An excerpt from "Of Tuor and the Fall of Gondolin" in The Silmarillion

But when Tuor had lived thus in solitude as an outlaw for four years, Ulmo set it in his heart to depart from the land of his fathers, for he had chosen Tuor as the instrument of his designs; and leaving once more the caves of Androth he went westwards across Dor-lómin, and found Annon-in-Gelydh, the Gate of the Noldor, which the people of Turgon built when they dwelt in Nevrast long years before. Thence a dark tunnel led beneath the mountains, and issued into Cirith Ninniach, the Rainbow Cleft, through which a turbulent water ran towards the western sea. Thus it was that Tuor's flight from Hithlum was marked by neither Man nor Orc, and no knowledge of it came to the ears of Morgoth.

And Tuor came into Nevrast, and looking upon Belegaer the Great Sea he was enamoured of it, and the sound of it and the longing for it were ever in his heart and ear, and an unquiet was on him that took him at last into the depths of the realms of Ulmo. Then he dwelt in Nevrast alone, and the summer of that year passed, and the doom of Nargothrond drew near; but when the autumn came he saw seven great swans flying south, and he knew them for a sign that he had tarried overlong, and he followed their flight along the shores of the sea. Thus he came at length to the deserted halls of Vinyamar beneath Mount Taras, and he entered in, and found there the shield and hauberk, and the sword and helm, that Turgon had left there by the command of Ulmo long before; and he arrayed himself in those arms, and went down to the shore. But there came a great storm out of the west, and out of that storm Ulmo the Lord of Waters arose in majesty and spoke to Tuor as he stood beside the sea. And Ulmo bade him depart from that place and seek out the hidden kingdom of Gondolin; and he gave Tuor a great cloak, to mantle him in shadow from the eyes of his enemies.