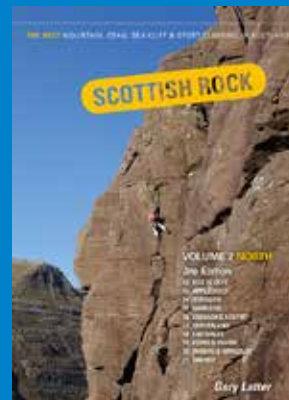


GOWER ROCK

SELECTED ROCK CLIMBS
2ND EDITION

STUART LLEWELLYN AND
MATT WOODFIELD



WWW.PESDAPRESS.COM

INTERNATIONAL
GRADE COMPARISON CHART

	UK ADJECTIVE	UK TECHNICAL	FRENCH	AMERICAN	AUSTRALIAN	UIAA *	
	Easy		F1	5.1	4	I	
				5.2	6	II	
	Moderate		F2+	5.3	8	III	
				5.4		III+	
Difficult	F3–			IV			
Severe	4a	F3	5.5	10	IV+		
HS	4b	F3+	5.6	12			
VS	4c	F4	5.7	14	V–		
			5.8	16	V		
HVS	5a	F5	5.9		V+		
					F5+		18
E1	5b	F6a	5.10b		VI+		
E2	5c	F6a+			5.10c		VII–
E3		F6b	5.10d	20	VII		
			F6b+	5.11a	21		VII+
		F6c	5.11b	22	VIII–		
E4	6a	F6c+	5.11c	23	VIII		
E5		F7a	5.11d				
		6b	F7a+	5.12a	25	VIII+	
F7b			5.12b	IX–			
E6		F7b+	5.12c	26	IX		
			F7c	5.12d			27
E7	6c	F7c+	5.13a	28	IX+		
		F8a	5.13b	29	X–		
E8	7a	F8a+	5.13c	30	X		
		F8b	5.13d	31	X+		
		7b	F8b+	5.14a	32	XI–	
			F8c	5.14b	33		
E9		F8c+	5.14c	34	XI		
E10		F9a	5.14d	35	XI+		
		F9a+	5.15a	36			

* Union Internationale des Associations d'Alpinisme

The UK trad grading system gives an adjective and a technical grade. The adjectival grade gives an idea of the overall difficulty, a measure of how sustained the climbing is and of how well protected it is. The technical grade is difficulty of the hardest move or short section on the climb.



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**SELECTED ROCK CLIMBS
2ND EDITION**

STUART LLEWELLYN & MATT WOODFIELD

Second Edition 2020

First published in Great Britain 2012 by Pesda Press

Tan y Coed Canol

Ceunant

Caernarfon

Gwynedd

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Maps – Bute Cartographic

Contains Ordnance Survey data © Crown copyright and database right 2012

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GOWER ROCK

Gower Rock aims to showcase the depth and quality of rock climbing on this wild, beautiful yet somewhat unknown peninsula. Whilst we love the tranquillity of the crags and the absence of queues, we also want to share this really rather special place with others. The area was longing for a modern guidebook for many years, you now hold the second edition in your hands, and we hope it will lead you into new and exciting places where adventure, challenge and excitement are all part of the experience.

This area contains a wide variety of climbing on an enticing array of venues. On some routes you can step straight off golden sands onto classic lines; in other cases you can wend your way across peaceful cliff-top paths before dropping into some pretty demanding terrain just a stone's throw from ice-cream-scoffing tourists and pastoral picnic spots.

After thumbing through the full colour topos and drooling over the inspirational photographs in this book, we hope that you'll be packing a rope and heading this way to spend some quality time on our cliffs and crags.

The magnificent areas of Fall Bay and Three Cliffs have enough classic routes to keep you busy on many visits to the peninsula. The sport crags of Southgate and Rhossili compliment and add variety to the well established hard routes at Rams Tor and Pwlldu. The selection of venues and climbs included in this guide will provide plenty of adventure for all climbers, among some of the best scenery in the UK. In a letter to his girlfriend, Swansea's poet son Dylan Thomas described Gower as: "GOWER is a very beautiful peninsula, some miles from this blowsy town... as a matter of fact it is one of the loveliest sea-coast stretches in the whole of Britain".

In 1956 the Gower peninsula was designated as the UK's first Area of Outstanding Natural Beauty (AONB). Any visitor to the area will see why: it is packed full of stunning beaches and welcoming villages, and provides

a breath-taking backdrop to numerous outdoor activities including surfing and paragliding. There are miles of fantastic coastal paths to walk along (a perfect way to explore the many treats of the peninsula) and copious amounts of climbing.

The spark that kicked this guidebook off came from the creation of a dozen topos for the BMC Gower Climbing Festival, which debuted in 2009. The aim of this event was to promote climbing on the peninsula, drawing climbers from all over the UK for one weekend in September to celebrate Gower climbing and raise money for local good causes.



📷 The first BMC Gower Climbing Festival.



ACKNOWLEDGEMENTS

Many individuals have contributed to the finished book you hold in your hands. A core collection of climbers have helped the two authors massively by providing feedback on the routes, topos and approaches and contributing to the contents of the book: to John Bullock, Stefan Doerr, Nik Goile, Tim Hoddy, Martin Kocsis, Simon Rawlinson, Simon Robinson and Steve 'Sparky' Warrington, thank you!

A handful of photographers deserve special praise for the exciting look of this guide, and we are very grateful to be allowed to use images from your collections. Gower now has a deserving modern guidebook full of inspirational imagery, a match for any other area in the UK. Our thanks must go to: Simon Rawlinson, Chris Allen, Carl Ryan and Wayne Tucker. Thank you to all who posed for the photos; we hope you like the shots as much as we do.

We must also thank those that kindly sat and read through the endless scripts which were the bare bones of the book, before the creation of this colourful and glossy sleek-finished guide: Becky Woodfield, Donna Carless, Gwyn Evans and Ben Tiffin.

Personal thanks from Stuart must go to Christopher Mathewson, who helped in the early stages of approach-

ing a publisher and the hours you spent guiding Stuart and the project.

We would also like to extend special thanks to Elfyn Jones (BMC) for assistance and guidance with the Access and Conservation notes, and Charles Romijn for his brilliantly drawn and entertaining cartoons. Our kind thanks also go to the following people for their various contributions and support: Berwyn Evans, David Garnett, Tom Hill, Tom Hutton, Tony Rees, Andy Sharp, Dave Sperring, Roy Thomas and the team that run the South Wales Climbing Wiki (swcw.org.uk).

A final word of thanks must go to our publisher Franco Ferrero for giving us this opportunity. You no longer have an excuse not to have experienced Gower Rock!

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USING THE GUIDE

This aim of this book is to be a modern selective guide, showcasing the best climbing Gower has to offer. It profiles the best on show for trad, sport, bouldering and even some deepwater solos. Where a crag has been included, the majority of routes have been described (unless they are of poor quality). This approach, akin to the recent trend of other guidebooks, is designed to make this a useful and practical guide to help people get out and climb.

All route information is presented in the following style:

1 Example Route **20m VS 4c**
FA A. Climber & A.N. Other 1982

The first line is route name, difficulty and length, with the number relating to the photo topo. Details of the first ascent team, and date climbed, are provided in the second line. Additional information to compliment the photo topo is then provided in the description; don't forget to read any notes about tides, access or descents.

GETTING THERE

The approach to each venue is described at the start of the chapter, and assumes use of the peninsula map on the inside cover of the book to help get you close.

Where the parking is not so obvious, each chapter has further details to help you find the intended spot. There is an accompanying approach map to get you from your car to the crag. Several of the areas can be reached by bus from the main bus station in Swansea.

OTHER GUIDEBOOKS

The guidebook team would like to acknowledge the efforts put in by all the climbers who have worked on documenting the climbing on the Gower peninsula over the years. From the very first guide book, Jeremy Talbot's 1970's *Gower Peninsula*, to the comprehensive guides produced by the South Wales Mountaineering Club (SWMC) and the Rockfax guide to South Wales. Thanks also need to go to the volunteers who run the *South Wales Climbing Wiki* (swcw.org.uk), a free online source of up to date information on climbs, including topos for most crags. Without these books and sites, and the information they contain, we wouldn't have climbed in this wonderful area and been able to document the routes for this guidebook.

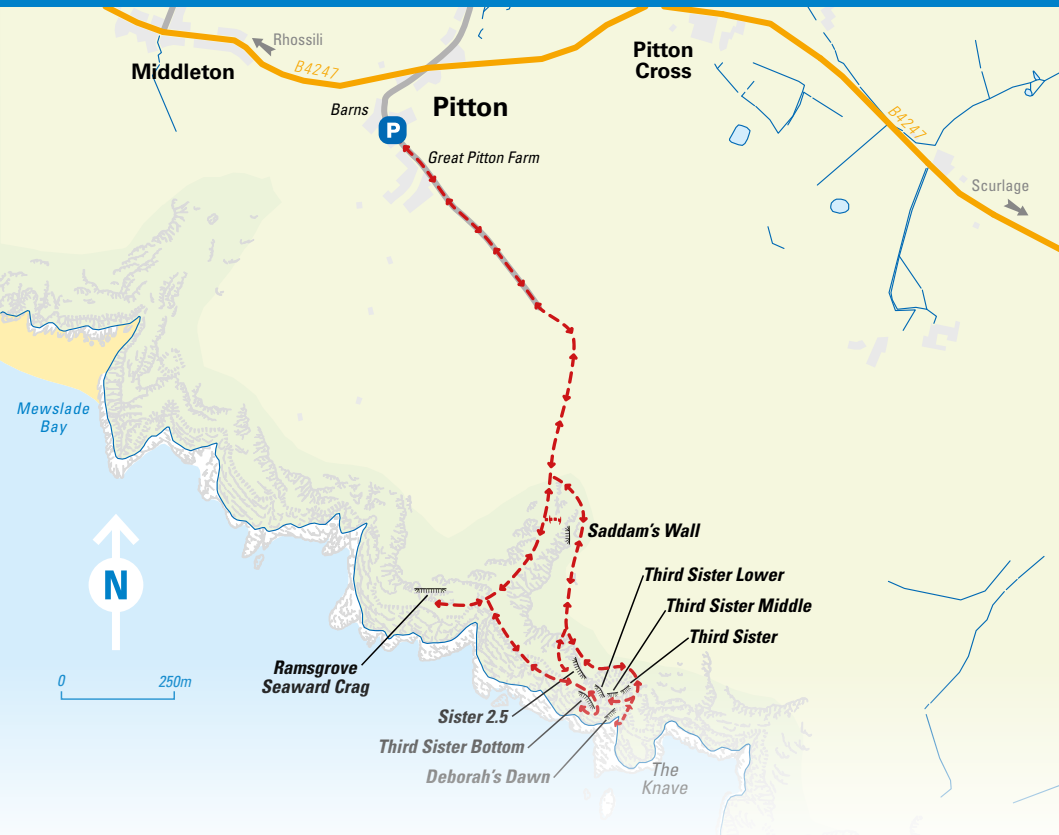


📖 A history of Gower climbing guides.



📷 Roy Thomas on the first ascent of Suriny Daze (F6b).

Photo: Carl Ryan.



RAMSGROVE

Tucked away in a secluded valley on Gower's most rugged stretch of coast, are a first-rate collection sport crags on some sunny, quick drying rock. This is a reliable area to head to for a day (or weekend) of sport climbing, with a wide variety of routes in the F5 – F7 range.

Approach: Turn off the road to Rhossili at Pitton and park in the farmer's field (fee). Follow the road uphill where it turns into a track through fields (muddy when wet!) that leads to a gate onto the coast path.

Saddam's Wall: Head down the valley for 35m until a vague path can be followed left across scree, under a buttress, and through some blackthorn. Make the small rock step and continue around to the base of the wall.

Rams Grove Seaward Crag: Walk down the valley to the rocky beach; the crag is on your right up the slope.

Sister Two and a Half: Turn left and follow the coast path up a hill and across a field to where a wide gully is reached. Follow this down and to the left for 100m to the crag.

Third Sister: Turn left and follow the coast path to a gate, go through this and head down the valley on the



📷 The Knave and Third Sister looking out to Worms Head.

Photo: Wayne Tucker.

other side. At the bottom of this is The Knave, a sharp rocky fin. Third Sister is on your right.

Third Sister Middle and Lower: Either head downhill from Third Sister, squeezing past the small fence, or more easily, head down and around to the left from Sister Two and a Half.

Third Sister Bottom: Found just below Third Sister Lower; scramble easily down the rib to the left to the large platform. It can be reached easily from Rams Grove by following the path around from the top of the beach.

Deborah's Zawn: Head downhill from Third Sister, with the obvious Knave in front of you, until this narrow tidal zawn can be accessed via a scramble.



📷 Please feed the parking attendant at the farm.



SADDAM'S WALL

This old quarry contains a few interesting routes that are best combined with a visit to one of the other crags nearby. The rock is of good quality and beautifully waterworn, worth the fight through jungle to get to it.

[SS 430 867](#)

Aspect: W

1 Chemical Ali 15m F4

FA Roy Thomas & Goi Ashmore Feb 2019

An easier route up the left edge of the wall, moving right finish.

2 Barzan Lost His Head 15m F6a

FA Roy Thomas & Tim Hoddy 2 January 2019

The crack and wall left of the overgrown groove.

3 Al Tikrit 18m F6b+

FA Gary Gibson & Roy Thomas 2018

The overlapping wall right of the ivy.

4 Sunni Daze 20m F6b

FA Roy Thomas & Tim Hoddy 25 November 2018

The right side of the pillar. Climb direct above the short crack pulling over a series of short roofs to finish out right.

5 Comical Ali 20m E1 5a

FA Roy Thomas & Goi Ashmore 18 October 2018

A bold trad route that climbs the crack line on the far right of the crag. The low crux can be protected by very small wires.



RAMSGROVE SEAWARD CRAG

This south-facing wall may not have the best rock or routes around, but it is in a stunning little spot. Quick to dry and climbable all year, the only thing to watch out for is a bit of loose rock, so climb with care.

SS 428 865

Aspect: S

1 Phelan Man 20m F6b

FA Gary Gibson & Roy Thomas February 2018

A straightforward start steepens to a technical finish.

2 Grainger Man 20m F6a+

FA Gary Gibson & Roy Thomas February 2018

A good route with some pleasantly sustained climbing after the initial technical overlap.

3 The Peacock Guys 23m F6b

FA Gary Gibson & Roy Thomas February 2018

Some tricky climbing though the overlaps above the groove.

4 Mano a Mano 21m F6c

FA Gary Gibson & Roy Thomas February 2018

Good technical climbing with a hard crux though the overlap.

5 Man Up 21m F6a+

FA Gary Gibson & Roy Thomas February 2018

Pleasant sustained climbing up the wall.

6 Man Down 25m F6b

FA Gary Gibson & Roy Thomas February 2018

Good technical climbing down low leads to a steep finish on jugs.

7 Oh Man 24m F6c+

FA Gary Gibson & Roy Thomas February 2018

A great route which is hard in the middle but juggy at the top.



📷 Matt Woodfield on Grainger Man (F6a+).
Photo: Mikaela Toczek.

8 Play The Pink Oboe

24m F6a+

FA Roy Thomas & Gary Gibson February 2018

Enjoyable climbing on good holds leads to a steep finish.

9 Ram Raiders

24m F6b

FA Roy Thomas & Gary Gibson February 2018

A very good route that's technical to start and juggy to finish.

10 Ram Bam Thank Ewe Lamb

24m F6a

FA Roy Thomas & Gary Gibson February 2018

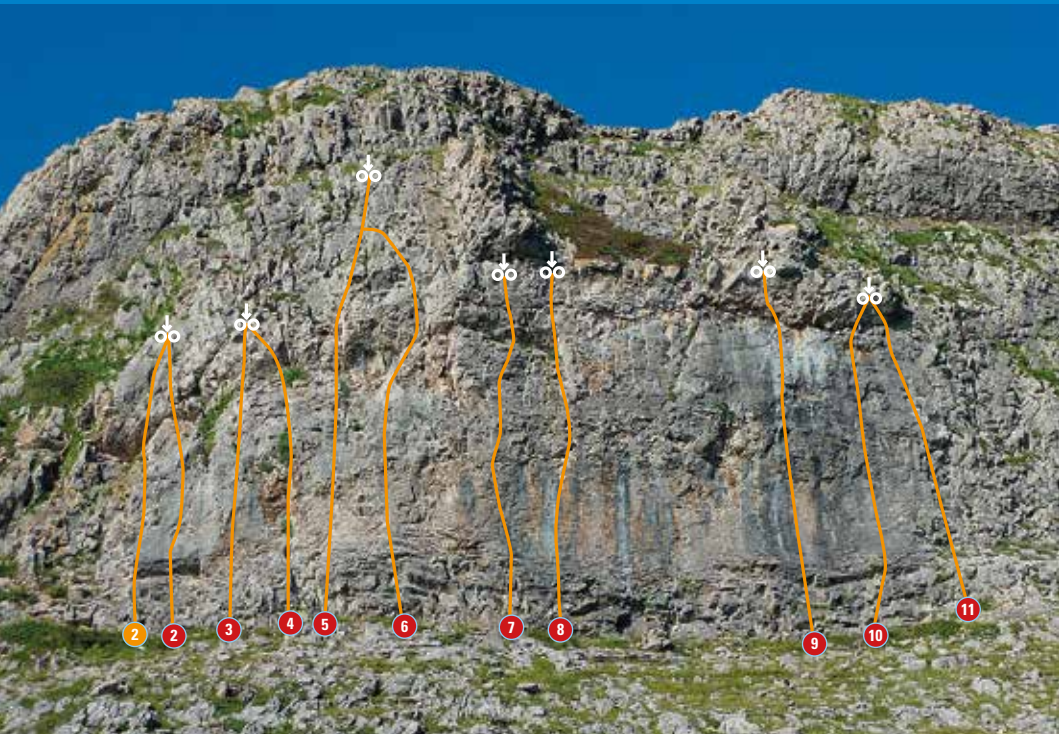
Gain the faint crack gives a tough start, but things ease above.

11 Blowing The Horn

24m F6a

FA Roy Thomas & Gary Gibson February 2018

The steep wall leads to the finish of [Ram Bam Thank Ewe Lamb](#).



SISTER TWO AND A HALF

A compact south facing wall that, like most crags in this area, dries fast and doesn't suffer seepage. The routes are characterised by technical wall or slab to start, then a small overhang to finish.

[SS 431 864](#)

Aspect: S

1 Eat My Shorts 12m F5

FA Gary Gibson & Hazel Gibson 2018

Pleasant steady climbing on the far left.

2 Rikes Raggy 12m F6a

FA Gary Gibson & Hazel Gibson 2018

Interesting climbing up the wall.

3 Howdy Partner 12m F6a

FA Gary Gibson & Hazel Gibson 2018

A steep start leads you up to a belay out of sight.

4 They Killed Kenny 12m F6a+

FA Gary Gibson & Hazel Gibson 2018

Follow the crack, move left to finish.

5 Suffering Succotash 18m F6b

FA Gary Gibson & Hazel Gibson 2018

Climb the wall with some spicy moves lower down, heading for a slim groove up high.

6 Ridiculous is the Burden of Genius 18m F6b+

FA Gary Gibson & Hazel Gibson 2018

Steady climbing leads you to the overlap where the difficulty increases above.

7 What's up Doc 12m F6c

FA Gary Gibson & Hazel Gibson 2018

Off-balance climbing.

Area	Crag	Walk in (min)	Tidal	Restrictions	Position	Sun
Rhossili	Shipwreck Cove	15	Tidal		Sheltered	pm
	Castaway Cove	15	Tidal		Sheltered	am
	Mermaid Wall	15	Tidal		Sheltered	pm
	Trial Wall	10	Non-tidal	Birds	Sheltered	pm
	Retribution Wall	10	Non-tidal		Sheltered	pm
	Wedge Wall	10	Non-tidal		Sheltered	pm
	Sheepbone Wall	10	Tidal		Sheltered	pm
	Black Buttress	15	Non-tidal		Sheltered	pm
	Calcite Bay	15	Non-tidal		Sheltered	pm
	Platform Area	15	Tidal		Sheltered	pm
	Poser Buttress	15	Tidal		Sheltered	pm
	Sinners Walls	20	Non-tidal			pm
	Carbon Slab	20	Non-tidal			pm
Fall Bay	Lewes Castle	10	Non-tidal		Windy	pm
	Lewes Castle East	10	Non-tidal			All day
	King Wall	10	Tidal			All day
	Giant's Cave	10	Tidal			All day
	Yellow Wall	15	Tidal	Birds	Sheltered	am
Mewslade	Jacky's Tor	25	Semi-tidal			All day
	Upper Jacky's Tor	20	Non-tidal		Sheltered	am
	Block Buttress	20	Tidal			All day
	Catacomb Gully	20	Non-tidal		Sheltered	All day
	Thurba Head	25	Tidal			All day
Ramsgrove	Saddam's Wall	20	Non-tidal		Sheltered	pm
	Ramsgrove Seaward Crag	25	Non-tidal			All day
	Sister Two and a Half	30	Non-tidal			All day
	Third Sister	35	Non-tidal		Windy	Most of the day
	Third Sister Bottom	35	Non-tidal			All day
	Third Sister Lower	35	Non-tidal			All day
	Third Sister Middle	35	Non-tidal			All day
	Deborah's Zawn	40	Tidal		Sheltered	am
Paviland Valley	Freeluncher's Zawn	25	Semi-tidal		Sheltered	Midday
	Zulu Zawn	25	Tidal		Sheltered	Midday
	Paviland	25	Non-tidal			All day
	Juniper Wall	25	Non-tidal			Most of the day
Port Eynon	Easter Buttress	45	Tidal			All day
	White Pillar	45	Semi-tidal			All day
	Boiler Slab	25	Non-tidal		Windy	All day
Oxwich	Oxwich in the Woods	10	Tidal (approach)		Sheltered	Never
Tor Bay	Little Tor	15	Tidal			All day
	Little Star Wall	15	Tidal			All day
	Great Tor	20	Non-tidal			All day
	Odin's Wall	15	Tidal		Sheltered	All day
Three Cliffs Bay	Three Cliffs	25	Tidal			All day
	Pobbles	25	Tidal		Sheltered	All day
	Pobbles East	25	Tidal		Sheltered	All day
Southgate	Watch House Slab	10	Non-tidal		Sheltered	pm
	Watch House East	10	Semi-tidal		Sheltered	pm
	Foxhole Cove	10	Non-tidal		Sheltered	All day
	Minchin Hole	15	Non-tidal		Sheltered	Hardly ever
	Bowen's Parlour	15	Semi-tidal		Sheltered	All day
Pennard	Lower Pennard	15	Non-tidal			All day
	Uppper Pennard	15	Non-tidal		Sheltered	am
	High Pennard	15	Non-tidal			pm
Pwlldu	Pwlldu	30	Non-tidal			am
Mumbles	Crab Island	10	Tidal			pm
	Rams Tor	10	Semi-tidal			pm

<S	<F3	<HVS	<F5+	<E3	<F6c	E4 >	F6c+&>
Trad	Sport	Trad	Sport	Trad	Sport	Trad	Sport
					6		12
		3			10		2
		26			12		
				2			9
		3	2		1		
		4			1		
8		6		1			
		1	4		6		2
		4			5		
		3					
		2		3			
		3			13		3
		3			5		
		6		4		1	
1		5		2			
4		7					
1		2		3		7	
				6		6	
2		3		2		4	
		6		1			
1		3		3			
3		4		5		2	
1				4		4	
		1		2	3		
					10		
		1		8		3	
		1		4		4	
		3		8		1	
		6		3			
		3		5		4	
				1	1		11
		1		11			
							2
		4		3			
		8		3		1	
3		3					
3		1		1			
4		8		3			
					19		6
7		1					
4		1		1			
1							
2		4					
11		8					
5		1					
5		4					
	1		3		5		3
			1		3		6
	1		10		4		13
			2		4		
			2		14		5
3		4		2			
				4		2	
		2		7			
			2		12		11
2		10		1			
							12

STUART LLEWELLYN

Stu is Swansea born and bred, an engineer, adventurer and rock climber. Back in 2009 he kicked off the first Gower Climbing Festival, leading to the creation of this very guide.

Since the first edition, he's spent most of his time overseas, exploring and having adventures over seven continents. Volunteering in rural communities in Latin America, in Nicaragua supporting access to clean water and in Peru providing renewable electricity with Engineers without Borders.

To read about some of the adventures and see how you can support the organisations visit www.citizenenu.co



Stuart Llewellyn (left) and Matt Woodfield (right).

MATT WOODFIELD

Matt is a mountaineering and climbing instructor who works locally; teaching, instructing and taking people on adventures. When he is not running climbing or walking skills courses through his business Outdoor Matters, he is being a dad, going climbing or out on adventures or, most likely, combining the two.

He enjoys nothing more than getting out on rock with people and helping them develop their skills, confidence and experience. To find out what he can offer you go to www.outdoor-matters.co.uk

**RHOSSILI
FALL BAY
MEWSLADE
RAMSGROVE
PAVILAND VALLEY
PORT EYNON**

FEATURING:

- Trad routes from Dif to E8
- Single pitch sport venues
- Beach-side bouldering
- Full colour photo topos
- Scale area maps, highlighting the approaches

**OXWICH
TOR BAY
THREE CLIFFS BAY
SOUTHGATE
PENNARD
PWLLDU
MUMBLES**

NEW IN THE 2ND EDITION:

- Fully revised and updated
- 14 new crags
- 208 new (mostly sport) routes
- 23 new full colour photo topos
- 1 new area map, highlighting the approaches

GOWER ROCK

SELECTED ROCK CLIMBS
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Gower offers a wide variety of climbing on an enticing array of venues. On some routes you can step straight off golden sands onto classic lines; in other cases you can wend your way across peaceful cliff-top paths before dropping into some pretty demanding terrain just a stone's throw from ice-cream-scoffing tourists and pastoral picnic spots.

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Photo: Matt Woodfield.