

Ride: Swiss Valley

Start/Finish: Gowerton

Distance: 33 miles (4 hours plus stops)

Level: Moderate.

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

This ride includes this lovely valley in an anti-clockwise circuit.

Starting at the Mill Street lights in Gowerton follow the main road to Kingsbridge and there join the cycle path which runs from the *Urban Cyclery* to just north of Grovesend. (We used this path on my Carreg Cennen ride last week.) From there follow the B4296 to Pontardulais.

On entering Pontardulais turn left at the lights, descend through the town, cross the river and bear left for Hendy. By a green, turn right onto the B4306. This takes you under the motorway and then, after some significant up, to Llannon. Turn right onto the A476 and after half a mile bear left to continue on the B4306 towards Pontyberem. Half a mile past the high point, which is two miles from Pontyberem, the road goes over the cycle path (NCR 47). Make a hard right turn here to join the cycle path.

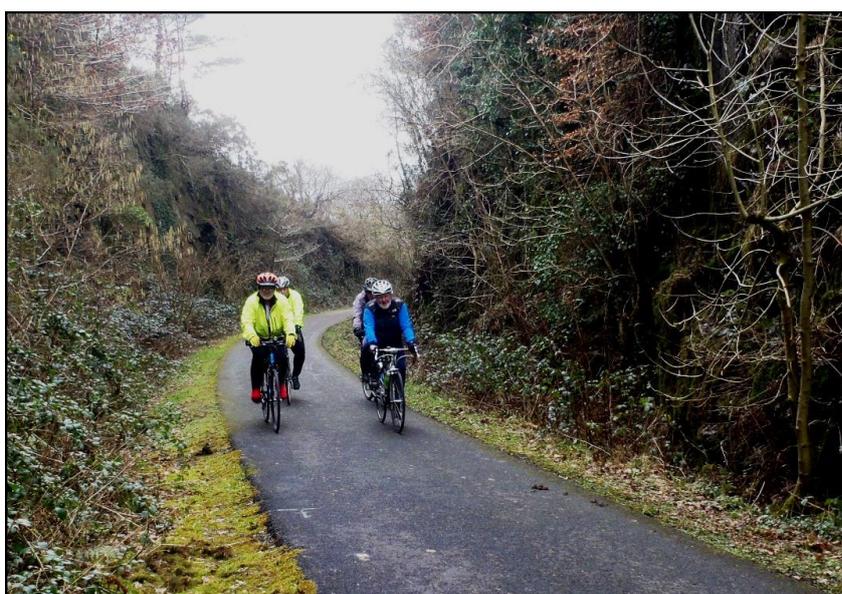
I had hoped to take you down to Pontyberem for a bite of food at Caffi Cynnes. Unfortunately it is now closed. They hope to re-open, but don't know when. If you need a refreshment stop there are a couple of options when you reach the coast at Llanelli.

It is nine miles along NCR 47 to where it joins the Millenium Coast Path (NCR 4). The first part of this is flat with great views to the NW across the Gwendraeth Valley. There is then a gentle descent for the final few miles to the coast. The cyclists in the picture are coming up the path through the "Swiss Valley".

In Llanelli turn left immediately after the path passes under a cycle bridge to take you across this bridge. Bear left and you shortly join NCR 4.

Here I make a diversion by bearing right and following the path west for just over a mile for a snack at the Pavilion Café (On your right by playing fields.) before returning east. Alternatively, for a shorter ride, turn left across the railway to follow NCR 4 past the North Dock Visitor Centre. (There's a café upstairs.)

The final nine miles to Gowerton includes a scenic stretch along the coast and, after crossing the Loughor Bridge, an off-road section through a park before the route continues on Culfor and Pont-y-Cob Roads to Gowerton.



Evening Post: 20 Sep. 2014