

ST NINIAN'S CAVE

- Wooded glen and pebbly beach walk**
- Length 3.3km/2 miles (return)**
- Allow 1 hour**
- Track/woodland path, pebble beach**
- Moderate**
- Boots or stout shoes recommended**
- Check local tide times**

PARKING The car park for this route is located to the left side of the minor road just before Kidsdale Farm (Grid reference NX433366). There is an honesty box for parking fees alongside the information board.

START at the car park and follow the direction sign for St Ninian's Cave. In the wooded glen the path forks, then re-joins. Follow the burnside path to the pebbles of Port Castle Bay. Turn right at the sign for St Ninian's Cave, look along the beach and you will see the cave entrance. This cave was, by tradition, the retreat of St Ninian, who brought Christianity to Scotland in the mid 5th century. He was said to have travelled from his church at Whithorn to be alone here with his thoughts and prayers.

During spring please be vigilant for ground nesting birds, such as oystercatchers, which often nest on the beach. Enjoy the variety of wildflowers, such as spring squill, sea campion, buck's horn plantain, scurvy grass, thrift and primrose. Physgill Glen presents a beautiful display of bluebells and is a delightful approach to the drama of Port Castle Bay.



Map © Crown Copyright and Database right 2013. All rights reserved.
Ordnance Survey licence 100016994