

Gower Cycling Festival (15-22 September 2012) – Programme

To be read in conjunction with the route map which shows the rides. There is car parking near all the start/finish points. [C] = Café; [S] = Shop; [T] = Public toilet. They are as follows:

Blackpill Xing: N. side of Toucan, Swansea SA3 5AS (GR 6118908);
Dunvant RFC, Killay SA2 7RU (GR 593932);
Gower Heritage Centre, Parkmill SA3 2EH (GR 544893) [C,S,T]
Railway Inn, Killay SA2 7DS (GR 598924);
Ripples Café, Mumbles SA3 5AA (GR 614891)
Sail Bridge, SA1 1RE (GR 662929);

Note. This programme is provisional. Check it from time to time for updates.

Note: The two rides marked [CTC ride] are also local CTC rides so are free for CTC members..

Saturday 15th September

Festival Launch 10.30 Ripples Café

Opening by Byron Davies AM

1 Family Fun Ride round the Bay

11.00 Ripples Café

An easy ride on the cycle path around Swansea Bay visiting some features on the way. With refreshment stops and the beach there is fun for all.

Gentle; 5 miles; 2 hours; leader: Nick Guy

2 A Gower Taster

11.00 Ripples Café

A circular route on cycle paths and quiet North Gower roads. Stunning views over the salt marshes. Lunch: *Greyhound*, Oldwalls, returning via the picturesque Green Cwm.

Moderate; 25 miles; all day; leader: David Naylor

3 Gower Combine

11.00 Ripples Café

A mountain bike and part road ride. Out via Clyne Common, Bishopston Valley and Pwlldu. Lunch at the Heritage Centre, then up Cefn Bryn with great views and back to Blackpill.

Challenging; 30 miles; All day; leader: Rob W.

Sunday 16th September

4 Cefn Bryn (road)

10.00 Gower Heritage Centre

A circuit round Cefn Bryn and back over it to visit King Arthur's stone. Great views. Partly on a traffic free path. Back 1.00ish for H. C. BBQ.

Moderate; 14 miles; half day; leader: David Naylor.

5 Cefn Bryn (MTB)

10.00 Gower Heritage Centre

For mountain bike novices. A ride through the heart of Gower's ancient history with a character building climb which will reveal great views and include a visit to King Arthur's stone. Back 1.00ish for H. C. BBQ.

Moderate; 12 miles; half day; leader: Claudine C.

6 Carreg Cennen Castle [CTC ride]

10.00 Railway Inn

A ride on cycle tracks and minor roads up one side of the Loughor Valley and back the other. Some undulations will warm you up for the climb up to the Castle for lunch. Magnificent scenery.

Challenging; 48 miles; all day; leader: Phil Jones.

Monday 17th September

7 A Gower Traverse

10.00 Gower Heritage Centre

A route of contrasts exploring the differences between north and south Gower. We'll visit Penrice Church with its old yew and the tomb of the murdered Mary. Lunch at the *Greyhound*, Oldwalls.

Moderate; 22 miles; all day; leader: Don Ashman.

8 Glyncorrwg

10.00 Sail Bridge

East from Swansea, through Neath and over on to the Afan Valley cycle paths. Lunch: Mountain Centre. Visit the Cwm Afan 'Portrait Bench' on the way back.

Challenging; 40 miles; all day; leader: Colin Birch

9 A Folk evening ride

17.45 Railway Inn

A flat ride up the Clyne Valley for music and song at the Loughor Boat Club. (Bring Lights for the return.)

Gentle; 9 miles; evening; leader: Colin Fielder.

Tuesday 18th September

10 City Heights

10.00 Blackpill Xing

Make the most of Swansea's terrain! Go for our hills and you will be rewarded with spectacular views and a whole new perspective on Swansea. Any bike but low gears or strong legs needed. Lunch: Woodman.

Challenging; 20 miles; half day; leader: Claudine C.

11 BikeAbility Wales

10:00 Dunvant RFC

A gentle ride along the Clyne Valley for both the able and disabled featuring a variety of specialist bikes. Refreshments at the Blackpill Lido by the beach.

Gentle; 4 miles; half day; leader: Mike Cherry.

Wednesday 19th September

12 North Gower Circuit

11:00 [Railway Inn](#)

A clockwise circuit getting the climb out of the way near the start. Views to the west on the gentle descent to Llanrhidian for lunch, then the Marsh road with views across the Loughor estuary and back along NCR 4.

Moderate; 18 miles; all day; leader: David Naylor

13 Swiss Valley [CTC ride]

10.00 [Railway Inn](#)

A climb up to the north on quiet roads and then down for lunch in *Caffi Cynnes* in Pontyberem. Then up to NCR 47, down the Swiss Valley to the Millenium path and a flat ride home.

Challenging; 42 miles; all day; leader: Martin Brain

14 Mumbles Mile

17.45 [Ripples Café](#)

Up and over through the back lanes of Mumbles, then down to the Head and saunter back along the foreshore, stopping for a pint or two along the way.

Gentle; 6 miles; evening; leader: Claudine Conway

Thursday 20th September

15 Penclacwydd (Sustrans Fresh Air Miles)

10.00 [Railway Inn](#)

A flat ride up NCR 4 to Penclacwydd Wild Fowl Centre with time to explore it (There is an entry charge.) and have lunch. On way back visit the Ddol Farm vineyard near Duvant.

Gentle; 15 miles; all day; leader: Nick Guy.

16 Big road ride

10.00 [Blackpill Xing](#)

A mystery route, chosen to suit the conditions of the day. Likely to include a major climb. All-tarmac: skinny-tyre and cleat-friendly!

Challenging; 70-80 miles; all day; leader: Claudine C.

17 Copperopolis

17.45 [Sail Bridge](#)

An easy ride up the lower Swansea Valley to explore its industrial heritage.

Gentle; 6 miles; evening; leader: Nick Guy

Friday 21st September

18 Mumbles and Clyne Gardens

10.00 [Ripples Café](#)

Along the foreshore, round Mumbles Head and through Langland and West Cross to the Mayals where we will dally in the lovely Clyne Gardens. Lunch: Ripples or ?

Gentle; 8 miles; half day; leader: Colin Fielder

19 Grand Gower Circuit

10.00 [Railway Inn](#)

A clockwise circuit: cycle path to Blackpill and then a mixture of main and minor roads to Rhossili. A bridle way with views of Worm's Head takes us to Hill End for lunch. Then something unusual! Back on N. Gower.

Challenging; 38 miles; all day; leader: David Naylor

The Festival Party

19.00 [Gower Heritage Centre](#)

Music and song. (And if we're lucky some of the GHC's home brew cider!).

£5 at the door. (Buy food and drink.) Free parking.

Saturday 22nd September

20 Three Cliffs ride/walk

10:00 [Railway Inn](#)

Cycle to the Heritage Centre via mid Gower road and Green Cwm. Leave bikes there to walk down Three Cliffs Valley and through the arch. Lunch: Three Cliffs Café. Visit Ilston's Norman church on the ride back.

Gentle; 12/4 miles; all day; leader: David Naylor

21 Kidwelly (Suitable for tandems.)

10.00 [Railway Inn](#).

A (mostly) flat ride across the Loughor Bridge and along the superb Millenium Coast path to Kidwelly. Optional return from Pwll if shorter ride preferred.

Lunch: *Time for Tea* in Kidwelly (or Pavilion, Pwll).

Chal/Mod; 48/24 miles; all day; leader: Eifion Francis

22 Heritage Trail

10.00 [Gower Heritage Centre](#)

A challenging mountain bike circuit: woods, bridleways and over the highest points of Gower with spectacular views across Rhossili beach. Please be suitably equipped and wear a helmet. Lunch: Hill End,

Challenging; 30 miles; all day; leader: Roy Church

Ride leaders phone numbers

Don Ashman	01792 232183	Mike Cherry	07968 109145	Nick Guy	01792 476178
Colin Birch	07749 704898		or 07584 044284	Phil Jones	01792 234705
Martin Brain	01792 207800	Claudine Conway	07918140124	David Naylor	01792 233755
Roy Church	01792 371206	Eifion Francis	01792 796735	Rob Wachowski	01792 636353

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