

**Ride:** Round Kilvey Hill

**Start/Finish:** Sail Bridge

**Distance:** 15 miles (2 hours)

**Terrain:** One significant climb.

**Map:** OS 1:50,000 Sheets 159 *Swansea & Gower* and 170 *Vale of Glamorgan*.

This is a delightful clockwise circuit: up the Swansea Valley to Clydach, east through Glais, then south via Llansamlet and the Bog Road to return round the back of Kilvey Hill. It is mostly on either cycle paths or lightly trafficked roads. A bit of up is involved, the rewards for which are splendid views, first to the west over Swansea and then to the east across Crymlyn Bog.

From the Sail Bridge follow National Cycle Route 43 up the east side of the Tawe to Morfa. Here cross the river on the cycle/pedestrian bridge. Continue north past the Liberty Stadium almost to Clydach. In 2013/14 the route was upgraded between the Stadium and the motorway. It now goes along the new embankment which replaces and is to the east of the old one to form the boundary of a new flood plain. After passing under the motorway the path follows its old alignment for nearly a mile and then joins the section constructed in 2012 which takes you up onto another embankment. This leads to Clydach across the splendid Avon Tawe Bridge (pictured).

Just before you reach this bridge there is a junction with two signs to Glais. Take the more northerly of the two routes as it is shorter. But before turning off for Glais have a look at the art work on the bridge (pictured). The different colours reflect the metal ores mined in the area.



From Glais head south up Birchgrove Road and enjoy the views across Swansea Valley. Turn right to descend through Heol-Las, and left where the houses end to pass under the M4. Then immediately left on to Gwernlwynchwyth. This lane is closed to cars and takes you across a motorway slip road and the A48 (There are lights.) then across the railway above Llansamlet Station. After a right and left bend it becomes Trallwyn Road. Follow this to its junction with Crymlyn Road, turn left and immediately right on to the narrow Bog Road.

After a mile on this delightful but undulating lane (But take care on the blind bends.) bear left at a Y junction and continue round Kilvey Hill to Port Tennant. Here you pick up NCR 4 for the final mile back to the Sail Bridge.

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