



Llwybrau Pentyrch

Pentyrch Routes

Llwybrau i Lesiant

Paths to Wellbeing

pathstowellbeing.ramblers.org.uk

Ramblers Cymru

Fel elusen gerdded arweinïol 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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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 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.



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.



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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?





Gweler y cefn i ddarganfod ein llwybrau cymunedol..

Pentyrch

Pentref a chymuned ar gyrion gorllewinol Caerdydd, prifddinas Cymru, yw Pentyrch. Daw enw ward etholiadol awdurdod lleol Caerdydd, Pentyrch, sy'n cynnwys y pentref a chymunedau cyfagos Creigiau, Capel Llanilltern a Gwaelod-y-Garth Mae'r pedwar pentref wedi'u clystru o amgylch Bryn y Garth, nodwedd ar rai o'n llwybrau cerdded. Mae'r ardal hon wedi'i chloddio, fel llawer o Gymru. Dechreuodd y gwaith o chwilio am fwynau yn yr ardal cyn dyfodiad y Rhufeiniaid.

Mae'r ardal hon yn hafan i gerddwyr gan bod y wlad o gwmpas yn berffaith ar gyfer crwydro ac i'r rhai sy'n chwilio am rywbeth mwy egniol. Er enghraifft, mae Mynydd y Garth yn gopa lleol sy'n cynnig golygfeydd godidog allan ar draws Caerdydd ac yn edrych i fyny Cymoedd De Cymru. Mae'r copa hefyd yn gartref i grŵp o bum carnedd o'r Oes Efydd. Mae'r gymuned hefyd yn gartref i Goed y Bedw, safle'r Ymddiriedolaeth Natur yn ogystal â choetioredd amrywiol eraill sy'n ffurfio rhan o ardaloedd cadwraeth arbennig yng Nghaerdydd.





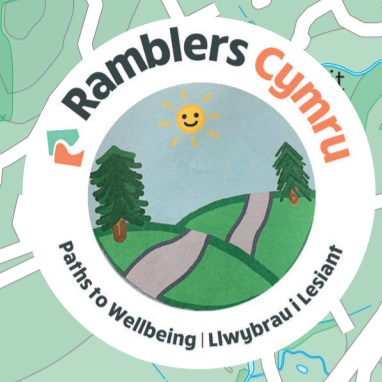
See reverse to discover our community routes...

Pentyrch

Pentyrch is a village and community located on the western outskirts of Cardiff, the capital city of Wales. The village gives its name to a Cardiff local authority electoral ward, Pentyrch, which covers the village and neighbouring communities of Creigiau, Capel Llanilltern and Gwaelod-y-Garth. The four villages are clustered around the beautiful Garth Hill, a feature on some of our walking routes. This area has always been mined like much of Wales. The search for minerals in the area started before the arrival of the Romans.

This area is a haven for walkers with the surrounding countryside perfect for rambling and for those looking for something more energetic. For example, Garth Hill is a local summit which offers stunning views out across Cardiff and looking up the South Wales Valleys. The summit is also home to a group of five Bronze Age tumuli. The community is also home to Coed y Bedw, a Wildlife Trust site as well as other diverse woodlands that form part of special areas of conservation in Cardiff.

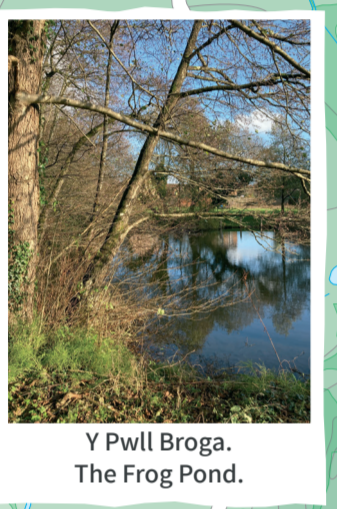




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www.pindarcreative.co.uk

- 1** Frog and Duck Pond 1.8 km Clywir sawl "cwac" a "ribbit" yno!
A "quack" here and a "ribbit" there!
- 2** Garth Fawr 10.9 km Mae chwyn bellach yn tyfu yn ystafell Garth Fawr, oedd unwaith yn llawn.
Weeds now grow in the once occupied rooms of Garth Fawr.
- 3** Jacks Barn 2.3 km Taith gerdded berffaith i ymlacio, gyda golygfeydd hyfryd.
A perfect stroll to unwind with lovely views.
- 4** Cwmrhyddgoed 5.2 km Gwledd o goed gyda gwrychoedd cyfoethog a phyllau byrhoedlog.
An arboreal feast with rich hedgerows and ephemeral ponds.
- 5** The Old Mule Tracks 5.5 km Efallai y byddwch yn clywed y teithwyr hynafol gyda'u llwythi trwm.
You may hear the ancient travellers with their heavy loads.
- 6** Little Garth and Castell Coch 9.4 km Castell tylwyth teg a tholdy.
A fairytale castle and a toll house.
- 7** Garth Hill from Taffs Well 7.8 km Mwynhewch y golygfeydd 360° ar ben Mynydd y Garth.
Take in the 360° views at the top of Garth Hill.
- 8** The Trinity 14.0 km Dolen fawr yn arddangos tair cymuned a'r wlad o gwmpas.
A large loop showcasing 3 communities and the surrounding countryside.

OS Map Coverage: 151



Cyrraedd yma | Getting here

Mae gorsaf drenau yn Ffynnon Taf i gysylltu â rhai o'r llwybrau cerdded. Mae gwasanaethu bysiau rheolaidd yn galw ym mhrif ganolbwynt Pentyrch ac mae digon o le parcio ar y stryd.

There is a train station at Taffs Well to link into some of the walking routes. The main hub of Pentyrch is serviced by regular buses with plenty of street parking.

