126. Three Cliffs Bay

Distance 10 miles/15.5km

Ascent 517 metres

Start/Finish Southgate NT car park, SA3 2DH

Looking out to sea, turn L to follow the Wales Coast Path over High Tor and south-east to Pwlldu Head. Continue on the coast path north from here down to Pwlldu Bay and then east to the road in Caswell Bay. Turn L on the road and at the sharp R bend continue running straight on to join a footpath trending R to the end of a road in Pyle. Turn L here on a path heading west and join a bridleway south of Backingstone Farm. Continue west through Bishopston valley and up the other side to Hael. Take the next R and cross fields to the road by the school in Southgate. Cross and join the byway heading north down into Reddon Hill Nature Reserve. Turn L and follow the valley along Pennard Pill then up onto Pennard Burrows near the remains of Pennard Castle. Continue down the stream to visit the beach or turn L onto the Wales Coast Path to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the Wales Coast Path east over High Tor and south-east to Pwlldu Head.
1.5	2.4	Continue on the coast path north from here down to Pwlldu Bay and then east to the road in Caswell Bay.
3.6	5.8	Turn left on the road and follow it to a sharp R bend where a footpath turns left.
4	6.4	Follow the path trending R to the end of a road in Pyle.
4.4	7.1	Turn left here on a path heading west and join a bridleway south of Backingstone Farm. Continue west through Bishopston valley and up the other side to Hael.
5.9	9.5	Take the next right and cross fields to the road by the school in Southgate.
6.6	10.6	Cross and join the byway heading north down into Reddon Hill Nature Reserve.
7.1	11.4	Turn left and follow the valley along Pennard Pill to a path junction at SS542883 where the river bends right.
8	12.9	Turn left ascending onto Pennard Burrows near the remains of Pennard Castle. Turn right on the hill and follow the path south-west to join the Wales Coast Path.
8.4	13.5	Turn left and follow the coast path back to the start.