

South of Castle

Walk: SOC 01
Location: Oxwich Bay, The Gower

Postcode: SA3 1LS (takes you to the hotel – not the car park though)
 Directions: Parking in the hotel if you are not going to use it is probably inadvisable. So instead park in the beach car park. Note that this is locked around 8pm or 9pm (check the locking time). Use Sat nav to get you to the hotel then find the beach car park next to it.
 Distance (miles): 35.7
 Time (hours): 1.10
 Length of Walk: About 80 minutes to end of Oxwich Bay and back.
 Dates Walked: 19/03/2008, 21/08/2008, 27/07/2009,

Parking: Large beach car park near the hotel about £2.50. May vary according to time of day and year. Stalls selling refreshments at peak season. Public loos on beach - tucked away - by road adjacent to the hotel.

Pop in to: Oxwich Bay Hotel OK for cream teas and coffees or a snack. Hotel has a large garden area with tables & benches overlooking bay

Description: Long flat firm sandy beach, with a stream to be forded (there is a bridge also, a few yards inland) halfway along. The crossing is shallow where the stream water exits onto the beach.

You can carry on to Three Cliffs Bay if the tide is out. Walk around the promontory at the rock cliffs at the far end, to get to Three Cliffs Bay. Do not get caught out by the tide as otherwise you would have to take an inland route to get back again.

Can be windy sometimes such that in one direction you are being gently pushed along, only to find the going in the other direction is heavier going due to wind.

Beach is generally deserted once you are a few hundred yards away from the hotel end. Tide goes out a long way so you have endless long stretches of sand, with sand dunes inland and hardly anyone at all on it.

Pictures taken on 19/03/2008:

View from Oxwich Bay Hotel end looking towards far end of Oxwich Bay (towards Three Cliffs Bay)



Nearing far end of Oxwich Bay (40 minutes or so to get here)



End point reached – you can go around the stone cliffs at low tide, onto neighbouring Three Cliffs Bay



View towards three cliffs bay



Returning – river to ford half way along



Route from Oxwich Bay to Three Cliffs if tide in

