

Llwybrau Penmaenmawr Penmaenmawr 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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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

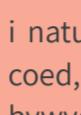
Rhoi cerdded wrth galon cymunedau

Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn 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 Gwyllt Cymru a Coed Cadw, rydym hefyd wedi bod yn gwella'r amgylchedd lleol er mwyn

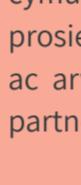


i natur i ffynnu. Gyda gweithgareddau fel plannu coed, hau blodau gwyllt a dyddiau gweithgareddau bywyd gwyllt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidr.

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

Gall llwybrau gael eu heffeithio gan, rhwystrau, fod ar gau a dargyfeiriadau. Os nad ydych chi'n gallu parhau â'ch taith gerdded, ceisiwch dddo 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.



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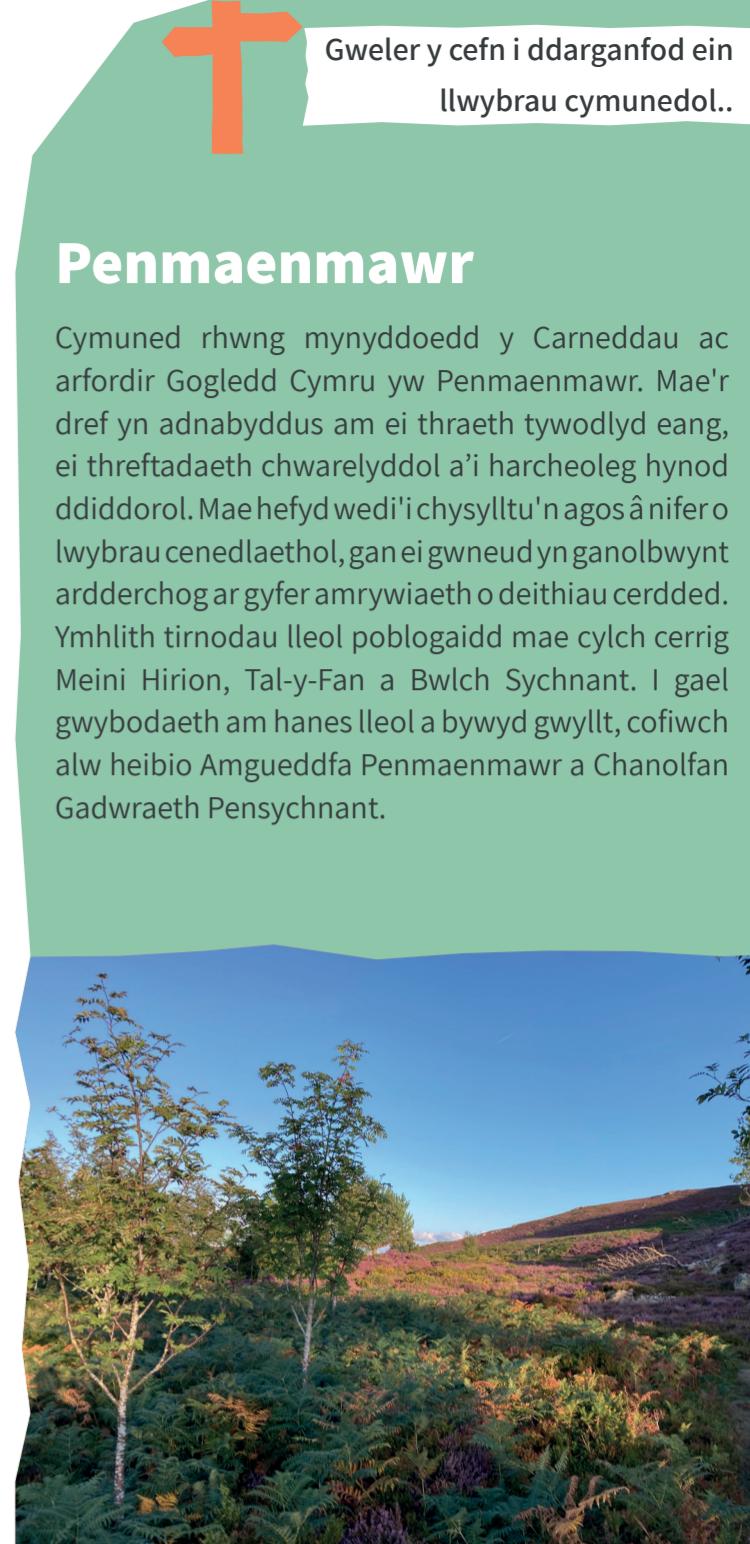
#MentranGall

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?



See reverse to discover our community routes...

Penmaenmawr

Penmaenmawr is a community sandwiched between the Carneddau mountains and the North Wales Coast. The town is known for its wide, sandy beach, quarrying heritage, and fascinating archaeology. It is also closely connected to several national trails, making it an excellent hub for a variety of walks. Popular local landmarks include Meini Hirion stone circle, Tal Y Fan, and the Sychnant Pass. For information about local history and wildlife, be sure to stop by Penmaenmawr Museum and Pensychnant Conservation Centre.



Follow this waymark when out walking on any of the included routes.

For detailed route descriptions, GPX files and additional community routes, please visit

pathstowellbeing.ramblers.org.uk

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.



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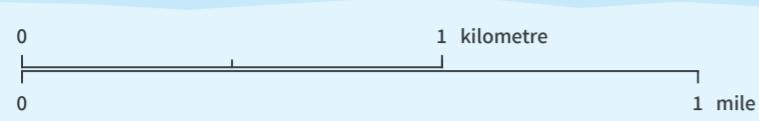
#BeAdventureSmart

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?



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Allwedd / Key

1 Quarry Loop	6.3 km	Llwybr ucheldir heriol yn archwilio treftadaeth chwarela Penmaenmawr – o chwareli'r gorffennol a'r presennol i'r "ffatri" bwyelli cerrig hynafol yng Nghraig Lwyd. A challenging upland route exploring Penmaenmawr's quarrying heritage – from quarries past and present to the ancient stone axe "factory" at Graiglwyd.
2 Caer Bach Loop	16.9 km	Llwybr ucheldir heriol gyda bryngaer a ffordd Rufeinig, ynghyd â golygfeydd ar Ddyffryn Conwy. A challenging upland route featuring a hill fort and Roman road, along with views of the Conwy Valley. #BeAdventureSmart on this route.
3 Plas Mawr and Prom	4.0 km	Llwybr byr, hamddenol yn cysylltu mannau gwyrdd trefol a phromenâd Penmaenmawr. A short, leisurely route connecting Penmaenmawr's urban green spaces and promenade.
4 Tal y Fan	11.5 km	Llwybr ucheldir heriol yn dilyn y grib dan Tal-y-Fan, mynydd mwyaf gogleddol Cymru. A challenging upland route following the ridge beneath Tal Y Fan, the northernmost mountain in Wales. #BeAdventureSmart on this route.
5 Golf Course Picton Woods	3.2 km	Llwybr byr, hamddenol o amgylch Dwyggyfylchi gyda golygfeydd o'r bryniau cyfagos ynghyd â thaith braf ar hyd ffordd arall trwy goetir. A short, leisurely route around Dwyggyfylchi featuring views of the surrounding hills along with a pleasant woodland detour.
6 Allt Wen	3.0 km	Llwybr ucheldir cymedrol gyda choetir brodorol llawn cymriada rhostir braf yn Bwlch Sychnant, Safle o Diddorddeb Gwyddonol Arbennig. A moderate upland route featuring characterful native woodland and pleasant heathland in Sychnant Pass Site of Special Scientific Interest.
7 Foel Lûs Via Capelulo	5.2 km	Llwybr ucheldir cymedrol gyda rhostir braf a golygfeydd ar yr arfordir. A moderate upland route featuring pleasant heathland and views of the coast.
8 Conwy Mountain	3.4 km	Llwybr byr, hamddenol gyda golygfeydd arfordirol godidog a bryngae ar y copa. A short, leisurely route featuring stunning coastal views and a hill fort at the summit.

OS Map Coverage: OS Leisure OL17

