

Gower Cycling Festival (12-19 August 2017) – 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; [T] = Public toilet.

Blackpill Lido, Swansea SA3 5AS (GR 619906) [C,T]
Dunvant Rugby Football Club (RFC), Killay SA2 7RU (GR 593932) [T]
Kingsbridge (by old Urban Cyclery) SA4 4HJ (GR 593977)
Sail Bridge, SA1 1RE (GR 662929) [Nearby Sainsburys: C,T]

Note. This programme is updated as necessary.
Last update: 16 June.

Note: The rides with [] after the title are free for those *joining just those rides*. The initials CTC and U3A identify them as CTC and U3A rides respectively.

^F Family ride suitable for children with some road experience. Routes are mostly but not entirely on cycle paths. The colours indicate the relative difficulty of the rides, ie **gentle**, **moderate** or (relatively) **challenging**. We aim to get back by 5.00pm, but sometimes, usually to let you enjoy yourself the more, we are bit later.

Saturday 12th August

Festival Launch 13.30 Blackpill Lido. To be opened by Byron Davies and Cllr Mark Child.

1 Fun ride to Mumbles (E-bikes welcome.)^F 14.30 Blackpill Lido

Go round the Head, enjoy an ice-cream at the "Apple" shop and lovely views across Swansea Bay.

6 miles: one small climb; leader: Nick Guy.

2 A Taste of Gower 14.30 Blackpill Lido

Anti-clockwise circuit: up the Clyne Valley, down the picturesque Green Cwm to Parkmill for coffee at the Heritage Centre and back round Mumbles head, .

20 miles: moderate hills; leader: David Naylor.

3 Kilvey Hill 14.30 Blackpill Lido

Spectacular views across Swansea to the west and of the docks and the Bay Campus to the south. Out one way and back another.

18 miles: one big climb; leader: Chris Walsh.

Sunday 13th August

4 Ride/walk 12.00 Southgate (Walk ^F)/10.00 Dunvant RFC

Cycle to Southgate via Green Cwm and meet walkers in Three Cliffs Café for lunch, then walk round Tor Head and across the bay. Return over Fairwood Common.

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

5 King Arthur's Stone [CTC] 10.00 Dunvant RFC

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

28 miles: moderately hilly; leader: Pat Hansard

6 Henrhyd Falls [CTC] 10.00 Dunvant RFC

Up through Penllergaer Woods, then up Swansea Valley to this magnificent waterfall. Early lunch on way out with refreshment stop on way back via the Dulais Valley.

52 miles: climbs mostly gradual; leader: John Cardy.

For the rides shown as having two start points, eg first at Dunvant RFC and then at the Sail Bridge, registration will be at either. A guide (Usually the back marker.) will show the way between them.

The dual title colours indicate the classifications for the respective starts. Eg: Ride 8 is **moderate** from the Sail Bridge but **challenging** from Dunvant RFC.

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Monday 14th August

7 Llanmadoc & Pots [U3A] 9.30 (Note earlier start.) Dunvant RFC

Out by Welshmoor, Stem Bridge and Burry Green to Llanmadoc for coffee; visit a pottery in Cheriton, then lunch in the *Greyhound*. Back along the Marsh Road.

25 miles: Moderately hilly; leader: David Naylor.

8 Rhondda Tunnel 10.00 Sail Bridge or 9.15 Dunvant RFC

Traffic free most of the way, first partly on NCR 4 to Port Talbot and then on NCR 887 up the lovely Afan Valley to Blaengwynfi and there learn about the tunnel from a Rhondda Tunnel Soc. rep. Back same way.

40/52 miles; gentle climb out; leader: Nick Guy.

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 15th August

10 BikeAbility Wales^F 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.

6 miles: flat; half day; leader: Nick Guy.

11 Grand Gower Circuit 9.00 (Note earlier start.) Dunvant RFC

Anti-clockwise circuit: north coast to Llanmadoc for coffee, then across Broughton Bay. (Swim?) Lunch in Hillend. Option to return from here. Then views of Worm's Head on way to Rhossili. Back on S. Gower; 30/42 miles: undulating; leaders: David N. & Dale Hall.

Wednesday 16th August

12 Copperopolis^F

10.45 Sail Bridge or 10.00 Dunvant RFC

A ride round the Bay and up NCR 43 to discover Swansea's industrial heritage. A guided walk will be given to discover Swansea's history when it was the copper capital of the world. Option for picnic lunch (can be purchased on route) or cafe in the area.
4/16 miles: flat; leader: Dawn Aplin.

13 Rivers and Canals [CTC]

10.00 Sail Bridge or 9.15 Dunvant RFC

Via the scenic NCR43 (Swansea Valley) to Ystradgynlais for an early lunch before the one climb to Crynant, with a long descent homewards down the Neath Valley.
34/46 miles: mainly flat; leader: Dale Hall.

14 Social Evening (not a ride)

19.00 Dunvant RFC

A buffet meal with music and song.

Thursday 17th August

15 Bont and Wildfowl^F [CTC]

10.00 Dunvant RFC or 10.30 Kingsbridge

Up the cycle path and B4296 to Pontarddulais. Shorter (family) option to return from there via a park. The longer ride crosses the Loughor, then via Llangennech to the Wildfowl Centre for lunch and back on NCR 4.
22/10 miles: one climb; leaders: David N. & Nick Guy.

16 Carreg Cennen Castle [CTC]

10.00 Dunvant RFC

To Pontarddulais as for ride 15, then up the west side of the Loughor Valley to Trap and steeply up to the café below the castle. Return via Garnswllt.
45 miles: some significant climbs; leader: Ian Davies.

Friday 18th August

17 Campus to Campus^F

10.00 Dunvant RFC

An easy ride first visiting the Singleton Campus, then east along NCR 4 and the Tennant Canal to Jersey Marine. Lunch at the Bay Campus on the way back.
20 miles: flat; leader: Colin Fielder.

18 Port to Pottery^F

10.45 Sail Bridge or 10.00 Dunvant RFC

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.
21/33 miles: flat; leader: Allyson Evans.

19 Mumbles Mile (evening)

18.30 Dunvant RFC

Visit a pub (or two) and experience the night life of this famed resort.
12 miles: flat; leader: Claudine Conway.

Saturday 19th August

20 Swansea Pier and Docks^F

10.00 Dunvant RFC

A half day easy ride round the Bay to the east; visit the Pier and the new developments in the Docks; enjoy a coffee in the Coast Café.
18 miles: flat; leader: Nick Guy.

21 Estuary wide ride (^F for shorter option.)

10.00 Dunvant RFC

To Three Crosses and then via hidden Gower lanes to a ruined chapel with big views. Options to return from Penclawdd or go round the estuary to Pwll for lunch.
15/32 miles; early climb then flat; leader: Dale Hall.

22 City Heights

10.00 Dunvant RFC

Learn that Swansea isn't flat and enjoy the views from *all* the high points!
20 miles; lots of up! Leader: Claudine Conway.

Ride leaders phone numbers

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|-----------------|--------------|---------------|--------------|--------------|--------------|
| Dawn Aplin | 07919 084269 | Allyson Evans | 07791 408184 | Pat Hansard | 07957 287013 |
| John Cardy | 07711 175337 | Colin Fielder | 07791 277748 | David Naylor | 01792 233755 |
| Claudine Conway | 07918 140124 | Nick Guy | 07551 538825 | John Roach | 07971 676769 |
| Ian Davies | 07813 856969 | Dale Hall | 07771 847768 | Chris Walsh | 07941 823729 |

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