RAMBLERS CYMRU

Llwybrau Penparcau

Penparcau 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 llefydd rydyn ni i gyd wrth ein bodd yn cerdded.

Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llefydd rydyn ni i gyd yn mwynhau cerdded a gwella'r amgylchedd wrth greu Cymru wyrddach a mwy hygyrch 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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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 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 Gwyllt 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 chefndir.

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 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.

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

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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.

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 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.

MENTRA'N GALL DU

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#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?

Gweler y cefn i ddarganfod ein llwybrau cymunedol..

Penparcau

Tref prifysgol a glan môr yng nghanol Ceredigion yw Aberystwyth. Saif y dref ei hun ar geg afon Ystwyth ac mae ganddi bromenâd Fictoraidd milltir o hyd, yn ogystal ag amrywiaeth o draethau gwahanol. Mae Pen Dinas, tirnod lleol, yn fryngaer o'r oes haearn gyda chofeb o'r 1850au. Mae'r cefn gwlad o amgylch y dref yn gasgliad o fryniau tonnog gyda llu o lwybrau troed, sy'n golygu bod y dref a'r ardal ehangach yn gyfuniad perffaith i'w harchwilio ar droed. Yn ogystal â hyn, mae amrywiaeth eang o gaffis a thafarndai ar gyfer cerddwyr i archwilio.

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.

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.

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

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#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?

See reverse to discover our community routes...

Penparcau

Aberystwyth is a university and seaside town in the heart of Ceredigion. The town itself sits on the mouth of the river Ystwyth and has a mile long Victorian promenade as well as an array of different beaches. Pen Dinas, a local landmark, is an iron age hillfort with an 1850s monument. The countryside around the town is a collection of rolling hills with footpaths galore, making both the town and the wider area the perfect blend to explore on foot. Not only that but there is a wide variety of cafes and pubs for walkers to explore..

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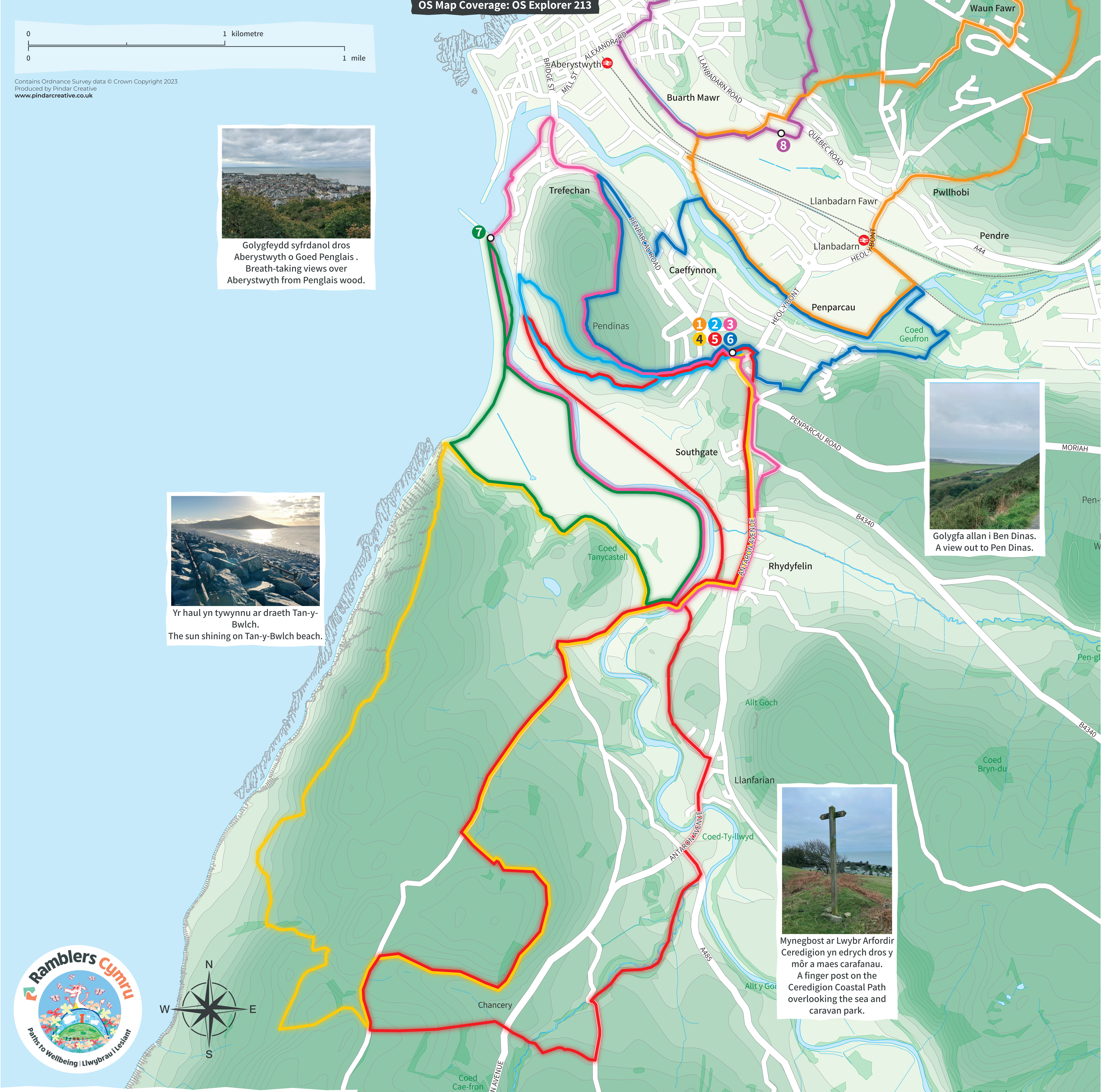
Allwedd / Key

	Route	Distance	Description
1	Waun Fawr Loop	8.3 km	Llwybr hirach o amgylch y dref a'r Brifysgol i Waun Fawr. Longer route around town and University into Waun Fawr.
2	Pen Dinas Short Loop	2.9 km	Taith ddolennog fer heb gamfa o amgylch Pen Dinas. A short, stile free loop around Pen Dinas.
3	Pen Dinas Long Loop	7.5 km	Taith ddolennog ychydig yn fwy a mwy egnïol i Ben Dinas. A slightly longer, more strenuous loop onto Pen Dinas.
4	Chancery Rhydgaled Loop	13.3 km	Taith ddolennog drwy Rydfelin ac ymlaen i lwybr arfordir Ceredigion. A loop through Rhydyfelin and onto the Ceredigion coastal path.
5	Aberllolwyn Loop	13.1 km	Taith ddolennog ffigwr wyth drwy gefn gwlad Ceredigion a choetir heb ei gyffwrdd. Figure of eight loop through Ceredigion countryside and untouched woodland.
6	Southgate Pen Dinas Loop	6.5 km	Taith cerdded drwy'r dref i orffen ar ben Pen Dinas. A walk through the town to finish on top of Pen Dinas.
7	Tan-y-Bwlch Loop	5.4 km	Cylchdaith o amgylch yr afon ac i'r traeth. A loop around the river and onto the beach.
8	Penglais Loop	5.9 km	Cylchdaith drwy'r dref, y Brifysgol a Choedwig Penglais gyda golygfeydd godidog ar yr arfordir. Loop through town, University and Penglais Wood with spectacular views of the coast.

OS Map Coverage: OS Explorer 213



Golygfeydd syfrdanol dros Aberystwyth o Goed Penglais .
Breath-taking views over Aberystwyth from Penglais wood.

Yr haul yn tywynnu ar draeth Tan-y-Bwlch.
The sun shining on Tan-y-Bwlch beach.

Golygfa allan i Ben Dinas.
A view out to Pen Dinas.

Mynegbost ar Lwybr Arfordir Ceredigion yn edrych dros y môr a maes carafanau.
A finger post on the Ceredigion Coastal Path overlooking the sea and caravan park.

Ramblers Cymru
Paths to Wellbeing | Llwybrau i Lesiant

Cyrraedd yma | Getting here

Mewn car, A44 o Ganolbarth Cymru (Llangurig), A487 o Ogledd Cymru (Machynlleth) a ffordd arfordirol (Aberaeron). Mae modd cael yno ar y drafnidiaeth gyhoeddus rheolaidd gan fod gorsaf drenau a bysiau yn y dref.

By car, A44 from Mid Wales (Llangurig), A487 from North Wales (Machynlleth) and coastal road (Aberaeron). Regularly accessible by public transport with a train and bus station in town.

Cyngor Sir Ceredigion County Council
Llywodraeth Cymru Welsh Government
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The Ramblers' Association is a registered charity (England & Wales No. 1093577, Scotland No. SC039799) Mae Cymdeithas y Ramblers yn elusen gofrestredig (Cymru a Lloegr Rhif 1093577, yr Alban Rhif SC039799).