

## Llwybrau Llechryd Routes



## Llwybrau i Lesiant

### Paths to Wellbeing

[pathstowellbeing.ramblers.org.uk](http://pathstowellbeing.ramblers.org.uk)

#### Ramblers Cymru

Fel elusen gerdded arweiniol Cymru, mae Ramblers Cymru wedi ymroi i helpu pawb, ym mhob man, i fwynhau cerdded a diogelu y llefudd rydyn ni i gyd wrth ein bod yn cerdded.

Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llefudd rydyn ni i gyd yn mwynhau cerdded a gwella'r amgylchedd wrth greu Cymru wyrrdach a mwy hygrych i bawb.

As Wales's leading walking charity, Ramblers Cymru is dedicated to helping everyone, everywhere, enjoy walking and protecting the places we all love to walk. Our mission is to put walking at the heart of every community, protect the places we all enjoy walking and improve the environment while creating a greener and more accessible Wales for everyone.

#### Contact us | Cysylltwch â ni

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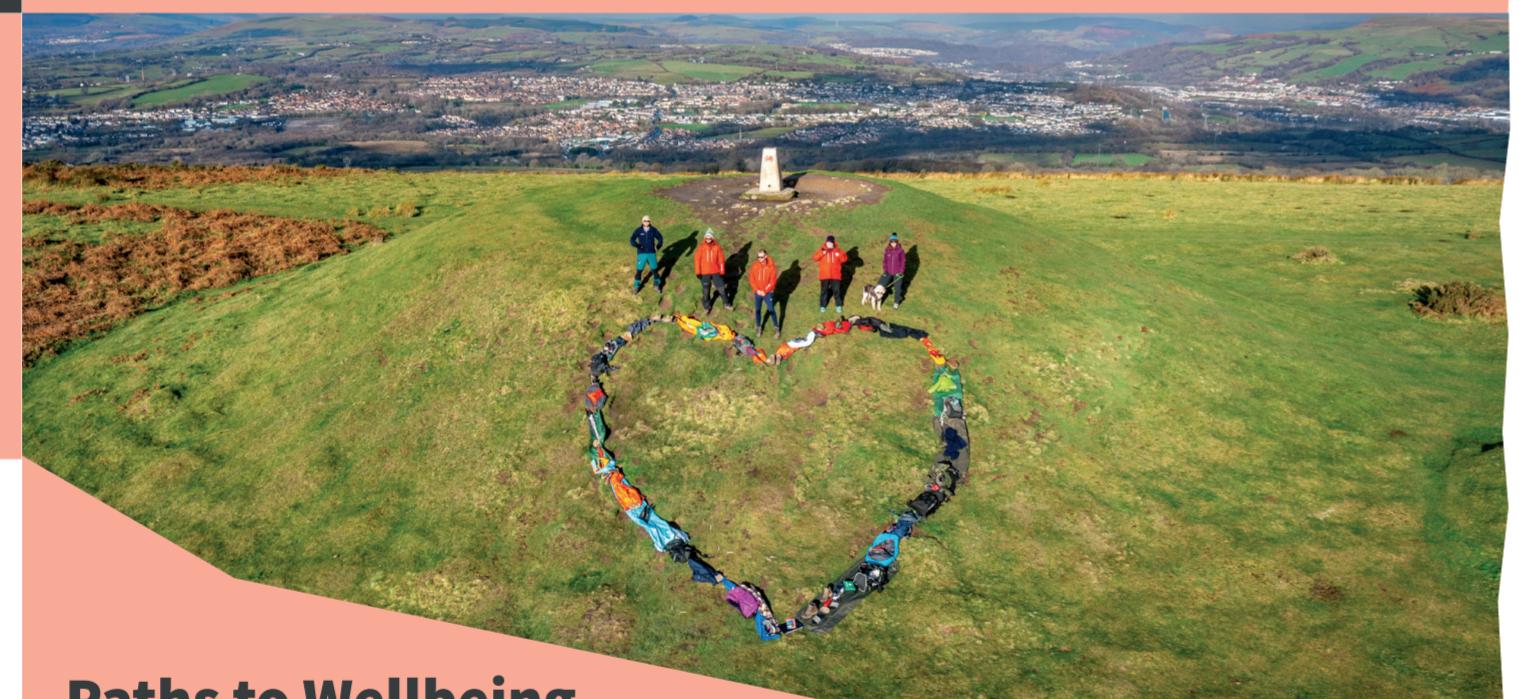
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The Ramblers' Association is a registered charity (England & Wales No. 1093577, Scotland No. SC039799)



## Paths to Wellbeing

### Putting walking at the heart of communities

#### Improving access to nature in Wales

Ramblers Cymru's Paths to Wellbeing project is a great example of how the Ramblers open the way for everyone to enjoy the simple pleasures of walking in nature. The project puts walking at the heart of 18 communities across Wales by giving them the tools and training to improve nature and access to walking in their local areas.

We have provided the selected communities the tools and training needed to identify, design and improve new and existing walking routes.

Together with 22 local authorities, Wildlife Trusts Wales and Coed Cadw, the Woodland Trust in Wales, we have also been enhancing the local environment for nature to thrive. With activities

such as tree planting, wildflower sowing and wildlife activity days, providing plenty of activities for those of all ages and backgrounds.

#### Led by the community, for the community

Ramblers Cymru believes that by working alongside communities to engage with their local path network and green spaces, together we can create sustainable walking opportunities for all. Ultimately this will connect people to the health and wellbeing benefits of nature and walking.

We are working with local volunteers and community members to deliver their community needs. Those taking part will gain new skills with expert support and guidance from Ramblers Cymru and our partners.



## Llwybrau i Lesiant

### Rhoi cerdded wrth galon cymunedau

#### Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrai ffyrdd wych o sut mae'r Ramblers yn agor y ffordd i bawb fwynhau pleserau syml cerdded ym myd natur. Mae'r prosiect yn rhoi cerdded wrth galon 18 o gymunedau ledled Cymru drwy roi'r offer a'r hyfforddiant iddynt wella natur a mynediad at gerdded yn eu hardaloedd lleol.

Rydym wedi rhoi'r offer a'r hyfforddiant rhad ac am ddim sydd eu hangen ar y cymunedau dethol i nodi a dylunio llwybrau cerdded newydd ac i wella llwybrau cyfredol.

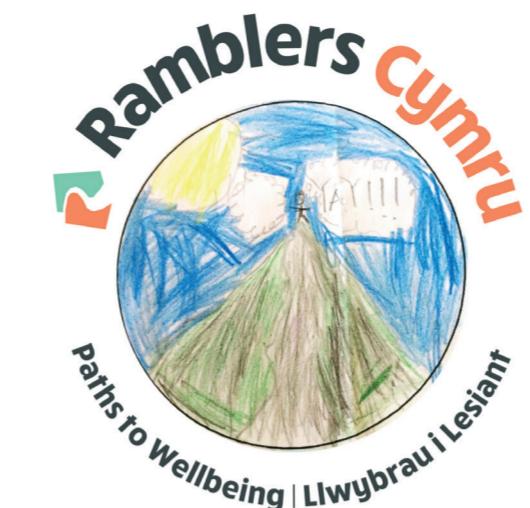
Ynghyd â 22 o awdurdodau lleol, Ymddiriedolaethau Bywyd Gwylt Cymru a Coed Cadw, rydym hefyd wedi bod yn gwella'r amgylchedd lleol er mwyn

i natur i ffynnu. Gyda gweithgareddau fel plannu coed, hau blodau gwylt a dyddiau gweithgareddau bywyd gwylt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidr.

#### Dan arweiniad y gymuned, i'r gymuned

Mae Ramblers Cymru yn credu, trwy weithio ochr yn ochr â chymunedau i ymgysylltu â'u rhwydwaith llwybrau lleol a mannau gwyrdd, gyda'n gilydd gallwn greu cyfleoedd cerdded cynaliadwy i bawb. Yn y pen draw, bydd hyn yn cysylltu pobl â manteision leichyd a lles natur a cherdded.

Rydym yn gweithio gyda gwirfoddolwyr lleol ac aelodau'r gymuned i gyflawni eu hanghenion cymunedol. Bydd y rhai sy'n cymryd rhan yn y prosiect yn ennill sgiliau newydd gyda chymorth ac arweiniad arbenigol gan Ramblers Cymru a'n partneriaid.



Wrth fwynhau'r teithiau cerdded hyn, cadwch at y Cod Cefn Gwlad.

#### Parchwch bawb

- Ystyriwch y gymuned leol a phobl eraill yn mwynhau'r awyr agored.
- Gadewch gatiau ac eiddo fel y dewch o hyd iddynt a dilynwrch y llwybrau oni bai bod mynediad lletach ar gael.

#### Gwarchod yr amgylchedd

- Peidiwch â gadael unrhyw olion o'ch ymweliad ac ewch â'ch sbwriel adref.
- Cadw cŵn o dan reolaeth effeithiol ac o fewn golwg. Gwnewch yn siŵr ei roi mewn bag a'i roi yn y bin.

#### Mwynhewch yr awyr agored

- Cylluniwch ymlaen llaw a byddwch yn barod, gan ddilyn cyngor ac unrhyw arwyddion lleol.
- Mwynhewch eich ymweliad, mwynhewch, gwnewch atgof.



[adventuresmart.uk](http://adventuresmart.uk)

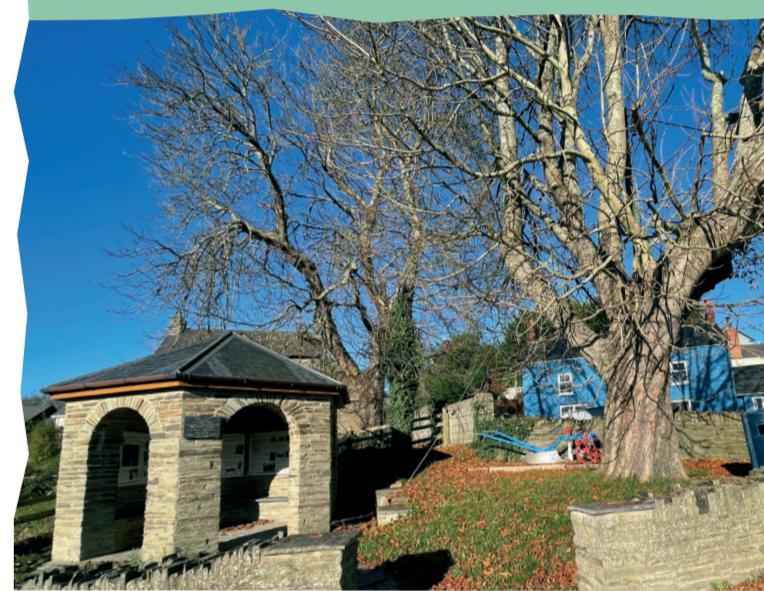
#MentranGall

Gofynnwch 3 chwestiwn i'ch hunan cyn i chi gychwyn:

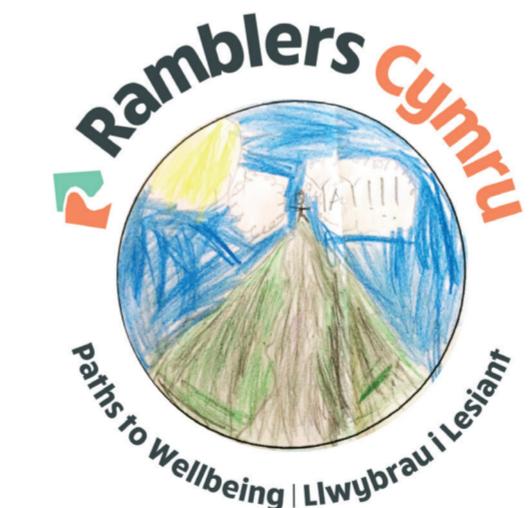
Ydw i'n gwybod sut fydd y TYWYDD?

Oes gen i'r OFFER cywir?

Ydw i'n hyderus fod gen i'r WYBODAETH A'R SGILIAU ar gyfer y diwrnod?



See reverse to discover our community routes...



Whilst enjoying these walks please abide by The Countryside Code.

#### Respect everyone

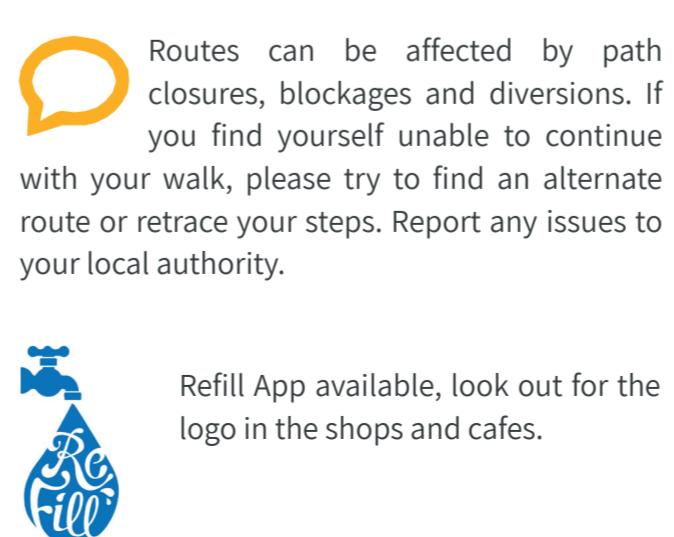
- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths, unless wider access is available.

#### Protect the environment

- Leave no trace of your visit and take your litter home.
- Keep dogs under effective control and in sight. Make sure to bag it and bin it.

#### Enjoy the outdoors

- Plan ahead and be prepared, following advice and any local signs.
- Enjoy your visit, have fun, make a memory.



[adventuresmart.uk](http://adventuresmart.uk)

#BeAdventureSmart

Ask yourself 3 questions before you set off:

Do I have the right GEAR?

Do I know what the WEATHER will be like?

Am I confident I have the KNOWLEDGE & SKILLS for the day?



Gweler y cefn i ddarganfod ein llwybrau cymunedol..

## Llechryd

Cymuned fechan wledig yn ne Ceredigion (sy'n ffinio â Sir Benfro) yw Llechryd, lle rhed yr afon Teifi i'r dde o'r pentref. Mae Llechryd yn adnabyddus am ei phont restredig gradd II\* a godwyd yn yr 17eg ganrif. Mae'r bont yn dueddol o orlifio ac, oherwydd hyn, daeth Llechryd yn enwog am ddefnyddio Cwryglau i groesi'r afon.

Mae'r ardal yn adnabyddus am ei ffermio ac mae digonedd o llwybrau troed ar draws tir amaeth a ffordd i ymuno Llechryd â phentrefi cyfagos, sy'n golygu bod hwn yn lle hyfryd i grwydro.



## Llechryd

Llechryd is a small rural community in south Ceredigion (bordering Pembrokeshire) where the river Teifi runs south of the village. Llechryd is well known for its grade II\* listed bridge which was built in the 17th century. The bridge is prone to flooding and as a result Llechryd became famous for the use of Coracles to cross the river.

The area is well known for its farming and there is an abundance of footpaths across farmland and road to join Llechryd with neighbouring villages, making it a wonderful place to explore.

**Cyrfaedd yma | Getting here**

Mewn car, prifffordd yr A484 o Aberteifi a Chenarth. Mae modd cael yno ar drafnidiaeth gyoeddus ac mae bysiau rheolaidd yn pasio drwod. Caerfyrddin fyddai'r orsaf drenau agosaf, 25 milltir i ffwrdd.

By car, Main A484 from Cardigan and Cenarth. Accessible by public transport with regular buses passing through. The closest train station would be Carmarthen which is 25 miles away.

**Allwedd / Key**

<b>1 Maidie B Goddard Loop</b>	2.9 km	Llwybr byr i archwilio Gwarchodfa Natur Maidie B Goddard. A short route to explore Maidie B Goddard Nature Reserve.
<b>2 Short Circular</b>	2.0 km	Cylchdaith weddol wastad heb gamfeydd o amgylch Llechryd. A fairly flat circular stile free loop around Llechryd.
<b>3 Penralteifed Loop</b>	8.2 km	Golygfeydd gwych a mannau prydferth ar hyd y daith ddolennog hon. Great views and picturesque places along this loop.
<b>4 Manordeifi Church</b>	3.5 km	Taith gerdded syth a byr o Neuadd y Cwrrwg i Eglwys Maenordeifi. A short linear walk from Coracle Hall to Manordeifi Church.
<b>5 Manordeifi Circular</b>	3.8 km	Cylchdaith ar hyd y ffordd ac ar draws tir amaeth i Eglwys Maenordeifi. A circular walk along the road and across farmland to Manordeifi Church.
<b>6 Hall East Loop</b>	7.5 km	Llwybr mwy heriol gyda golygfeydd gwerth chweil ar yr ardal. A more challenging route with rewarding views of the area.
<b>7 Around Llechryd</b>	8.9 km	Cylchdaith fwy o amgylch y pentref heb unrhyw frynau arwyddocaol a golygfeydd hyfryd ar yr ardal. A longer loop around the village with no significant hills and lovely views of the area.
<b>8 St Cynlla's Loop</b>	2.5 km	Taith gerdded hawdd trwy goetir hyfryd. An easy walk through a lovely woodland.

**OS Map Coverage: OS Explorer 198**

**Yr olygfa wrth i chi fynd yn ôl i Llechryd.**  
The view as you head back to Llechryd.

**Cerfluniau pren ar daith ddolennog Sant Cynlla.**  
Wooden carvings on the St Cynlla loop.

**Pont dros y nant ar y daith ddolennog fer.**  
A bridge over the brook on the short circular loop.

**Pont Llechryd.**  
Llechryd Bridge.

**Coedmor Plantation**, **Coed Newydd**, **Coed Faenol-fach**, **Coed Gwastad**, **Allt Cwm-mawr**, **Allt Pwll-swind**, **Glanarberth Wood**, **Allt Pen-lan**, **Allt Pant-gwyn**, **Alt Llwyn-grawys**, **Alt Garnon's Mill Road**, **A484**, **B4570**, **Llandoedmor**, **Llechryd**, **Llandygwydd**, **Parcweydd Hill**.

**Ramblers CYMRU**  
Paths to Wellbeing | Lwybrau i lesiant

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