WALKING BY BUS

‘Walking by Bus’ is a City and County of Swansea initiative to encourage sustainable tourism and healthier lifestyles by promoting short walks linked to bus routes.

Bus Information

Mon-Sat (hourly) **Sun** (4 journeys)
Gower Explorer No. 118 to Penmaen from Swansea Bus Station
(some journeys may involve a change).
Please check before travelling

Traveline Cymru ☎ 0870 608 2 608
www.traveline-cymru.org.uk

Walk Highlights

- Spectacular views over the Bristol Channel to North Devon and beyond.
- Views of Three Cliffs Bay, frequently voted one of the most beautiful beaches in Britain!
- Penmaen Burrows is the site of a medieval village, which was buried by sand during the 14th and 15th centuries.
- Wildflowers like gorse, thrift and red & white campions make this walk particularly colourful in spring.

Useful Contacts

Swansea Tourist Information Centre
☎ 01792 468321 ✉ tourism@swansea.gov.uk
visitswanseabay.com
www.swansea.gov.uk/aonb

Penmaen

Start & Finish: Bus stop in Penmaen
Distance/time: About 1 1/4 miles, 1/2 -1 hour.
Terrain: Surface varies from firm to soft and uneven. There are 2 steep slopes.
Safety Information: Take care when crossing the busy main road. The path runs close to cliffs and steep slopes above the coast.
Be prepared: Wear appropriate clothing and footwear for the conditions and season.
Refreshments: Shop/café and pub in Parkmill, 2 miles towards Swansea.
Public Toilets: None.

Start at the car park in front of the houses alongside the road. Go down through the gate and along the rough track. You pass a gate on your right, which is where you will come back through on your return. But for now, continue down the track.
This becomes a narrow track between high hedges, finally going through a gate and out on to Penmaen Burrows.

From the gate at the end of the track keep right, and follow the path along the coast above the cliffs overlooking Tor Bay, passing through a gate. As you do so, you will see Oxwich Bay in front of you.

Walk on for about 100 yards, before turning inland through a gate, to walk along the edge of a field. Follow this around onto a grassy track.

Follow the track, retracing your steps back to the main road, and the car park. The bus to Swansea leaves from a small bus shelter a few yards to your right on the opposite side of the road.

Information correct at time of going to print - January 2014. Other leaflets in this series are available from Swansea Tourist Information Centre, Plymouth Street, Swansea SA1 3QG.

City and County of Swansea
Dinas a Sir Abertawe

Penmaen

Mynd i gerdded ar y Bws

Tirweddau i fyw .org.uk

MYND I GERDDED AR Y BWS

Swansea Walks · Teithiau Cerdded Abertawe

Penmaen

'Mynd i Gerdded ar y Bws' yw un o fentrau Dinas a Sir Abertawe i annog twristiaeth gynaliadwy a ffyrdd iach o fyw drwy hyrwyddo teithiau cerdded byr sydd wedi'u cysylltu â theithiau bws.

Gwybodaeth am Fysus

Dydd Llun-dydd Sadwrn (bob awr)
Dydd Sul (4 taith)
Gower Explorer Rhif 118 i Benmaen o Orsaf Fysus Abertawe (gall rhai teithiau olygu newid).
Gwiriwch cyn teithio.

Llinell Deithio Cymru ☎ 0870 608 2 608
www.traveline-cymru.org.uk

Uchafbwyntiau'r Daith Gerdded

- Golygfeydd syfrdanol ar draws Môr Hafren i ogledd Dyfnaint a'r tu hwnt.
- Golygfeydd Bae y Tri Chlogwyn, yn aml yn cael ei ddewis fel un o draethau harddaf Prydain!
- Mae Twyni Penmaen yn safle pentref canol oesol, a gladdwyd gan y tywod yn ystod y 14eg a'r 15fed ganrif.
- Mae blodau gwyllt fel yr eithin, clustog Fair a'r blodyn neidr a'r gludlys gwyn yn orchudd arbennig o liwgar yn y gwanwyn.

Cysylltiadau Defnyddiol

Canolfan Croeso Abertawe
☎ **01792 468321** ✉ **tourism@swansea.gov.uk**
www.dewchifaeabertawe.com
www.abertawe.gov.uk/aonb

Dechrau a Gorffen:	Safle Bws ym Mhenmaen
Pellter/amser:	Tua 1 1/4 filltir, 1/2 - 1 awr.
Tir:	Yr wyneb yn amrywio o dir caled i dir, meddal ac anwastad. Mae camfa a 2 lethr serth.
Gwybodaeth Diogelwch:	Byddwch yn ofalus wrth groesi'r briffordd brysur. Mae'r llwybr ger clogwyni a llethrau serth uwch ben yr arfordir.
Byddwch yn barod:	Gwisgwch ddillad ac esgidiau addas ar gyfer yr amodau a'r tymhorau.
Lluniaeth:	Siop/caffi a thafarn ym Mharkmill, 2 filltir i gyfeiriad Abertawe.
Toiledau Cyhoeddus:	Dim.

Dechreuwch yn y maes parcio o flaen y tai ar hyd ymyl y ffordd. Ewch drwy'r gât ar hyd y trac garw. Byddwch yn mynd heibio i gât ar y dde y byddwch yn dod drwyddi wrth ddychwelyd. Am y tro, ewch i lawr y trac. Mae'n culhau rhwng cloddiau uchel, ac yna'n mynd drwy gât ac allan ar Dwyni Penmaen.

O'r gât ar ddiwedd y trac, cadwch i'r dde a dilyn y llwybr ar hyd yr arfordir uwchben y clogwyni sydd uwchben Bae Tor, ac yna'n mynd drwy gât. Wrth wneud hynny, fe welwch Fae Oxwich o'ch blaen.

Cerddwch yn eich blaen am ryw 100 llath cyn troi i gyfeiriad y tir mawr drwy gât, i gerdded ar hyd ymyl cae. Dilynwch hwn nes cyrraedd trac gwelltog.

Dilynwch y trac, gan aildroedio'r llwybr yn ôl i'r briffordd a'r maes parcio. Mae'r bws i Abertawe'n gadael o safle bws bach ychydig lathenni i'r dde ar ochr arall y ffordd.

Mae'r wybodaeth yn gywir ar adeg argraffu – Ionawr 2014. Mae taflenni eraill yn y gyfres hon ar gael gan Ganolfan Croeso Abertawe, www.abertawe.gov.uk/aonb Stryd Plymouth, Abertawe SA1 3QG.

City and County of Swansea
Dinas a Sir Abertawe
Bae abertawe
Y MWMBWLS A GŴYR

Penmaen

Walking by Bus

Landscapes for life .org.uk
GOWER One of the AONB Family