

Gower Cycling Festival (10-17 September 2011) – Programme

This should be read in conjunction with the route map (GCF11map.pdf) which shows the rides. There is car parking at all the start/finish points (some may charge); [C] = Café; [S] = Shop; [T] = Public toilet. The venues are as follows:

Blackpill Lido, Swansea SA3 5AS (GR 619907) [C,T];
Railway Inn, Killay SA2 7DS (GR 598924);
Dunvant RFC, Killay SA2 7RU (GR 593932);
Heritage Centre, Parkmill SA3 2EH (GR 544893) [C,S,T];
Civic Centre (East car park), Swansea SA1 3SN (GR 652923) [C,T].

Note: The two rides marked [CTC ride] are also local CTC rides so are free for CTC members.

For further information about the programme phone: David Naylor on 01792 233755.

Saturday 10th

Festival Launch

10.30 Blackpill Lido. To be opened by Martin Caton MP..

Ride 1. Family Fun Ride to Mumbles. Gentle; 4 miles; 2 hours; leader: Nick Guy

11.00 Blackpill Lido. An easy ride on cyclepath around Swansea Bay, stopping at Southend Park and for refreshments. With parks, beaches and a Lido, there is fun for all.

Ride 2. A Gower Taster. Moderate; 25 miles; All day; leader: David Naylor

11.00 Blackpill Lido. A circular route on cycle paths and quiet North Gower roads. Stunning views over the salt marshes. Lunch: *Greyhound*, Oldwalls, returning via the picturesque Green Cwm.

Ride 3. Gower Combine. Challenging; 30 miles; All day; leader: Rob Wachowski

11.00 Blackpill Lido. A mountain bike and part road ride via Clyne Common, across Bishopston Valley and Pennard Common, over Cefn Bryn with fantastic sea views to lunch at the Heritage Centre before returning to Blackpill..

Sunday 11th

Ride 4. Off road on Cefn Bryn. Gentle; 12 miles; Half day; leader: Claudine Conway.

10:00 Gower Heritage Centre. A mountain bike ride for beginners that will expand your cycling horizons by climbing Cefn Bryn for spectacular views. Ending with a BBQ in the Heritage Centre.

Ride 5. Cefn Bryn plus. Moderate; 15 miles; Half day; leader: Phil Jones

10.00 Gower Heritage Centre. A circuit over and to the west of Cefn Bryn, partly on a traffic free path. Visit King Arthur's stone after the climb up Cefn Bryn. Back 1.00ish for Heritage C. BBQ...

Ride 6. Kidwelly. Challenging [CTC ride]; 48 miles; All day; leader: John White.

10.00. Railway Inn. This ride follows NCN 4 across the Loughor Bridge and along the superb Millenium Coast path to Kidwelly. Includes Pembrey Park Lunch: *Time for Tea* in Kidwelly

Monday 12th

Ride 7. Gower Circuit. Moderately challenging; 32 miles; All day; leader: David Naylor.

10:00 Railway Inn. This ride takes you to the very end of the Gower Peninsular. A bit of 'rough stuff' is involved to complete the circuit as there is no road west of Rhossili Down. But there is a longer road alternative for those on road bikes. We go clockwise and lunch at Hillend.

Ride 8. Swiss Valley. Challenging; 42 miles; All day; leader: Martin Brain

10.00 Railway Inn. Away to the north on quiet roads, this ride looks back at Gower from across the Loughor Estuary. You climb high then drop down for lunch in *Caffi Cynnes* in Pontyberem. Then it's (nearly) all downhill on the way back, via the Sustrans Swiss Valley and Millenium Coast paths.

Tuesday 13th

Ride 9. City Heights. Challenging; 20 miles; Half day; leader: Claudine Conway.

10.00 Railway Inn. Make the most of Swansea's terrain! Approach our hilly city with determination and you will be rewarded with spectacular views in all directions, and a whole new perspective on Swansea. On urban roads. Any bike but low gears or strong legs needed. Lunch: Railway Inn.

Tuesday 13th (continued)

Ride 10. Bikeability ride for all abilities. Gentle; 4 miles; Half day; leader: Mike Cherry.
14:00 Dunvant RFC. A gentle ride for both the able and disabled featuring a variety of specialist bikes. It will go down the Clyne Valley cycle path to Blackpill for a refreshment stop at the Lido, which features picnic tables, a café, beach and play area.

Wednesday 14th

Ride 11. Henrhyd Falls. Challenging; [CTC ride] 62 miles; All day; leader: John Cardy.
10.00. Railway Inn. A longer ride up the Swansea Valley to the impressive Henrhyd Falls near Coelbren. Back down a different valley to the coast and round Swansea Bay. Bring sandwiches.

Thursday 15th

Ride 12. Penclacwydd. Gentle; [Sustrans *Fresh Air Miles* ride] 15 miles; All day; leader: Nick Guy.
10.00 Railway Inn. A flat ride up NCR 4 to Penclacwydd with time to explore the Wild Fowl Centre (There is an entry charge.) and have lunch. On way back visit the Ddol Farm vineyard near Dunvant

Ride 13. A Gower traverse. Moderate; 22 miles; All day; leader: Don Ashman.
10.00. Gower Heritage Centre. A route of contrasts enabling you to sense the differences between north and south Gower. Five miles from the start you should have a chance to see the old yew tree by Penrice Church and look for the tomb of murdered Mary. Lunch in the Greyhound, Oldwalls

Friday 16th

Ride 14. Three Cliffs: ride/walk. Gentle; 12/4 miles ride/walk; All day; leader: David Naylor
10:00 Railway Inn. Cycle to the Heritage Centre via mid Gower road and Green Cwm. Leave bikes there and walk down Three Cliffs Valley and through the arch. Lunch in Southgate. Back to HC by a higher route; tea; and then cycle back to the RI visiting Ilston Church on the way.

Ride 15. Carreg Cennen Castle

(a) The long way. Challenging + 70+ miles; All day; leader: Claudine Conway

9.00 Railway Inn. This is the longest ride with some challenging climbs. A big Carmarthen-shire circuit: out via Ferryside and the Towy Estuary, and up to the spectacular Carreg Cennen Castle. Wonderful views; time for a good lunch in Ferryside and a cake stop at the Castle

(b) The short way. Challenging 48 miles; All day; leader: Phil Jones

10.00 Railway Inn. Up the Loughor Valley with stunning views to the west and then up to the Castle for lunch. Back on the other side of the valley.

Saturday 17th

Ride 16. Teenagers ride. Gentle; 6 miles; Half day; leaders: Rachel Guy & Claudine Conway.
11:00 Civic Centre. A gentle, flat ride along the Swansea Bay cycle path towards Mumbles and back, with a lunch stop at the Junction Café, Blackpill.

Ride 17 North Gower. Moderate; 18 miles; Half day; leader: Bob Smith.

10:00 Railway Inn. A clockwise circuit of this classic route, getting the climb out of the way near the start. The gentle descent to Llanrhidian offers views to the west and across the estuary to the north. Then along the Marsh Road to the village of Crofty, hub of the cockle industry. Lunch: Railway Inn..

Ride 18. Heritage Trail MTB ride. Challenging; 30 miles; All day; leader: Roy Church.

10.00. Gower Heritage Centre. A challenging mountain bike circuit over the highest points of Gower, with spectacular views over Rhossili beach. Mtn Bikers will be familiar with the more famous Afan Argoed trails to the east, but Gower's natural XC charms include swooping single track, woods, bridleways and rocky terrain. And of course plenty of mud if it's been raining. Please ride suitably equipped, and wear a helmet. Lunch: Hill End, Llangennith.

Festival Party

19.00. Gower Heritage Centre.

Ride leaders phone numbers

Don Ashman	01792 232183	Roy Church	01792 371206	Bob Smith	01792 850650
Martin Brain	01792 207800	Claudine Conway	07918 140124	Rob Wachowski	01792 636353
John Cardy	07711 175337	Nick/Rachel Guy	01792 476178	John White	01792 520896
Mike Cherry	01792 480200	David Naylor	01792 233755		