

Llwybrau Penrhyneddraeth Penrhyneddraeth Routes



Llwybrau i Lesiant

Paths to Wellbeing

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 llefydd rydyn ni i gyd wrth ein bod yn cerdded.

Ein cenhadaeth yw rhoi cerdded wrth galon pob cymuned, amddiffyn y llefydd 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.

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Llwybrau i Lesiant

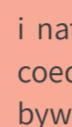
Rhoi cerdded wrth galon cymunedau

Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrai ffyrdd wych o sut mae'r Ramblers yn agor y 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.



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.

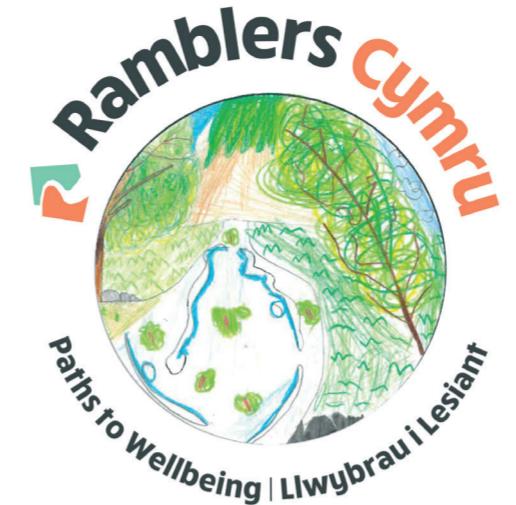
Together with 22 local authorities, Wildlife Trusts Wales and Coed Cadw, the Woodland Trust in Wales, we have also been enhancing the local environment for nature to thrive. With activities

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.



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 dilynwrch 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.



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#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.

Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk, please try to find an alternate route or retrace your steps. Report any issues to your local authority.

Refill App available, look out for the logo in the shops and cafes.



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..

Penrhyneddraeth

Tref ar lan aber afon Dwyryd ym Meirionnydd, Gwynedd, yw Penrhyneddraeth, sy'n adnabyddus am ei thraethau a'i diwylliant Cymraeg llewyrchus. Mae'r gymuned yn ymestyn ar draws pentref cyfagos Minffordd a phentref twristaidd hudolus, ar arddull Eidalaidd, Portmeirion. Mae'n ffynio ag aber Afon Dwyryd ac wedi'i hamgylchynu gan goedwigodd a mynyddoedd, sy'n ei gwneud yn ardal hardd i gerddwyr ei harchwilio.



See reverse to discover our community routes...

Penrhyneddraeth

Penrhyneddraeth is a town located by the mouth of the river River Dwyryd in Meirionnydd, Gwynedd, known for its beaches and thriving Welsh culture. The community encompasses the nearby village of Minffordd and the charming Italian-style tourist village of Portmeirion. It is bordered by the Dwyryd estuary and surrounded by woods and mountains, which make it a beautiful area for walkers to explore.



Allwedd / Key

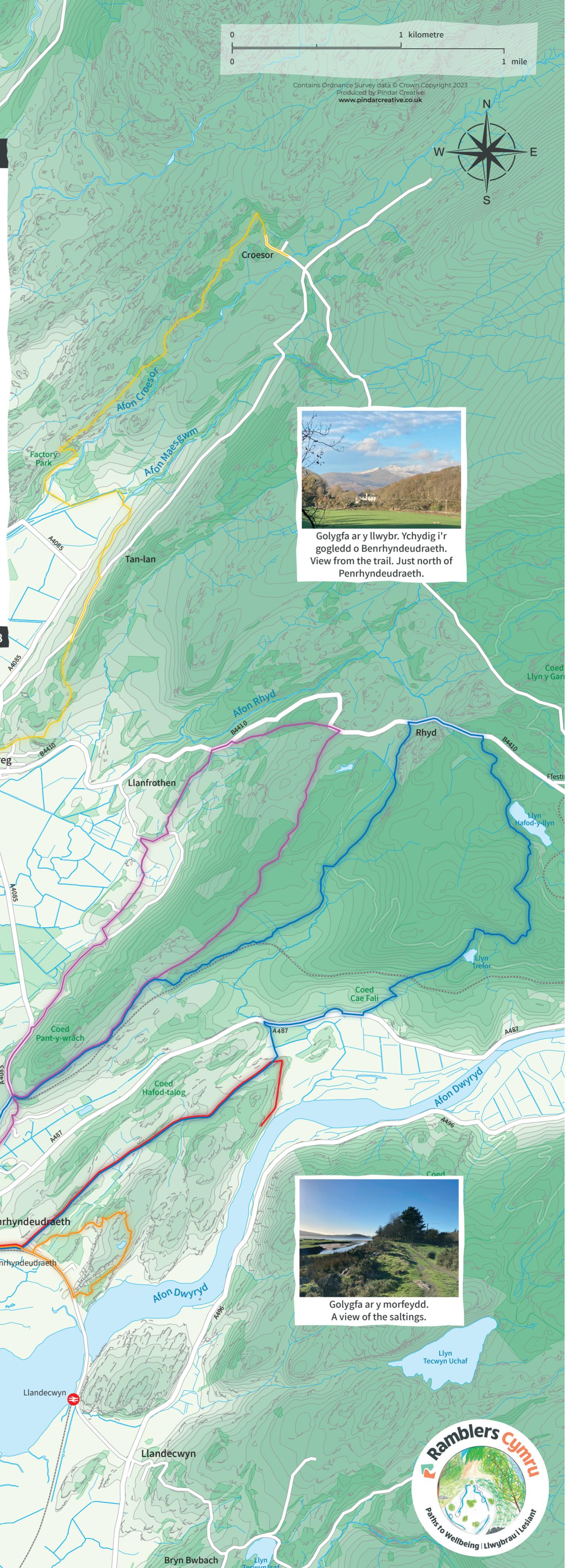
1 Gwaith Powdwr	3.2 km	Llwybr byr, addas i deuluoedd, drwy warchodfa natur dawel a hardd ar safle cyfleuster cynhyrchu ffrwydron wedi'i ddatgomisiynu. Mae yno hefyd olygfeydd godidog ar y mynyddoedd cyfagos.
2 Short Woodland Walk	4.9 km	Llwybr byr, addas i deuluoedd, yn archwilio llwybrau coetir i'r gogledd o Benrhyneddraeth. A short, family friendly route exploring woodland paths North of Penrhyneddraeth.
3 Slate Quay	3.0 km	Llwybr byr, addas i deuluoedd, i gei llechi hanesyddol ar aber y Dwyryd. A short, family friendly route to a historic slate quay on the Dwyryd estuary.
4 Woodland Reservoir	11.1 km	Cylchdaith gynedrol yn arwain trwy goetir i ardal gyda sawl cronfa ddŵr. A moderate circular route leading through woodland to an area with several reservoirs.
5 Llanfrothen	8.1 km	Cylchdaith gynedrol yn dilyn llwybrau coetir sy'n cysylltu Penrhyneddraeth â chymuned hynod Llanfrothen. A moderate circular route following woodland paths which connect Penrhyneddraeth with the quaint community of Llanfrothen.
6 Croesor	5.5 km	Llwybr llinellol cymedrol yn cysylltu Penrhyneddraeth a Chroesor. Mae yno hefyd goedwig dderw a chyfres o raeadrâu. A moderate linear route connecting Penrhyneddraeth and Croesor. Also features oak forest and a series of waterfalls.
7 Saltings	2.2 km	Llwybr byr, addas i deuluoedd, drwy'r morfa i'r de o Benrhyneddraeth. A short, family friendly route through the salt marsh south of Penrhyneddraeth.
8 Pen Cob	3.8 km	Llwybr byr, addas i deuluoedd, yn cynnwys coetir a golygfeydd ar yr aber. A short, family friendly route including a woodland and views of the estuary.



Cyrraedd yma | Getting here

Mae dwy orsafr drenau ym Mhenrhyneddraeth, un ar ochr ddeheuol y dref, ar Reilffordd y Cambrian a'r llall i'r gogledd, ar reilffordd gul Ffestiniog.

There are two train stations in Penrhyneddraeth, one being located on the southern side of the town, on the Cambrian Line, the other to the north, on the Ffestiniog narrow-gauge railway.



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Ymddiriedolaeth Natur
Gogledd Cymru
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