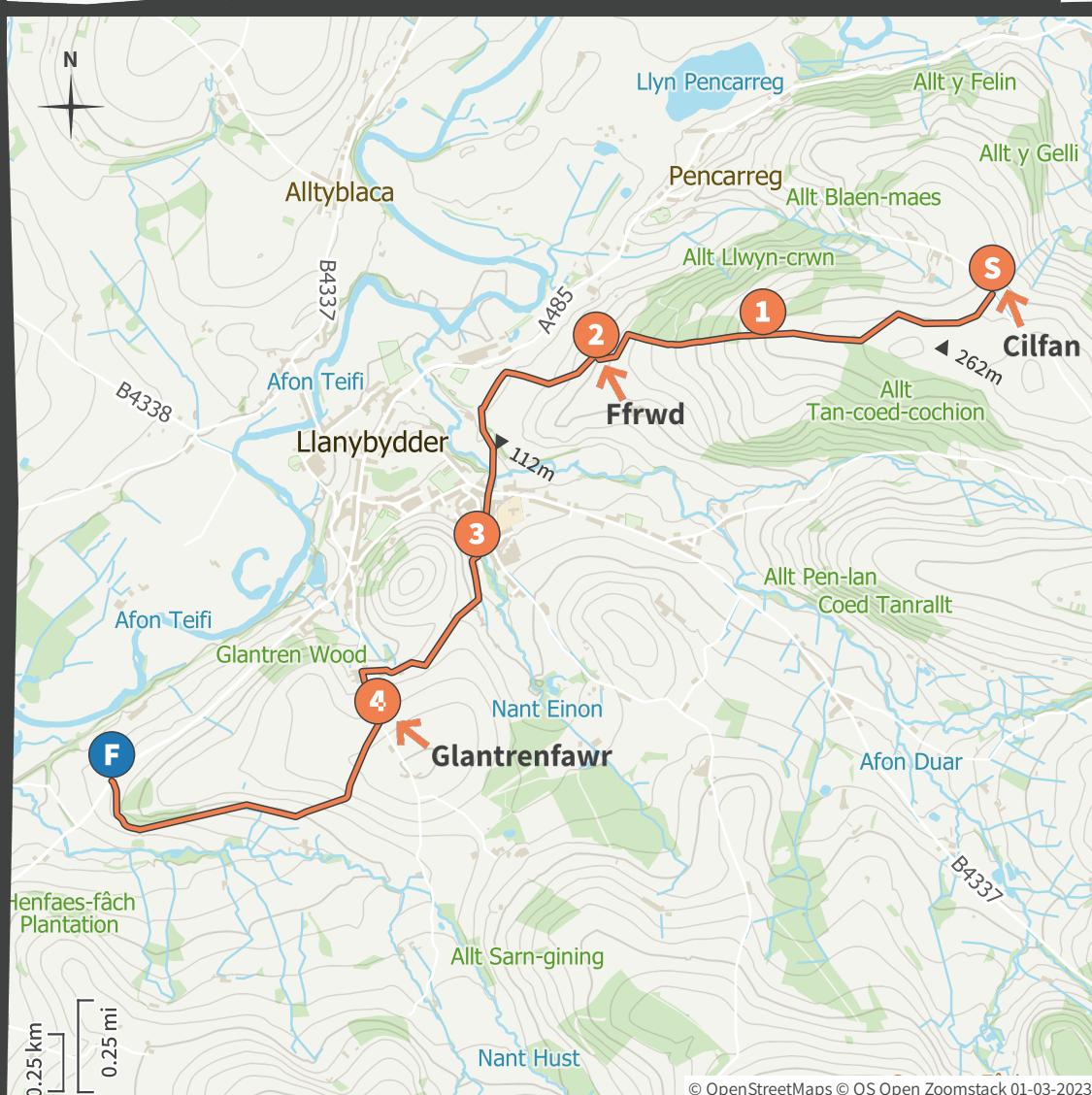




Rhan o Lwybr Teifi

Mwynhewch daith linellol ar hyd Llywybr Teifi.

Mae'r llywybr llinellol hwn yn cynnwys coetir, caeau, is-ffyrdd a thraciau. Mae'n cynnwys nifer o gamfeydd a gatiau.



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



S Gan gychwyn o'r gilfan ar yr is-ffordd, trowch i'r Dd i gyfeiriad Pencarreg. Ewch drwy'r gât ar y Ch ag arwydd arni i'r cae. Ymhen ychydig trowch i'r Dd drwy'r gât a chroesi'r cae gan fynd drwy gât arall yn union o'ch blaen. Parhewch ar hyd llinell y ffens ac wrth y gât nesaf ewch i'r Ch tuag at y coetir (Allt Tan-coed-cochion). Ewch drwy'r gât ar y Dd a dilynwch llinell y ffens i lawr y bryn drwy gaeau. Efallai y gallwch weld Llyn Pencarreg yn y pellter i'r Dd. Mae'n SoDdGA ac yn enghraift anarferol o lyn iseldir 'oligotroffig' (tlawd iawn o ran maethlion) o darddiad rhewlifol.

1 Croeswch y gamfa gan barhau i gerdded i lawr y bryn ar hyd llywybr glaswelltog llydan â choed y naill ochr iddo. Ewch drwy'r gatiau gan ymuno â thrac caregog a mwynhau golygfeydd godidog o gefn gwlad wrth i chi barhau i gerdded i lawr yr allt. Ewch i'r coetir (Allt Llwyn-crwn) ac yn eich blaen dros y gamfa a dilyn y llwybr i lawr ar hyd ymlyn y coetir. Gadewch y coetir gan fynd i gae dros gamfa arall ar y Ch. Dilynwch llinell y ffens gan groesi trydedd gamfa a chae. Croeswch bedwaredd gamfa i gyrraedd ffrwd ar y Dd. Llecyn hardd gyda golygfeydd hyfryd ond gall fod yn wlyb iawn yma yn ystod misoedd y Gaeaf.

2 Anelwch yn groes-gongl i'r Ch i lawr drwy gaeau a chyfres o gatiau at drac glaswelltog llydan â gwrychodd bob ochr iddo. Dilynwch hwn i lawr ac i'r Ch. Wrth y llwybr caregog ewch drwy'r gât mochyn o'ch blaen. Gan groesi'r cae, ewch i lawr y bryncyn glaswelltog o'ch blaen. Ewch drwy gât mochyn a chroesi pont droed dros Afon Duar, llednant sy'n ymuno ag Afon Teifi ychydig bellter i ffrwd. Ewch heibio i'r adeiladau gan ymuno â'r stryd. Croeswch y ffordd ac ewch yn eich blaen ar hyd Heol y Dderi o'ch blaen. Dilynwch y llwybr drwy'r coetir ar y Dd, gan droi i'r Ch wrth i chi ymuno â heol Bro Einon.

3 Ymunwch â'r trac ar y Dd ychydig cyn y tai olaf yn y stryd. Ger yr adeiladau fferm ewch drwy'r gât ar y Ch, ewch ar draws y cae at gamfa/gât (gyda'r adeiladau y tu ôl i chi). Dilynwch y llwybr ar hyd llinell y ffens gan barhau drwy fuarth y fferm i gyffordd T. Trowch i'r Ch gan fynd heibio Gllantrenfawr. Roedd trigolion cyntaf y pentref i ymuno ag Eglwys Iesu Grist Saint y Dyddiau Diwethaf (Mormoniaid) yn byw yma cyn ymfudo i'r Unol Daleithiau a cheir plac coffa ar y ty yma. Ewch yn eich blaen ar hyd y ffordd wrth iddi esgyn gan droi i'r Dd i ymuno â thrac wrth yr arwydd llwybr troed.

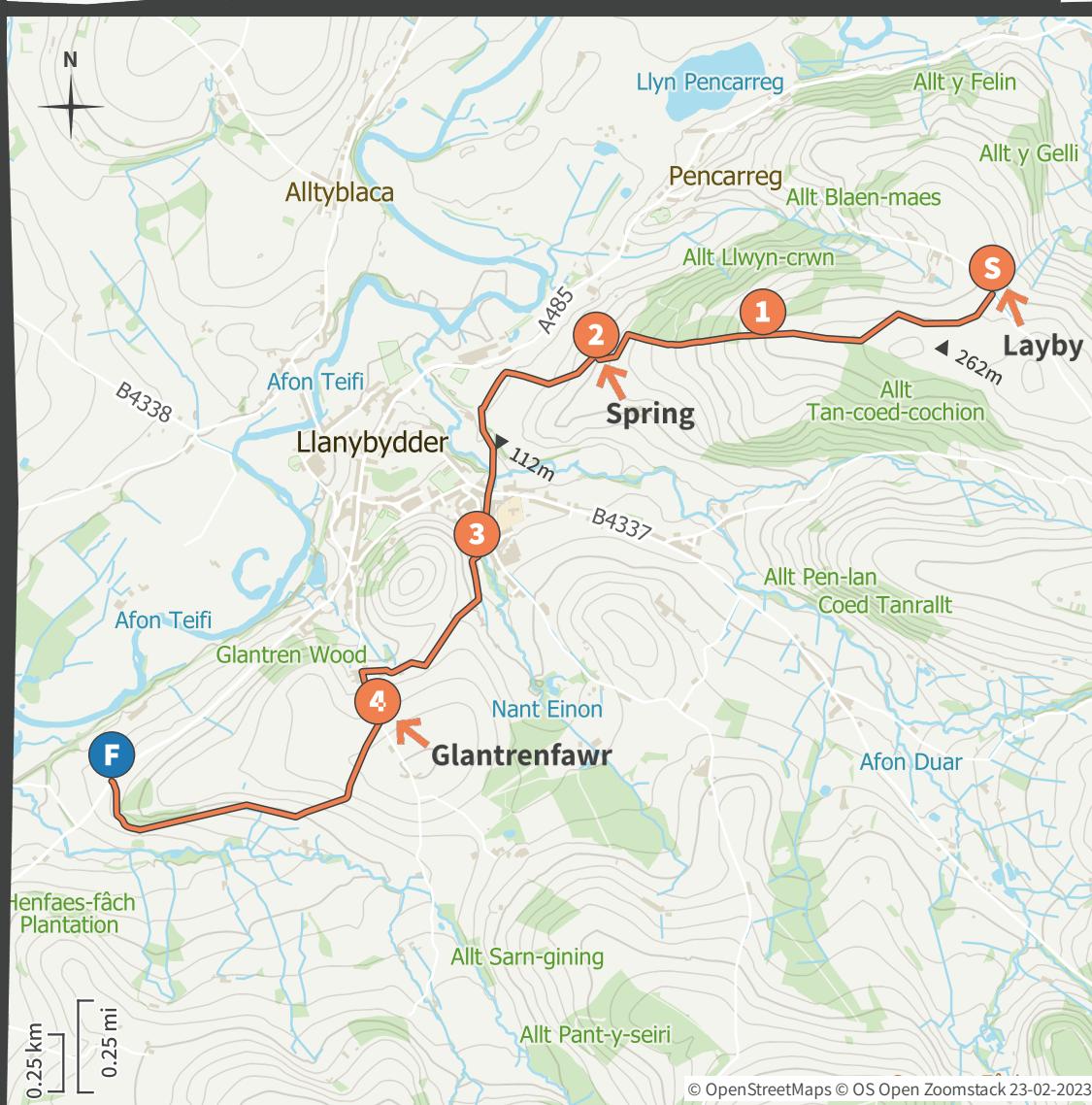
4 Dilynwch y trac am 0.35 milltir / 360m gan droi i'r Dd i'r cae drwy gât ag arwydd arni. Parhewch i ddilyn y llwybr ar hyd llinell y ffens drwy dair gât, gan fynd heibio i goetir bach ar y Dd i ymuno â thrac caregog. Dilynwch y trac hwn i lawr at y brif ffordd (A485) a diwedd y llwybr llinellol hwn. Ar draws y dyffryn fe welwch adeilad trawiadol Ysgol Highmead, a adeiladwyd ym 1777 fel plasty. Cafodd ei droi'n ysgol breswyl ym 1956 ac fe gaeodd ym 1996. Mae wedi bod yn gartref i Sefydliad Ewropeaidd y Gwyddorau Dynol ond mae wedi bod yn wag ers 2016.



Teifi Trail Section

Enjoy a linear section of the long distance Teifi Trail.

This linear route takes in woodland, fields, minor roads and tracks. It features a number of stiles and gates.



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



Leisurely



239m



Linear



5.9km | 3.7m



02:00

S Starting from layby on minor road, head R towards Pencarreg. Head through waymarked gate on L entering field. After a short distance turn R through gate and cross field going through another gate directly ahead. Continue along the fence line and at next gate head L towards the woodland (Allt Tan-coed-cochion). Take gate on R and follow fence line downhill through fields. Try and spot Llyn Pencarreg in the distance to your R. A SSSI, it is an unusual example of a lowland 'oligotrophic' (very nutrient poor) lake of glacial origin.

1 Cross stile continuing downhill along wide treelined grassy track. Go through gates onto stony track enjoying sweeping views of the countryside as you continue downhill. Enter woodland (Allt Llwyn-crwn) continuing ahead across a stile and follow the route down along the woodland edge. Leave woodland entering a field over another stile on L. Continue along the fence line taking a third stile and cross field. Take a fourth stile arriving at a Spring on the R. A pretty spot with lovely views it can be very wet here in Winter months.

2 Head diagonally L down through fields and a series of gates to a wide hedge lined grassy track. Follow this down and around to the L. At the stony track go through kissing gate ahead. Crossing the field descend the grassy banking ahead. Go through kissing gate and cross footbridge over the Afon Duar, a tributary joining the River Teifi a short distance away. Emerge past buildings onto street, cross road and continue along Heol Y Dderi ahead. Take the track through the woodland on the R, turning L as you emerge onto Bro Einon.

3 Join track on R just before last houses in street. At farm buildings go through gate on L, head across field to stile/gate (with buildings behind you). Follow route along fence line continuing through the farm yard to a T-junction. Turn L passing Gllantrenfawr. The first village converts to the Church of Jesus Christ of Latter-Day Saints (Mormon) resided here prior to emigrating to the USA and a commemorative plaque is found on the house here. Continue along road as it ascends turning R onto track at footpath sign.

4 Follow track for 0.35 miles / 360m turning R through waymarked gate into field. Continue to follow route along fence line through three gates, passing small woodland on R, exiting onto stony track. Follow this track down to the main (A485) road and the end of this linear route. Across the valley you will see the impressive Highmead School building, built in 1777 as a mansion it was converted to a boarding school in 1956 and closed in 1996. It has housed the European Institute of Human Sciences but has remained unused since 2016.