

Gower Cycling Festival (18-25 August 2018) – 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]
Kingsbridge (by old Urban Cyclery) SA4 4HJ (GR 593977)
Waterfront Museum, SA1 3RD (GR 658927) [C,T]

Note. This programme is updated as necessary.
Last update: 10 Aug. 2018.

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

The abbreviations CTC, U3A and Cap identify them as CTC, U3A and Cappuccino rides respectively.

^F Family ride suitable for children with some road experience. Routes are mostly but not entirely on cycle paths.

The colours indicate the relative difficulty of the rides, ie **gentle**, **moderate** or (relatively) **challenging**.

We aim to get back by 5.00pm, but sometimes, usually to let you enjoy yourself the more, we are bit later.

Saturday 18th August

Festival Launch 13.30 Blackpill Lido. Launched by: Jayne Cornelius (Swansea Uni.) and cllr Mark Child.

1 **Beach and ice cream** ^F [Cap] 14.30 Blackpill Lido

Round Swansea Bay to the Trafalgar Bridge Tawe river crossing, enjoy an ice-cream on the way and try out one of the new Santander hire bikes .

7 miles: flat; leader: Nick Guy.

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

Up the Clyne Valley, then west to Ilston where we visit its 12th Century Church, refreshments at the Heritage Centre and back round Mumbles head, .

20 miles: some hills; leader: David Naylor.

3 **Kilvey Hill/City Heights** 14.30 Blackpill Lido

Climb the Swansea 'Alps'; enjoy spectacular views of Swansea and (if clear) across the sea to Devon.

20 miles: lots of up; leader: Chris Walsh.

Sunday 19th August

4 **Campus to Campus** ^F 10.00 Dunvant RFC

An easy ride first visiting the Singleton Campus, then east along NCR 4 and the Tennant Canal to Jersey Marine. Lunch at the Bay Campus on the way back.

20 miles: flat; leader: Nick Guy.

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

Follow the scenic Marsh road to Llanrhidian, then via Fairyhill to Reynoldston. Lunch in the King Arthur, then up to the Stone for great views and a long freewheel.

28 miles: moderately hilly; leader: Pat Hansard

6 **Kidwelly** [CTC] 10.00 Dunvant RFC

Circular ride out via Pontarddulais and the spectacular country to the north of Llanelli. Lunch in Kidwelly then back along the Millenium coast path (NCR 4).

50 miles: lumpy out, flat back; leader: Ian Davies.

For the rides shown as having two start points, eg at Dunvant RFC and then at the Waterfront Museum, registration will be at either.

Rides with alternatives classified differently are shown with two colours. Eg: Ride 15 is **challenging** from Dunvant RFC but **moderate** from W'front Museum.

...

Monday 20th August

7 **Copperopolis** ^F 10.00 Dunvant RFC or 10.45 W'front Museum

A ride round the Bay and up NCR 43 to discover Swansea's industrial heritage. A guided walk will be given to discover Swansea's history when it was the copper capital of the world. Option for picnic lunch (can be purchased on route) or cafe in the area.
16/4 miles: flat; leader: Dawn Aplin.

8 **Llanmadoc and Beach** [U3A] 10.00 Dunvant RFC

Out by Welshmoor, Stem Bridge and Burry Green to Llanmadoc for refreshments. Unfortunately pottery visit off; optional trip to beach instead. Back on Marsh Rd.
25 miles: Moderately hilly; leader: David Naylor.

9 **Evening ride to a Folk Club** 18.30 Dunvant RFC

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

9 miles: flat; leader: John Roach.

Tuesday 21st August

10 **Swiss Valley** 10:00 Dunvant RFC

NCR 4 to Bynea then minor roads to join NCR 47 at Felinfoel. Up and down the Swiss Valley. Lunch at N. Dock, Llanelli, Visitor Centre. Return on NCR 4
30 miles: mainly flat; leader: Nick Guy.

11 **Grand Gower Circuit. Shorter option blue.** 9.30 (Note earlier start.) Dunvant RFC

Anti-clockwise circuit: N. Gower, coffee in Llanmadoc, cross Broughton Bay, lunch in Hillend; back via Rhossili, south Gower coast and Mumbles. Early return option from Hillend. Some off-road. Possible sea swim!
42/30 miles: undulating; leaders: David N./Chris W.

Wednesday 22nd August

12 BikeAbility^F 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.

13 Port to Pottery. Shorter option green^F [CTC] 10.00 Dunvant RFC or 10.45 W'front Museum

An easy ride up the Swansea Valley along NCR 43 to visit the new Heritage Centre in Pontardawe where refreshments will be available. Back along the canal.

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

14 Brynamman [CTC] 10.00 Dunvant RFC

Clockwise circuit: Pontarddulais, Ammanford, cycle path to Brynamman for lunch. Back down Swansea Valley and round Swansea Bay on NCR 4 and back up the Clyne Valley. Ride will divide at the start into a slower group (led by David) and a faster (by Ian). The latter expect to take a hillier option after lunch.

45 miles: longish hills; leaders: David Naylor/Ian Davies.

Thursday 23rd August

15 Ystradgynlais-Crynant. Shorter option blue. 9.15 Dunvant RFC or 10.00 W'front Museum

Up the scenic Swansea Valley (NCR43) to Ystradgynlais for an early lunch before a climb over to Crynant, then a long descent homewards down the Neath Valley.

46/34 miles: flat but for one climb; leader: Chris Walsh.

16 Glyncorrwg. Shorter option blue. 9.15 Dunvant RFC or 10.00 W'front Museum

Mostly traffic free; first partly on NCR 4 to Port Talbot and then on NCR 887 up the lovely Afan Valley for lunch in the 'Refresh' (the old Cwmer station). Meet up with the Rhondda Tunnel Soc. and learn about this project.

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

Friday 24th August

17 Burry Port^F 10.00 Dunvant RFC

An easy ride following the Millenium coast path (NCR 4) to Burry Port for lunch; back same way.

32 miles: flat; leader: Mike Lewis.

18 Ride/walk. Green if just walk.^F 10.00 Dunvant RFC/12.00 Southgate

Cycle to Southgate via Lunnon and meet walkers in Three Cliffs Café for lunch, then circular walk across Three Cliffs bay. Cycle back over Fairwood Common.

14/5 miles: short, steep hills; leader: David Naylor.

Social (evening)

19 19.00 Dunvant RFC Festival social with buffet.

Saturday 25th August

20 Bont and Wildfowl^F [CTC] 10.00 Dunvant RFC or 10.30 Kingsbridge

Cycle path & B4296 to Pontarddulais. Shorter (family) option to return from there via a park. The longer ride crosses the Loughor, then via Llangennech to the Wildfowl Centre for coffee and back on NCR 4.

22/10 miles: one climb; leaders: David N. & Nick Guy.

21 Estuary wide ride Shorter option green.^F 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; climb then flat; leaders: Chris Walsh.

Note: The proposed Aberavon ride (previously 21) has been dropped, so that the Estuary wide ride is now 21.

Ride leaders phone numbers

Dawn Aplin	07919 084269	Nick Guy	07551 538825	David Naylor	01792 233755
Ian Davies	07813 856969	Pat Hansard	07957 287013	John Roach	07971 676769
Allyson Evans	07791 408184	Mike Lewis	07456 220909	Chris Walsh	07941 823729

For how to register for the Festival (It only costs £5.00.) and for further information visit
www.gowercyclingfestival.org

or phone David Naylor on 01792 233755 or email: davidnaylor27@gmail.com