

Llwybrau Maendy

Maindee 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.

Contact us | Cysylltwch â ni
3 Coopers Yard, Curran Road, Cardiff, CF10 5NB
020 3961 3310 | RamblersCymru@ramblers.org.uk
ramblers.org.uk/wales

facebook.com/RamblersCymru
instagram.com/ramblers_cymru
twitter.com/ramblerscymru
linkedin.com/company/ramblerscymru

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



i natur i ffynnu. Gyda gweithgareddau fel plannu coed, hau blodau gwyllt a dyddiau gweithgareddau bywyd gwyllt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidir.
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 manau gwyrdd, gyda'n gilydd gallwn greu cyfleoedd cerdded cynaliadwy i bawb. Yn y pen draw, bydd hyn yn cysylltu pobl â manteision iechyd 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.



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.



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.

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?

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
#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..

Maendy

Amgylchedd trefol a phoblog yw ardal Maendy yng Nghasnewydd, gydag amrywiaeth o barciau trefol, choetir hardd, ac o fewn pellter trawiadol i'r afon. Mae yna berlau cudd hyfryd i'w darganfod o Erddi hyfryd Loftus, darn o'r Cotswolds sydd wedi'i guddio yng nghanol dinas Casnewydd, i Goedwig anhygoel St Julian, cynefin hynod gyfoethog a gwerthfawr i natur yn y ddinas. Mae'r teithiau cerdded i gyd yn cychwyn o Lyfrgell Maendy, canolbwynt cymunedol lle gall llawer o wahanol elusennau a sefydliadau gwrrdd a chydweithio i wella'r ardal leol.



See reverse to discover our community routes...

Maindee

The Maindee area of Newport is a high-density urban environment within striking distance of the river, various beautiful urban parks and woodland. There are wonderful hidden gems to discover from the delightful Loftus Gardens, a piece of the Cotswolds hidden in Newport city centre, to the amazing St Julians Woods, an incredibly rich and valuable habitat for nature within the city. The walks all begin from Maindee Library, a community hub where many different charities and organisations can meet and work together to improve the local area.



Allwedd / Key

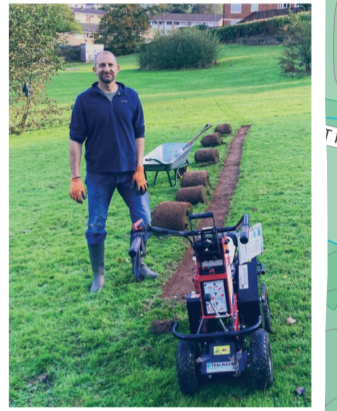
- | | | | |
|---|--------------------------------|--------|--|
| 1 | Riverside Circular Walk | 3.9 km | Taith gylchol hamddenol tros ddwy bont tros yr Afon Wysg. Double bridge circular stroll over the River Usk. |
| 2 | Jubilee Gardens Walk | 2.4 km | Lleoliad trefol gyda theithiau cerdded ar hyd afonydd a thryw gerddi. Urban setting with river and garden walks. |
| 3 | Loftus Gardens Walk | 2.8 km | Pentref hyfryd wedi'i guddio yng nghanol Casnewydd. A delightful village hidden in the centre of Newport. |
| 4 | St Julian's and Beechwood Park | 7.7 km | Taith gerdded heriol trwy tri pharc yn y ddinas. A challenging walk through three parks in the city. |
| 5 | Liswerry Pond Route | 7.0 km | Taith gerdded drefol i Bwll Llyswerry a thryw Gasnewydd. An urban stroll to Liswerry Pond and through Newport. |
| 6 | Spytty Pill | 6.8 km | Taith hyfryd i Spytty Pill. A lovely stroll out to Spytty Pill. |
| 7 | Glebelands Walk | 5.5 km | Taith gerdded ar lan yr afon o amgylch Parcdiriedd Glebelands. A riverside walk around Glebelands Parklands. |
| 8 | Beechwood Park Walk | 4.3 km | Taith gerdded trwy Barc Beechwood sy'n hardd a thwt iawn. A stroll through the very pretty and manicured Beechwood Park. |

Contains Ordnance Survey data © Crown Copyright 2023
Produced by Pindar Creative
www.pindarcreative.co.uk

OS Map Coverage: Explorer 152



Grŵp natur ym Mharc Coetir. A nature group at Woodland Park.



Paratoi i blannu blodau gwylt gyda grŵp cymunedol lleol. Wildflower planting preparation with a local community group.



Celf graffiti yn yr hen ffatri pethau da. Graffiti art at the old sweet factory.



Grŵp natur allan yn chwilio am ystludod ger yr afon yn Glebelands. A nature group out looking for bats by the river at Glebelands.



Cyrraedd yma | Getting here

Arosfan Bws Llyfrgell Maendy.
Maindee Library Bus Stop.

