

**Ride:** Swansea Circuit

**Start/Finish:** Railway Inn, Killay

**Distance:** 24 miles (3 hours)

**Level:** Moderate

**Map:** OS 1:50,000 Sheets 159 *Swansea & Gower*.

This ride goes clockwise right round Swansea.

You could start and finish it almost anywhere. I have chosen the Railway Inn thinking that a pint of local ale at the end of the ride might tempt you. The ride is mostly on traffic-free paths. You can't go round Swansea without climbing! This is in the first half and is mostly gradual

From the Railway Inn follow the Clyne Valley path (NCR 4) north for two miles and then turn right and immediately left onto Bishwell Road, then right onto the B4295 which you follow to a fork. Fork left onto Swansea Road. After half a mile, opposite the Mason's Arms, turn left and descend under the railway. At the north end of this twisty, pot-hole infested lane turn right and after half a mile left onto Ystrad Road. Follow this to the A483. Immediately across the lights on your left, by some bollards, there is a short cut to Cadle. Take this, turn left and follow the road to a metal barrier which marks the start of the path through Penllergaer Woods.



Half a mile up this path fork right to follow the valley up to the A48. You will pass the waterfall (pictured) near the top end. It is a lovely ride through the woods – you hardly notice that it's uphill!

Follow the A48 east past the Llangyfelach roundabout. Then left, under the motorway and past Morryston Hospital. This road narrows, climbs for a mile to the high point of the ride where there are great views to the south, and then descends to Clydach. Go straight on at a mini-roundabout and at the bottom cross the B4603 to the canal towpath; cross the narrow iron bridge and after 100m turn right onto NCR 43 and the new Afon Tawe bridge.

You are now half way. The return is entirely on the National Cycle Network, which is well signed. Follow NCR 43 to where it joins NCR 4 at the west end of Fabian Way, then the coast path to Blackpill and up the Clyne Valley to the Railway Inn.

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