33. South Gower Coast: Sedger’s Bank
Port Eynon, Gower

Description: Rocky foreshore, beach, and relict sand dune grassland. Sedger’s Bank makes up a large part of the most western edge of Port Eynon Bay and the entirety of the nature reserve can only be seen on the lowest tides of the year.

The only area of the reserve which is above high water mark is made up of a small storm beach surmounted by a relict sand dune upon which Sea Bindweed (6-8), Rest Harrow (6-9), and Sea Spurge (7-10) grow.

The rest of the nature reserve is frequently covered by sea water depending on the height of the tide in the cycle between springs and neaps, and the limestone rocks provide shelter for the full range of rocky shore life including Barnacle, Mussel, Whelk, and Beadlet Anemone, together with Serrated Wrack and with a variety of red algae such as Coral Weed. The whole site is fringed at its lowest point by a forest of kelp, dominated by Oarweed.

The reserve serves as a roosting place for Purple Sandpiper and Shags at near high tide in winter, and is also a site where Grey Seal haul out.

Management Objectives: Monitor for any marine pollution incidents.
Good times to visit - At low tide to view sublittoral animals and plants

- Apr - Jun: Spring shore flowers
- May - Jul: Summer shore breeding birds
- Sept - Mar: Winter migratory shore birds and Grey Seals
- At low tide: Rocky sea shore life