

Gower Cycling Festival

Route description for Mumbles and Three Cliffs



This clockwise circuit starts at the Railway Inn (GR 598923). It takes you through the busy Mumbles area and then on to the quiet beauty of Pennard. Here you can leave your bike and walk down to see, or even go through, the natural arch under the Three Cliffs *. There is a lunch possibility in the café in Southgate and then on your way back you may wish to visit the 12th Century church in Ilston . Note: after the first five miles this ride is *undulating*.

(a) [5.1], etc, are stages and stage distances in miles. “D” is cumulative distance to end of stage.

	Description	D
(a) [5.1]	Clyne path to the foreshore, then right on path to Mumbles. Just past Verdi’s café join road round Mumbles Head. Follow this until it ends at the sharp right up Plunch Lane.	5.1
(b) [1.3]	Up Plunch Lane, down, keep left, up and straight on half mile to T junction	6.4
(c) [0.7]	Turn left, follow this road (Southward Lane) uphill, round right-left Z bend, then right up St Peter’s Rd; keep straight on at top for 150m on footpath to join Murton Lane.	7.1
(d) [1.4]	Left and follow lane to Murton: narrow in parts with a down and up; turn right to B4436.	8.5
(e) [3.4]	Left; down and up through Kittle; straight on at cross-roads by church to Southgate r’b’t.	11.9
(f) [1.0]	Café here. To visit Three Cliffs turn right (west) and leave bike at road end (¼ mile); half mile walk along cliff top, then steep descent to beach and Three Cliffs *.	12.9 ⁺
(g) [2.7]	Return past café, through Southgate; turn left at houses on bumpy lane with golf course on left; bear right at Y junction; steep descent to A4118; left; 500m to Shepherd’s store.	15.6 ⁺
(h) [1.2]	Right before Shepherd’s and steeply up to Lunnon, then right, half mile flat and then down to Ilston. Church is on the right across footbridge at bottom of hill.	16.8
(i) [3.8]	Keep on through Ilston to join B4271; right and on to A4118. R’ly Inn at bottom of hill.	20.6

* Accessible c. 2 hours either side of high tide.

⁺ Includes ride/walk to Three Cliffs.