

## Cycling in Gower

### 1. Heart of Gower Route

**A moderately challenging route through Gower with some main road cycling; for experienced cyclists**



Cyclists celebrate their arrival at Arthur's Stone (Wheelrights)

This ride explores mid and south east Gower. Highlights are the views from Cefn Bryn and a mile long freewheel down and it passes close to Arthur's Stone and the prehistoric burial chamber in Parc le Breos.

#### **The Ride in detail**

From Blackpill, proceed up the Clyne Valley cycle path (NCN4) for two miles to the Railway Inn, then on to the A4118 through Upper Killay and right on to the B4271 Mid-Gower road. Follow this road to Llanrhidian and turn left for Oldwalls, past the Greyhound Inn (left) and bear left at the road junction, after a mile descending steeply to Stembridge (take care on the blind bends). Turn left and follow the narrow road past the Fairyhill Hotel (right) and straight on at the T-junction to Reynoldston. While climbing - it's not very steep - enjoy the views to your right. At the junction above the King Arthur Hotel turn left and ascend the Cefn Bryn ridge. Arthur's Stone is near the top about 300m off the road to your left.

The serious climbing is now over so enjoy the long free-wheel down to Cilibion. You are now back on to the B4271. Follow this for a mile to Llethryd GR 531914), there turning right on to the path through Park Woods and past the Parc le Breos burial chamber to Parkmill. You should push your bike across the

first 200m of this path as you are asked not to cycle here. From Parkmill, turn left and take the A4118 up the hill and turn right on to the B4436 to the road junction at Pennard Church, then left on to the B4436. You could follow this directly back to Blackpill. However to better savour Gower this ride leaves the B4436 at Northway and follows the lanes through Merton, Newton and Langland to Bracelet Bay. A final two miles along the foreshore takes you back to Blackpill.

## Useful Information

<b>Start point:</b>	Blackpill (GR 620908)
<b>End point:</b>	Blackpill (GR 620908)
<b>Map:</b>	O.S. Explorer 164 O.S. Landranger 159
<b>Distance:</b>	43 kilometres
<b>Time:</b>	3 hours including stops
<b>Terrain:</b>	One big climb and some lesser ones
<b>Refreshments:</b>	Greyhound Inn, Oldwalls King Arthur Hotel Reynoldston Gower Heritage Centre, Parkmill
<b>Toilets:</b>	Blackpill Gower Heritage Centre Others at the discretion of the pub
<b>Parking:</b>	Blackpill (charged) Railway Inn, Killay (free)