

## Cycling in Gower

### 2. Llanmadoc Circular Route

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



The attractive minor road through Cheriton

This ride explores north and north west Gower and uses a number of minor roads and bridle paths passing through stunning wild coastal scenery.

### The Ride in detail

From the Railway Inn take the A4118 climbing through Upper Killay and after crossing the cattle grid fork right on to the B4271 mid-Gower road. Follow this to Llanrhidian, turn left at the junction with the B4295 and keep left at the fork by the *Greyhound Inn*. Take care on the steep descent to Stembridge then climb up through Burry Green and turn right at Kennexstone after a descent, thereafter a gentle climb towards Llanmadoc. Immediately past the high point (GR 447928) you can take a grassy bridleway (left) which contours round the hillside to Llanmadoc, affording splendid views across the Loughor Estuary. The bridleway is a bit bumpy but quite cycleable, even on a road bike. The alternative is to drop down to the *Britannia Inn*, turn left and climb steeply up to Llanmadoc.

The *Community Shop/Café* is near the top of the hill from the *Britannia* on the right (here you can get delicious refreshment). If you take the short cut along the bridleway turn right when you join this road and the café is on your left.

The return is along the north Gower Coast, the latter part on NCN4 and is mostly level terrain.

From the café, drop down the hill past the *Britannia* to Cheriton; just past the lowest point you will see on your right a sign to *Bridge Pottery* where wood-fired salt-glazed pots are produced. From Cheriton continue east to join the road you came out on at the *Greyhound*. At the junction with the B4271 turn left to descend steeply through Llanrhidian. At GR 497923, follow the 'Marsh Road' through Crofty to Penclawdd. On leaving Penclawdd join the cycle path on your left just past *Gower Timber* and follow it to Pont-y-Cob Road where you join NCN4 (right). Follow this through Gowerton back to the Railway Inn.

### Useful Information

<b>Start point:</b>	Railway Inn, Killay (GR 596925)
<b>End point:</b>	Railway Inn, Killay (GR 596925)
<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>	Mostly quiet roads and cycle path; a couple of significant climbs
<b>Refreshments:</b>	Greyhound Inn, Oldwalls Community Shop, Llanmadoc Cariad Café, Penclawdd
<b>Toilets:</b>	Community Shop, Llanmadoc CK's supermarket, Penclawdd Others at the discretion of the pubs
<b>Parking:</b>	Railway Inn, Killay (free)