Gower Coast Walks

Llanrhidian to Cheriton

**Reporting problems:** This route follows public paths, on which you have the legal right to walk. If you have any difficulties please report them to the Countywide Access Team.

**Distance:** There are various options. The Long Walk from Llanrhidian to Cheriton is 8 miles (13 km). Two shorter circular walks are available: **Short Walk 1** between Llanrhidian and Weobley (3 miles or 5 km), and **Short Walk 2** between Llanrhidian and Cheriton (6 miles or 9 km). Alternatively the coast path itself could be walked from Llanrhidian to Cheriton or vice versa and the bus used to get back to the starting point.

**Time:** Total walk 3½ hours. Shorter walks 1½ hours.

**Terrain:** The route passes through a gently undulating landscape. The route of the Coast Path itself is fairly flat and close to sea-level, but the surface underfoot is occasionally rough. A number of stiles will be found on the route and some areas will be slightly muddy. There is a very steep slope at Bovehill.

**Preparation:** Wear appropriate clothing and footwear for the conditions and season.

**Safety:** On rare occasions the path will be submerged for a short time beneath high tides. Take care when following the short sections of road - there are no pavements. Check the tides at www.visitswanseaabay.com

**Refreshments:** Pubs - Britannia Inn, Llanmadoc; The Digby and the Welcome to Town, Llanrhidian. Shops - the garage at Llanrhidian; community shop, Llanmadoc. Public telephones: Weobley Castle (门票费 must be paid).

**OS Grid References:** TQ 164 Womer. 

**Alternative routes:** In addition to the promoted route, the map shows all of the public paths and access land in the area - feel free to make up your own walks using these.

### Gower Coast Path

#### This walk follows a section of the Gower Coast Path, which is well marked with these waymarks.

**The inland sections of this walk are marked with these waymarks.**

#### Llanrhidian to Cheriton

**Start at Llanrhidian Church and follow the path through the churchyard and over the old stone stile.**

Follow the path to the track and turn left to follow it towards Llandimor. You are now on the Gower Coast Path. Follow the Coast Path through a number of fields to Weobley Castle. If you are continuing along the Coast Path you will reach the road at Llandimor village.

**Turn right and walk to the end of the road to the gate onto the marsh, then follow the track between the marsh and the woods to North Hills Tor.**

**WARNING:** this track is occasionally covered by the tide.

**The path bears left here and turns inland following the Burry Pill stream.** Follow the stream for 300 metres then turn left and walk uphill towards North Hills Farm. Turn right through the gate and walk along the track to the road.

Walk down the road past Glebe Farm and then, opposite, the church, to turn to the left off the road following the path to Stemberidge alongside the valley and alongside Burry Pill. Where the path joins the bridleway, cross the bridleway, pass through the kissing gate and turn left, walking uphill along the edge of the field, then back onto the bridleway past Kittlehill. On meeting the road, cross over and go through a gate into a field. Cross the field and join the track through Bovehill Farm (noisy dogs) passing Bovehill Castle and down the hill (very steep) back to the road and Coast Path at Llandimor. 

**Retrace your steps along the Coast Path towards Llanrhidian. At Weobley Castle turn right (following the sign for Weobley Castle) and walk uphill alongside the ‘mountain boarding’ course.**

At the gate turn right and follow the track to the road. Turn left again and walk along the road for 250 metres, then climb over an old stone stile to your left.

Follow this path through the fields to Leason and walk along the track straight through the hamlet, joining another path through fields. Turn to the left off this path and walk downhill past the old terraces and rejoin the Coast Path. **Retrace your steps along the Coast Path back to Llanrhidian.**

#### Short Walk 1

**Follow the coast path from Llanrhidian church as described under **Long Walk** above. At Weobley Castle turn left (following the sign for Weobley Castle) and walk uphill alongside the ‘mountain boarding’ course.**

At the gate turn right and follow the track to the road. Turn left again and walk along the road for 250 metres, then climb over an old stone stile to your left.

Follow this path through the fields to Leason and walk along the track straight through the hamlet, joining another path through fields. Turn to the left off this path and walk downhill past the old terraces and rejoin the Coast Path. **Retrace your steps along the Coast Path back to Llanrhidian.**

#### Short Walk 2

**Start at the car park in Landimore and follow the Coast Path through the gate onto the marsh, then follow the track between the marsh and the woods to North Hills Tor.**

**WARNING:** this track is occasionally covered by the tide.

**The path bears left here and turns inland following the Burry Pill stream.** Follow the stream for 300 metres then turn left and walk uphill towards North Hills Farm. Turn right through the gate and walk along the track to the road.

Walk down the road past Glebe Farm and then, opposite, the church, to turn to the left off the road following the path to Stemberidge alongside the valley and alongside Burry Pill. Where the path joins the bridleway, cross the bridleway, pass through the kissing gate and turn left, walking uphill along the edge of the field, then back onto the bridleway past Kittlehill. On meeting the road, cross over and go through a gate into a field. Cross the field and join the track through Bovehill Farm (noisy dogs) passing Bovehill Castle and down the hill (very steep) back to the road and Coast Path at Llandimor. **Turn left and return to the car park.**

### Llanrhidian Marsh

**Llanrhidian marsh is common land and a Site of Special Scientific Interest. The marsh between Llandimor and North Hills is a National Nature Reserve, managed by the Countryside Council for Wales and owned by the National Trust.**

It was used as a firing range during WWII, but is now a haven for the world-famous grazing sheep and ponies and further out in the Loughor estuary, a thriving cooling industry.

**The area (including sections of the coast path itself) is occasionally submerged beneath high tides. The sheep must be herded to higher ground but, over many generations, the ponies have adapted to the tides and calmly stand in the rising water waiting for the sea to recede.**

**The occasional inundation by the sea gives the grass a salty flavour, which the sheep digest, giving their meat a distinct taste - hence ‘salt marsh lamb’!**

**The estuary as a whole is one of the most important wintering areas for wildfowl and waders. Look out for oystercatchers, curlew, lapwing and the beautiful little eider. Osprey are often seen passing through at the end of the summer.**

### North Hill Tor

**The Tor is on private land with no public access.**

This limestone outcrop is a scheduled ancient monument, but the archaeological interest was somewhat reduced when the Tor was quarried in earlier times.

**Beneath the Tor the Coast Path has had to be completely reconstituted due to erosion by the Burry Pill Stream.** This work was completed by Swansea Council in 2007 with funding from the Wales Assembly and was the largest individual project relating to the recreate a continuous Coast Path around Gower.

### Useful Information

#### Countryside Access Team

E-mail: countryside@swanse.gov.uk

www.swansea.gov.uk/countrysideaccess

#### Tourist Information

www.visitswanseaabay.com

For information about where to stay, what to do and where to eat and drink.

#### Using public transport in Gower

For information about various bus routes get to and around Gower go to the Boytans website www.boytans.org.uk

#### Bus Information

**Mon - Sat (No Sunday service to north Gower)**

**Exeter Mike 115 & 116 to Llanrhidian and Llanmadoc from Swansea Bus Station.**

Check timetables before travelling. 

[www.travelines.org.uk](http://www.travelines.org.uk)

#### Parking

Llanrhidian village, Landimore.