

## 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 Lunnun. 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. Note that due to the 'No cycling' signs here you should push your bike the 200m across field. 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 Lunnun 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