

# Gower Cycling Festival (9-16 August 2014) – Programme

To be read in conjunction with the route map which shows the rides. There is car parking near all the start/finish points, located as follows. [C] = Café; [S] = Shop; [T] = Public toilet.

Blackpill Lido, Swansea SA3 5AS (GR 619906) [C,T]  
Dunvant RFC, Killay SA2 7RU (GR 593932) [T]  
Gower Heritage Centre, Parkmill SA3 2EH (GR 544893) [C,S,T]  
Railway Inn, Killay SA2 7DS (GR 598924)  
Sail Bridge, SA1 1RE (GR 662929) [Nearby Sainsburys: C,T]

**Note.** This programme is updated as necessary. Last on: 30 July.

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

## Saturday 9<sup>th</sup> August

**Festival Launch** 13.30 Blackpill Lido. To be opened by Byron Davies AM, cllr Nick Davies and 'the Badger'.

### 1 Tweed Family Fun ride

14.30 Blackpill Lido

Dress up in 1920s style for this gentle ride around Swansea Bay. Suitable for accompanied children. Afternoon tea available at discount price of £5.00.

**Gentle**; 6 miles; leader: Nick Guy

### 2 A Taste of SE Gower

14.30 Blackpill Lido

An anti-clockwise circuit up the Clyne Valley with a visit to the picturesque Green Cwm. Tea/coffee at the Heritage Centre, back via Murton and Mumbles.

**Gentle/Mod.**; 19 miles; leader: David Naylor

### 3 Pwlldu by MTB

14.30 Blackpill Lido

Off road over Clyne Common, down to Pwlldu; up to Pennard and the *Gower Heritage Centre* for tea. Return via Bishopston Valley.

**Challenging**; 15 miles; leader: Rob Wachowski

## Sunday 10<sup>th</sup> August

### 4 King Arthur's Stone

10.00 Gower Heritage Centre

Green Cwm then west to Fairyhill. A gentle climb up Cefn Bryn's flank to King Arthur's Stone. Great views. Back 1.00ish for Heritage C. BBQ.

**Gentle/Mod.**; 14 miles; half day; leader: Phil Jones.

### 5 Cefn Bryn by MTB

10.00 Gower Heritage Centre

For mountain bike novices. A ride through the heart of Gower's ancient history with a character building climb which will reveal great views and include a visit to King Arthur's stone. Back 1.00ish for Heritage C. BBQ.

**Moderate**; 12 miles; half day; leader: Claudine C.

### 6 Grand Gower Circuit [CTC ride]

10.00 Gower Heritage Centre

A clockwise circuit: south coast to Rhossili, a bridle way with views of Worm's Head takes us to Hillend for lunch. Then something unusual! (Maybe swim option?) Back on N. Gower and NCR 4.

**Challenging**; 44 miles; all day; leader: David Naylor

## Monday 11<sup>th</sup> August

### 7 Port to Pottery

10.00 Sail Bridge

An easy ride up the Swansea Valley along NCR 43 to the *Riverside Centre* where Keri Thomas will give a talk and slide show on *Pontardawe and Environs*. Back along the canal. Bring a packed lunch.

**Moderate**; 22 miles; all day; leader: Allyson Evans.

### 8 Kidwelly

10.00 Railway Inn.

A (mostly) flat ride across the Loughor Bridge and along the superb Millenium Coast path to Kidwelly. Optional return from Pwll if shorter ride preferred. Lunch: *Time for Tea* in Kidwelly (or Pavilion, Pwll).

**Chal/Mod**; 48/24 miles; all day; leaders: Colin F, Don A

### 9 A Folk evening ride

17.45 Railway Inn

A ride up the Clyne Valley for music and song at the Loughor Boat Club. (Bring Lights for the return.)

**Evening**; 10 miles; evening; leader: John Roach.

## Tuesday 12<sup>th</sup> August

### 10 Ride/walk on South Gower coast

10.00 Railway Inn

Cycle to Southgate. Leave bikes for a short walk to the East Cliff before lunch in Three Cliffs Café; then across the bay, round Torr Head and back to the bikes.

**Gentle/Mod.**; 12/5 miles; all day; leader: David N.

### 11 BikeAbility Wales

10:30 Dunvant RFC

A gentle ride along the Clyne Valley for both the able and disabled featuring a variety of specialist bikes. Refreshments at the Blackpill Lido by the beach.

**Gentle**; 4 miles; half day; leader: Mike Cherry.

## Wednesday 13<sup>th</sup> August

### 12 North Gower 10:00 [Railway Inn](#)

The best of North Gower: up to Three Crosses, then down over Welshmoor with great views to the west. Coffee in Llanmadoc, visit a pottery in Cheriton before lunch in the *Greyhound*. Back along the Marsh Road.

**Moderate**; 25 miles; all day; leader: David Naylor

### 13 Henrhyd Falls [CTC ride] 10:00 [Railway Inn](#)

A ride of contrasts: up through Penllergaer Woods, then Swansea valley and up the splendid new path to Coelbren. Long freewheels on the return. No café near the Falls so fuel stops before and after.

**Challenging**; 61 miles; all day; leader: John Cardy.

### 14 Pub evening (not a ride) 19:00 [The Black Boy, Killay](#)

A social evening for all participants.

This large pub is half a mile from the Railway Inn on the south side of the road. They do food, so if you want a pub meal we suggest you arrive a little earlier.

## Thursday 14<sup>th</sup> August

### 15 Penclacwydd (Sustrans Fresh Air Miles) 10:00 [Railway Inn](#)

A flat ride up NCR 4 to Penclacwydd Wild Fowl Centre with time to explore it and have lunch. Tea and cake at the Ddol Farm vineyard on way back.

**Gentle**; 15 miles; all day; leader: Nick Guy.

### 16 A ride to the Masons 10:00 [Railway Inn](#)

Up through residential suburbs, past one of Swansea's Grand Historic Houses and a Church with a unique feature. Lunch: the Masons Arms in Rhyd-y-Pandy. A gentle return via Clydach and the Swansea Foreshore.

**Challenging**; 29 miles; all day; leader: Ed Connors.

## Friday 15<sup>th</sup> August

### 17 Mumbles and Clyne Gardens 10:00 [Railway Inn](#)

Down to the foreshore, round Mumbles Head and through Langland and West Cross to the Mayals where we will dally in the lovely Clyne Gardens.

**Gentle**; 12 miles; half day; leader: Colin Fielder.

### 18 Swiss Valley 10:00 [Railway Inn](#)

Up north on quiet roads with lunch in *Y Cwtch* (was *Caffi Cynnes*) in Pontyberem. Then up to NCR 47, down the Swiss Valley and a flat ride home. A Welsh speaker will describe the rich history of the area.

**Challenging**; 42 miles; all day; leader: Martin Brain.

### 19 Copperopolis 17:45 [Sail Bridge](#)

An easy ride up the lower Swansea Valley to explore its industrial heritage.

**Evening**; 6 miles; evening; leader: Nick Guy.

## Saturday 16<sup>th</sup> August

### 20 Dylan Thomas Trail 10:00 [Sail Bridge](#)

A slow ride through Dylan Thomas' "ugly, lovely town". Local actor Adrian Metcalfe will guide us around the sites associated with the poet. This ride ends at the nostalgic tearoom in Cwmdonkin Park for lunch.

**Gentle**; 5 miles; half day; leader: Nick Guy.

### 21 A Gower Traverse 10:00 [Gower Heritage Centre](#)

Savour the contrasts between north and south Gower. We'll visit Penrice Church with its old yew and the tomb of the murdered Mary, and then go past Hangman's Corner. Lunch at the *Greyhound*, Oldwalls.

**Moderate**; 22 miles; all day; leader: Phil Jones.

### 22 Gower Beast MTB ride 10:00 [Gower Heritage Centre](#)

A challenging mountain bike circuit: woods, bridleways and over the highest points of Gower with spectacular views across Rhossili beach. Please be suitably equipped and wear a helmet. Lunch: Hill End,

**Challenging**; 30 miles; all day; leader: Roy Church.

### Ride leaders phone numbers

Don Ashman	07816 472571	Roy Church	01792 371206	Nick Guy	07551 538825
Martin Brain	07977 561047	Ed Connors	07952 483641	Phil Jones	07818 470440
John Cardy	07711 175337	Claudine Conway	07918 140124	David Naylor	07771 582888
Mike Cherry	07968 109145 or 07584 044284	Allyson Evans	01792 475521	John Roach	07971 676769
		Colin Fielder	07791 277748	Chris Walsh	07941 823729

For further information phone David Naylor on 01792 233755 or email: davidjohnnaylor@sky.com