

St George's Walk 2026 Gowerton to Tenby

SGW day one morning route – Gowerton to Burry Port – Approximately 13 miles

**Meet in Kidwelly at the Train station to catch the 08.45 train to Gowerton – give time to park and ideally buy ticket ahead. Parking at Glan yr Afon Car Park SA17 4UU
Alternatively meet at Gowerton train station (Car Park SA4 3AJ) to walk at 9.15am and get a train back at end of days walking. Trains back at 17,12, 18.05, 19.13.**

Walking down from the station car park in Gowerton along the main road and past the petrol station until you get to the right hand turn at the lights and walk down the single track road keeping to the side and taking care of traffic.

After the second bridge turn left following the coast path signs after crossing the river and entering Carmarthenshire.



Carry on the road until near the first house on the right following the sign post right and off the road into the woods.



Pass through the gate and carefully across the level crossing up over the bridge and onto the path through the woods.

After crossing the small stream at the junction follow the signs left, then at the road, head straight across and onto the tarmac following the sign



Follow the Tarmac footpath through the park and then along the edge of the road passing Loughor Castle and up onto the rise. Then, follow the road right towards the main road, before turning left by the church following the sign left along the main road, crossing on the zebra crossing.



Follow over the Loughor bridge and at the end of the bridge, turn right down the steps and then straight on up to the main road before turning left.



At the end of the road crossover into the car park, which will be our first **checkpoint at Bynea**

W3W = live.replaying.bordering



Coming out the car park turn left following the signs to the end of the tarmac and then make a right hand turn by the sign for Bynea, carrying on up and over the bridge and following the coast path on the other side



After a while, follow the coast path right towards the caravan park as the coastal path has been closed for a short diversion. After skirting the caravan park you will rejoin the coast path. There are toilets available at the caravan park.

Keep following the path along the edge of the estuary and railway line passing through the RSPB wetland Centre, at the car park, follow straight across to remain on the path



At the fork, follow the signs left back towards the coast.



At the next fork, follow the pathway round to the right over the small bridge

After skirting the houses on the coast path turn left following the signs to head along the road on the pavement.



Approaching North dock come to the roundabout and follow the signs left over the bridge back to the coastline

Checkpoint at North dock outside St Elli Bay/ Car Park – Toilets available

W3W = Gangs.Beams.Dream

Follow on along the coast when you reach the fork, follow the red tarmac up the hill and then back down to follow the coast path route. The lower path is a dead end.



Coming down the slope, follow the path left and past the historic rugby posts from Stradey Park which mark when Llanelli beat the All Blacks.

Pavilion Café open with toilets,

Just after the Pavillion café is a blue sign signifying where Amelia Earhart landed on her cross Atlantic flight.

After a while, take the left-hand fork onto the cinder track following signs and the coastal path.



As you reach the car park, follow the road left and the coastal signs you can see the lifeboat station in the distance which is our lunch stopping point at Burry Port Harbour after 13 miles.



**Lunch Stop - There are free public toilets in the car park.
W3W = digesting.treatable.dishes**

SGW day one afternoon route – Burry Port to Kidwelly Castle – Approximately 13 miles

Leaving Burry Port East Harbour car park by the RNLI station lunch stop, the coast path skirts the harbour following the signs and just before the yacht club, the path turns right down a lane.



Following the rubber matting walkway before taking the right hand fork and path alongside shoreline caravan park

Continue along the pathway with gorgeous views across the history to the Gower Peninsula and Lighthouse as well as the mudflats along this side of the coast



Reaching the edge of Pembury country Park follow straight on and then bear right following the signs for the coast path



By the giant green bike, follow the signs to turn left continuing along the road, then follow the signs right towards the ski and activity Centre



By the ski centre, follow the sign in the far corner of the car park onto the lane leading through the forest. Taking the right hand fork near the post with the yellow marker and coast path signs



Approaching the next car park and follow the sign left on the path across the open green area, carrying straight on to the path back into the woodland



By the toilets and Ice Cream kiosk and mini railway follow the sign straight on to the sand dunes.



At the next road follow the sign left and immediately into the car park which will be the next

Checkpoint by Cefn Sidan beach

W3W = coaching.panthers.releasing

Follow the sign and left-hand fork towards the beach at Cefn Sidan at the beach following sign turning right to walk along the sand



On the beach, you walk past two emergency signs and a collapsed bunker in the sand dunes then another metal sign and a stone breakwater. As the beach begins to turn up the estuary, the red marker sign next to the sand dunes has a coast path sign, follow this off the beach.



Head over the sand dunes and then follow over the path ahead through the forest. At the crossroads and marker 52 follow the sign straight on along the path

Pass through the gate across the track, then shortly afterwards follow the sign left and then at the end of the lane turn right after the gate, continuing to follow the coast path signs.



As you reach the end of the farm land and the track bear left following the coast sign up and across the small footbridge onto the lane. At the end of the lane pass through the gate turning right to follow the signs. You will see Kidwelly Castle and spire in the distance ahead of you, our finishing point for day 1.



Follow the path around the outside of the saltmarsh. Please do not try to cross the saltmarsh as it is hazardous and private property, as well as a controlled firing area

Follow the path through the gate and under the railway bridge, minding your head as it is quite low.



At the main road, turn left keeping to the pavement and staying on this side of the road. Follow the road round to the left at the roundabout and to the car garage, which will be a **checkpoint**.
or the fitness studio.



Just before Travis Perkins take the left-hand lane following the coast path signs



Shorter Route Option – straight on, direct into Kidwelly and to the Castle from here

Head through the farm yard straight through and back toward the fields. As you come over the railway line, take the immediate turning and gate to the right with the coast path sign. along the side of the railway line.



Pass through the gate and bear right past the bench following the coastal sign. Follow the path alongside the canal following the coast path signs and avoiding the other footpath. When you reach the tarmac crossroads follow the signs left and over the bridge and immediately right to follow the other side of the canal.



Reaching the quay, turn right and follow the path through and out of the car park and up the lane towards Kidwelly bearing left and then crossing the railway line



Head straight on following the coast path sign on the lamp post past Anthony's hotel

At the crossroads with the playing fields ahead of you turn left. **There is no signage on this junction.**



By the church and spire follow the signs left. Cross the river on the bridge and then take the next left. Following the coastal path signs and the river walk.



Shorter Route Option - direct to the Castle from here, continue on the main road past the Boot & Shoe pubs and under the castle wall gateway

Heading into the Glan yr Afon car park and to the left, follow the coast path signs to walk alongside the river bank, into the fields until you come to a gate onto a single track lane.

Upon reaching the lane turn right and follow the road uphill to the crest turning right onto the main road and following the pavement down into Kidwelly, you can see the castle ahead of you

Carry on down the hill and cross straight over the road to walk into the castle car park where we will be finishing for today.

W3W Kidwelly Castle car park = yarn.meals.mural



