

RAMBLERS CYMRU

Llwybrau Pwllglas a Graigfechan

Pwllglas & Graigfechan 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
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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
 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

Paths to Wellbeing
 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.

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?

Pwllglas a Graigfechan

Dau bentref bychan yn Sir Ddinbych ger tref Rhuthun yw Pwllglas a Graigfechan. Mae gan y ddau bentref warchodfa natur dan reolaeth Ymddiriedolaeth Natur Gogledd Cymru. Mae creu'r llwybrau yma wedi gwella'r cysylltiadau llwybrau troed rhwng y ddwy warchodfa a'r cymunedau hyn. Mae trydydd gwarchodfa, Creigiau Eyarth, dan reolaeth Gwarchodaeth Glöynnod Byw, hefyd yn yr ardal hon.



Pwllglas & Graigfechan

Pwllglas and Graigfechan are two small villages in Denbighshire near the town of Ruthin. Both villages have a nature reserve managed by North Wales Wildlife Trust. The creation of routes has improved the footpath links between these two reserves and communities. A third reserve, Eyarth Rocks, that is managed by Butterfly Conservation also sits within this area.

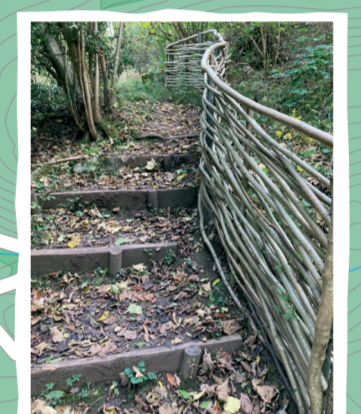




Camfa gerrig yng ngwarchodfa natur Graig Wyllt.
Stone stile in Graig Wyllt nature reserve.



Creigiau Eyarth.
Eyarth Rocks.



Gwarchodfa natur Graig Wyllt.
Graig Wyllt nature reserve.



Pont ar llwybr 5.
Bridge on route 5.

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Allwedd / Key

- 1** Graig Fechan Family Loop 2.8 km Cymysgedd hyfryd o goetir a chaeau yn y daith gerdded fer hon. A lovely mix of woodland and fields in this short walk.
- 2** Graig Wyllt Family Loop 3.4 km Llwybrau trwy goetir ac o gwmpas Gwarchodfa Natur Graig Wyllt. Woodland trails in and around Graig Wyllt Nature Reserve.
- 3** In the Shadow of Moel y Plas 5.8 km Mwynhewch rai o lethrau isaf De Clwyd. Enjoy some of the lower slopes of the Southern Clwydians.
- 4** Llanbenwch Link up 6.6 km Lonydd a llwybrau gwledig gyda golygfeydd gwych ar Fryniau Clwyd. Country lanes and paths with great views of the Clwydians.
- 5** Link Path A 1.9 km Llwybr cyswllt rhwng y Llwybrau Milltiroedd cymunedol. A link path between the Community Miles routes.
- 6** Link Path B 2.2 km Llwybr cyswllt rhwng y Llwybrau Milltiroedd cymunedol. A link path between the Community Miles routes.
- 7** Coed Cilygroeslwyd Family Loop 2.6 km Taith hamddenol i'r warchodfa natur ac o'i hamgylch, i fyny lonydd bychain ac ar draws caeau. A leisurely walk to and around the nature reserve up lanes and across fields.
- 8** Pen y Gaer and Efenechtyd 5.7 km Llwybrau llai adnabyddus gyda golygfeydd hyfryd ar Fryniau Clwyd. Lesser known paths with lovely Clwydian views.

OS Map Coverage: OS Explorer 256

Cyrraedd yma | Getting here

Gwasanaethir Pwll Glas gan wasanaeth rheolaidd bws rhif 55 rhwng Rhuthun a Chorwen; Graig Fechan gan wasanaeth bws rhif 76T (dydd Gwener yn unig).

Pwll Glas is serviced by the regular 55 between Ruthin and Corwen. Graig Fechan by the 76T (Fridays only).

