**Weatherman Walking**

**Approximate distance: 4.5 miles**

For this walk we’ve included OS grid references should you wish to use them.

The Weatherman Walking maps are intended as a guide to help you walk the route. We recommend using an OS map of the area in conjunction with this guide. Routes and conditions may have changed since this guide was written. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.
Start: Gower Heritage Centre, Parkmill  
Starting ref: SS 543 892  
Distance: Approx. 4.5 miles  
Grade: Leisurely  
Walk time: 2 hours

This delightful circular walk takes us through parkland, woodland, along a beach and up to an old castle high on a hill. Spectacular views abound and the sea air will ensure you sleep well at the end of it!

We begin at the Gower Heritage Centre based around a working 12th century water mill where it’s worth spending some time finding out about the history of the area before setting off.

Directions
From the Heritage Centre, cross the ford then take the road to the right. Walk along for about a mile until you come to the entrance to Park Wood (Coed y Parc) on your right.

Park Wood (SS 538 897)
Park Wood is a popular woodland in the heart of the Gower Peninsula. Covering an area of 164 hectares, the wood contains many archaeologically important sites including the Giants Grave, Lime Kiln, Cathole Cave and Tooth Cave – each with their own story to tell.
Continue along the path for about 200m until you reach The Giants Grave, a Neolithic burial site.

**The Giants Grave** (SS 537 898)
The Giants Grave (Parc le Breos) dates as far back as 3,500BC and consists of a long mound of stones with a slab-lined passage and two pairs of side chambers. It was discovered in 1869 by workmen looking for stone for roadbuilding. It was subsequently excavated by Sir John Lubbock, revealing Neolithic pottery, animal as well as human remains, some of which belonged to people taller than average for the time, thereby giving rise to the name Giants’ Grave.

Follow the trail through the Green Cwm taking note of the Lime Kiln and Cathole Cave as you walk along. Eventually you come to a crossroads of paths where you turn left joining the Gower Way.

Continue along this path through woodland, following the signs for the Gower Way. The trail eventually narrows and becomes a muddy footpath before joining a wider path at a kissing gate with a clearly marked signpost.
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Through the kissing gate turn left and walk along the wide, gravel road until the trees open out on to open hillside giving you your first glimpse of the sea and in particular, Three Cliffs Bay.

Continue down the hill eventually passing over a cattle grid before emerging on to the main road. This is a particularly busy road in high season so cross with care and proceed down the road ahead of you towards the camping and caravan site. Before you get to the campsite take a right turn and follow the road round until it peters out near some private properties.

Continue downhill using the footpath that will bring you to the beach. Before you can access the beach you will have to negotiate the stepping stones. Be aware that these can become covered during some high tides.

Three Cliffs Bay (SS 535 876)

The bay takes its name from the three sea cliffs that jut out into the bay. Pennard Pill is the name given to the large stream that meanders into the bay and, while giving the bay its unique appeal, is also responsible for creating strong currents as it meets the sea. There have been many serious incidents here in recent years so take great care as you enjoy this magnificent expanse of sand and keep an eye on whether the tide is coming in or going out.
After a pleasant stroll along the beach, turn round and head back and look up to spot the remains of Pennard Castle up on the hill above. Keeping to the right, head for the sandy path that leads up to the castle. This can be quite steep in places and the sand can make the going rather slow at times!

**Pennard Castle** (SS 543 885)

Pennard Castle was built in the early 12th century by Henry de Beaumont, Earl of Warwick, in order to strengthen his hold on his newly acquired lands in the Gower Peninsula area. However, around the turn of the 13th and 14th centuries the castle began to suffer from sand encroachment and had to be abandoned. There are local legends and stories which claim to explain the demise of the castle, all of which contribute to the romance of a ruined castle overlooking the sea.

After exploring the castle and enjoying the spectacular views over the bay, go back through the gatehouse and turn left on to a path that leads inland and which runs along the high ground.

Follow this path until it takes you over a footbridge towards the main road. Carefully cross over the road and walk back towards Parkmill, the Heritage Centre and Car Park, and the start of your walk.