



# Llwybr Cylchol Pen y Gaer

Mwynhewch daith o amgylch Llanybydder gyda golygfeydd trawiadol.

Cymsgedd o is-ffyrd, traciau, caeau a choetir. Yn cynnwys gatiau a chamfeydd, felly mae esgidiau da yn hanfodol.



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



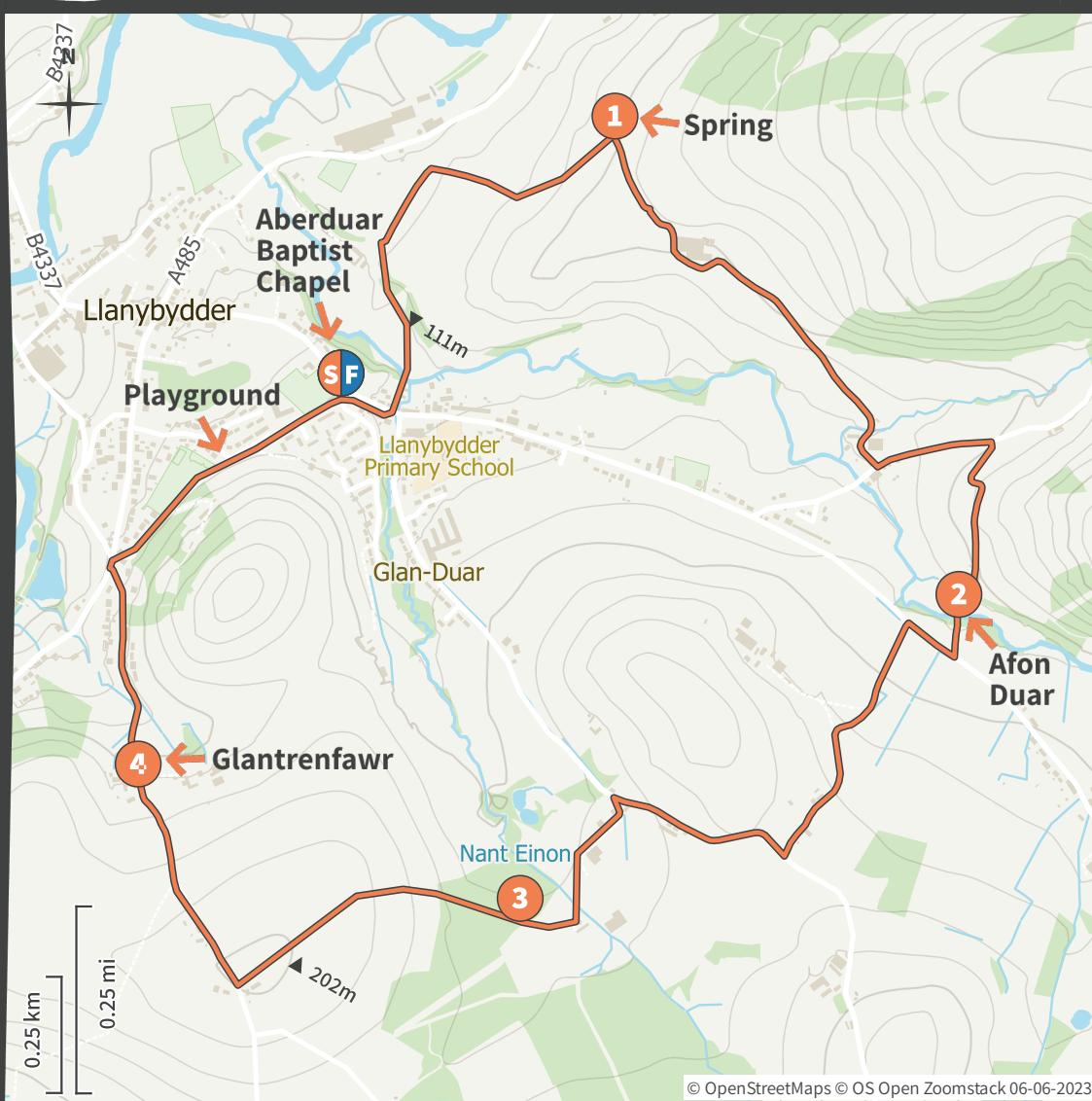
- S** Gan gychwyn o Gapel y Bedyddwyr yn Aberduar, cadwch i'r Ch gan fynd heibio'r Ardd Goffa a throwch i'r Dd wrth y gyffordd T. Ymhnen ychydig trowch i'r Ch wrth yr arwydd am y llwybr troed a chroeswch y bont droed dros Afon Duar o'ch blaen. Ewch drwy'r gât a dilynwch y llwybr i fyny'r llethr glaswelltog i gae. Croeswch y cae gan wyro i'r Ch tuag at y gât mochyn. Ewch yn eich blaen ar hyd trac llydan â gwrychoedd y naill ochr iddo gan ei ddilyn wrth iddo wyro i'r Dd. Dilynwch y trac i fyny'r bryn drwy gyfres o gatiau ac yna'n groes-gongl i'r Ch ar draws y cae tuag at linell y coed.
- 1** Ger y ffrwd (llecyn hardd a all fod yn wlyb iawn yma ym misoedd y Gaeaf) ewch i'r Dd ar hyd y trac llydan gyda choed y naill ochr iddo. Ewch drwy'r gât a dilynwch y llwybr caregog o'ch blaen gan fynd drwy fuarth fferm. Parhewch ar hyd y trac gan fynd drwy fuarth arall a throi i'r Ch i'r ffordd ar y gyffordd T (Tŷ Rhydybont). Ewch ymlaen ar hyd yr heol gan gymryd yr ail llwybr caregog ar y Dd, dilynwch hwn i fferm a cherddwch yn syth drwy clôs y fferm. Cadwch i'r Dd gan anelu drwy gât a chroesi'r bont droed dros Afon Duar. Mae'r llednant hon yn bwydo Afon Teifi ymhellach ar ei chwrs.
- 2** Dilynwch y llwybr ar hyd y nant gan fynd i fyny drwy'r gât o'ch blaen i'r ffordd (B4337). Trowch i'r Dd a cherdded ar hyd y ffordd. Cymerwch y troad nesaf i'r Ch wrth y gyffordd a pharhau ar hyd y ffordd. Ar ôl 0.37 milltir / 600m, gan fynd heibio i adeiladau y naill ochr i chi, trowch i'r Dd wrth y gyffordd T gan barhau ar hyd y ffordd. Ger y tŷ gwyn ar y Ch trowch i'r Ch tuag at y tŷ ac yna i'r Dd ar hyd y trac. Ewch drwy'r gât o'ch blaen gan ddilyn y trac. Ewch drwy'r gât ar y Dd ag arwydd arni, gan groesi'r cae tuag at y gât arall ac i goetir bach o'ch blaen.
- 3** Gall y coetir prydferth hwn fod yn wlyb dan draed a bydd angen croesi dwy nant fechan. Gwrandewch am Gnocelloedd y Coed wrth i'r llwybr ymdroelli i fyny drwy'r coed. Croeswch y gamfa gan adael y coetir ac ewch i fyny'r allt ar draws y cae i'r gât. Drwy'r gât dilynwch linell y ffens ar y Ch gan fynd dros y gamfa i gae arall. (Gall yr ardal hon fod yn wlyb iawn yn y Gaeaf). Ewch yn eich blaen gan groesi'r gamfa a throi i'r Dd i ymuno â'r ffordd. Dilynwch y ffordd i lawr yr allt heibio Glantrorfawr. Mae plac coffa i Formoniaid lleol nodedig i'w weld ar y tŷ yma.
- 4** Ewch yn eich blaen gan ddilyn y ffordd i lawr yr allt, heibio i gopa 'Pen y Gaer' ar y Dd sydd wedi'i addurno â gwrychoedd. Heneb gofrestredig yw hon sy'n cynnwys olion clostir a amddiffynnwyd sy'n dyddio o'r Oes Haearn yn ôl pob tebyg. Wrth y gyffordd T trowch i'r Dd ar y brif ffordd (A485) gan droi i'r Dd eto yn syth i Heol y Gwrdd. Dilynwch y ffordd hon gan fynd heibio i faes chwarae i blant ar y Ch. Ymhnen tipyn mae'r ffordd yn uno â Bro Einon. Ewch yn eich blaen i ddychwelyd i'r man cychwyn ger Capel Aberduar.



## Pen y Gaer Loop

Enjoy a scenic jaunt round Llanybydder.

A mix of minor roads, tracks, fields and woodland. Gates and stiles feature, good footwear is essential.



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



Leisurely



174m



Circular



6.8km | 4.2m



02:05

**S** Starting from Aberduar Baptist Chapel bear L passing the Memorial Garden and turn R at the T-junction. After a short distance turn L at footpath sign and cross the footbridge over the Duar River ahead. Go through the gate and follow the route up the grassy banking into a field. Cross the field bearing L towards a kissing gate. Continue ahead along wide hedge lined track and following it round R. Follow the track uphill through a series of gates then diagonally L across the field towards the treeline.

**1** At the Spring (a pretty spot that can be very wet here in Winter months) head R along the wide tree lined track. Go through gate and follow the stony track ahead passing through a farm yard. Continue along track passing through another yard and turning L onto the road at the T-junction (Rhydybont House). Continue along the road, taking the second stony track on the R, follow this to a farm passing straight though the farmyard. Bear R heading through a gate and cross the footbridge over the Duar. This tributary feeds into the River Teifi further along its course.

**2** Follow path along stream heading up through the gate ahead onto the road (B4337). Turn R and head along the road. Take the next L at the junction box and continue along the road. After 0.37 miles / 600m, passing buildings either side, turn R at the T-junction continuing along the road. At the white house on L turn L towards house then head R along track. Go through gate ahead following track round. Take waymarked gate on R, crossing field towards another gate entering a small woodland ahead.

**3** This picturesque woodland can be wet underfoot and has a couple of small stream crossings. Listen for Woodpeckers as the route winds its way up through the trees. Cross stile exiting woodland and head uphill across field to gate. Through gate follow the fence line on L taking the stile into another field. (This area can be very wet in Winter). Continue ahead crossing the stile and turning R onto the road. Follow the road downhill past Glantrenfawr. A commemorative plaque to prominent local Mormons can be found on the house here.

**4** Continue following the road downhill passing the hedge patterned peak of 'Pen y Gaer' on the R. A scheduled ancient monument comprising the remains of a defended enclosure which probably dates back to the Iron Age. At the T-junction turn R onto the main (A485) road turning R again immediately onto Heol y Gwrdy. Follow this road around passing a children's playground on the L. After a short distance the road merges with Bro Einon, continue along the road returning to the start point at Aberduar Chapel.



Consider the environment  
Please think before you print



The Ramblers' Association is a registered charity.  
(England & Wales No.1093577, Scotland No.SC039799)

