

COASTAL RAMBLE: PENNARD CLIFFS - OXWICH BAY



A leisurely route taking in woodland, sand dunes and a nature reserve

This section of the Coast Path, crossing Pennard Burrows to Three Cliffs and Oxwich Bay is quite different and distinctive in character, with woodland, dune and beach sections. There are cliffs and crags around Three Cliffs before walking alongside beach and coastal marshland to reach the pretty village of Oxwich.

The Walk in detail

The bus from Swansea brings you to within 50 metres of the Coast Path at Pennard Cliffs (GR 554874) and though signing is scarce, it is best to walk towards the coast turning right following a minor road for about 500 metres. From the end of this road, there is no fixed path but a series of parallel grass paths close to the cliffs. There are stunning views from here of Three Cliffs Bay, Tor Bay and Oxwich Point.

After one kilometre, the path drops steeply through soft sand dunes, an impediment to walking. You reach the sea at Pobbles Beach from where, depending on the state of the tide, you can round the three cliffs or pass through a hole in the rocks to reach Pennard Pill. You will need to use the stepping stones to cross the Pill except at low tide.

The path climbs steeply (GR 537884) to reach high ground above Tor Bay. From here, it strikes inland to Nicholaston then through dense woodland for just over one kilometre (signing is erratic in the woods but turn right at the large oak tree) before dropping to Nicholaston Burrows. The path skirts a mix of scrubland and marsh crossing a pedestrian bridge into Oxwich National Nature Reserve.

From the reserve, head towards the road and walk parallel to it on the seaward side into Oxwich Village. This section of the Coast Path ends at Oxwich Cross (GR 500864) where the bus to Swansea leaves. A short detour will take you to the Oxwich Bay Hotel where a wide range of refreshment is available.

Useful Information

Start point:	Pennard Cliffs (GR 554874)
End point:	Oxwich Cross (GR 500864)
Map:	O.S. Explorer 165 or Landranger 159
Distance:	8 kilometres
Time:	3- 3½ hours
Terrain:	Moderate with some difficult and steep sections.
Refreshments:	Pennard Cliffs Oxwich Bay
Toilets:	Pennard Cliffs Oxwich Bay
Trains:	Swansea 15 kilometres
Bus stops:	Pennard Cliffs Oxwich Cross
Parking:	This walk is designed for public transport users
Buses:	Outward: 14 or 114 to Pennard Cliffs Return: 114 or 117 from Oxwich Bay
Tickets:	You will need to buy an Explore Gower ticket which allows travel on both First Cymru and New Adventure Travel buses.