

Gower Cycling Festival

18-25 August 2018

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 there and a few things you need to know about the cycling is provided. The rides programme and a map showing the routes are on separate downloads. Note that you will be asked to confirm that you have read and accept the advice in the last two sections below. (*About the ride* and *Disclaimer*.)

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 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 **2** and **11** take you through Mumbles.

Three Cliffs Bay. This gem on the South Gower Coast is famous for its three limestone outcrops with the arch under them (pictured). On Ride/walk **18** we cross the stepping stones with views up to Pennard Castle and the three cliffs which crown this arch.

King Arthur's Stone. This is a megalithic tomb. Marvel how the stone got where it is! It is located on the Cefn Bryn ridge above Reynoldston. Ride **5** visits it. (Climbing it is a challenge!)

The Penrice Yew. The old yew tree in the graveyard by the 12th Century church is worth a visit on Ride **11**. You can try and find the grave of Mary, who was murdered in 1829 and on whose gravestone is a blank space for the murderer's name. It is on the left near the church entrance.



Rhossili Down and Beach. The highest point in the Gower (193m) is on Rhossili Down. Hang gliding started here The beach is well known for its surfing and Ride **11** follows a path above this beach.

Bridge Pottery, Cheriton. In this small 'cottage industry' salt glazed wear is produced. We visit it on Ride **8** when you will be shown the high temperature wood burning stove used to fire the pots and you may be treated to a pot making demonstration. The sophistication of the process and the skill required is an eye opener.

Weobley Castle and the Marshes. This 14th century castle is situated on the North Gower coast with a commanding view over the Marshes. Rides **5**, **8** and **11** pass close by.

A recent plus for Swansea has been Swansea University's success in winning a competition for setting up a bike hire scheme. This is on the lines of London's 'Boris' bikes and is expected to be up and running by this year's Festival. It is sponsored by Santander. You should have a chance to try out one of their bikes on Ride **1** (See programme.); also we have changed the Sail Bridge alternative starting point to the nearby Waterfront Museum where there will be a docking station. This means that for some of our rides you will be able to pick up a hire bike here.

Access

From Swansea City Centre

The Festival launch at the *Blackpill Lido* is on the sea front two miles north of Mumbles. Cycle access to it from the City Centre is along the foreshore path.

The Duvant Rugby Football Club, the base for the Festival, where there is provision for camping and where most of the rides start, is 2½ miles up the Clyne Valley path (NCR 4) from Blackpill. Preferred cycle access is along this path. Road access from the City Centre is via Killay. (Follow the A4118 through Sketty to Killay, turn right onto the B4296, then second left onto Broadmead and follow signs.)

By train

There is an hourly train service from London (half hourly from Cardiff) to Swansea. Bikes can be taken; reservation is essential. (Bike space reduced on the London trains since the 125's replaced!) Blackpill is five miles from Swansea Station. There are also train services to Gowerton. NCR 4 passes close to Gowerton Station from where it is 2½ miles (south along NCR 4) to the Duvant RFC.

Car parking

There is free parking for Festival participants at the Duvant RFC. There is also free parking in Duvant (Half a mile up the path from the Duvant RFC.) adjacent to and on the west side of the path. There is pay-and-display at Blackpill (by the Clyne Valley path but accessed from Derwyn Fawr Road).

About the cycling

Fitness

In fairness to the others only take part in a ride if you expect to be able to cope with it. If you have some medical condition which might prove a problem inform the leader.

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 [E for evening rides]

Electric bike riders are welcome.

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.



Descent from Cefn Bryn