

## **The Gower Way – Northern Sector**



|                          |  |
|--------------------------|--|
| <b>Walk grade:</b>       | Strenuous.   |
| <b>Route type:</b>       | Linear.  |
| <b>Suitable for:</b>     | Experienced walkers, due to length.  |
| <b>Terrain:</b>          | Covers fields, farm tracks, woodland and moorland (including stream crossings), with some short sections on road and metalled track. |
| <b>Start:</b>            | Gowerton.  |
| <b>Finish:</b>           | Penlle'r Castell.  |
| <b>Distance covered:</b> | 15 miles / 24km.   |
| <b>Average time:</b>     | 9 hours.   |

This is the longest section of the Gower Way, It's a relatively long walk, best suited to experienced walkers. The Gower Way Northern Sector runs north-east from Gowerton through the Lliw Valley to the historic ruined fort of Penlle'r Castell on the summit of Mynydd y Betws.

### **Useful information**

O.S. Explorer map nos. 164/165 (1:25,000), and O.S. Landranger map no. 159 (1:50,000) cover this walk route.

Strong shoes or boots and waterproof clothing are advisable

This part of the Gower Way crosses a number of streams, and some sections may be very wet underfoot. Towards the end of the walk, you may find a compass very useful.

## Walk details

Full details of this walk are described in The Gower Society's leaflet, *Gower Way: Gowerton to Penlle'r Castell*.

## Highlights

- This walk rises through the Lliw Valley, taking in a range of both manmade and natural landscapes.
- Look out for Felindre's 'murder stone' at Nebo Chapel.
- In the pretty Upper Lliw Valley area, you have a strong chance of seeing peregrine falcon, ravens and red kite.
- The ruins of Penlle'r Castell ('summit of the place of the castle') at Mynydd y Betws are thought to be a 13th century defensive fortification, built by one of the Marcher Lords to protect North Gower from rivals.

The above information is an extract from: *Gower Way: Gowerton to Penlle'r Castell* by The Gower Society, available from [Swansea Tourist Information Centre](#).

## More Information

**Swansea Council Countryside Access team**

# 01792 635746 or 01792 635230

@ countrysideaccess

@swansea.gov.uk

i [www.swansea.gov.uk/countrysideaccess](http://www.swansea.gov.uk/countrysideaccess)