

Gower Cycling Festival

15-22 September 2012

Introduction

This document provides information for intending participants. Following a mention of Gower attractions visited by some of the rides information about how to get here and a few things you need to know about the cycling are provided. The rides programme and a map showing the routes are on separate downloads

Gower attractions

These are described clockwise round the Peninsula. In addition to the specific sites mentioned there is a wealth of interest in the Gower ranging from its flowers and bird life through its geology and caves (you might take time to visit “Cat Hole” in SW Gower, famous for the “Red Lady”) to prehistoric hill forts.

Mumbles. Suffice it to note that this is a well known resort with lots of pubs, cafés and small shops. There is also the Castle. You get the first glimpse of the rugged Gower coast from Mumbles Head .

Rides 1, 14 and 18 take you to or through Mumbles.

Three Cliffs Bay. This gem on the South Gower Coast is famous for its three limestone outcrops with the arch under them. On **Ride/walk 20** we walk down the valley shown in the picture, through the arch (off the picture to the left) and then, after lunch, back past Pennard Castle from where the photo is taken.

Parc-le-Breos Tomb. This is a megalithic tomb in ‘Green Cwm’ which you will pass on **Rides 2, 4, 5, 7 and 20**.

Ilston Church. This 12th Century church tucked away in the heart of the Gower is worth a visit. This should be possible on **Ride 20** on the way home.

King Arthur’s Stone. Another megalithic tomb, but quite different from that in Green Cwm. Marvel how the stone got where it is! It is located on the Cefn Bryn ridge above Reynoldston. **Rides 4 and 5** visit it.



The Penrice Yew. The old yew tree in the graveyard by the 12th Century church makes a break on the climb up from Oxwich on **Ride 7**. The murdered Mary’s tomb is on the left near church entrance.

Rhossili Down and Beach. The highest point in the Gower (193m) is on Rhossili Down and if you are not too knackered **Ride 22** will take you over it. Hang gliding started here The beach is well known for its surfing and **Ride 19** follows a path above this beach.

Weobley Castle and the Marshes. This 14th century castle is situated on the North Gower coast with a commanding view over the Marshes. **Rides 7 and 19** pass close by.

Access

From Swansea City Centre

The Festival launch at Ripples Café is on the sea front halfway between Blackpill and Mumbles. Cycle access to it from the City Centre is along the foreshore path.

The Railway Inn, where several of the rides start, is two miles up the Clyne Valley path (NCR 4) from Blackpill. This is a direct route for cyclists. Road access from the City Centre is via Sketty. The Railway Inn is on the S. side of the A4118 at the low point between Killay and Upper Killay.

The Gower Heritage Centre, another start point for several rides, is on the S. Gower Road (A4118) eight miles from the City Centre. There is no cycle path to it.

By train

There is an hourly train service from London (half hourly from Cardiff) to Swansea. Bikes can be taken; reservation recommended but most people don't bother. (Space for six bikes on the London trains.)

Blackpill is five miles from Swansea Station and Mumbles seven. There are train services to Gowerton from the east via Swansea Station and from the west via Llanelli. NCR 4 passes close to Gowerton Station from where it is three miles (south along NCR 4) to the Railway Inn.

Car parking

There is limited (free) parking by the Railway Inn. If it is nearly full please use alternative parking nearby to leave space for customers. The alternatives are: 1) Ample free parking at the Dunvant Rugby Football Club which is half a mile up the cycle path (north) from the Railway Inn on the east side.

Access by road is from Broadacre (The RFC is sign posted.) 2) Free parking in the Dunvant car park on the west side of the path. (One mile up the path from the Railway Inn.) There is also pay-and-display parking at Blackpill (by the Clyne Valley path but accessed from Derwyn Fawr Road).

About the cycling

Clothing

No special kit is needed for cycling; wear whatever you find comfortable. Bright clothing to make you visible is however recommended for safety reasons, and do bring rainwear.

For the bike [E] = essential; [R] = recommended.

- Bike lock [E]
- Bike pump [E]
- Spare inner tube [E]
- Tools (tyre levers, spanners, alun keys) [E]
- Puncture repair kit [R]
- A bell or pinger [R]
- Lights [R]

On the rides

Before you start check that your bike is road worthy: brakes adjusted, tyres inflated, etc.

Keep a safe distance from the person in front and avoid sharp braking (unless you have to).

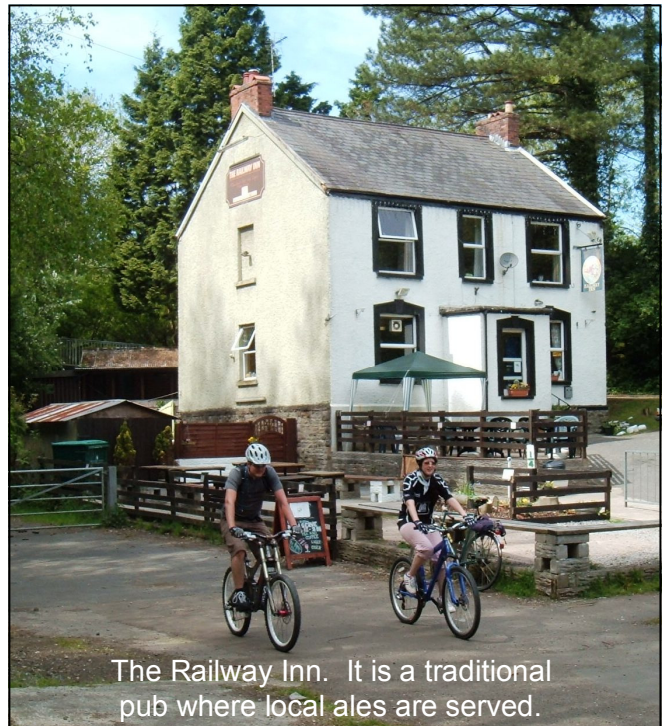
Keep behind the leader and if you decide to leave the ride let him or her know.

Many of the Gower lanes are narrow with blind corners, so take particular care here. Also look out for horses, cattle, sheep and the Gower wild ponies. On the cycle paths look out for oncoming cyclists. Make pedestrians aware of your approach and give children and dogs a wide berth.

Children under 16 must be accompanied by an adult.

Disclaimer

Wheelrights can accept no liability for loss or injury incurred during the Festival.



The Railway Inn. It is a traditional pub where local ales are served.