

A Walk Through Bishopston Valley, Gower Peninsula (Swansea)  
21<sup>st</sup> May 2025

Bishopston valley is one of several beautiful wooded valleys on the Gower that stretch inland from the coast. Bishopston would probably take about 2 hrs to walk in full and is distinguished in that it is also a river valley, whereas the others aren't.







I took the bus to Caswell Bay and then walked to Smugglers Cover where I headed inland and followed the country paths through the Ramson soaked woods. The paths are beautiful and I was hoping to catch the last of the Ramsons and was somewhat worried they may have gone to seed, but they were still in fine form.







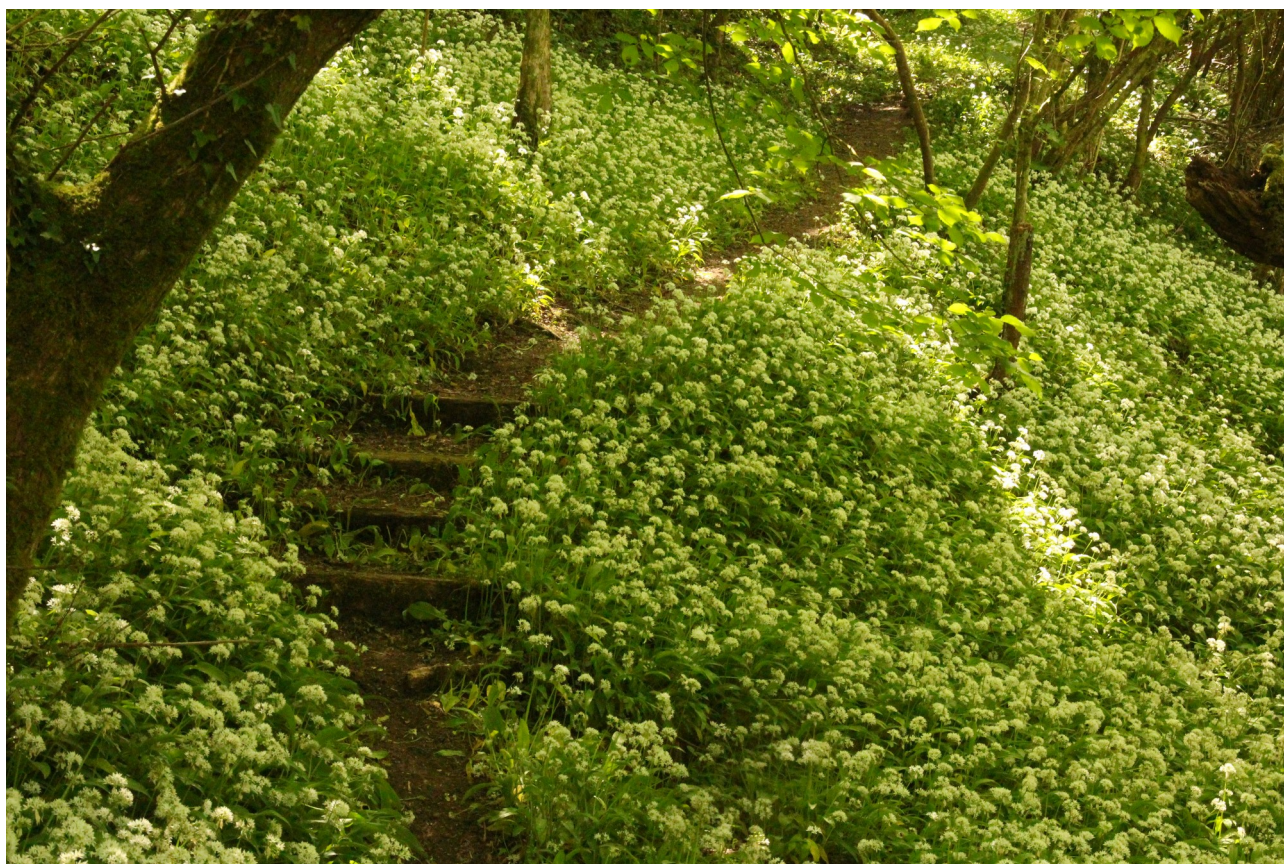
I took lunch at a lovely spot well off the tourist trail that overlooks part of the valley (pic below) and also has fine views out to sea (Pwlldu Bay - see pic on next page).







After I had had lunch and enjoyed the sun for a bit I headed down the footpath into the bottom of the valley where the Ramsons were still in full bloom. I like to see them every year but I've been too skint to get the bus for the last month so I was concerned I may have missed them. They were still in full bloom but were just past their best, although only a good eye for plants would have noticed.











Idyllic and tranquill scenes abound on the valley bottom as the path follows the course of a small but very delightful little woodland beck. There wasn't much flow today as there has not been much rainfall for a few weeks, but when I was here last year the beck had burst its banks and spilled onto the path, and the sides of the valley are steep so I had to be creative in getting past it.







Bishopston Valley opens out into Pwlldu Bay (pics above and below). The Gower peninsula is blessed with many exceptional bays that attract lots of tourists, but Pwlldu Bay isn't one of them. It's always largely empty of people though it does tend to be popular with some locals who often cite it as their favourite bay, probably due to the total lack of tourists.







View from the coastal path above and below is Smuggler's Bay where the walk began.

