

North Gower

16 miles – flat apart from the ascent to and from Three Crosses. (OS 1:50,000 sheet 159)

This classic circuit takes you over Welsh Moor with splendid views to the west. It returns along the quiet road which borders the Llanrhidian Marsh. Apart from some short sections on the busy North Gower Road (B4295) the ride is on cycle paths or lightly trafficked roads. The circuit is described clockwise. Cycled this way the climbing is got over early and the views west can be enjoyed on a long gradual descent.

Start/finish at the (free) car park at the access to the Clyne Valley cycle path (NCN 4) in Dunvant (GR 595939)..

From the car park go SW on the main road a short distance to a mini-roundabout and turn right here for the mile plus climb up to Three Crosses. Take the first left as you enter the village. Turn right at the T junction and then first left. You are now on the quiet road which crosses Welsh Moor. Follow it for five miles until it joins the B4271. Turn right. After 300m you reach the North Gower Road. Cross it to descend steeply through the village of Llanrhidian. Turn right at the bottom of the village (past the *Dolphin* on your left) and you are on the Marsh Road. Follow this for three miles to Crofty. Go through Crofty to the main road which you follow for a mile to Penclawdd. At the east end of the village join the cycle path which runs parallel and close to the sea side of the road. This ends after a mile and you are forced back on to the main road for half a mile before a shared-use path on the left starts. At the Pont-y-Cob road junction this becomes NCN 4 which you follow through Gowerton for the remaining three miles to the Dunvant car park.



The picture is looking east on the new section of path between Penclawdd and Gowerton the bench on the left is in memory of Bob Burn, one of the founders of *Wheelrights*.

David Naylor
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