Llwybrau i Lesiant | Y Gogledd-orllewin | Penmaenmawr || pathstowellbeing.ramblers.org.uk

Allt Wen

Taith gerdded drwy goedwig i ucheldir gyda golygfeydd trawiadol.

Cymysgedd o draciau lludw a llwybrau graean, traciau, is-ffyrdd a rhostir. Un rhan serth iawn y dylid ei hosgoi pan fydd hi'n wlyb.

Hamddenol	185m	Cylchol	3.0km | 1.9m	01:45

S Cychwyn o Old Mill Road, wrth ymyl y bont sy'n arwain at Glyn Terrace. Mae lleoedd parcio ar y stryd ar gael yma ac mewn mannau eraill yn Nwygyfylchi. Croeswch y bont i Glyn Terrace a cherddwch i'r Dd, gan ddilyn y llwybr o amgylch cefn y rhes o dai. Ewch i'r Dd ar ddiwedd y llwybr hwn, gan fynd i fyny'r grisiau cerrig tuag at Goed Pendyffryn. Ar ôl tua 100m, ewch drwy gât mochyn bren i'r goedwig.

1 Ymhen tua 200m fe gyrhaeddwch gyffordd mewn llannerch gyda choed ffawydd mawr. Dilynwch y llwybr i'r Dd sy'n arwain ychydig i fyny'r allt. Dylai fod arwyddbost pren ar y llwybr hwn, yn eich arwain i'r Dd. O'r fan hon, mae'r llwybr yn ymdroelli drwy'r coed nes iddo gyrraedd ymyl y coetir. Yma, mae camfa bren sy'n arwain i ben Allt Wen. Peidiwch â chroesi'r gamfa. Yn lle hynny, arhoswch ar y llwybr ger y ffens, gan fynd yn eich blaen drwy'r coed.

2 Ymhen ychydig, byddwch yn croesi camfa risiau wahanol i aros ar yr un llwybr, sydd yn y pen draw yn arwain at gyffordd gyda golygfeydd o'r môr ar y Ch a sycamorwydden fawr ar y Dd. Dilynwch y llwybr graean serth yn union i fyny'r allt heibio'r goeden hon nes cyrraedd y rhostir.

3 Ar ôl y llethr serth, dilynwch y llwybr sy'n gwau drwy'r rhostir a'r coed criafol (gan gadw copa Allt Wen ar y Dd i chi). Dylai'r llwybr ddechrau disgyn tuag at gronfa ddŵr fechan a wal gerrig (Pen Pyra). Cerddwch heibio'r gronfa ddŵr a dilynwch y wal i'r Dd nes i chi gyrraedd y trac, sy'n eich arwain at arwyddbost sy'n nodi cyffordd â Llwybr Gogledd Cymru.

4 Ewch i'r Dd i aros ar lwybr Gogledd Cymru. Bydd hyn yn eich arwain i lawr tuag at fwlch Sychnant, lle byddwch yn dod at ffordd asffalt (Ffordd Bwlch Sychnant) a maes parcio bach. Trowch i'r Dd ychydig cyn y maes parcio i ddilyn y llwybr troed cul i lawr ymyl Bwlch Sychnant. Bydd y llwybr hwn yn arwain heibio i fythynnod gwyn ar waelod y bwlch, cyn ymuno â ffordd (Old Mill Road). Dilynwch y ffordd i'r Dd ac i lawr y bryn nes i chi gyrraedd y man cychwyn

Wedi mwynhau'r daith gerdded hon? Mae 145 o deithiau Llwybrau i Lesiant i'w harchwilio ledled Cymru!

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Cofiwch ystyried yr amgylchedd meddyliwch cyn i chi argraffu

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Allt Wen

A woodland walk leading to scenic upland areas.

A mixture of dirt & gravel footpaths, tracks, minor roads and heathland.
One very steep section to be avoided when wet.

Leisurely | 185m | Circular | 3.0km | 1.9m | 01:45

S Starting from Old Mill Road, beside the bridge leading to Glyn Terrace. On street parking is available here and elsewhere in Dwygyfylchi. Cross the bridge onto Glyn terrace and walk to your R, following the path around the back of the row of houses. Take a R at the end of this path, heading up the stone steps towards Coed Pendyffryn. After approx. 100m, you'll come through a wooden kissing gate as you enter the woods.

1 In approx. 200m you'll reach a junction in a clearing with large beech trees. Follow the path to the R which leads slightly uphill. There should be a wooden waymark post on this path, pointing you in the R direction. From here, the path twists and turns through the woods until it reaches the woodland edge. Here, there is a wooden step stile leading to the top of Allt Wen. Don't cross over the stile. Instead, stay on the path on the near side of the fence, continuing through the woods

2 A short distance along, you'll cross a different step stile to stay on the same path, which eventually leads to a junction with views of the sea to your L and a large sycamore tree on your R. Take the steep gravel path directly uphill past this tree until you reach the heathland.

3 After the steep uphill stretch, follow the path which weaves through the heathland and rowan trees (keeping the summit of Allt Wen to your R). The path should start to head downhill towards a small reservoir and a drystone wall (Pen Pyra). Walk past the reservoir and follow the wall to your R until you reach the track, which leads you to a fingerpost indicating a junction with the North Wales Path.

4 Take a R to stay on the North Wales path. This will lead you down towards the Sychnant pass, where you'll come to an asphalt road (Sychnant Pass Road) and a small car park. Turn R just before the car park to follow the narrow footpath down the edge of Sychnant Pass. This path will lead past some white cottages at the bottom of the pass, before joining a road (Old Mill Road). Follow the road to your R and down the hill until you reach the starting location

Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!

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