

QMD Walks

South Gower Circular

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Relevant Maps include: OS Explorer 164 (1:25) and OS LR 159 (1:50)

Distance: c. 23 miles

Going: Mostly PRoW and FP with some short stretches of road, some busy. PRoW and FPs not always clear. Boggy in places.

1. Start at CP at Mill Wood near Penrice Castle SS493882. Follow PRoW past Penrice Castle to road. TL along road and TR onto PRoW at SS498087, CB 090. Go through Perriswood and TL on PRoW up to JNCT with Gower Way SS507892, CB 035. TL along Gower Way and follow to JNCT on far side of quarry SS492899. TR and make way down to road.
2. Cross road and pick up PRoW SS492900 to Cairn SS493902, CB 035. From Cairn follow PRoW to Maen Ceti SS492905, CB 295. From Maen Ceti cross OA to PRoW JNCT at SS486908 CB 295. TR down PRoW CB 360 to road. NOTE PRoW can be very boggy especially where it leaves the OA SS486914.
3. At road TR and TL onto PRoW just before church SS488919. Follow PRoW and TL at JNCT after c. 300m SS489921, CB 312. Follow PRoW to Leason Wood and onto Leason. At JNCT SS482925 TR down to Coastal Path JNCT SS482926. TL along Coastal Path.
4. Follow Coastal Path to Landimore and on to North Hill Tor and alongside river. At JNCT SS449936 TR and cross river then TL up to road and TR to Llanmadoc. On the outskirts of Llanmadoc TL onto PROW SS443933 and follow onto OA then on to The Bulwark SS443927. At the Bulwark TR CB 255 and follow tracks and PRoW to Llanmadoc Hill SS430924.
5. From Llanmadoc Hill TL CB 180 and follow track then BL CB 140 to Tankeylake Moor and down to road. At road TR. At first road SS433915 TL and follow on to PRoW and up on to OA and up to 152m ring contour on Hardings Down SS436906. From 152 make way to PRoW SS437904 and TR, CB 272, and follow past West Cathan to FB SS427902
6. From FB make way across White Moor to Burnt Mound SS418904. **EITHER** take CB 282 from FB to Burnt Mound; this is a bit boggy in places but there are FPs. **OR** TR and follow PRoW OR FP on higher ground CB 315 to JNCT SS423906. At JNCT TL CB 230 and follow FP up to Burnt Mound.

7. From Burnt Mound TL, CB 175, and follow PRoW to Cairn SS418900, on to the Burial Chambers, and across Rhosilli Down to The Beacon SS419888. At Trig point on The Beacon TL CB 130 and follow FP down to JNCT with Gower Way SS426882. TL and follow past Talgarths Wells down to road and TR along road.
8. Continue across main road at Pitton and TR onto PRoW SS426876, CB 235, just where road BL. Follow PRoW to JNCT with Coastal Path SS422874 and TL along Coastal Path CB 132. Follow Coastal Path past Red Chamber and Deborah's Hole to JNCT At Foxhole Slade SS438860. TL along PRoW CB 040 and follow to road. At road TR and after 150m at Pylewell SS448870 TL onto PRoW, CB 068. Follow PRoW.
9. Where PRoW meets road at SS453872 TL and continue along PRoW CB 030 towards Scurlage Castle and Bank Farm. When PRoW meets road SS462881 TR towards Scurlage Farm (BUSY ROAD). BL along small road at Scurlage Farm. Where road does a TL SS466876 continue on along PRoW/track CB 125 until JNCT with stream on LHS SS476869. TL CB 040 on PRoW/track and continue on CB across fields to enter wood SS480875.
10. Follow PRoW through woods CB 055 to JNCT with track SS488881. TR CB 078 and follow track back to CP.

Glossary

BL - Bear Left

BR - Bear Right

CB - Compass Bearing

FB – Footbridge

FP - Footpath. Usually marked on 1:25 but not on 1:50

JNCT - Junction (paths/tracks cross/join)

OA – Open Access

PRoW - Public Right of Way. Usually marked on 1:25 and 1:50

Quad bike track - Two parallel lines going across the fell made by continued use by quad bike

RHS – Right hand side

LHS – Left hand side

TL - Turn Left

TR - Turn Right

Track - A wide track that looks suitably for 4x4 vehicles