"Walking by Bus" is a City and County of Swansea initiative to encourage sustainable tourism and healthier lifestyles by promoting short walks linked to bus routes.

**Bus Information**

Most Sun (weekly) & Sat (daily)
Get on Route No 118 at Penmaen from Swansea Bus Station (some journeys may involve a change). Please check before travelling.

Traveline Cymru
(0870 608 6088)
www.traveline-cymru.org.uk

**Walk Highlights**

- Spectacular views over the Bristol Channel to North Devon and beyond.
- Views of Three Cliffs Bay, frequently voted one of the most beautiful beaches in Britain!
- Penmaen Burrows is the site of a medieval village, which was buried by sand during the 14th and 15th centuries.
- Wildflowers like gorse, thrift and red & white campions make this walk particularly colourful in spring.

**Useful Contacts**

Swansea Tourist Information Centre
(01792 468321)
tourism@swansea.gov.uk
www.visitswansea.com
www.swansea.gov.uk/aonb

**Start & Finish:** Bus stop in Penmaen
**Distance/time:** About 1 1/4 miles, 1/2 - 1 hour.
**Terrain:** Surface varies from firm to soft and uneven. There are 2 steep slopes.
**Safety Information:** Take care when crossing the busy main road. The path runs close to cliffs and steep slopes above the coast.
**Be prepared:** Wear appropriate clothing and footwear for the conditions and season.
**Refreshments:** Shop/cafe and pub in Parkmill, 2 miles towards Swansea.

**Penmaen**

Start at the car park in front of the houses along the road. Go down through the gate and along the rough track. You pass a gate on your right, which is where you will come back through on your return. But for now, continue down the track. This becomes a narrow track between high hedges, finally going through a gate and out on to Penmaen Burrows.

From the gate at the end of the track keep right, and follow the path along the coast above the cliffs overlooking Tor Bay, passing through a gate. As you do so, you will see Oxwich Bay in front of you.

Walk on for about 100 yards, before turning inland through a gate, to walk along the edge of a field. Follow this around onto a grassy track.

Follow the track, retracing your steps back to the main road, and the car park. The bus to Swansea leaves from a small shelter a few yards to your right on the opposite side of the road.

Information correct at time of going to print - January 2014. Other leaflets in this series are available from Swansea Tourist Information Centre, Plymouth Street, Swansea SA1 3QG.