

## Llwybrau Abertyleri Abertillery Routes



## Llwybrau i Lesiant

### Paths to Wellbeing

[pathstowellbeing.ramblers.org.uk](http://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 llefudd rydyn ni i gyd wrth ein bod yn cerdded.

Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llefudd rydyn ni i gyd yn mwynhau cerdded a gwella'r amgylchedd wrth greu Cymru wyrrdach 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.

#### Contact us | Cysylltwch â ni

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



## 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.

## Llwybrau i Lesiant

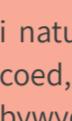
### Rhoi cerdded wrth galon cymunedau

#### Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrhaift wych o sut mae'r Ramblers yn agor 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

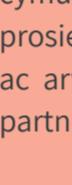


i natur i ffynnu. Gyda gweithgareddau fel plannu coed, hau blodau gwylt a dyddiau gweithgareddau bywyd gwylt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidr.

#### 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 leichyd 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.



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](http://pathstowellbeing.ramblers.org.uk)

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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
  - Cylluniwch ymlaen llaw a byddwch yn barod, gan ddilyn cyngor ac unrhyw arwyddion lleol.
  - Mwynhewch eich ymweliad, mwynhewch, gwnewch atgof.



[adventuresmart.uk](http://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?



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](http://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..

## Abertyleri

Tref fechan yng Nghwm Ebwy Fach yw Abertyleri, wedi'i hamgylchynu gan rostir. Ystyriwch y enw y 'ceg Afon Tyleri' sy'n llifo drwy'r dref. Mae gan y dref, sy'n rhan o awdurdod lleol Blaenau Gwent, hanes sylweddol o gloddiol am lo a cheir llawer o hen weithfeydd yn yr ardal. Mae'r dref wedi'i hamgylchynu gan frynau isel ag ochrau serth sy'n codi'n uchel, ond maen nhw'n werth eu dringo i weld yr olyga agored a'r rhosir hardd ar y copao, yn enwedig ym mhen gogleddol y cwm. Mae'r teithiau cerdded yn Abertyleri i gyd yn cychwyn o'r parc lleol, y Six Bells. Yma mae'r grŵp cymunedol lleol yn cadw caffi bach, lle ceir lluniaeth cyn ac ar ôl mynd ar teithiau cerdded.



See reverse to discover our community routes...

## Abertillery

Abertillery is a small town in the Ebbw Fach Valley surrounded by moorland. The name means 'mouth of the River Tyleri' which flows through the town. Part of the Blaenau Gwent local authority, it is a town with a substantial history of coal mining and there are many old workings in the area. The town is surrounded by low hills with steep sides making for a sharp ascent, but well worth it for the open vista and beautiful moorland on the tops especially at the northern end of the valley. The walks in Abertillery all start from the local Six Bells Park. Here the local community group run a small café for refreshments before and after walks.





Rhostiroedd ym mhen uchaf Dyffryn  
Nant-y-groes.  
Moors at the top of Nant y Groes Valley.



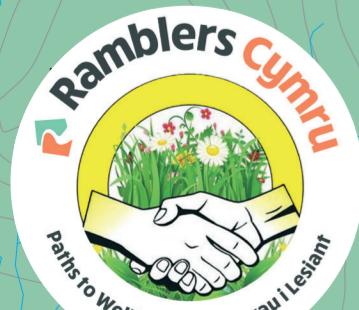
Eglwys Illtud Sant.  
St Illtyd's Church.

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## Allwedd / Key

<b>1</b>	The Guardian Statue Route	4.4 km	Taith gerdded ar lan yr afon gyda hanes lleol a cherflun. A riverside walk with local history and sculpture.
<b>2</b>	Abertillery Football Field	1.3 km	Taith gerdded fer trwy'r parc. A short walk through the park.
<b>3</b>	Cwm Nant y Groes Walk	5.2 km	Taith serth i fyny at rostir agored hardd. A steep walk up onto beautiful open moorland.
<b>4</b>	St Illtyd's Walk	7.6 km	Taith braf i fyny at eglwys 6ed ganrif Sant Illtud. A pleasant walk up to the 6th Century church of St Illtyd's.
<b>5</b>	Cwmtillery Lakes Circular	15.1 km	Taith gerdded egniol trwy Abertyleri ac i fyny i rostir. A strenuous walk through Abertillery and up onto moorland.
<b>6</b>	Six Bells to Top of The Valley	11.7 km	Trwy'r dref ac o gwmpas ochrau'r cwm. Through the town and around the valley sides.
<b>7</b>	Six Bells to Blaina Walk	16.0 km	Taith gerdded heriol o Abertyleri i Flaenau ac yn ôl eto. A challenging hike from Abertillery to Blaina and back again.
<b>8</b>	Hen and Chicks Walk	8.8 km	Cymysgedd diddorol o deithiau cerdded trefol a gwylt. An interesting mix of urban and wild walking.

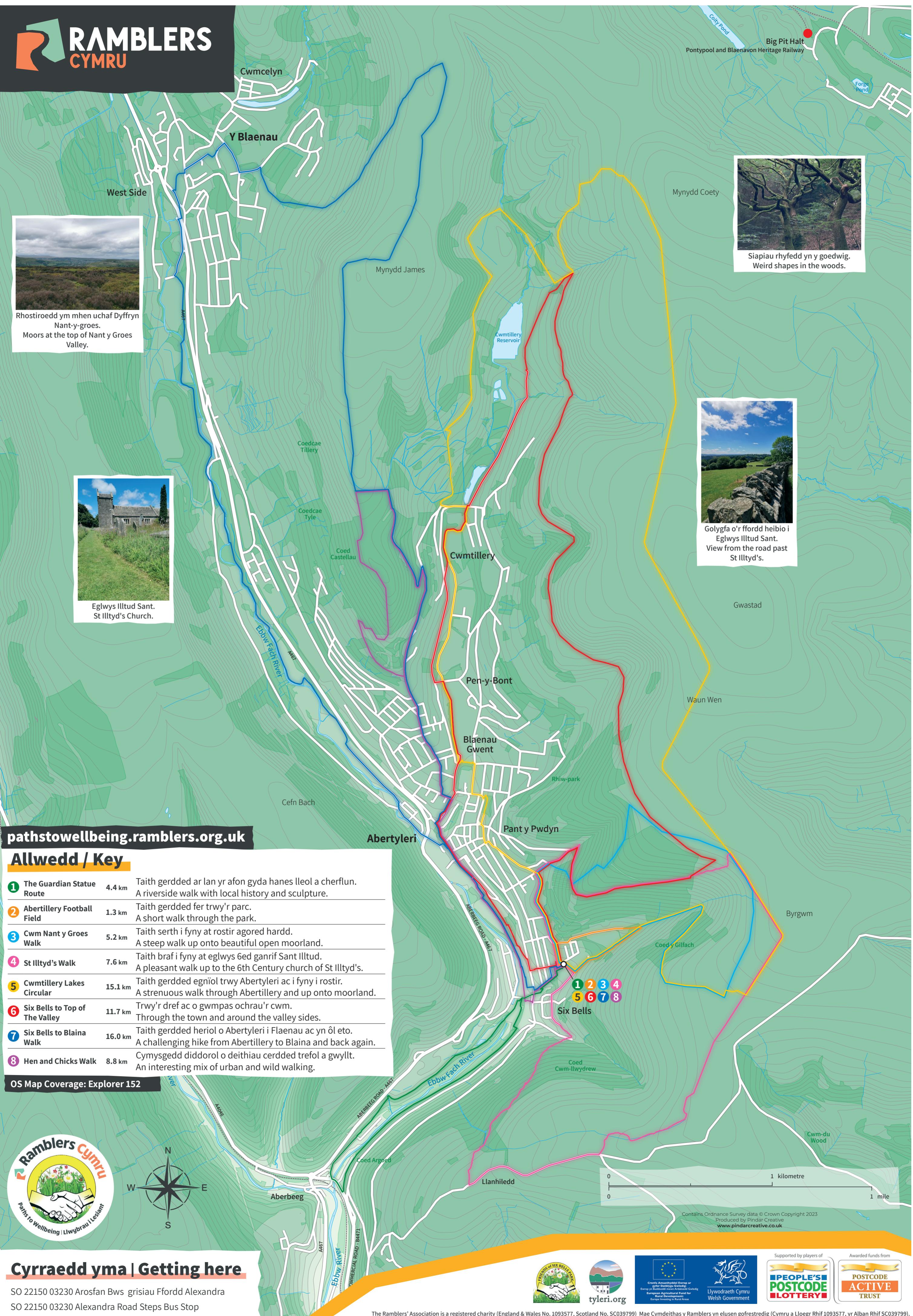
OS Map Coverage: Explorer 152



## Cyrraedd yma | Getting here

SO 22150 03230 Arosfan Bws grisau Ffordd Alexandra

SO 22150 03230 Alexandra Road Steps Bus Stop



friends of six bells park



tyleri.org



Croeso Amwythiodol Ewrop ar  
gyfer Ddiwyllfa Genedlaethol  
Ewrop yn y Werkin Genedlaethol  
Gofodol Gwledig  
Europe in Investing in Rural Areas



Llywodraeth Cymru  
Welsh Government



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