

Ride: North Gower Circuit

Start/Finish: Dunvant car park (by cycle track)

Distance: 16 miles (2 hours plus stops)

Terrain: Just the one significant climb.

Map: OS 1:50,000 Sheet 159 *Swansea & Gower*

This ride takes in some of the finest scenery in the Gower. A significant climb near the start is followed by a long downhill with magnificent views to the west. The return skirts the salt marshes on the Loughor Estuary and is flat.

It is well suited to the less experienced cyclist since, except for three miles, it is on minor roads and cycle tracks. Doing it clockwise, as described here, has the advantage that you get the climb over early and with the prevailing wind from the west there's a good chance it'll help you home.

From the car park turn left on to Walter's Row (B4296), go straight across at the mini-roundabout onto Voylart Road and then at the T junction at the top turn left and first right onto Prior's Way. This takes you up to the road to Three Crosses. (It is a more pleasant and arguably less taxing way than the alternative of turning right at the mini-roundabout.)

You climb, less steeply now, for nearly a mile to Three Crosses. Here turn left down Chapel Road; at the bottom right and then first left onto the minor road which takes you over Welshmoor to Llanrhidian.

From Three Crosses there is a down and up before a long gentle descent with the aforementioned views. Turn right where the minor road joins the B4271 and then across the N. Gower Road (B4295) to descend steeply into Llanrhidian. If you're thirsty take it easy down this hill in case you miss the *Dolphin* pub on your left near the bottom. An alternative would be to turn left at the B4295 crossing and divert three quarters of a mile west to the *Greyhound* in Oldwalls.

At the bottom of the hill, just past the *Dolphin*, turn right to follow the Marsh Road for three miles to Crofty. Enjoy here views across the salt marshes and perhaps encounter the Gower wild ponies (pictured). Note that parts of this road get flooded during the fortnightly spring tides, so check the tides before you start.

Between Crofty and Penclawdd there is a mile of main road before you pick up a cycle path. It is on your left just past *Gower Timber*. This joins National Cycle Route 4 near Gowerton. NCR 4 then takes you back to Dunvant.



Evening Post: 12 July, 2014