

# Gower Cycling Festival (8-15 August 2015) – Programme

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

Blackpill Lido, Swansea SA3 5AS (GR 619906) [C,T]

Dunvant Rugby Football Club (RFC), Killay SA2 7RU (GR 593932) [T]

Gower Heritage Centre (GHC), Parkmill SA3 2EH (GR 544893) [C,S,T]

Sail Bridge, SA1 1RE (GR 662929) [Nearby Sainsburys: C,T]

**Note.** This programme is updated as necessary.  
Last update: 5 August.

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

The traffic light colours **green**, **amber** or **red** indicate the relative difficulty of the rides.

## Saturday 8<sup>th</sup> August

**Festival Launch** 13.30 Blackpill Lido. To be opened by 'Badger'.

### 1 Family Fun ride to Dunvant

14.30 Blackpill Lido

A gentle family ride up the Clyne cyclepath for fun & games with BikeAbility Wales at Dunvant Rugby Club.

4 miles: flat; leader: Colin Fielder

### 2 A Taste of SE Gower

14.30 Blackpill Lido

An anti-clockwise circuit up the Clyne Valley with a visit to the picturesque Green Cwm. Tea/coffee at the Heritage Centre, back via Murton and Mumbles.

19 miles: moderate hills; leader: David Naylor

### 3 City Heights

14.30 Blackpill Lido

Learn to love Swansea's challenging terrain! Lots of climbing to be rewarded with spectacular views and a whole new perspective on the city.

20 miles: hilly!; leader: Claudine Conway

## Sunday 9<sup>th</sup> August

### 4 Sustrans ride to Penclacwydd

10.00 Dunvant RFC

An easy ride up NCR 4 to Penclacwydd Wild Fowl Centre with time to explore it and have lunch. Tea and (birthday!) cake at the Ddol Farm vineyard on way back.

15 miles: flat; leader: Tim John

### 5 King Arthur's Stone [CTC ride]

10.00 Dunvant RFC

To Reynoldston via the scenic Welshmoor road and Fairyhill. Lunch: King Arthur; then up to the Stone for great views, a long freewheel with options thereafter.

22 miles: Moderately hilly; leader: Phil Jones.

### 6 Grand Gower Circuit [CTC ride]

9.00 (Note earlier start.) Dunvant RFC

A clockwise circuit: south coast to Rhossili, a bridle way with views of Worm's Head takes us to Hillend for lunch. Then something unusual! (Maybe swim option?) Back on N. Gower and NCR 4.

42 miles: Moderately hilly; leader: David Naylor

## Monday 10<sup>th</sup> August

### 7 Port to Pottery

10.00 Sail Bridge

An easy ride up the Swansea Valley along NCR 43 to the *Riverside Centre* near Pontardawe where a presentation about the local heritage will be given. Back along the canal. Bring a packed lunch.

22 miles: flat; leader: Allyson Evans.

### 8 Kidwelly

10.00 Dunvant RFC

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: a café in Kidwelly (or *The Pavilion*, Pwll).

48/24 miles: flat; leaders: Ed Connors/Colin Fielder

### 9 Evening ride to a Folk Club

18.30 Dunvant RFC

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

9 miles: flat; leader: John Roach.

## Tuesday 11<sup>th</sup> August

### 10 BikeAbility Wales

10:30 Dunvant RFC

A gentle ride down and up the Clyne Valley for people of all abilities, featuring a variety of specialist bikes. Refreshments at the Blackpill Lido by the beach.

5 miles: flat; half day; leader: Chris Walsh.

### 11 Llanmadoc & Pots

10:00 Dunvant RFC

Out by the mid Gower Road (B4271) via Stem Bridge and Burry Green to Llanmadoc for Coffee; visit a pottery in Cheriton and then lunch in the *Greyhound*. Back along the Marsh Road.

25 miles: Moderately hilly; leader: David Naylor

## Wednesday 12<sup>th</sup> August

### 12 Mumbles and Clyne Gardens

10.00 Dunvant RFC

Down to the foreshore, round Mumbles Head and through Langland and West Cross to the Mayals where we will dally in the lovely Clyne Gardens.

12 miles: one climb; half day; leader: Colin Fielder.

### 13 Henrhyd Falls [CTC ride]

10.00 Dunvant RFC

A ride of contrasts: up through Penllergaer Woods, then Swansea valley and up the splendid new path to Coelbren. Lunch in a café near the Falls. Long freewheels on the return.

60 miles: moderately hilly; leader: John Cardy.

### 14 20<sup>th</sup> Birthday Bash (not a ride)

19.00 Dunvant RFC

A social evening. As well as the Festival this will celebrate Wheelrights and Sustrans NCN's 20th birthdays. There will be a buffet meal with music and song.

## Thursday 13<sup>th</sup> August

### 15 Family event at GHC

10.00 Dunvant RFC/11.00 GHC

Ride from Dunvant or meet at GHC. Fun, games and activities at the Centre with the option of a short ride up Green Cwm to visit the places of interest there. Followed by a lunchtime BBQ in the Centre.

12/2 miles: moderate climb; leader: Roy Church.

### 16 Carreg Cennen Castle

10.00 Dunvant RFC

Up one side of the Loughor valley, then steeply up from Ammanford to where there's a super view of the mile distant castle; but it's a further five miles before you reach it and lunch! Back down the other side.

46 miles; challenging hills; leader: Ian Davies.

## Friday 14<sup>th</sup> August

### 17 Dylan Thomas Trail

10.00 Dunvant RFC

A gentle ride down the Clyne Valley and then along the foreshore to Mumbles where a local guide will take you to sites associated with Dylan Thomas.

9 miles: mainly flat; leader: Nick Guy

### 18 Swiss Valley

10.00 Dunvant RFC

Up north on quiet roads via Pontarddulais and Llanedi for lunch in Cross Hands. Back down the Swiss Valley path to Llanelli and then a flat ride home on NCR 4.

40 miles: a few pre-lunch climbs; leader: Martin Brain.

### 19 Copperopolis (evening ride)

17.45 Sail Bridge

An easy ride up the lower Swansea Valley to explore its industrial heritage. (Also a 'Sustrans ride'.)

6 miles: flat; leader: Nick Guy.

## Saturday 15<sup>th</sup> August

### 20 Ride/walk on South Gower coast

10.00 Dunvant RFC/11.30 Southgate

Option of meeting at Southgate for walk only. After an early lunch in the Three Cliffs cafe we walk across Three Cliffs Bay, go round Torr Head and back over the stepping stones. Cycle back a different way.

14/5 miles: a couple of hills; leader: David Naylor

### 21 Gower Traverse

10.00 Dunvant RFC/11.00 GHC

Either cycle from Dunvant or meet at the GHC for this delightful circuit and savour the contrasts between south and north Gower. On the way we'll look for the gravestone of the murdered Mary at Penrice Church. Lunch in the *Greyhound*, Oldwalls.

30/19 miles: moderate hills; leader: Claudine Conway

### 22 Glynccorwyg

10.00 Sail Bridge

Traffic free most of the way, first partly on NCR 4 to Port Talbot and then on NCR 887 up the lovely Afan valley for lunch in the Mountain Centre. Enjoy 10 miles gently downhill on the return,

42 miles; gentle climb on way out; leader: Nick Guy.

### Ride leaders phone numbers

Martin Brain	07977 561047	Ed Connors	07952 483641	Tim John	07881 506370
John Cardy	07711 175337	Claudine Conway	07918 140124	Phil Jones	07818 470440
Mike Cherry	07968 109145	Ian Davies	07813 856969	David Naylor	07771 582888
	or 07584 044284	Allyson Evans	01792 475521	John Roach	07971 676769
Roy Church	01792 371206	Colin Fielder	07791 277748	Chris Walsh	07941 823729
		Nick Guy	07551 538825		

For further information phone David Naylor on 01792 233755 or email: davidjohnnaylor@sky.com