RAMBLERS CYMRU

Llwybrau Ystalyfera

Ystalyfera 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.

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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 bobl 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.

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

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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

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?

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

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..

Ystalyfera

Esblygodd Ystalyfera, sydd yng Nghastell-nedd Port Talbot ac sy'n ffinio â Phowys cyfagos, gyda datblygiad y diwydiannau glo a haearn. Yn 1838, adeiladwyd ffwrnais yn Ystalyfera gan James Palmer Budd; tyfodd i fod y gweithfeydd haearn a thunplat mwyaf yn y byd gan gyrraedd brig cynhyrchu yn 1872.

Saif Ystalyfera ar Afon Tawe, tua 13 milltir i'r gogledd-ddwyrain o Abertawe ym mhen uchaf Cwm Tawe. Mae amrywiaeth o fannau gwyrdd i'w harchwilio yn yr ardal, gan gynnwys Gwarchodfa Natur Leol Camlas Abertawe, Mynydd Allt-y-grug, coetir mynediad agored sy'n eiddo i Gyfoeth Naturiol Cymru ac Ymddiriedolaeth Natur De a Gorllewin Cymru, gwarchodfeydd Cae Lynden, Ystradfawr a Wern Plemys. Mae Dolydd y Gwrhyd a Chilybebyll, sy'n gartref i laswelltiroedd cyfoethog eu rhywogaethau a phorfeydd gwlyb, yn Safleoedd o Ddiddordeb Gwyddonol Arbennig (SoDdGA) ac i'w cael gerllaw.

O lwybrau beicio cwbl hygyrch ar hyd yr afon, llwybrau camlesi a pharciau trefol i ddringfeydd grisiau syfrdanol a llwybrau i fyny llethrau serth y cwm, mae Ystalyfera yn cynnig cyfle i bawb fod yn yr awyr agored a mwynhau treulio amser ym myd natur.

Mae yna ddigonedd o siopau, caffis a thafarndai yn Ystalyfera a'r cyffiniau hefyd, lle gallwch nôl pethau angenrheidiol, mwynhau tamaid i'w fwyta a thorri syched.

See reverse to discover our community routes...

Ystalyfera

Ystalyfera, located in Neath Port Talbot and bordering neighbouring Powys, evolved with the development of the coal and iron working industries. In 1838 a furnace was built in Ystalyfera by James Palmer Budd; it grew into the largest iron and tinplate iron works in the world reaching peak production in 1872.

Situated on the River Tawe, Ystalyfera lies approximately 13 miles north-east of Swansea in the upper Swansea (Tawe) Valley. There is an array of greenspaces to be explored in the area including the Swansea Canal Local Nature Reserve, Mynydd Allt-y-grug, an open access woodland owned by National Resources Wales (NRW) and the Wildlife Trust of South and West Wales (WTSWW) reserves Cae Lynden, Ystradfawr and Wern Plemys. Gwrhyd Meadows and Cilybebyll, home to species-rich grasslands and wet pastures, are Sites of Special Scientific Interest (SSSI) that can be found nearby.

From fully accessible cycle routes alongside the river, canal paths and urban parks to heart pumping climbs of stairs and tracks up the steep valley sides, Ystalyfera really offers everybody the opportunity to access the outdoors and enjoy spending time in nature.

There are plenty of shops, cafés and public houses in Ystalyfera and the surrounding area too, in which you can pick up necessities, enjoy a bite to eat and quench the thirst.

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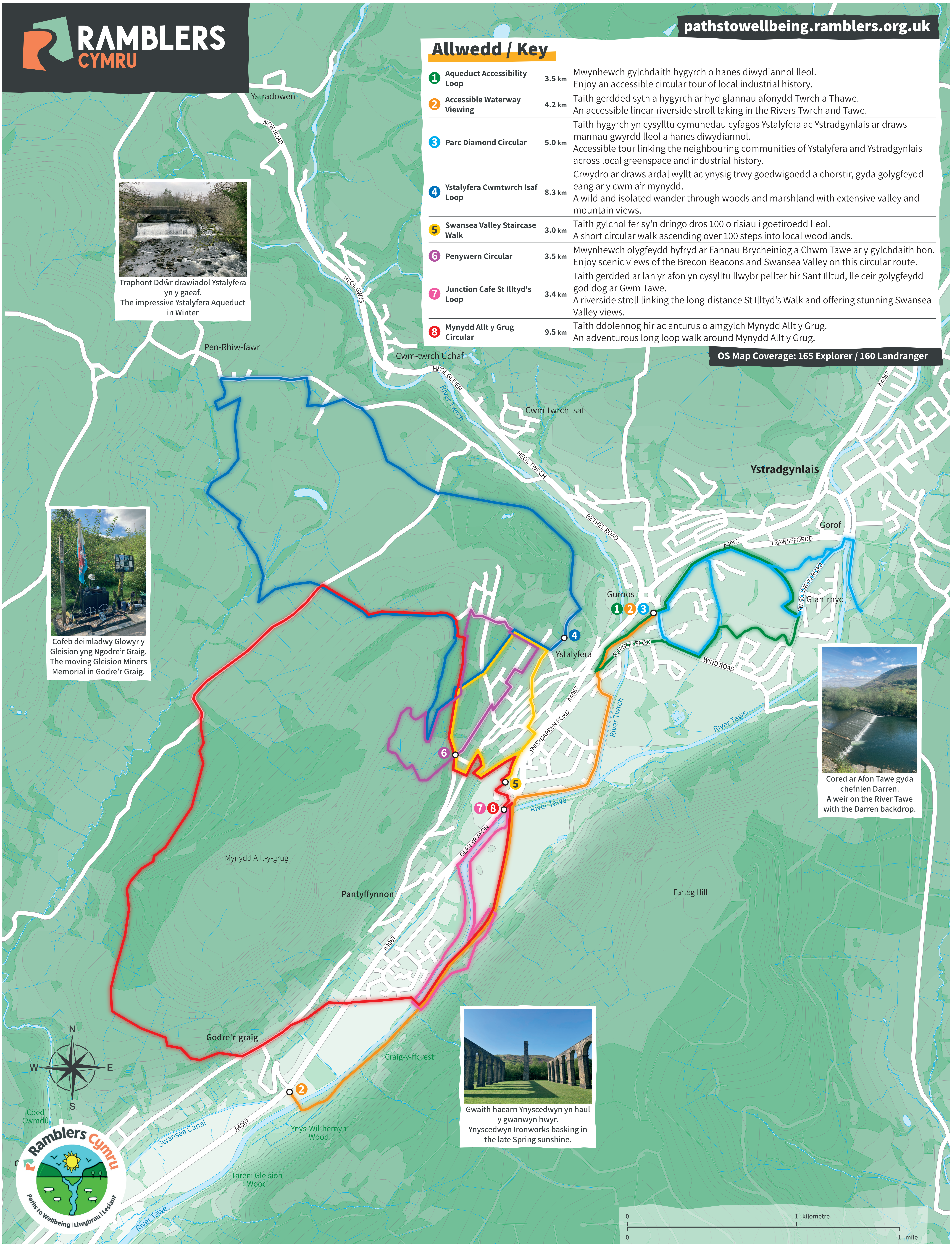

Traphont Ddŵr drawiadol Ystalyfera yn y gaeaf.
The impressive Ystalyfera Aqueduct in Winter

Cofeb deimladwy Glowyr y Gleision yng Ngodre'r Graig.
The moving Gleision Miners Memorial in Godre'r Graig.

Cored ar Afon Tawe gyda chefnlen Darren.
A weir on the River Tawe with the Darren backdrop.

Gwaith haearn Ynyscedwyn yn haul y gwanwyn hwyr.
Ynyscedwyn Ironworks basking in the late Spring sunshine.

Allwedd / Key

1 Aqueduct Accessibility Loop	3.5 km	Mwynhewch gylchdaith hygyrch o hanes diwydiannol lleol. Enjoy an accessible circular tour of local industrial history.
2 Accessible Waterway Viewing	4.2 km	Taith gerdded syth a hygyrch ar hyd glannau afonydd Twrch a Thawe. An accessible linear riverside stroll taking in the Rivers Twrch and Tawe.
3 Parc Diamond Circular	5.0 km	Taith hygyrch yn cysylltu cymunedau cyfagos Ystalyfera ac Ystradgynlais ar draws mannau gwyrdd lleol a hanes diwydiannol. Accessible tour linking the neighbouring communities of Ystalyfera and Ystradgynlais across local greenspace and industrial history.
4 Ystalyfera Cwmtwrch Isaf Loop	8.3 km	Crwydro ar draws ardal wyllt ac ynysig trwy goedwigoedd a chorstir, gyda golygfeydd eang ar y cwm a'r mynydd. A wild and isolated wander through woods and marshland with extensive valley and mountain views.
5 Swansea Valley Staircase Walk	3.0 km	Taith gylchol fer sy'n dringo dros 100 o risiau i goetiroedd lleol. A short circular walk ascending over 100 steps into local woodlands.
6 Penywern Circular	3.5 km	Mwynhewch olygfeydd hyfryd ar Fannau Brycheiniog a Chwm Tawe ar y gylchdaith hon. Enjoy scenic views of the Brecon Beacons and Swansea Valley on this circular route.
7 Junction Cafe St Illtyd's Loop	3.4 km	Taith gerdded ar lan yr afon yn cysylltu llwybr pellter hir Sant Illtud, lle ceir golygfeydd godidog ar Gwm Tawe. A riverside stroll linking the long-distance St Illtyd's Walk and offering stunning Swansea Valley views.
8 Mynydd Allt y Grug Circular	9.5 km	Taith ddolennog hir ac anturus o amgylch Mynydd Allt y Grug. An adventurous long loop walk around Mynydd Allt y Grug.

OS Map Coverage: 165 Explorer / 160 Landranger

Ramblers Cymru — Paths to Wellbeing | Llwybrau i Lesiant

Cyrraedd yma | Getting here

Abertawe a Chastell Nedd yw'r prif orsafoedd trenau agosaf. Gellir cyrraedd Ystalyfera ar wasanaethau bws dyddiol rheolaidd o Abertawe, Castell-nedd neu Aberhonddu.

The closest mainline train stations are Swansea and Neath. Ystalyfera can be reached by regular daily bus services from Swansea, Neath or Brecon.

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Cyngor Castell-nedd Port Talbot
Neath Port Talbot Council
Llywodraeth Cymru
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