



Rest Bay to Kenfig Nature Reserve

Watch the world go by with fantastic views over the Severn Estuary and over to Bristol and North Devon.

"Shortly after leaving Rest Bay the coastline really opens out to a rocky shoreline where you can often see busy oystercatchers and other wading birds working their way along the coastline. From here there is great views across the Bristol Channel and across to the North Devon Coast."

TRICIA COTTNAM, WALES COAST PATH OFFICER

Start and Finish:

Rest Bay car park to Kenfig Nature Reserve Visitor Centre.

Distance:

3 miles/5km.

Along the way...

This beautiful beachfront walk takes in shipwrecks, dunes packed with wildlife and bucketfuls of golden sand. From the car park at Rest Bay, follow the Coast Path west. To your left is a long sandy beach, while to your right are the greens of Royal Porthcawl Golf Club, one of the UK's most celebrated links venues.

At the end of the beach is rugged Sker Point, a rocky headland with fantastic views across Swansea Bay. In 1947 it was the scene of a famous shipwreck, when the steamer Samtampa was driven onto the rocks by a storm with the loss of the entire crew.

At Sker Point you can take a short detour from the path for a closer look at Sker House. It served as inspiration for R.D. Blackmore's novel *The Maid of Sker* and is haunted by a number of ghosts, according to local legend.

On the far side of Sker Point, the Coast Path continues between Kenfig Sands beach and Kenfig Burrows. This large area of rolling dunes is a National Nature Reserve, known for its colourful orchids and varied insect population. Just after you pass the spit of sea rock known as Gwely'r Misgl, turn right from the Coast Path through the dunes to the Kenfig Nature Reserve Visitor Centre.

You can either retrace your steps for your return journey or there is a limited bus service (number 265) to and from the nature reserve. For times and locations, see timetable: <https://bustimes.org/services/265-kenfig-hill-porthcawl-comprehensive-school-3>.

Need to know:

There are car parks, public toilets and bus stops at both ends of the walk. There's a good choice of places to eat and drink in nearby Porthcawl.