

GOWER BIKE RIDE 2026: RIDE WITH CONFIDENCE

Welcome to the 2026 Gower Bike Ride Confidence Programme. Run in conjunction with **Let's Ride Swansea**, this series is led by **British Cycling** accredited ride leaders.

The Mission

To take you from a social coastal spin to being confident to take on the 35-mile Gower Bike Ride on Sunday 6th September.

Targeting the 12-Mile Gower Bike Ride? You'll hit your milestone at Week 5, but once you hit your goal, keep coming! You are encouraged to stay part of the community and use the Tuesday sessions to repeat shorter, familiar routes with a peer group while the group continues their endurance build.

Aiming for the 63-Mile Challenge? While we focus on the 35-mile goal on Tuesdays, the 63-mile (100km) requires weekend training. As you progress, we will signpost you to local clubs for longer training rides, including CTC Swansea, VeloTawe, Welshcake Wheelers, Action Bikes Community Cycling Swansea.

BIKES & SAFETY

No Lycra Required: You do not need specialist cycling gear or a high-end road bike. Any bike in safe working order (Hybrid, Mountain Bike, Road, or E-Bike) and sensible clothing is perfect to start.

The M-Check: We will teach you how to check your bike before every ride, focusing on your tyres, brakes, chain, pedals, cranks, seat, and handlebars. You can watch a guide to the M-Check here:

<https://www.youtube.com/watch?v=V66yzbrZxvY>

Equipment: Helmets are mandatory. We also recommend a water bottle, appropriate clothing for the weather, a spare inner tube, and basic tools.

Coffee stops are optional; feel free to bring your own snacks and drinks.

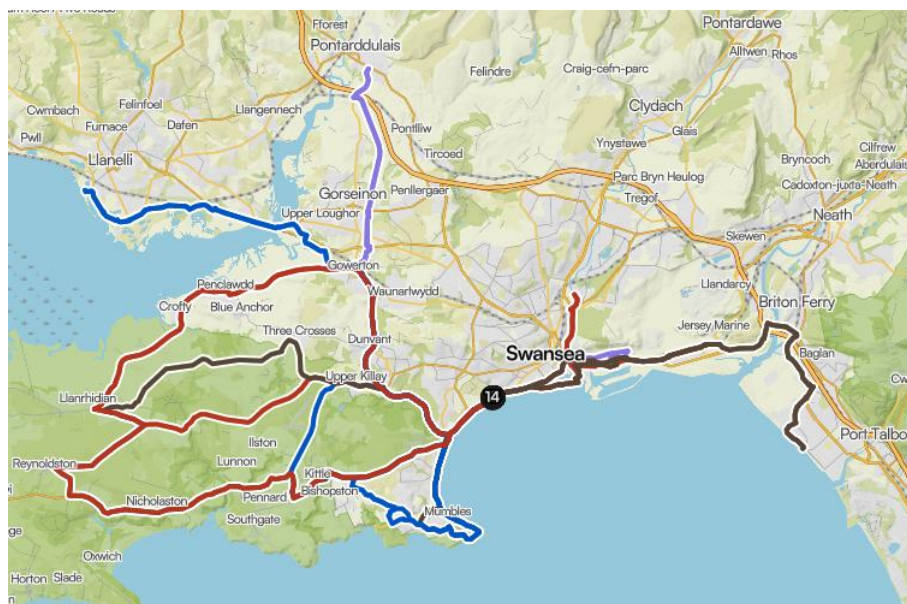
WEEKLY SESSION FORMAT

- **When:** Tuesday Evenings | 18:15 for an 18:30 start
- **Meeting Point:** Recreation Ground Car Park - Look for us by the trees on the left.
<https://maps.app.goo.gl/GyCt1QcLJkuVEqag9>
- **The Pace:** We ride as a group. Our policy is that **no one is ever left behind**
- **The Briefing:** Every session begins with a Mechanical & Safety Briefing
- **Weather:** In the event of poor weather, we will postpone to the following week. We have a 14-week window to complete the 10-week programme, allowing for flexibility
- **Updates:** Updates will be posted in the WhatsApp group
<https://chat.whatsapp.com/EkOev6isJRj7LWFpZIAOWt>
- **Booking:** All participants must book on via Let's Ride
First Session: <https://www.letsride.co.uk/rides/mumbles-introduction>

THE 10-WEEK ROADMAP

Ride	Route Name	Dist	Elev
1	Mumbles	7m	100ft
2	Morfa	7.8m	150ft
3	Port Tennant	7.6m	225ft
4	Plunch Lane	9.2m	325ft
5	GBR12 (Milestone)	11.5m	525ft
6	Amazon (Plus some activities)	10.7m	125ft
7	Gorseinon	15.3m	500ft
8	Remo's	22.4m	325ft
9	Gower Loop	16.1m	750ft
10	Welshmoor	23.4m	1,000ft
Additional Session	Pontarddulais	22.1m	650ft
Additional Session	Harder Welshmoor	25.5m	1,475ft
Additional Session	Llanelli	26.5m	625ft
Additional Session	North Gower	28.5m	1,450ft

Distances and elevations can be found at <https://www.komoot.com/collection/4202552/-let-s-ride-routes>



SUPPORTING THE GOWER BIKE RIDE

While there is no fixed cost to attend these guided sessions, we encourage participants to support the Kids Cancer Charity. A suggested donation of £30 goes directly toward the charity's work and the admin costs of organising the main Gower Bike Ride in September.

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