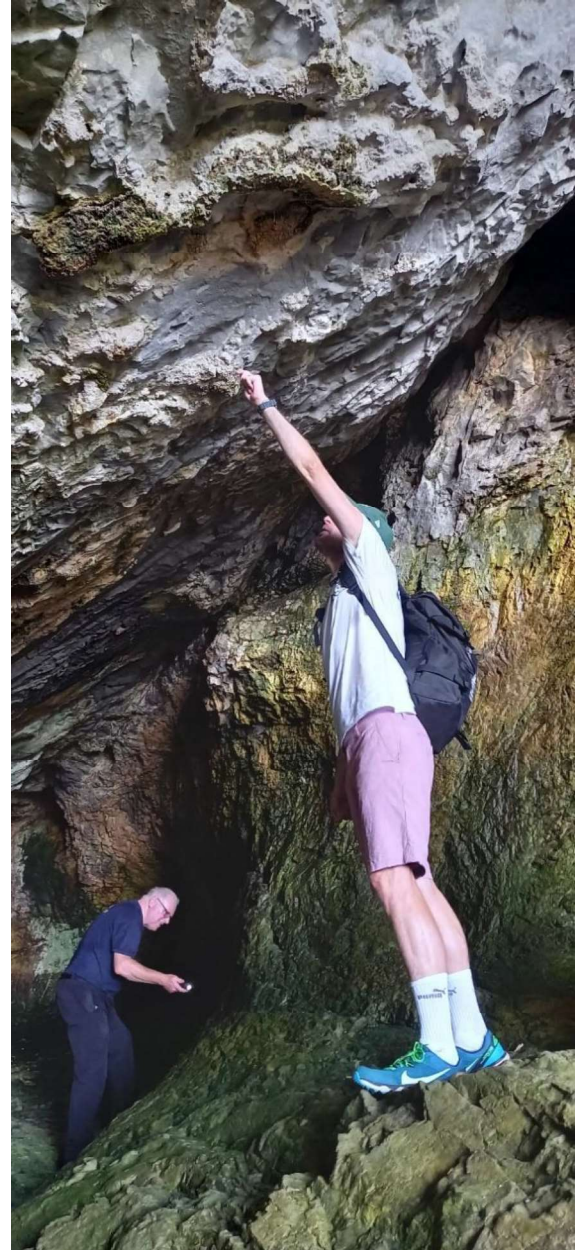


Funded by
UK Government



Wedi ei ariannu gan
Llywodraeth y DU

Red Lady Project & Visitor Trail



Tel: 01792 371 441

info@tourismswanseabay.co.uk

Information Centre:

Gower Heritage Centre, Parkmill,
Gower SA3 2EH

WEDI'I YRRU GAN

FFYNIANT

POWERED BY

LEVELLING

Paviland Cave, like many of Gower's bone caves, can be very dangerous to access without professional guidance; the main access point on foot is only accessible with a very low tide and involves a strenuous walk down a steep valley and up a rocky outcrop. While visiting sites themselves can be a worthwhile experience, it is worth considering other ways to engage with the Red Lady's story, though visiting sites that can create hands-on prehistoric experiences.



@WaywardPilgrimCrafts runs craft workshops using prehistoric tools.

On 22nd June 2024, Tourism Swansea Bay ran the first Red Lady Festival, at the Gower Heritage Centre, which included talks, music, guided walks of local prehistoric sites and workshops and demonstrations in prehistoric tool-use, stone and bone carving, copper-smithing. We have found that these hands-on experiences can also give a deep sense of connection to people in the past.



Prehistoric Vegetarian "Hedge Burger" made with foraged greens and mushrooms, served with neolithic cheese, barley bread and honey. *A Taste of Times Past* runs cooking and baking workshops, immersing people in local heritage through food.



InspireU Studios, who made this Paviland Cave display at the Gower Heritage Centre, run children's educational and wellbeing activities centered around the history and prehistory of the local area

The following walks were designed by Helen Nicholas of Gower Unearthed. We recommend having a local guide to have the safest and most enriching experience of these sites - contact gowerunearthed@gmail.com

Port Eynon to Paviland (Yellow Top)

Moderate walk with some technical paths.

The walk begins at Port Eynon walking along the beach past the red ochre seams (a probable source of the ochre for the Red Lady burial?) and fossilised forest towards the sixteenth century Salthouse and Skysea. From Skysea you can make a short and sharp ascent up the quarry to give spectacular views walking towards Overton mere. After a steep descent you can sweep round Overton mere and take the little coastal path to Long Hole; along the paths here are some interesting flora and fauna. A climb up to Long Hole Cave is a perfect place to begin to immerse yourself in stories and landscape of Gower's bone caves. From this point you are less likely to see other walkers and can contemplate how Gower would have appeared and been experienced in the Palaeolithic, setting the scene for Paviland. Goat Hole, where the Red Lady was discovered, is only accessible when there is a low tide, and we advise against making the journey without an experienced guide.

Parkmill and Green Cwm (Giant's Grave, Cat Hole Cave & Tooth Cave)

An easy flat walk of approximately 3 miles taking 2 hours.

Starting at the Gower Heritage Centre, there is a chance to walk into an extraordinary ritual landscape including a Severn Cotswold neolithic tomb, some fascinating caves, including prehistoric burials (neolithic and bronze age) and a Mesolithic cave painting.

North Gower

Strenuous walk

A North Gower walk from Llanmadoc to Whitford beach walking a direct path under the shadow of North Hill tor and a fascinating bone cave and round to Broughton to Spiritail cave where we will discuss the finds from this cave before walking towards the cave of the three chimneys where we will talk about the significant finds from this important cave and we can begin to piece together the huge significance of the bone caves of Gower.

