

OXWICH Woodland And Coast

An exhilarating ramble through woodland and along delightful coastline.

4.5 miles/7.2km 2hrs **Ascent** 480ft/146m **Difficulty** 1

Paths Clear paths through woodland, along coast and across farmland, quiet lane, 4 stiles

Map OS Explorer 164 Gower **Grid ref** SS 500864

Parking Oxwich Bay

1 Walk back out of car park and turn **L** to crossroads. Turn **L** here (waymarked 'Eglwys') and pass Woodside Guesthouse and Oxwich Bay Hotel, on your **R**. This lane leads into woods and up to 6th-century St Illtud's Church, where gate marks end of road and start of path leading out on to Oxwich Point.

2 Join path that runs beneath church, and follow it for few paces before going up wooden steps that climb steeply into wood. As footpath levels, bear **L** to drop back down through wood and around headland until it comes out into open above Oxwich Point.

3 Path drops through gorse and bracken to become grassy coast path that runs easily above rocky beach. Keep sea on your **L** and ignore any tracks that run off to **R**. After approximately 1 mile (1.6km) you'll pass distinct valley that drops in from your **R**. Continue past this and you'll be funnelled into narrow, fenced section with field to your **R**. Cross succession of stiles, and

you'll eventually reach path diversion that points you **R**, away from beach.

4 Follow this to stile and broad farm track, where you turn **L**. Continue up and around to **R** until you come to galvanised kissing gate. Go through this and keep **R** to head up lane past some houses to crossroads.

5 Turn **R** here and follow road along to fork where you keep **R**. Drop down to entrance of Oxwich Castle on **R**. After looking at or exploring castle, turn **R**, back on to lane, and head down into Oxwich village. Keep straight ahead to car park.

