

RAMBLERS CYMRU

Llwybrau Rhaeadr Gwy & Llanwrthl Rhayader & Llanwrthwl Routes



Llwybrau i Lesiant

Paths to Wellbeing

pathstowellbeing.ramblers.org.uk

Rambler Cymru
 Fel elusen gerdded arweinoli 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 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



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 gwyrd, 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.

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.

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..

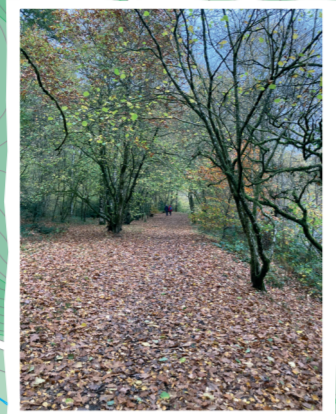
Rhaeadr a Llanwrthwl

ref farchnad hanesyddol yw Rhaeadr Gwy a phentref gwledig bychan yw Llanwrthwl, yn Sir Powys. Adnabyddir Rhaeadr Gwy fel prifddinas awyr agored Cymru ac mae'n rhan o fynyddoedd y Cambria a Dyffryn Elan. Mae Rhaeadr a Llanwrthwl, ar afon Gwy ac yn rhan o Daith Gerdded Dyffryn Gwy. Mae rhwydwaith gwych o draciau ar draws y ddwy gymuned gyda chymysgedd o ddiroedd a golygfeydd syfrdanol, gan ei wneud y lle perffaith i'w archwilio ar droed. Yn ogystal â hyn, mae amrywiaeth eang o gaffis a thafarndai ar gyfer cerddwyr i archwilio.

See reverse to discover our community routes...

Rhayader and Llanwrthwl

Rhayader is a historic market town and Llanwrthwl is a small country village, both in the county of Powys. Rhayader is known as the outdoor capital of Wales and forms part of the Cambrian Mountains and the Elan Valley. Both Rhayader and Llanwrthwl are positioned on the river Wye and form part of the Wye Valley Walk. There is a great network of tracks throughout the two communities with a mixture of terrains and breath-taking views, making it the perfect place to explore on foot. Not only that but there is a wide variety of cafes and pubs for walkers to explore.



Llun o Goetir Waun Capel a dynnwyd yn yr hydref. An autumnal shot of Waun Capel Woodland.



Llwybr trwy'r goedwig heibio i adfeilion ffermdy. Footpath through the wood past farmhouse ruins.



Y golygfa wrth edrych i lawr y dyffryn. The view looking down the valley.



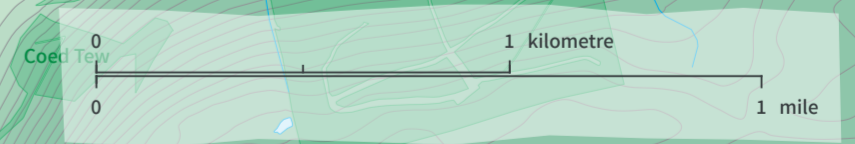
Enfys wrth edrych o Fryn Gwastedyn. A rainbow looking from Gwastedyn Hill.

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Allwedd / Key

- 1 Riverside Walk** 5.0 km Llwybr gweddol wastad, heb gamfeydd, ar hyd ymyl yr afon o amgylch tref Rhaeadr Gwy. A fairly flat, stile free riverside route around the town of Rhayader.
- 2 Tan-y-pistyll Wood Loop** 6.6 km Llwybr darluniadwy trwy gymysgedd o goedtiroedd hynafol. A picturesque route through a mixture of ancient woodlands.
- 3 Glyn Bridge Loop** 8.4 km Cylchdaith at Bont y Glyn ar hyd rhannau o Daith Gerdded Dyffryn Gwy a'r cefn gwlad oddi amgylch. A circular walk to the Glyn Bridge along parts of the Wye Valley Walk and surrounding countryside.
- 4 Gwastedyn Hill Loop** 9.8 km Taith ddolenog a bryniog i Fryn Gwastedyn. Circular hilly loop onto Gwastedyn hill.
- 5 Castle Hill Loop** 4.5 km Llwybr cylchol mwy mynyddig o Gaufron o amgylch Bryn Castell trwy sawl coetir a thir amaeth. A circular hillier route from Gaufron around Castle Hill through multiple woodlands and farmland.
- 6 Llanwrthwl Junction Pool** 4.5 km Taith ddolenog i fyny allt yn arwain at dir mynediad agored ac yn ôl trwy'r coetir. Circular loop uphill leading onto open access land and back through the woodland.
- 7 Llanwrthwl Loop** 1.2 km Llwybr byr o amgylch Llanwrthwl i ymestyn eich coesau a chael ychydig o awyr iach. A short route around Llanwrthwl to stretch your legs and get some fresh air.
- 8 Llanwrthwl Graig Duu** 6.0 km Llwybr cylchol o Lanwrthwl i'r comin gyda golygfeydd ysblennydd i lawr y dyffryn. A circular route from Llanwrthwl onto the common with spectacular views down the valley.

OS Map Coverage: OS Explorer 200



Cyrraedd yma | Getting here

Mewn car, priffordd yr A470 o dde neu ogledd Cymru a'r A44 o Lanllieni. Mae modd cyrraedd yno ar drafnidiaeth gyhoeddus ac orsaf drenau agosaf yw Llandrindod (11 milltir). Mae bysiau'n pasio trwy Rhaeadr Gwy yn rheolaidd ac yn llai aml trwy Lanwrthwl.

By car, main A470 form north or south Wales and A44 from Leominster. Accessible by public transport with the closest train station being Llandrindod Wells (11 miles). Regular buses pass through Rhayader and less frequently through Lanwrthwl.



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