

Llansteffan and the Towy Estuary

Start Llansteffan, beach car park

Distance 3½ miles (5.6km)

Approximate time 2 hours

Parking Llansteffan

Refreshments Pubs and café at Llansteffan

Ordnance Survey maps Explorer 177 (Carmarthen & Kidwelly),
Landranger 159 (Swansea & Gower)

The first part of the walk is along the shore at the base of Llansteffan Castle. You continue below the castle walls to the lovely beach at Scott's Bay, then head up over a hill and descend back into Llansteffan. The castle is in sight for much of the way and from the higher points on the route, the superb views extend across Carmarthen Bay to Gower and the Worms Head.



Whitewashed cottages overlook the sloping woodlands and sandy beaches of the Towy estuary at Llansteffan and dominating this idyllic scene are the striking, hilltop ruins of the mainly 13th and 14th century castle, former

Scott's bay near Llansteffan



residence of the local lords. Up in the village centre is the attractive medieval church, with a 13th century nave and 15th century tower.

There are two car parks near the beach and it does not really matter which you use; this route starts at the one farthest away from the castle.

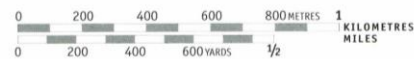
 Facing the estuary, turn right – either along a grassy path or along the edge of the beach – towards the castle and at the next car park, turn right across it to a waymarked post. Climb steps, head gently uphill along a fence-lined path to a narrow lane and turn left . At a fork take the right-hand lane and at the next fork, take the left-hand track through woodland. The track descends and where it ends at another fork, bear right along a wooded path that keeps above the estuary and below the castle walls.

At the next fork, take the left-hand path and descend steps to the sandy

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Llansteffan Castle



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beach at Scott's Bay. Walk across it, go up a slipway and at a footpath post , bear right along an enclosed path through woodland to a gate. Go through, keep ahead along an enclosed track and go through another gate to a T-junction. Turn left, passing in front of a farmhouse, climb a stile and turn right uphill along the right edge of a field. Climb a stile in the top corner – from here the superb views take in Llansteffan Castle and extend across the bay to the Worms Head on Gower – and keep ahead along the left edge of the next two fields to reach a lane.

Climb the stile opposite, walk along

the left edge of a field, climb another stile and head gently uphill across the next field, making for a hedge corner. Just beyond it, climb a stile onto a lane , turn left and almost immediately turn right over a stile, at a public footpath sign. Walk along an enclosed track, climb a stile, continue along the right edge of a field and after climbing another stile, bear right off the track and continue along the right field edge which curves right to a stile.

Climb it and with grand views ahead over the Towy estuary, keep along the

right edge of the next field, climb a stile and head gently downhill across a field to climb a stile in the bottom right-hand corner. Continue more steeply downhill along the right edge of the next field, climb a stile and head steeply down an enclosed wooded path to emerge onto a road in Llansteffan.

Take the road ahead – the church is to the right and there is a fine view of the castle ahead – and look out for where you turn left  onto a descending path. Here you rejoin the outward route and retrace your steps to the start. ●

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