



Go through this gate, turn left and then cross a small bridge over a stream, continue along this path as it winds its way through the sand dunes of Delvid Burrows passing a wooden sign and then entering some low woodland towards farm buildings and another caravan site.

Just before the farm buildings turn left at a wooden sign marked Llangennith, go through a small metal gate, along a narrow section of path then through a metal kissing gate onto farmland. Walk uphill along the edge of the field passing through two more metal kissing gates and then at the third gate join a rough surfaced track and continue up the slope towards Llanmadoc Hill in the background.

At the end of the track go through a small metal gate next to the vehicle gate and continue up a lane with hedges either side until you reach the road.

Walk along the road, taking in the views over Llangennith Moors towards Worms Head and Hillend Burrows pass two houses on your left, a farm below on the right and then, as the road slopes up, a house on the right, about 25m after this house turn left onto a bridleway which runs up onto Llanmadoc Hill.

Walk along this track for approx 400m and then bear left at a path junction to continue gently up the slope, stay on this path until you get to a crossroad of paths and here turn left onto a well worn grass track that runs up the hill.

This path will take you to the top of Llanmadoc Hill at 186m high it is worth having a rest here to look at the views both of the coast and inland.

There is a stone plinth here built by the local Community Council with help from the landowners to commemorate the Queens Diamond Jubilee the stone plate on the top shows distances of features you can see and some you can't!

To continue the walk follow the path along the top of the ridge of Llanmadoc Hill – you are aiming for a raised area of stones at the other end of the ridge. There are many well worn paths here to follow but if you stay on this one go straight on over three path crossroads and then at the fourth junction bear left and then turn right to reach the stones which are a Bronze Age burial cairn.

After the cairn take the main path and walk towards some gorse edged earth mounds these are the ancient defensive remains of The Bulwark an Iron Age Hill Fort. (If you have time this is well worth exploring).

Walk up and over the banks and then follow the main path straight through the centre of the fort and down the slope until you meet a stone surfaced track, follow this track as it winds down the hill and then after about 400m, when opposite an old stone building, take the path on the left.

Walk downhill until you near the remains of an old building on your right (This was Llanmadoc School which closed in 1935 and is currently being conserved by a local history group, there is an information board near the old school gates at the end of the wall) at this point turn sharp left and then walk downhill again to join a well used track, bear left here, the track traverses the side of the hill giving good views of local farmland Whiteford Point, North Hills Tor across the valley and in the distance to the left Cwm Ivy Tor which you walked below earlier.

Keep on this path as it heads across the common towards some hedges and trees and then bear right to enter a narrow stone walled lane, walk down towards an open area and then join a stone track and then a road to walk between the houses back into Llanmadoc.

Carry on along the road past another lane joining from the left until you come to an open area with a stonewalled green, here bear left and head back along the road towards Llanmadoc Church, just before the church turn right towards Cwm Ivy, then a short way down the lane, turn right into the car park.

Whiteford

Whiteford (pronounced Witford) is a large expanse of beach (Whiteford Sands), sand dunes, pine plantations and estuary, this peninsula-in-miniature is a National Nature Reserve and an excellent opportunity to witness how the environment transforms naturally from one habitat to another.

During World War II, the Burry Estuary was used by the army as a shelling and mining range, and from time to time unexploded bombs still surface at Whiteford Sands, these are regularly cleared by the Army and Navy, and are appearing less frequently as time goes by.

Whiteford Lighthouse

Built in 1865, the Grade II listed Whiteford Lighthouse is 44 feet (13 m) high and is the only surviving wave washed cast-iron lighthouse in British coastal waters. It can however be reached on foot at low tide.

The Bulwark

Llanmadoc Hill affords excellent views over the neighbouring hamlets of both Llanmadoc and Cheriton, and is also where you will find the huge earthwork construction known as the Bulwark.

The Bulwark is an Iron Age hillfort enclosure with multiple defences, and is the second largest construction of its kind on the Gower Peninsula (the largest being that of Cilifor Top, in Llanrhidian).

Originally built to hold cattle and other livestock, the site was later adapted and fortified to protect the entire community at times of war. The defences appear today as long grassy mounds and ditches. As you take in the spectacular view, it is easy to imagine what a tactical advantage the hillfort's location provided.



Llanmadoc Church

Llanmadoc Church is the smallest of the Gower churches and is dedicated to St. Madoc.

The building is of 13th century construction, but was extensively renovated in 1865. It was during this renovation that traces of a medieval wall painting were uncovered. These paintings were used to decorate the walls of all the churches in the area but this is one of only a few remaining in the peninsula.

It is interesting to note that early Gower churches did not possess north side windows and this is the only church still possessing no north-side window on the whole of Gower.

Inside the church, there are two large stones that stand. The first of these has been identified as the village boundary stone and dated around the 13th century. The second stone is the larger of the two and is believed to be the remains of the old churchyard cross.

This once stood on a raised platform with steps leading to it from all directions. Most of these churchyard crosses were destroyed by Puritans under order of Oliver Cromwell in the 17th century.

Useful Information

OS Explorer Map 164 Gower.

Mobile phone coverage is generally good.

Stout footwear is advisable.

For local public transport information
www.traveline-cymru.info/

Swansea Tourist Information Centre
Tel: 01792 468321
E-mail: tourism@swansea.gov.uk
www.visitswanseabay.com

Mumbles Tourist Information Centre
Tel: 01792 361302
E-mail: info@mumblestic.co.uk
www.visitmumbles.co.uk

If you encounter any problems on this walk, or would like further information on public rights of way, please contact the Countryside Access Team.

Countryside Access Team
Tel: 01792 635230 or 01792 635746
E-mail: countrysideaccess@swansea.gov.uk
www.swansea.gov.uk/countrysideaccess

Llanmadoc

A stunning walk through an Iron Age hill fort, across open commons, along sandy dune paths and through the village of Llanmadoc.

Affording breath taking views towards Worms Head, Whiteford Point, the Burry Estuary and beyond to the Brecon Beacons and Pembrokeshire.

Other features of interest in the locality include; a cast iron lighthouse and a medieval sea wall.

Mae'r cyhoeddiad hwn ar gael yn Gymraeg.

Information correct at time of going to print (June 2015).

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Bulwark – Pixerial.com

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GOWER COAST WALKS

Llanmadoc Circular



Gower Coast Walks

Reporting problems: This route follows public paths and paths over common land on which you have the legal right to walk. If you have any difficulties, please report them to the Countryside Access Team.

Distance: The walk is approximately 5 ½ miles (9km). You can begin at any point and walk in any direction but to follow the directions start at Llanmadoc Church and walk down the hill to Cwm Ivy. There is a car park on the road to Cwm Ivy just below the church which has a small charge.

Time: Allow 2 ½ – 3 ½ hours.

Terrain: The walk follows tracks and paths through farmland, sand dunes and moorland which can be uneven and muddy, there are two steep sections but no stiles to climb.

Be Prepared: Wear appropriate clothing and footwear for the weather conditions.

Safety: There are three short sections of quiet road to walk along that have no pavement.

Refreshments: There is a shop/cafe and a pub in Llanmadoc and another pub in Llangennith.

OS Map: OS Explorer Map 164 Gower.



The walk is marked with these waymarks



The walk links to the Gower Coast path which is marked with these waymarks

The Walk

From the car park turn right and walk downhill on the lane to Cwm Ivy, when you get to the houses bear left and then right towards a set of wooden gates with a metal National Trust sign on them. Pass through the small wooden gate and continue downhill on a surfaced track through trees, looking to the right you can see over Cwm Ivy Marsh owned by the National Trust. Until recently this was a freshwater marsh but due to the collapse of the old seawall the sea now floods in on very big tides creating a huge saltwater lake. At the bottom of the track you reach a junction carry straight on and uphill towards a large rocky outcrop – Cwm Ivy Tor.

You have now joined the Gower section of the Wales Coast Path.

Walk past the base of the Tor and then bear left to a wooden kissing gate next to a field gate, follow the path ahead through an open sandy area, The Conygaer, and then up a fairly steep sandy climb into a small wood.

Pass through another wooden gate on to open cliff top grassland with good views over Whiteford Sands, and Whiteford Lighthouse. Follow the well worn grass path to a viewpoint – Hills Tor and then turn left along a grass path which then bears right alongside an old walled bank.

After about 150m the path runs away from the wall and bears left and then right downhill towards a caravan site, At the bottom of the slope turn right and then left and then right again to walk through an area of low scrubland to reach another gateway.

Go through the gate along a grass track and join a surfaced farm track, go straight on through another gate and then walk past the beach access gate on your right to arrive at a small gate giving access into the sand dunes.



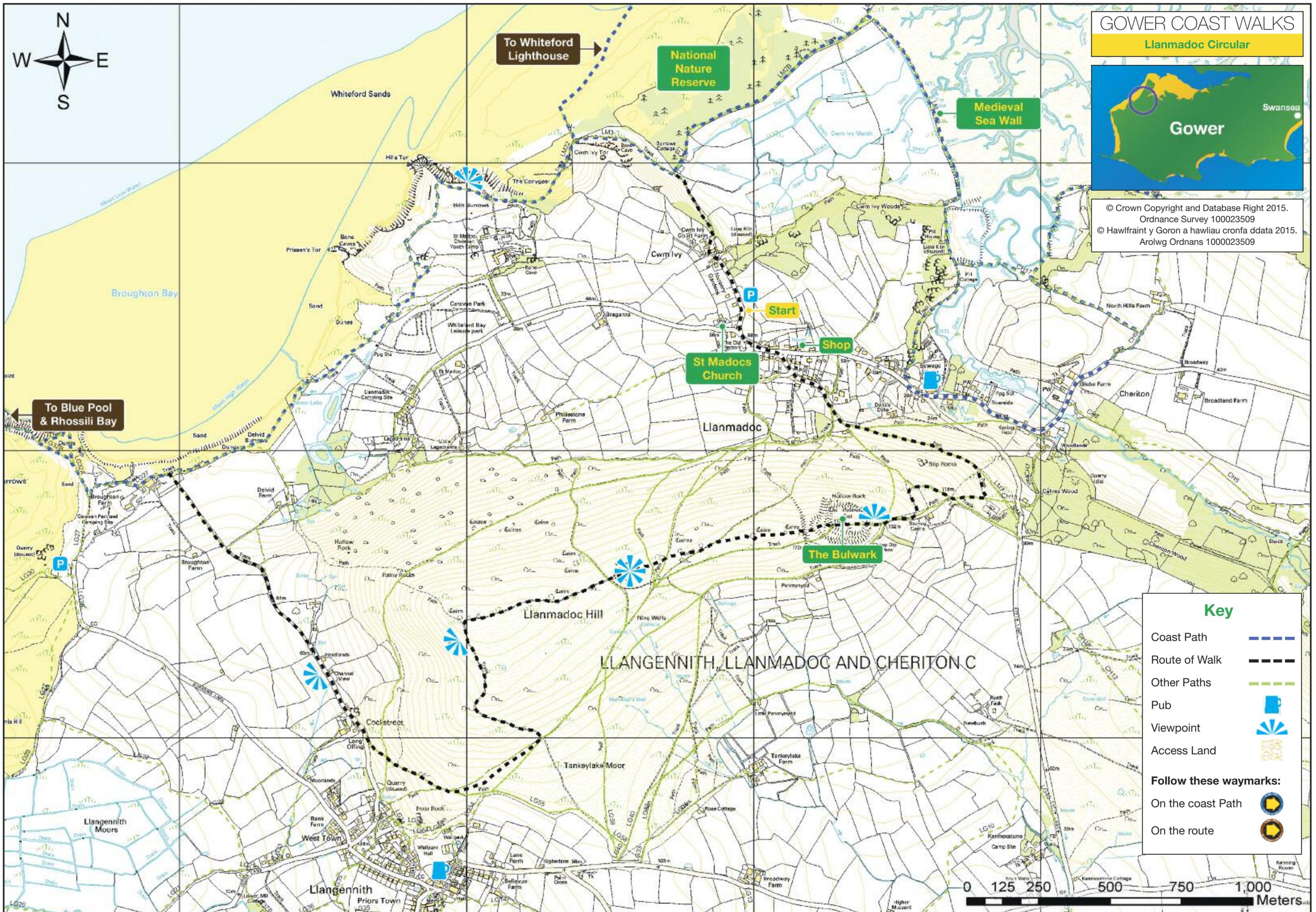


GOWER COAST WALKS

Llanmadoc Circular



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Key

- Coast Path
- Route of Walk
- Other Paths
- Pub
- Viewpoint
- Access Land

Follow these waymarks:

- On the coast Path
- On the route

