# Grovel around Gower

## Date: 10th March 1984

## Distance/Ascent: 26.4 miles, 3000 feet

## Leader: Nick Kaye

## Route Description:

* Start at Southgate car park, Gower, (SS 554 874).
* Path west along cliffs over Pennard Burrows crossing Pennard Pill via stepping stones at (SS 538 884).
* Across Pennmaen Burrows via burial chamber to Nicholaston Burrows.
* Through Nicholaston Woods to road at (SS 503 881).
* Road north for a short way to Penrice Lodge, driveway to Penrice Castle and road at (SS 493 883).
* Track then path through Mill Wood to enter fields at (SS 482 877).
* South-west through fields then bridle track past Merrysun to road at (SS 474 866).
* Road downhill to Horton and west to Port-Eynon.
* Coastal path westwards via Mewslade Bay to Coastguard lookout opposite Worms Head.
* Track north-east to Rhossili and lunch at pub.
* Path to the beacon (Rhossili Down), north-east down to intake fence at (SS 429 895).
* South along fence then bridle track past Kingshall and old Henllys to Llandewi.
* Path east to A4118 through Knelston to Puck’s Hollow.
* Field paths north-east to Reynoldston, road to junctions at (SS 483 900).
* North-east to trig point and then to Arthur’s Stone. South to rejoin road at (SS 491 900).
* South-east along Cefn Bryn to Penmaen. Across A4118 at (SS 532 887).
* Eastwards along lane past North Hills Farm and along to Parkmill.
* South from A4118 at (SS 545 892), past Pennard Castle to join road at Southgate at (SS 550 881).
* Road south-south-east to Southgate car park at finish.

## Weather: Chilly-ish breeze with calm periods – hazy all day – some sunny periods – views not very good – finished in the dark

## Participants: Nick & Julia Kaye, Alan Fox, Andrew Clabon, Dorothy Williams, Keith Bennett, Diane Garside, John (Wessex group), Leary (Leicester), Mike Evans, Jim, Tony Clark