

Ride: Commutes from the west

Start: West Swansea

Finish: City Centre

Map: Swansea A-Z.

This description is for you if you live in or on the edge of the Gower peninsular, or indeed on the north side of the Loughor estuary

While there will be variations near the start and finish of your route most of those I recommend will use the coast path between Blackpill and St Helen's.

If you live in the Mumbles area you will be able to join the coast path south of Blackpill; if from Pennard then the B4436 to Blackpill is the only option (that is until they provide a cycle path across Clyne Common); if from Duvant or Gowerton, while the A4118 provides a shorter route to the City Centre, the longer Clyne Valley path (NCR 4) avoids traffic and hills. If you read my Commuter Challenge article in this column four weeks ago you will have seen that even from Gowerton the NCR 4 route takes only a little longer.

From St Helens there is a choice: if your destination is the Railway station or the northern part of the City Centre then I would follow St Helen's Road; alternatively if you are heading for the Marina or SA1 stay on the coast path.

If the former, to get on to St Helens Road, cross Mumbles Road by the pedestrian crossing just before the access to the Watersports Centre car park. Then when you reach the Kingsway use the pedestrian crossing at the bottom of Christina Street to get on to the Metro bus route. Cycling is allowed on this. At its east end to access, eg, the station you can either keep straight on up Orchard Street and then right onto Alexandra Road or fork right onto College Street and then left up High Street.

If your destination is south of Oystermouth Road continue along the coast to the fork completed last year (pictured). For the Civic Centre or LC2 bear left here. If however your destination is the docks keep on the coast path (NCR 4) and cross the Tawe on the Trafalgar Bridge.

A good thing about Swansea is that for many the cycle to work is downhill. It doesn't matter if you arrive home hot and sweaty. Then you really will have earned your supper and perhaps also a medicinal drink?



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