

Ride: Heart of Gower

Start/Finish: Blackpill (or Railway Inn)

Distance: 27miles (3 hours plus stops)

Terrain: One big climb and some lesser ones.

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

This ride explores mid and SE Gower. Highlights are the views from Cefn Bryn, a mile long freewheel down from it, and that it passes close to Arthur's Stone (pictured) and the prehistoric burial chamber in Parc le Breos.

You are spoilt for choice for refreshment stops: the *Greyhound* in Oldwalls, the *King Arthur* in Reynoldston and the *Gower Inn*, or for teas there is the *Gower Heritage Centre* or *Shepherds in Parkmill*.

The following route description starts at Blackpill. You may prefer to start the ride at the Railway Inn as parking is free there.

From Blackpill go up the Clyne Valley cycle path (National Cycle Route 4) for two miles to the Railway Inn, then on to the A4118, up through Upper Killay and right on to the B4271. Follow this road to Llanrhidian, then turn left for Oldwalls. Bear left past the *Greyhound* and after a mile descend steeply to Stembridge. (Take care on the blind bends.) Follow the narrow road past the *Fairyhill Hotel* and up to Reynoldston. While climbing – it's not that steep – enjoy the views to your right. At the junction above the *King Arthur* turn left and ascend the Cefn Bryn ridge. Arthur's Stone is near the top about 300m off the road to your left.

The serious climbing is now over so enjoy the long freewheel down to Cillibion. You are now back on the B4271. Follow it for a mile to Llethryd, there turn right on to the path through Park Woods and past the Parc le Breos burial chamber. You should push your bike across the first 200m of this path as you are asked not to cycle here.

From Parkmill follow the A4118 up the hill and turn right for Pennard, then left on to the B4436. You could follow this directly back to Blackpill. However to better savour the Gower this ride leaves the B4436 at Northway and then follows the lanes through Merton, Newton and Langland to Bracelet Bay. A final two miles along the foreshore takes you back to Blackpill.



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