

**Llwybrau
Llechryd
Llechryd
Routes**



**Llwybrau i Lesiant
Paths to Wellbeing
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 llyfdd rydyn ni i gyd wrth ein bodd yn cerdded.
Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llyfdd rydyn ni i gyd yn mwynhau cerdded a gwella'r amgylchedd wrth greu Cymru wyrddach 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.

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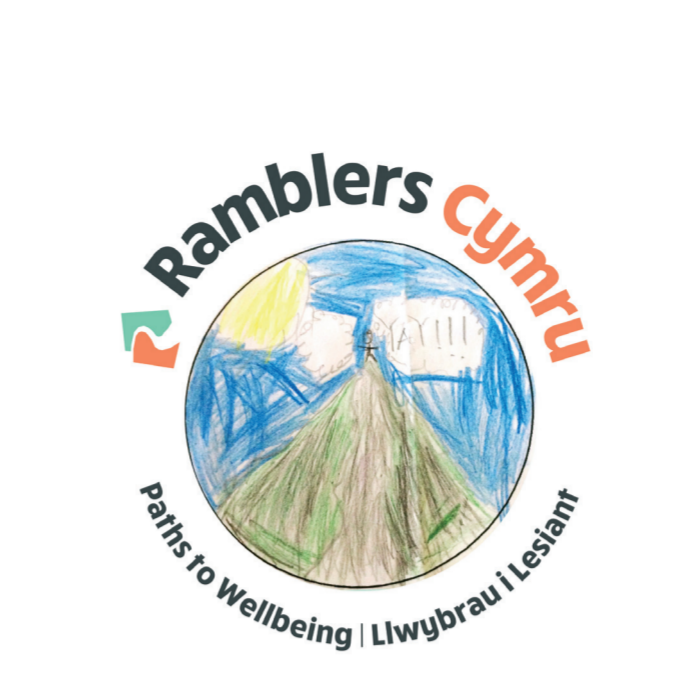
The Ramblers' Association is a registered charity (England & Wales No. 1093577, Scotland No. SC039799)



Llwybrau i Lesiant
Rhoi cerdded wrth galon cymunedau
Gwella mynediad i natur yng Nghymru
Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn enghraifft wych o sut mae'r Ramblers yn agory 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



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



Dilynwch y nodwr llwybr hon pan allan yn cerdded ar unrhyw un o'r llwybrau yma.
I gael disgrifiadau llwybr manwl, ffeiliau GPX a llwybrau cymunedol ychwanegol, ewch i pathstowellbeing.ramblers.org.uk

Gall llwybrau gael eu heffeithio gan, rhwystrau, fod ar gau a dargyfeiriadau. Os nad ydych chi'n gallu parhau â'ch taith gerdded, ceisiwch ddod o hyd i lwybr arall neu ewch yn ôl ar eich camau. Rhowch wybod am unrhyw faterion i'ch awdurdod lleol.

Ap Ail-lenwi ar gael, cadwch olwg am y logo yn y siopau a'r caffis.



Follow this waymark when out walking on any of the included routes.
For detailed route descriptions, GPX files and additional community routes, please visit pathstowellbeing.ramblers.org.uk

Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk, please try to find an alternate route or retrace your steps. Report any issues to your local authority.

Refill App available, look out for the logo in the shops and cafes.

The Countryside Code
RESPECT • PROTECT • ENJOY

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 gatau ac eiddo fel y dewch o hyd iddynt a dilynwch 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

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

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?

The Countryside Code
RESPECT • PROTECT • ENJOY

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.

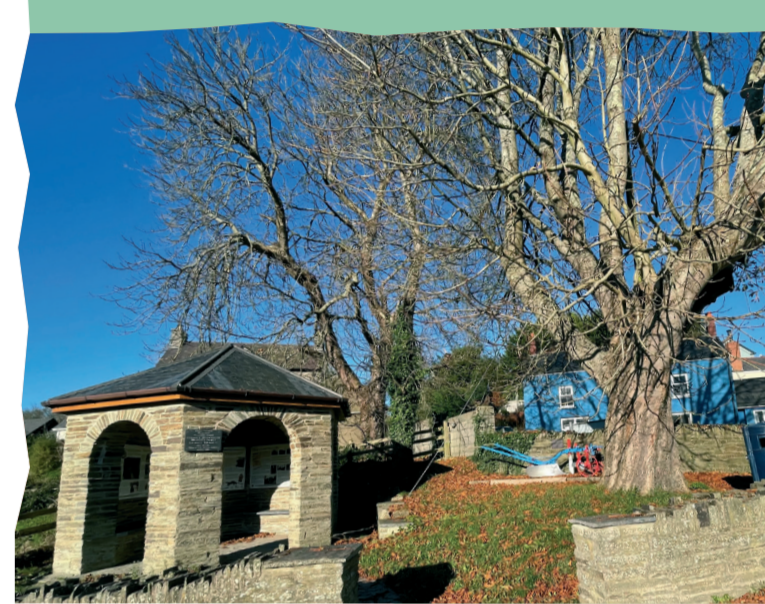
Enjoy the outdoors

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

ADVENTURE SMART.UK

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?

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 orlifo 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 lwybrau 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.



