

Cycling in Gower

3. North Gower Circuit

A moderately easy route through mostly level terrain; suitable for less experienced cyclists



Wild ponies on the marsh road

This ride takes in some of the finest scenery in the Gower. A significant climb near the start is followed by a long downhill with magnificent views to the west. The return skirts the salt marshes on the Loughor Estuary and is flat.

The Ride in detail

This ride is well suited to the less experienced cyclist since, except for three miles, is on minor roads and cycle tracks. Doing it clockwise, as described here, has the advantage that you get the climb over early and with the prevailing wind from the west there's a good chance it'll help you home.

From the car park turn left on to Walter's Row and the B4296, go straight across at the mini-roundabout onto Voylart Road and then at the T-junction at the top, turn left and first right on to Prior's Way. This takes you up to the road to Three Crosses. You climb, less steeply now, for nearly a mile to Three Crosses. Here turn left down Chapel Road; at the bottom turn right and then first left (GR 568941) onto the minor road which takes you over Welshmoor to Llanrhidian. From Three Crosses there is a brief down and up section before a long gentle descent with great views over the Loughor Estuary. Turn right where this minor road joins the B4271 (GR 502919) and then across the B4295 north Gower Road to descend steeply into Llanrhidian. Take it easy down this steep and winding hill and don't miss the *Dolphin* pub on your left near the bottom

At the bottom of the hill, just past the *Dolphin*, turn right to follow the Marsh Road for three miles to Crofty. Enjoy the views across the salt marshes and perhaps encounter the Gower wild ponies (pictured). Note that parts of this road get flooded during the fortnightly spring tides, so check these before you start. Between Crofty and Penclawdd there is a mile of main road before you pick up a cycle path. It is on your left just past *Gower Timber*. This joins NCN4 near Gowerton, this then takes you back to Dunvant.

Useful Information

Start point:	Dunvant Car Park (GR 596939)
End point:	Dunvant Car Park (GR 596939)
Map:	O.S. Explorer 164 O.S. Landranger 159
Distance:	25.5 kilometres
Time:	2 hours including stops
Terrain:	One significant climb otherwise mainly level roads and tracks
Refreshments:	Dolphin Inn, Llanrhidian Crofty Inn, Crofty Cariad Café, Penclawdd
Toilets:	Llanrhidian Heronsway Cafe CK's supermarket, Penclawdd Others at the discretion of the pubs
Parking:	Dunvant (free)