hurried.

The Walk in detail

Your exit from Caswell (GR 593876) will depend on the state of the tide. At low tide the path can be accessed via the beach, but at high tide use the minor road towards Bishopston then bearing left at minor cul-de-sac (GR 592877) leading to a narrow exit and a muddy and fairly steep coast path taking you above Brandy Cove and along the coast to Pwlldu Bay.

The Coast Path appears to lead along the beach, but observe the signs carefully and take the right fork for a steep climb through dense woodland (GR 575873), rewarded by a magnificent view from Pwlldu Head. From here, the path follows the cliff top above Deep Slade affording good views towards Tor Bay and Oxwich Bay before becoming a grass path at Hunt's Farm. The Coast Path continues on grass parallel and coastward side of the minor road leading into Pennard village.

This section of the Path ends alongside the National Trust car park (GR 554874) which is adjacent to the Three Cliffs Coffee Shop and bus terminus.

Useful Information

Start point:	Caswell Bay (GR 594877)
End point:	Pennard Cliffs (GR 554874)
Map:	O.S. Explorer 165 O.S. Landranger 159
Distance:	6 kilometres
Time:	2½-3 hours
Terrain:	Easy to moderate with some steep sections.
Refreshments:	Caswell Bay Pennard Cliffs
Toilets:	Caswell Bay Pennard Cliffs
Trains:	Swansea 12 kilometres
Bus stops:	Caswell Bay Pennard Cliffs
Parking:	This walk is designed only for public transport users
Buses:	Outward: 2C or 3A to Caswell Bay Return: 14 or 114 from Pennard Cliffs
Tickets:	First Day Swansea Bay tickets for day's unlimited travel (adult, 16 & under & family options available). If coming by train, Swansea Plus Bus tickets can be purchased with your train ticket