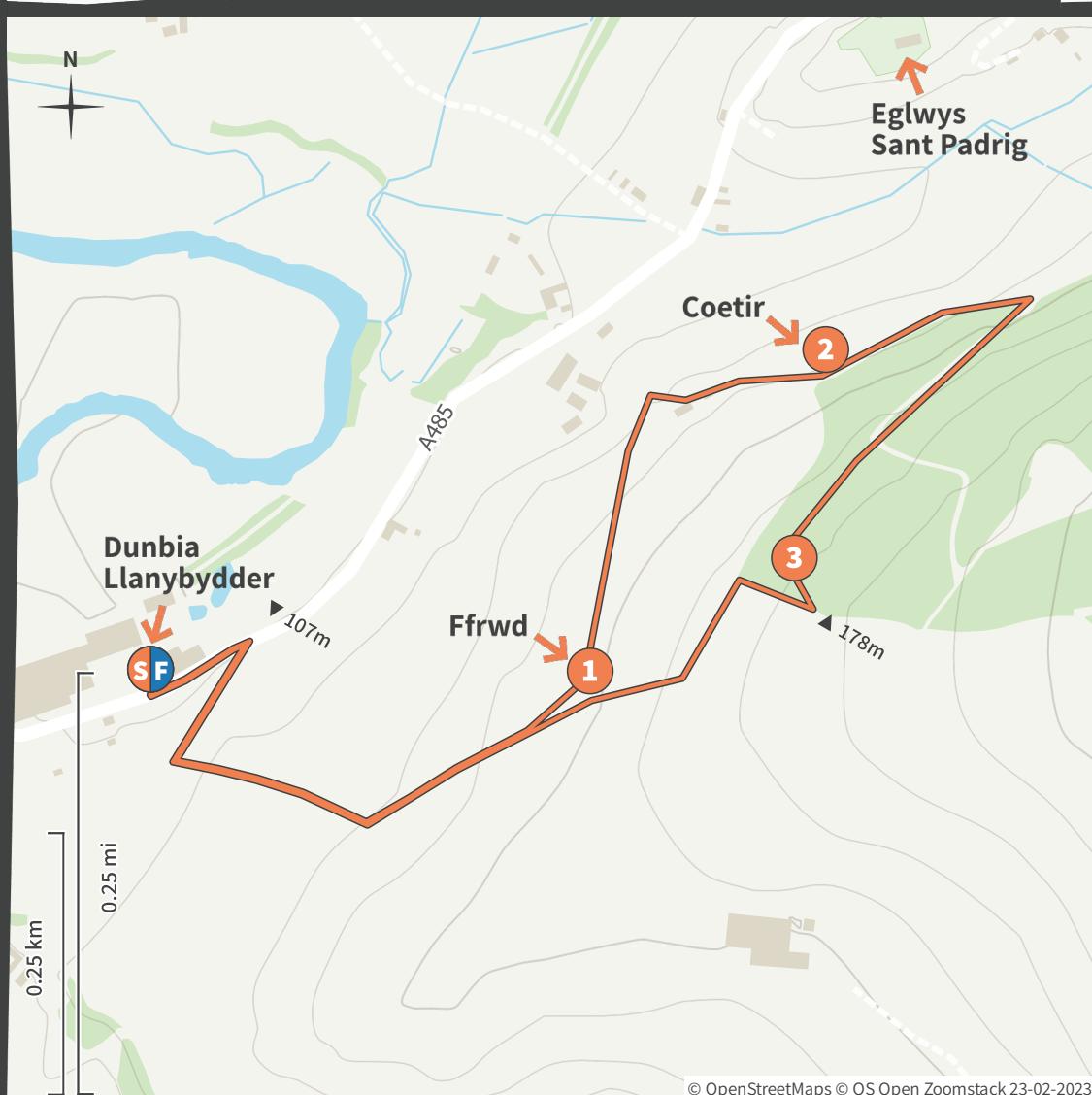




Llwybr Cylchol Amser Cinio Dunbia

Ewch am dro drwy'r goedwig amser cinio i adfywio.

Ar ôl croesi ffordd brysur yr A485 mae'r llwybr hwn yn cynnwys caeau a choetir. Gall y llwybr fod yn fwddlyd ac mae'n cynnwys camfeydd.



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

Hamddenol 95m Cylchol 2.7km | 1.7m 00:55

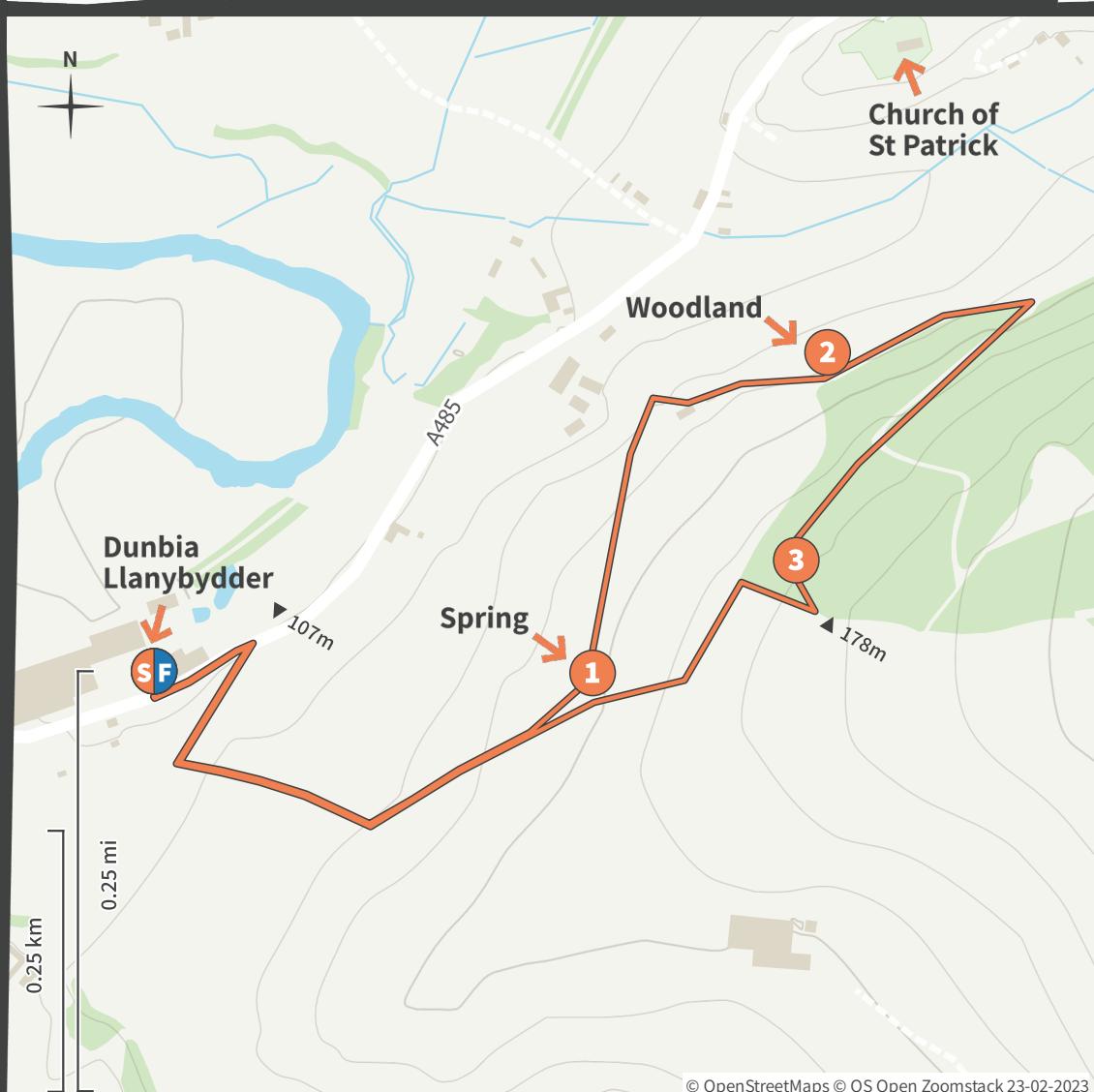
- S** Gan gychwyn o Dunbia, cadwch i'r Ch a chroeswch y ffordd fawr brysur (A485) yn ofalus. Dringwch y grisiau cerrig i'r cae drwy gât mochyn ag arwydd arni. Ewch i'r Dd ar draws y cae a thrwy gât mochyn arall. Trowch i'r Ch ac ewch i fyny ar hyd trac glaswelltog llydan gyda gwrychoedd y naill ochr iddo. Ewch yn eich blaen drwy gyfres o gatiau ac yna'n groes-gongl i'r Ch ar draws y cae, i fyny tuag at linell y coed gyda Dunbia y tu ôl i chi. Ewch drwy gât arall i gyrraedd ffrwd. Llecyn hardd gyda golygfeydd hyfryd ond gall fod yn wlyb iawn yma yn ystod misoedd y Gaeaf.
- 1** Trowch i'r Ch ar hyd y llwybr llydan â choed ar ei hyd gan fynd drwy ddwy gât a mwynhau golygfeydd dros Afon Teifi. Yn Ardal Cadwraeth Arbennig (ACA) ac yn Safle o Ddiddordeb Gwyddonol Arbennig (SoDdGA) mae Afon Teifi yn enwog am Sewin (Brityll y Môr) ac Eog. Ewch yn eich blaen ar hyd y llwybr caregog/mwdlyd drwy'r gât a throwch i'r Dd gan fynd heibio adeiladau fferm. Ewch drwy fuarth y fferm, gan fynd heibio i adeiladau a siediau ar y Dd, a pharhau i fyny'r allt ar hyd y trac tuag at y coetir.
- 2** Wrth i chi fynd drwy'r gât rydych yn mynd i goetir Allt Llyn-crwn, dilynwch y llwybr i fyny ac i'r Dd. O'ch blaen yn y pellter fe welwch Eglwys Sant Padrig, eglwys ganoloesol restredig gradd II y mae ei bedyddfaen yn dyddio o ddechrau'r 13eg ganrif. Yn y pellter y tu hwnt i'r Eglwys mae SoDdGA arall, sef Llyn Pencarreg, sy'n enghraifft anarferol o lyn iseldir 'oligotroffig' (prin iawn faethlion) o darddiad rhewlifol. Ewch yn eich blaen ar hyd llwybr y coetir a mwynhewch grensian drwy'r dail ar lawr y goedwig wrth i'r llwybr wastatáu.
- 3** Ewch dros y gamfa ar y Dd a dilynwch y llwybr i lawr ar hyd ymyl y coetir. Gadewch y coetir ac ewch dros gamfa arall i gae. Parhewch ar hyd llinell y ffens gan groesi trydedd camfa a chae arall. Croeswch y bedwaredd gamfa i ddychwelyd i'r ffrwd. Cerddwch yn ôl ar hyd y llwybr y gwnaethoch ei ddilyn yn gynharach i lawr drwy gaeau a chyfres o gatiau gan droi i'r Dd drwy gât mochyn wrth i'r trac droi i'r Ch. Croeswch y cae at y gât mochyn. Ewch i lawr y grisiau a chroeswch y ffordd yn ofalus i gyrraedd Dunbia.



Dunbia Lunchtime Loop

Shake off the cobwebs with a lunchtime woodland walk.

After crossing the busy A485 road this route takes in fields and woodland. The route can be muddy and features stiles.



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



- S** Starting from Dunbia, bear L and cross the busy main (A485) road with caution. Climb the stone steps entering field through a signposted kissing gate. Head R across the field and through another kissing gate. Turn L and head up along a wide hedge lined grassy track. Continue through a series of gates then diagonally L across field, ascending towards treeline with Dunbia behind you. Pass through another gate before arriving at a Spring. A pretty spot with lovely views it can be very wet here in Winter months.
- 1** Turn L along the wide tree lined track passing through two gates whilst enjoying views over the River Teifi. Both a Special Area of Conservation (SAC) and Site of Special Scientific Interest (SSSI) the Teifi is famous for its Sewin (Sea Trout) and Salmon fishing. Continue along the stony/muddy track through the gate and turn R passing farm buildings. Head through the farmyard, passing buildings and sheds on your R, and continue uphill along the track towards the woodland.
- 2** As you pass through the gate you are entering Allt Llynw-crwn woodland, follow the track upwards and round to the R. Ahead in the distance you will see the grade II listed medieval Church of St Patrick, whose font is early 13th Century. In the distance beyond the Church lies another SSSI, Llyn Pencarreg, an unusual example of a lowland 'oligotrophic' (very nutrient poor) lake of glacial origin. Continue along the woodland track and enjoy crunching through leaves on the woodland floor as the route levels out.
- 3** Head over the stile on the R and follow the route down along the woodland edge. Leave woodland entering a field over another stile. Continue along the fence line taking a third stile and cross field. Climbing a final fourth stile you have returned to the Spring. Retrace your earlier steps heading down through fields and a series of gates turning R through a kissing gate as the track turns to the L. Cross the field to the kissing gate. Descend the steps and cross the road with caution arriving back at Dunbia.