

Green Cwm

4½ miles – just one climb. (OS 1:50,000 sheet 159)

A ride up the beautiful *Green Cwm* from Parkmill to Llethrid. Return through Lunnon. Essentially traffic free apart from a mile on the Mid Gower Road (B4271).

Start/finish at *Shepherd's*, Parkmill (GR 544893). Park here (£3) or by the *Gower Inn*, ½ mile to the east..

Go on the side road past Shepherd's and in a short distance cross a ford. Follow the asphalted road up the valley for ½ mile to a dividing of the ways. Here bear right through a gate and follow the valley – *Green Cwm* – for 1½ miles until you reach the B4271. The path is unsurfaced but OK for a normal bike. Take a look at the Neolithic tomb on your left a short way up this path or visit the Cathole caves a bit further up across the field to the right. There are three gates at the top end of the path, but taking a bike through these is straightforward. Turn right on to the B4271 and follow it for a mile as it climbs up on to Pengwern Common. Take the first right and follow this road through Lunnon for 1½ miles back to *Shepherd's*. Take care over the last bit as this is a very steep descent.

David Naylor



The Neolithic tomb