

Ride: Llanmadoc

Start/Finish: Railway Inn, Killay

Distance: 27 miles (3 hours plus stops)

Terrain: Mostly quiet roads and cycle path; a couple of significant climbs.

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

This ride to the end of the Gower is a favourite of mine, not least because of the excuse to stop for coffee and cake at the Post Office café in Llanmadoc.

From the Railway Inn climb up through Upper Killay and after crossing the cattle grid fork right on to the mid-Gower road (B4271). Follow this to Llanrhidian, turn left at the junction with the B4295 and keep left at the fork by the *Greyhound* Inn. Take care on the steep descent to Stembridge. Climb up through Burry Green and turn right after a descent to climb gently to the north. Immediately past the high point you can take a grassy bridleway which contours round the hillside to Llanmadoc, affording splendid views across the Loughor Estuary. The bridleway is a bit bumpy but quite cycleable, even on a road bike. The alternative is to drop down to The *Britannia*, turn left and climb steeply up to Llanmadoc.

The Post Office café is near the top of the hill from the *Britannia* on the right (north) side of the road. If you take the short cut along the bridleway turn right when you join this road and the café is on your left.

The return is along the north Gower Coast, the latter part on National Cycle Route 4. It is mostly flat.

From the café drop down the hill past the *Britannia* to Cheriton. Just past the lowest point you will see on your right a sign to *Bridge Pottery*. There, wood-fired salt-glazed pots are produced. You can visit them mornings and afternoons Tuesday to Saturday to learn about this interesting and highly skilled process. The picture was taken on such a visit.

From Cheriton continue east to join the road you came out on at the *Greyhound*. At the junction with the B4271 turn left to descend steeply through Llanrhidian. Then follow the 'Marsh Road' through Crofty to Penclawdd. On leaving Penclawdd join the cycle path on your left just past *Gower Timber* and follow it to Pont-y-Cob Road where you join NCR 4. Follow this through Gowerton back to the Railway Inn.

An alternative shorter ride is to make a clockwise circuit starting and finishing at the *Greyhound*. This is barely 8 miles.



Evening Post: 6 September 2014