Approximate distance: 7 miles
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Uncovering Gower’s best kept secrets, this walk reveals the history of smuggling on Gower and an underground river in Bishopston Valley.

1. Caswell Bay
Very popular award-winning blue flag beach, with plenty of sand, waves to surf and rock pools to explore at low tide.

2. Brandy Cove
This quiet bay was used to unload illegal tobacco and alcohol during the eighteenth century.

3. Pwll Du Bay
Pwll Du means black pool in English. The pool is caused by a shingle bank blocking the river flowing into Pwll Du bay and thus forming a pool.

4. Old houses behind Pwll Du Beach
The house behind the pebble bank was once called the Beaufort Inn. The cellar here was used by local smugglers.

5. Grave’s End & the Caesar Shipwreck
Towards the headland is a gully called Grave’s End, marked by a circle of limestone rocks. A ship called the Caesar was wrecked on the beach in 1760 and the dead were buried here.

6. Bishopston Valley
The valley is two and a half miles long and home to ancient woodland, rare mosses and fungi. Wales’ first sighting of the latticed stink horn fungi occurred here in November 2010.
7. Long Ash Mine
This old silver lead mine was never extensively worked, but is now a roost for a number of different rare bat species.

8. Guzzle Hole
At Guzzle Hole (near Long Ash Mine) you can enter a small cavern and hear the river running underground hence the name.