

# Gower Cycling Festival (10-18 August 2013) – Programme

To be read in conjunction with the route map which shows the rides. There is car parking near all the start/finish points, located as follows. [C] = Café; [S] = Shop; [T] = Public toilet.

Blackpill Lido, Swansea SA3 5AS (GR 619906) [C,T]  
Dunvant RFC, Killay SA2 7RU (GR 593932) [T]  
Gower Heritage Centre, Parkmill SA3 2EH (GR 544893) [C,S,T]  
Railway Inn, Killay SA2 7DS (GR 598924)  
Sail Bridge, SA1 1RE (GR 662929) [Nearby Sainsburys: C,T]

**Note.** This programme is provisional. Check it from time to time for updates.

Note: The three rides marked [CTC ride] are also local CTC rides so are free for CTC members..

## Saturday 10<sup>th</sup> August

### Festival Launch 14.00 Blackpill Lido

To be opened by Byron Davies AM and John Grimshaw.

#### 1 Icecream and Beaches

14.30 Blackpill Lido

An easy ride on the lovely cycle path around Swansea Bay. Suitable for families, novices and children.

**Gentle**; 5 miles; leader: Nick Guy

#### 2 A Taste of SE Gower

14.30 Blackpill Lido

An anti-clockwise circuit up the Clyne Valley and down the picturesque Green Cwm. Tea/coffee at the Heritage Centre, back via Murton and Mumbles.

**Gentle/Mod.**; 18 miles; leader: David Naylor

#### 3 Pwlldu by MTB

14.30 Blackpill Lido

Off road over Clyne Common, down to Pwlldu; up to Pennard and the *Gower Heritage Centre* for tea. Return via Bishopston Valley.

**Challenging**; 15 miles; leader: Rob Wachowski

## Sunday 11<sup>th</sup> August

#### 4 King Arthur's Stone

10.00 Gower Heritage Centre

Green Cwm then west to Fairyhill. A gentle climb up Cefn Bryn's flank to King Arthur's Stone. Great views. Back 1.00ish for Heritage C. BBQ.

**Gentle/Mod.**; 14 miles; half day; leader: Phil Jones.

#### 5 Cefn Bryn by MTB

10.00 Gower Heritage Centre

For mountain bike novices. A ride through the heart of Gower's ancient history with a character building climb which will reveal great views and include a visit to King Arthur's stone. Back 1.00ish for Heritage C. BBQ.

**Moderate**; 12 miles; half day; leader: Claudine C.

#### 6 Grand Gower Circuit [CTC ride]

10.00 Gower Heritage Centre

A clockwise circuit: south coast (Swim at Port Eynon?) to Rhossili. A bridle way with views of Worm's Head takes us to Hill End for lunch. Then something unusual! Back on N. Gower and NCR 4.

**Challenging**; 44 miles; all day; leader: David Naylor

## Monday 12<sup>th</sup> August

#### 7 Port to Pottery

10.00 Sail Bridge

An easy ride up the Swansea Valley along NCR 43 to the *Riverside Centre* where a local expert will give a talk on the Ynysmeudwy Pottery and the heritage of the area. Back along the canal. Bring a packed lunch.

**Moderate**; 22 miles; all day; leader: Allyson Evans.

#### 8 Kidwelly

10.00 Railway Inn.

A (mostly) flat ride across the Loughor Bridge and along the superb Millenium Coast path to Kidwelly. Optional return from Pwll if shorter ride preferred.

Lunch: *Time for Tea* in Kidwelly (or Pavilion, Pwll).

**Chal/Mod**; 48/24 miles; all day; leaders: Colin F, Don A

#### 9 A Folk evening ride

17.45 Railway Inn

A flat ride up the Clyne Valley for music and song at the Loughor Boat Club. (Bring Lights for the return.)

**Evening**; 9 miles; evening; leader: John Roach.

## Tuesday 13<sup>th</sup> August

#### 10 City Heights

10.00 Blackpill Lido

Learn to love Swansea's challenging terrain! Lots of climbing, but there's no hurry, and you will be rewarded with spectacular views and a whole new perspective on the city. Lunch: Woodman.

**Challenging**; 20 miles; half day; leader: Claudine C.

#### 11 BikeAbility Wales

10:00 Dunvant RFC

A gentle ride along the Clyne Valley for both the able and disabled featuring a variety of specialist bikes. Refreshments at the Blackpill Lido by the beach.

**Gentle**; 4 miles; half day; leader: Mike Cherry.

## Wednesday 14<sup>th</sup> August

#### 12 North Gower

10:00 Railway Inn

The best of North Gower: up to Three Crosses, then down over Welshmoor with great views to the west. Coffee in Llanmadoc, visit a pottery in Cheriton before lunch in the *Greyhound*. Back along the Marsh Road.

**Moderate**; 25 miles; all day; leader: David Naylor

## Wednesday 14<sup>th</sup> August (continued)

### 13 Henrhyd Falls [CTC ride]

10.00 [Railway Inn](#)

A ride of contrasts: up through Penllergaer Woods, then Swansea valley and up the splendid new path to Coelbren. Long freewheels on the return. No café near the Falls so fuel stops before and after.

**Challenging**; 61 miles; all day; leader: John Cardy.

### 14 Mumbles Mile

17.45 [Blackpill Lido](#)

Up and over through the back lanes of Mumbles, then down to the Head and saunter back along the foreshore, stopping for a pint or two along the way.

**Evening**; 6 miles; evening; leader: Claudine Conway.

## Thursday 15<sup>th</sup> August

### 15 Penclacwydd (Sustrans Fresh Air Miles)

10.00 [Railway Inn](#)

A flat ride up NCR 4 to Penclacwydd Wild Fowl Centre with time to explore it and have lunch. Tea and cake at the Ddol Farm vineyard on way back.

**Gentle**; 15 miles; all day; leader: Helen Davies.

### 16 Big Road ride

10.00 [Railway Inn](#)

A Carmarthenshire loop, with tough climbs and proper cake stops. Route may vary to suit weather conditions. Skinny-tyre and cleat-friendly!

**Challenging**; 70+ miles; all day; leader: Claudine C.

## Friday 16<sup>th</sup> August

### 17 Mumbles and Clyne Gardens

10.00 [Railway Inn](#)

Down to the foreshore, round Mumbles Head and through Langland and West Cross to the Mayals where we will dally in the lovely Clyne Gardens.

**Gentle**; 12 miles; half day; leader: Colin Fielder.

### 18 Swiss Valley

10.00 [Railway Inn](#)

Up north on quiet roads with lunch in *Caffi Cynnes* in Pontyberem. Then a climb up to NCR 47, down the Swiss Valley and a flat ride home. A Welsh speaking guide will describe the rich history of the area.

**Challenging**; 42 miles; all day; leader: Martin Brain.

### 19 Copperopolis

17.45 [Sail Bridge](#)

An easy ride up the lower Swansea Valley to explore its industrial heritage.

**Evening**; 6 miles; evening; leader: John Sayce.

Don Ashman 01792 232183  
Martin Brain 01792 536371  
John Cardy 07711 175337  
Roy Church 01792 371206  
Claudine Conway 07918 140124

Mike Cherry 07968 109145  
or 07584 044284  
Helen Davies 07432 642830  
Allyson Evans 01792 475521  
Nick Guy 07551 538825

## Saturday 17<sup>th</sup> August

### 20 Three Cliffs ride/walk

10.00 [Gower Heritage Centre](#)

Cycle to Penmaen, leave bikes there to walk via Nicholaston Burrows to Three Cliffs Bay; then through the arch. Lunch: Three Cliffs Café. Back a different way.

**Gentle**; 4/5 (bike/foot) miles; all day; leader: David N.

### 21 A Gower Traverse

10.00 [Gower Heritage Centre](#)

Savour the contrasts between north and south Gower. We'll visit Penrice Church with its old yew and the tomb of the murdered Mary, and then go past Hangman's Corner. Lunch at the *Greyhound*, Oldwalls.

**Moderate**; 22 miles; all day; leader: Don Ashman.

### 22 Gower Beast MTB ride

10.00 [Gower Heritage Centre](#)

A challenging mountain bike circuit: woods, bridleways and over the highest points of Gower with spectacular views across Rhossili beach. Please be suitably equipped and wear a helmet. Lunch: Hill End,

**Challenging**; 30 miles; all day; leader: Roy Church.

### The Festival Party

c.16.00/19.00 [Gower Heritage Centre](#)

BBQ straight after the rides followed at 19.00 by music and song. (GHC's home brew cider is a speciality.)

£5 at the door. (Buy food and drink.) Free parking.

## Sunday 18<sup>th</sup> August

### 23 Participants' Choice

10.00 [To suit route.](#)

To be decided during the Festival; announce at Party.

**G?/M?/C?**; leader: Chris Walsh.

### 24 Carreg Cennen Castle [CTC ride]

10.00 [Railway Inn](#)

A ride on cycle tracks and minor roads up one side of the Loughor Valley and back the other. Some undulations will warm you up for the climb up to the Castle for lunch. Magnificent scenery.

**Challenging**; 48 miles; all day; leader: Phil Jones.

### 25 Pedal and Paddle

13.30 [Blackpill Lido](#)

Leisurely ride round Swansea Bay with paddle and possible kayak outing at St Helen's Watersport Centre. Kayakers contact leader in advance as prior notice is needed. Suitable for families, novices and children.

**Gentle**; 5 miles; half day; leader: Nick Guy.

### Ride leaders phone numbers

Phil Jones 01792 234705  
David Naylor 01792 233755  
Rob Wachowski 01792 636353  
Chris Walsh 07941 823729

For further information phone David Naylor on 01792 233755 or email: davidjohnnaylor@tiscali.co.uk