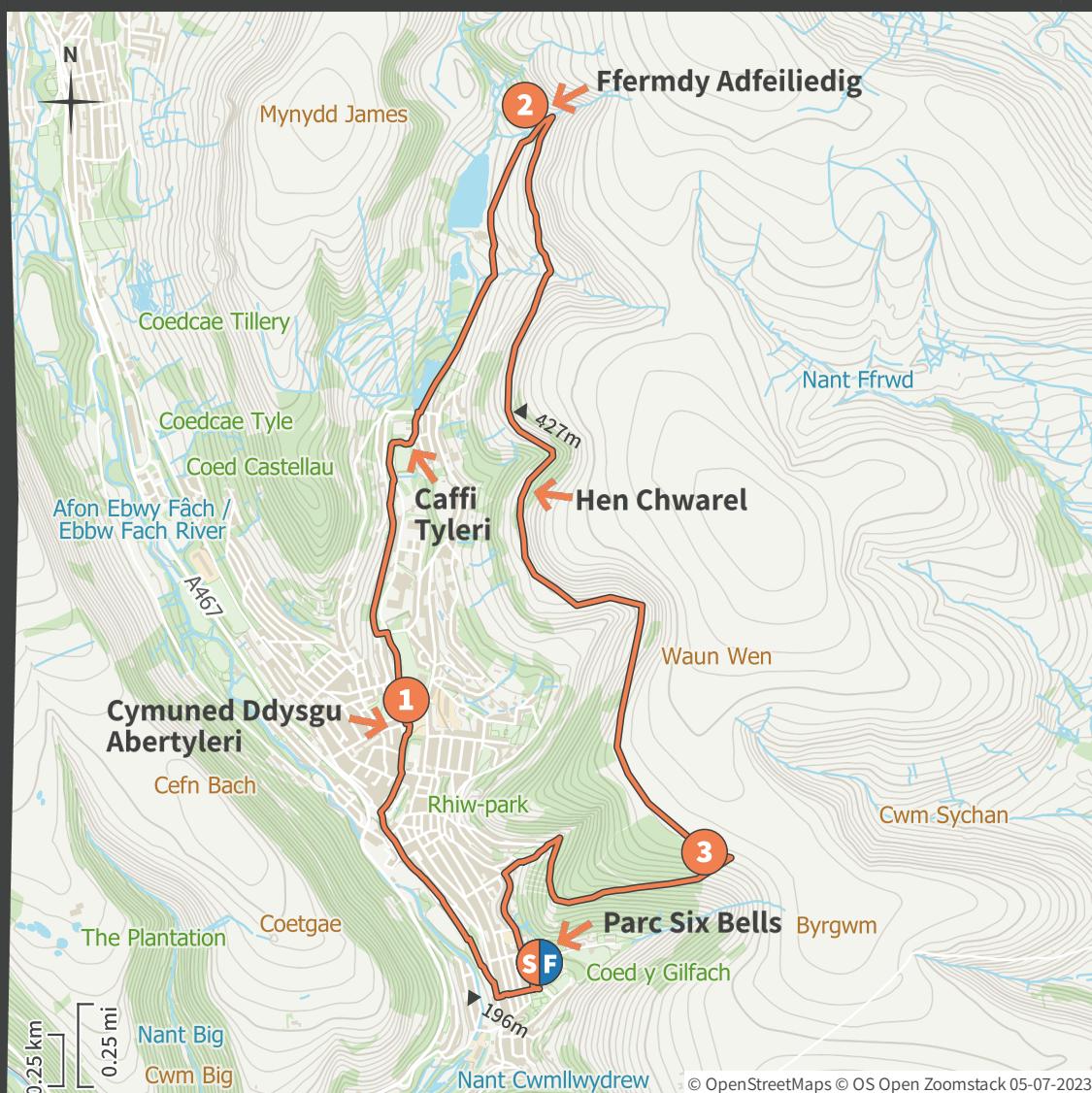




Six Bells i Frig y Cwm

Drwy'r dref ac o amgylch y dyffryn.

Tarmac a thrac sengl, rhai traciau lludw.



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



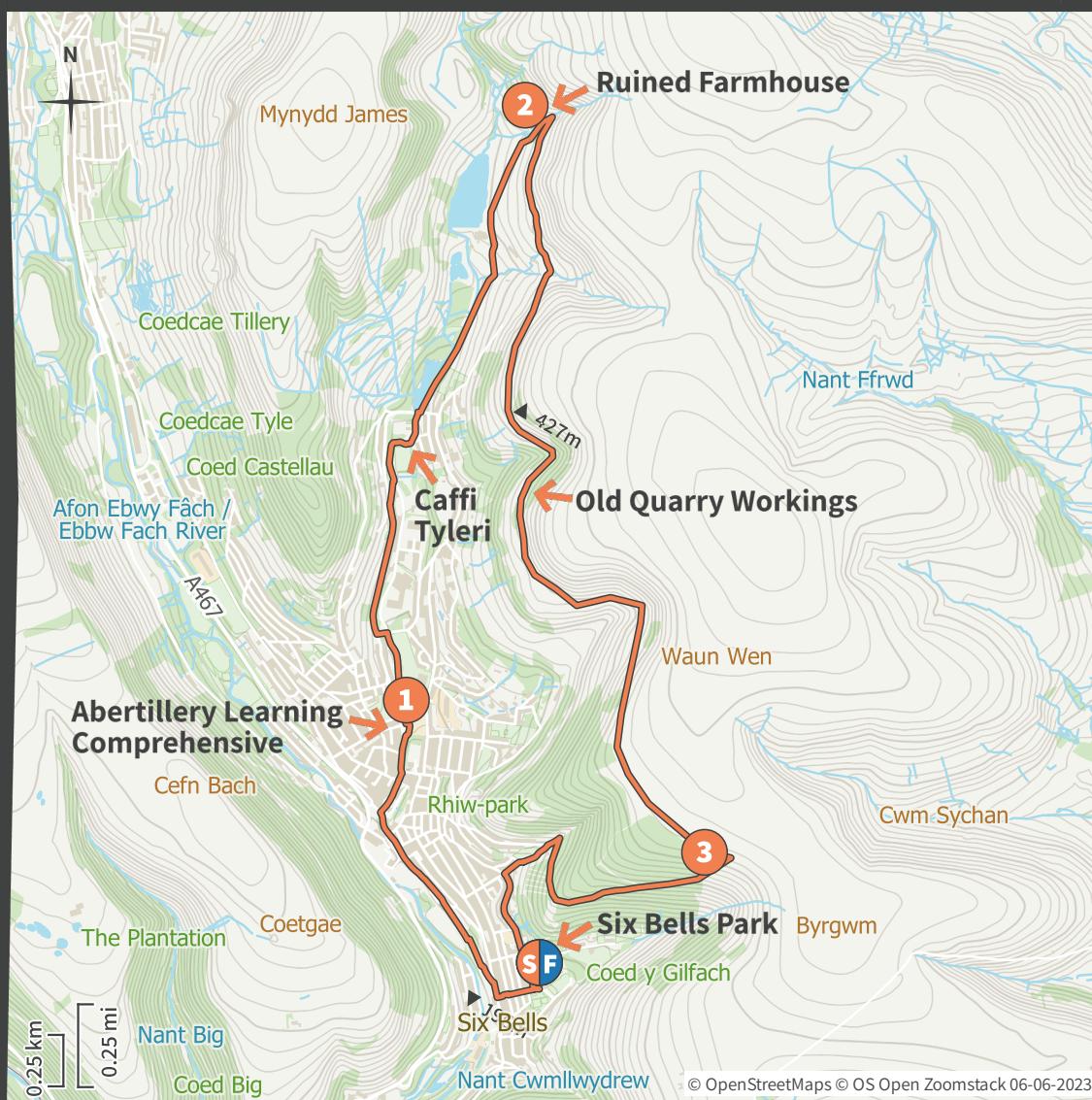
- S** Gan ddechrau o Barc Six Bells ger y clwb bowllo, cerddwch i lawr Heol Llynwon yn a i lawr y grisiau i gyrraedd Alexandra Road ac yna troi i'r Dd. Dilynwch y llwybr hwn nes y gwellwch fforch i'r Ch a fydd yn mynd â chi i lawr drwy gât. Arhoswch ar y llwybr hwn gan gerdded ochr yn ochr â wal nes i chi gyrraedd Castle Street. Ewch yn syth yn eich blaen heibio Tesco nes i chi gyrraedd Alma Street gan droi i'r Dd ar ôl y llyfrgell.
- 1** Ewch i fyny'r allt gan groesi'n'r ffordd yn ddiogel a chymryd yr 2il droad ar y Ch gyda'r arwydd Llynnoedd Cwmtynieli. Ewch yn eich blaen gyda'r ysgol ar y Dd i chi a dilynwch y ffordd am ychydig nes i chi gyrraedd troad i'r Ch. Trowch i'r Ch ac yna i'r Dd gan fynd heibio i dai i gyrraedd troad i'r Dd i ymuno â Winifred Terrace. Dilynwch y llwybr a fydd yn arwain at Gaffi Tyleri a Pharc Cwmtynieli. Ewch yn eich blaen nes i chi gyrraedd Llynnoedd Cwmtynieli ar Ffordd Tŷ-Dan-y-Wal. Croeswch y ffordd ac ewch heibio i Lynnoedd Cwmtynieli ar y Ch a dilynwch y trac tarmac i fyny tuag at y gronfa ddŵr. Yma mae gât yn arwain drwy'r caeau a thug at adfeilion ffermdy. Ar ôl i chi gyrraedd yr adfeilion, trowch i'r Dd ac ewch i fyny'r llwybr tuag at y wal gyda'r nant fechan ar y Ch i chi.
- 2** Ewch drwy'r gât a cherdded at i fyny a thro i'r Dd i ymuno â'r ffordd. Dilynwch y ffordd nes i chi weld trac sy'n mynd i'r Ch i fyny'r bryn a thros yr hen chwarel. Arhoswch ar y trac hwn wrth iddo ymlwybro o amgylch y dyffryn, heibio'r hen chwarel nes y gwellwch drac yn arwain i fyny at y goedwig a chopar' bryn. Dilynwch hwn ar hyd llinell y coetir nes cyraedd pen uchaf cwm Nant y Groes. O'r fan hon, bydd tro sydyn i'r Dd yn eich arwain ran o'r ffordd i lawr y bryn tuag at gât sy'n mynd i mewn i'r goedwig.
- 3** O'r gât, mae'r trac yn arwain drwy'r goedwig ac yn ymlwybro o amgylch y bryn i gyfeiriad Penrhiewgarreg. Mae'n gadael y goedwig gan ymuno â ffordd lle y byddwch yn troi i'r Ch ac yn mynd i lawr y bryn tuag at Cwm Farm Road. Trowch i'r Ch yma a dilynwch y ffordd yr holl ffordd yn ôl i Barc Six Bells.



Six Bells to Top of The Valley

Through the town and around the valley.

Tarmac and single track, some dirt tracks.



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



Moderate



366m



Circular



11.9km



7.4m



03:50

S

Starting from Six Bells Park by the bowls club, walk down Llwyn-on Rd, then down steps to reach Alexandra Rd where you turn R. Continue on this path until a fork to the L drops you down through a gate and continue on this path walking alongside a wall until it leads you out onto Castle Street. Continue Straight on passing Tesco until you reach Alma Street where you turn R after the library.

1

Head uphill and cross safely to take the 2nd L signed Cwmtillery Lakes. Continue with the school on you R and follow this road for a while until you reach a L turn. Take this and then a R walking past houses to reach a R turn onto Winifred Terrace. Follow the path up and around bringing you out by Caffi Tyleri and Cwmtillery Park. Continue past until you reach Cwmtillery Lakes on Ty-Dan-Y-Wal Road. Cross over and head past Cwmtillery Lakes on your L and follow the tarmac track up towards the reservoir. Here a gate leads through the fields and towards a ruined farmhouse. Once here, turn R and head up the path towards the wall with the small stream on your L.

2

Pass through the gate and head up to and turning R onto the road. Follow this road until you see a track headed L up the hill and over the top of the disused quarry. Continue on this track as it contours around the valley, past old quarry workings until you see a track headed up towards the woods and the top of the hill. Follow this along the line of the woodland until you reach the top of Nant y Groes valley. From here, a sharp turn to the R will lead you part way down the hill towards a gate that enters the woods.

3

From the gate the track leads through the woods and contours around the hill headed towards Penrhiggarreg. It exits the woods onto a road where you will turn L and head down the hill towards Cwm Farm Road. Turn L here and follow the road all the way back to Six Bells Park.