

Reynoldston – Hangman’s Cross circuit

9½ miles – some hills. (OS 1:50,000 sheet 159)

A scenic ride mostly on quiet Gower roads. Best cycled anti-clockwise (as described) as this way the descents are more gradual.

Start/finish at the cross-roads in Reynoldston (GR 483900). There is free car parking in the vicinity of the nearby *King Arthur Hotel*.

From the cross-roads head NW towards Burry Green. After a short climb and nearly a mile of descent there is a junction; turn left, cross the Pill and then immediately left again. Follow this winding lane for two miles to join the A4118 between Knelston and Scurlage; carry on south for two miles and take the first left past Scurlage. Hangman’s Cross is at the high point 1½ miles along this road. Here the road bears left and descends to Penrice (¾ mile). The historic church and massive yew in the graveyard are worth a visit. From Penrice continue north round Z bends to the valley bottom then push your bike up the very steep “Penny Hitch” – so called because for a penny one used to be able to get a hitch up this hill. This takes you back to the A4118 at Home Farm, a mile from Penrice. Turn left and after ⅓ mile right. It is less than a mile up this road to the finish.



The old yew by Penrice Church