

Gower Cycling Festival

Route description for North Gower Circuit



A clockwise circuit is described. This gets the climb over near the start and provides good views to the west during the descent from Three Crosses to Llanrhidian. The route is described from Dunvant car park (free parking). This is a mile up the Clyne Valley cycle path (NCN 4) from the Railway Inn. (a) [0.5], etc. are stages and stage distances in miles; **D** = cumulative distance to end of stage.

	Description	D
(a) [0.5]	Turn left from the car park on to Walters Row. Go straight across the mini-roundabout on to Voylart Road. Follow up a short steep hill to end at a T junction.	0.5
(b) [0.4]	Turn left and first right on to Prior's Way; climb up to a mini roundabout on main road.	0.9
(c) [0.9]	Climb (less steeply) to the first cross roads in Three Crosses.	1.8
(d) [0.4]	Turn left; descend to T junction; turn right and first left on to Cilonen Road.	2.2
(e) [4.9]	Follow this quiet road: down, up and then mostly down across Welshmoor to the B4271. Note: after 3 miles, go straight on (across Welshmoor) where road swings sharp right.	7.1
(f) [0.4]	Turn right on the B4271, pass the <i>North Gower Hotel</i> and turn left on to the B4295, then immediately right to descend steeply into Llanrhidian to the <i>Dolphin</i> pub (on your left).	7.5
(g) [2.7]	Bear right just past the <i>Dolphin</i> on to the 'Marsh' road. Follow this to Crofty. Note: this road gets flooded at high tides. (Low tide: am to early pm 18-25 Sep. 2010, so OK)	10.2
(h) [0.4]	Bear left past a play area, pass the <i>Crofty Inn</i> on your right and carry on to the B4295.	10.6
(i) [1.4]	Turn left on to the B4295, go through Penclawdd (2 cafés here) to cycle path on left side of road just past <i>Gower Timber</i> .	12.0
(j) [2.2]	Continue to Pont-y-Cob Road: all on cycle path except for half a mile on the B4295.	14.2
(k) [2.4]	Here join NCN 4 and follow it through Gowerton back to Dunvant car park. Note: route crosses the Gowerton Bypass at lights by the Commercial Pub (near Railway Station).	16.6