

Gower Cycling Festival (13-20 August 2016) – 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; [T] = Public toilet.

Blackpill Lido, Swansea SA3 5AS (GR 619906) [C,T]
Dunvant Rugby Football Club (RFC), Killay SA2 7RU (GR 593932) [T]
Sail Bridge, SA1 1RE (GR 662929) [Nearby Sainsburys: C,T]

Note. This programme is updated as necessary.
Last update: 18 August.

Note: The rides with [] after the title are free for those *joining just those rides*.

The initials CTC, PL, S, U3A identify them as CTC, ParkLives, Sustrans and U3A rides respectively.

The traffic light colours **green**, **amber** or **red** indicate the relative difficulty of the rides.

Saturday 13th August

Festival Launch 13.30 Blackpill Lido. To be opened by Councillor Mark Childs. (Byron Davies, MP, and TV presenter Andrew Price have had to cancel.)

1 **Tweed ride** [PL] 14.30 Blackpill Lido

A gentle family ride around glorious Swansea Bay to the Coast café in Marina. Wear 1920s gear to join in the fun.

6 miles: flat; leader: Nick Guy.

2 **A Taste of Gower** 14.30 Blackpill Lido

Clockwise circuit round Mumbles head, to Parkmill for coffee at the Heritage Centre, then up the picturesque Green Cwm, and back down the Clyne Valley.

19 miles: moderate hills; leader: David Naylor.

3 **Kilvey Hill** 14.30 Blackpill Lido

Spectacular views to the west across Swansea and to the south of the docks and the Bay Campus. Out one side of the hill and back the other.

18 miles: one big climb; leader: Chris W.

Sunday 14th August

4 **Life cycle ride** 11.00 or 14.00 Blackpill

A gentle "Performance ride" with actors from the Lighthouse Theatre playing historic Swansea characters. Choice of a morning or afternoon ride with ice cream in a Mumbles café. There is a £5 charge.

6 miles: flat; leader: Nick Guy.

5 **King Arthur's Stone** [CTC] 10.00 Dunvant RFC

To Reynoldston via the scenic Welshmoor road and Fairyhill. Lunch: King Arthur; then up to the Stone for great views, a long freewheel with options thereafter.

25 miles: Moderately hilly; leader: David Naylor

6 **Top of Glamorgan** [CTC] 10.00 Sail Bridge or 9.15 Dunvant RFC

A flat ride round Swansea Bay to the Afan Valley. After lunch in Cymer up and up to the top. Then on Forestry roads across to the Neath Valley and back to the coast.

48/60 miles: One major climb; leader: John Cardy.

For the rides shown as having two start points, eg first at Dunvant RFC and then at the Sail Bridge, registration will be at either. A guide (Usually the back marker.) will show the way between them.

The title colour classification for these rides is based on the shorter ride. The colour (if different) for the ride from Dunvant is shown on the second line.

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Monday 15th August

7 **Campus to Campus** [PL] [U3A] 10.00 Dunvant RFC

An easy ride first visiting the Singleton Campus, then east along NCR 4 to the Bay Campus where we'll have lunch and explore.

19 miles: flat; leader: Colin Fielder.

8 **Port to Pottery** [PL] 10.45 Sail Bridge or 10.00 Dunvant RFC

An easy ride up the Swansea Valley along NCR 43 to the *Riverside Centre* near Pontardawe where a presentation about the local heritage will be given. Back along the canal. Bring a packed lunch.

21/33 miles: flat; leader: Allyson Evans.

9 **Evening ride to a Folk Club** [PL] 18.30 Dunvant RFC

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

9 miles: flat; leader: John Roach.

Tuesday 16th August

10 **BikeAbility Wales** [PL] 10:30 Dunvant RFC

A gentle ride down and up the Clyne Valley for people of all abilities, featuring a variety of specialist bikes. Refreshments at the Blackpill Lido by the beach.

6 miles: flat; half day; leader: Nick Guy.

11 **Llanmadoc & Pots** 10:00 Dunvant RFC

Out by Welshmoor, Stem Bridge and Burry Green to Llanmadoc for coffee; visit a pottery in Cheriton, then lunch in the *Greyhound*. Back along the Marsh Road.

25 miles: Moderately hilly; leader: David Naylor.

Wednesday 17th August

12 Bont'n'Back (Gower Riders' ride) 10.00 [Dunvant RFC](#)

A half day easy ride, suitable for families with children over 10 with good traffic sense as there is some on-road cycling. NCR 4 and another cycle path leads to scenic views east of the River Loughor.

17 miles: a little up; leaders: J. Hedges, P. Walton.

13 Rivers and Canals [CTC] 10.00 [Sail Bridge](#) or 9.15 [Dunvant RFC](#)

Via the scenic NCR43 (Swansea Valley) to Ystradgynlais and then Crynant for lunch, with a long descent homeward down the Neath Valley.

34/46 miles: mainly flat – one climb; leader: Dale Hall.

14 20th Social Evening (not a ride) 19.00 [Dunvant RFC](#)

A buffet meal with music and song.

Thursday 18th August

15 Go Explore Penclacwydd [S] [PL] 10.00 [Dunvant RFC](#)

An easy ride along NCR 4 to the Wildfowl Centre at Penclacwydd. Visit Loughor Boat Club on way back and then Ddol Farm for tea and to see round the farm.

16 miles: flat; leader: Nick Guy.

16 Grand Gower Circuit 9.00 (Note earlier start.) [Dunvant RFC](#)

An anti-clockwise circuit (for a change): north coast to Llanmadoc for coffee, then may be a swim in the sea! After lunch in Hillend we follow a bridle way with views of Worm's Head to Rhossili, from where the full circuit follows S. Gower; optional direct return from Hillend.

42/30 miles: Undulating; leaders: D. Naylor & D. Hall.

Friday 19th August

17 Ride/walk on South Gower coast [PL] 10.00 [Dunvant RFC](#)/11.30 [Southgate](#)

Option of meeting at Southgate for walk only. After an early lunch in the Three Cliffs cafe we walk across Three Cliffs Bay, go round Torr Head and back over the stepping stones. Cycle back a different way.

14/5 miles: a couple of hills; leader: David Naylor.

18 Kidwelly 10.00 [Dunvant RFC](#)

Up through the picturesque "Swiss Valley", a big freewheel down to Pontyates and then a wiggly route to Kidwelly for lunch. Back on Millenium coast path.

46 miles: hilly out, flat back; leader: Carl Preece.

19 Swansea Sports Venues (evening) [PL] 17.45 [Sail Bridge](#) or 17.00 [Dunvant RFC](#)

A guided tour round key sports venues in the Tawe Valley. (Not now including the Liberty Stadium.)

6/18 miles: flat; leader: Nick Guy.

Saturday 20th August

20 Estuary wide ride 10.00 [Dunvant RFC](#)

To Three Crosses and then via hidden Gower lanes to a ruined chapel with big views. Options to return from Penclawdd or go round the estuary to Pwll for lunch.

15/32 miles; early climb then flat; leader: Dale Hall.

21 Gower Traverse 10.00 [Dunvant RFC](#)

Out west on the mid Gower road, then to south coast for lunch in Port Eynon. Back via Hangman's Corner, Oxwich and Fairwood Common.

30 miles: moderate hills; leader: David Naylor.

22 Rhondda Tunnel 10.00 [Sail Bridge](#) or 9.15 [Dunvant RFC](#)

Traffic free most of the way, first partly on NCR 4 to Port Talbot and then on NCR 887 up the lovely Afan Valley to Blaengwynfi and there learn about the tunnel from a Rhondda Tunnel Soc. rep. Back same way.

40/52 miles; gentle climb out; leader: Nick Guy.

Ride leaders phone numbers

John Cardy	07711 175337	Nick Guy	07551 538825	Carl Preece	07813 800924
Ian Davies	07813 856969	Dale Hall	07771 847768	John Roach	07971 676769
Allyson Evans	01792 475521	James Hedges	07947 253295	Chris Walsh	07941 823729
Colin Fielder	07791 277748	David Naylor	01792 233755	Phil Walton	07813 776720

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