

**Ride:** Gower traverse

**Start/Finish:** Gower Heritage Centre, Parkmill

**Distance:** 22 miles (3 hours plus stops)

**Terrain:** A number of steep but mainly short ascents

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

This clockwise circuit from the Gower Heritage Centre is a route of contrasts enabling you to sense the differences between South and North Gower. There are various attractions to tempt you to take a break from cycling: the wild flowers in the Oxwich sand dunes; the old yew tree and murdered Mary's gravestone by Penrice Church; tea and cake in the Llanmadoc Post Office or a walk from there to Whitford Point (This would make it a full day's outing.); or Weobley Castle. This lovely ride is however "undulating".

From the Heritage Centre follow the A4118 west for three miles then left to Oxwich. Take care on the steep descent to the Oxwich Burrows.

Turn right in Oxwich to go up the hill to Penrice. At the T junction at the top there is a short cut to Hangman's Cross, the start of which is pictured. Although most of it is usually cycleable we'll not use it on this ride, but go directly to Penrice Church. In the churchyard near the old yew tree look for the gravestone of the murdered Mary. There is a space on it for the name of the murderer who was never found.



From the church backtrack for 200m then fork right to climb up and past Hangman's Cross, then gently downhill to the A4118. Turn right and after two miles leave the A4118 to continue north to Burry Green. Turn left, up and down a hill, then right to climb gently towards Llanmadoc. Just past the high point you can take a short-cut to the village by turning left on to a grassy bridleway. This avoids a steep climb. It skirts the hillside taking you directly to Llanmadoc. Turn right and the Post Office, where tea and cake can be had, is on your left.

To return to the Heritage Centre cycle east to Llanrhidian, turn right onto the mid Gower Road (B4271) and after two miles right at Llethrid onto the path through Park Woods. The first 200m of this path is across private land and you are asked not to cycle. It is two miles from Llethrid to the finish.

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