

Ride: Carreg Cennen Castle

Start/Finish: Kingsbridge

Distance: 35 miles (4-5 hours plus stops)

Level: Tough climbs.

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

This ride is a clockwise circuit up the west side of the Loughor Valley to Carreg Cennen, returning on the east side. There are a few hills to warm you up before the serious climbing begins in the final miles to our destination.

We start by the *Urban Cyclery* on the north side of Swansea Road (B4260) just east of the junction with Victoria Road (B4296) and where the Lliw Valley cycle path begins. Access this path through a gap in the trees on the right past the cycle shop. Follow it to where it ends just north of Grovesend. Turn left here and then right onto the B4296 to Pontardulais.

In Pontardulais turn left onto the A48 at the traffic lights. Follow it through the town, cross the river and bear right up the hill. At a cross roads at the top turn right onto the B4297 for Capel Hendre. Turn left here and then right for Saron. Then, just before the church, left and after a mile right onto the B4556 for Llandybie.

Cross the A483 in Llandybie. Turn right by the church and follow this road across the railway over a level crossing. This is where the serious climbing begins: first a long up and then a short descent to Blaengweche; then right and left across a stream and another up and down to Trapp. From here it's left and right across the Afon Cennen and steeply up for the final mile to the Carreg Cennen Visitor Centre. Note the right fork right near the top.

There's a café here. If you want to visit the castle (pictured) it's a further climb on foot.

To return it's back the way you came to Blaengweche. Keep left here and follow this road through Dre-fach. From a high point half a mile further south there's a two mile freewheel down into the Aman valley.

At the T junction at the bottom turn left and immediately right onto a cycle path. This takes you across the A474. Turn right at the first junction and then after half a mile left and right onto the road to Pontardulais via Garnswllt. There's another climb but the view compensates. On entering Pontardulais turn left to join the B4296 at the traffic lights you turned left at on the way out. From here return to Kingsbridge the way you came.



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