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