

# Gower Cycling Festival

## Route description for the Cefn Bryn ride



This anti-clockwise circuit starts at the Heritage Centre (GR 544893). It takes you over the Cefn Bryn ridge from which there are splendid views in all directions. At the top you can visit King Arthur's stone: a 5 minute walk from the road. (Point **b** on the map.) Lunch can be obtained in the King Arthur Hotel in Reynoldston. You pass another megalithic monument near the start: the prehistoric burial chamber in Green Cwm.

(a) [1.8], etc, are stages and stage distances in miles. "D" is cumulative distance to end of stage.

	Description	D
(a) [1.8]	Cross the stream by the Heritage Centre and follow the road until the surfacing ends. Here bear right through the kissing gate (room for bikes) and follow Green Cwm to the B4271. The megalithic burial site is on your left 200m beyond the kissing gate.	1.8
(b) [3.0]	Climb west (B4271) out of the valley and bear left at the first junction. Here a straight uphill mile takes you to the top of the Cefn Bryn ridge. King Arthur's stone is 1/4 mile from the road across the heath to your right. (No sign, just a rough path.)	4.8
(c) [1.9]	Descend to Reynoldston, turning right at the junction before the village. (The King Arthur Hotel is on the left just past this junction.) This quiet road skirts the flank of Cefn Bryn, first up and then down; turn left after wiggles to cross the valley to a T junction.	6.7
(d) [2.0]	Left at the T then follow this wiggly but generally flat road until it joins the A4118.	8.7
(e) [5.3]	Left on to the A4118, up the hill through Knelston and straight on back to the Heritage Centre. Enjoy but take care on the long freewheel (30mph+) down from Penmaen.	14.0