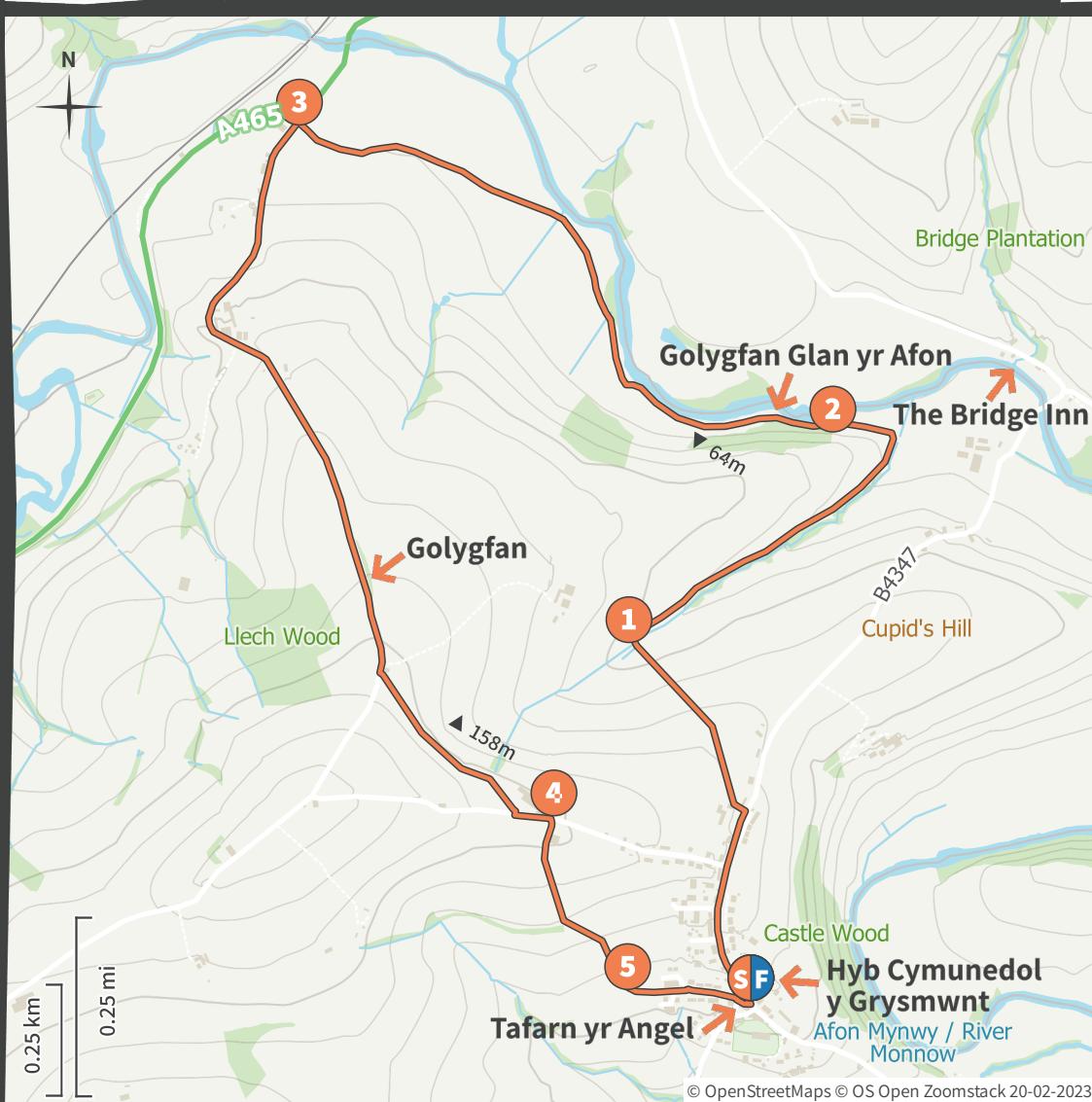




# Llwybr Afon Mynwy

Taith gerdded wledig yn dilyn yr afon gyda golygfeydd o Ben-y-fâl.

Caeau tonnog a all fod yn fwdlyd, ynghyd â rhan o lwybr ar hyd yr afon a all orlifo. Mae'r llwybr yn cynnwys camfeydd a gatiau.



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



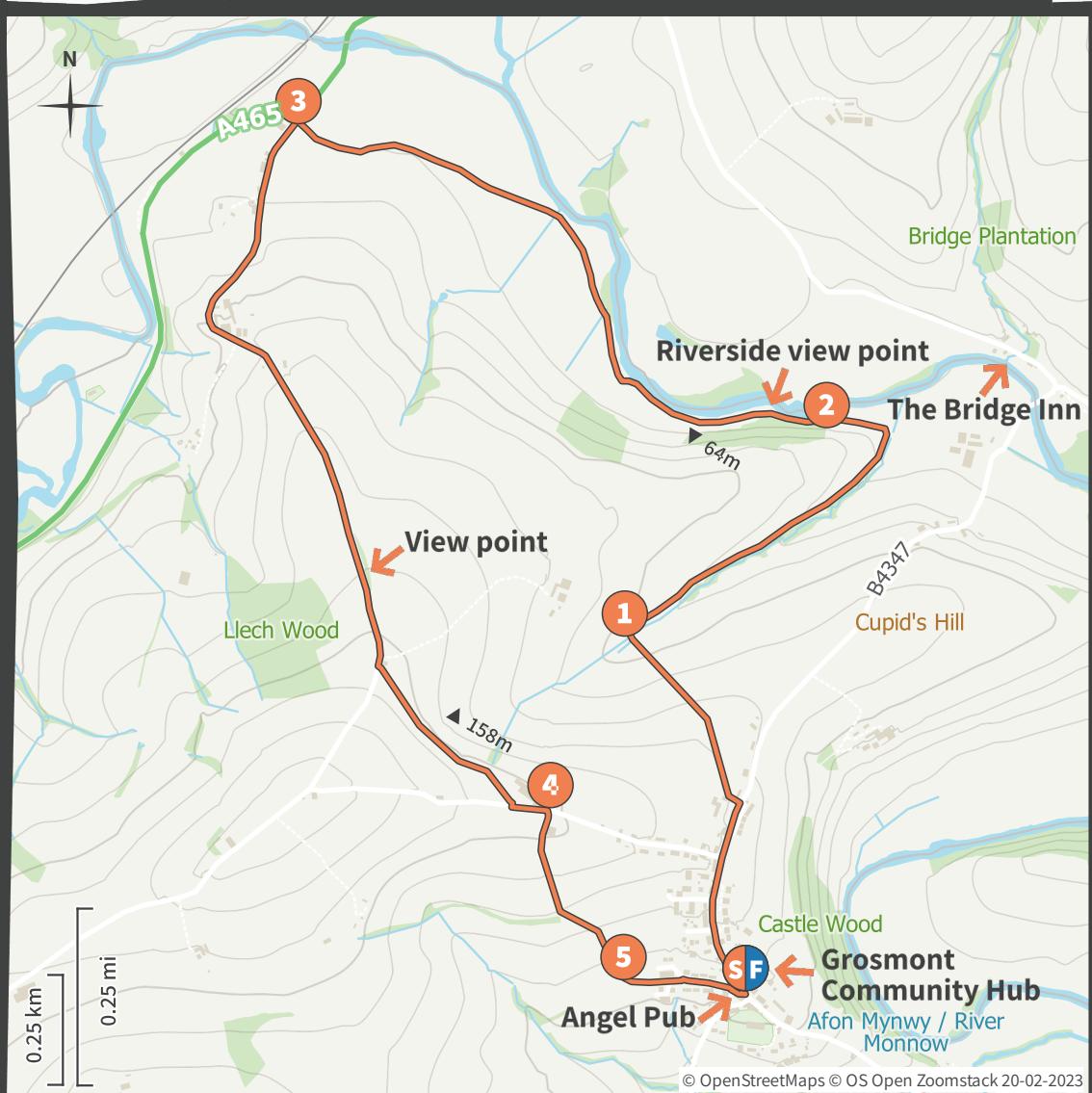
- S** Gan ddechrau o Hyb Cymunedol y Grysmwnt (gyda'r adeilad y tu ôl i chi), ewch i'r Ch i fyny'r ffordd. Byddwch yn ofalus gan nad oes llawer o balmant ar y rhan hon o'r llwybr. Ewch i fyny'r allt gan basio sawl cyffordd. Yn union ar ôl Tollstone Way ar y Dd, dilynwrch y llwybr troed ag arwydd arno ar y Ch ger Cefn-y-Bryn/Ridge Hall. Cerddwch i fyny'r grisiau rhwng y tai i gyrraedd cae. Ewch hanner ffordd i'r Dd ar draws y cae nes i chi gyrraedd y ffens. Yna ewch i lawr y brynn i'r Ch i gyrraedd camfa ymysg y llinell o goed.
- 1** Ar ôl croesi'r gamfa a'r bont fechan, ewch i'r Dd. Rydych nawr yn dilyn Llwybr Dyffryn Mynwy, cadwch eich llygaid ar agor am yr arwyddion. Parhewch i gerdded ar hyd gwaelod 3 chae gan groesi 2 gamfa i gyrraedd cornel cae gydag adeiladau fferm ar y Dd. Yna ewch dros y gamfa sydd o'ch blaen i ddilyn y llwybr i'r ffordd a draw at The Bridge Inn. Mae'r llwybr yn mynd i'r Ch yma gan groesi'r cae i gyrraedd gât/camfa sy'n eich arwain at llwybr ger glan yr afon.
- 2** Dilynwrch y llwybr o'ch blaen gan gerdded ar hyd yr afon, a chadw eich llygaid ar agor am fywyd gwylt, i gyrraedd camfa a phont droed. Ewch yn syth yn eich blaen ar draws cae mawr gan groesi nentydd a phasio coed derw i gyrraedd pont droed fechan a chamfa. Croeswch y gamfa hon a chadwch i'r Ch yn y cae nesaf i gyrraedd ffin cae. Ewch yn syth ar draws y cae nesaf i gyrraedd camfa a ffordd. Rydych chi bellach wedi cyrraedd Cap Cottages.
- 3** Ewch i'r Ch i fyny'r ffordd gan gymryd gofal gan nad oes palmant yma. Dilynwrch y ffordd wrth iddi ymdroelli i fyny'r allt i weld y golygfeydd gwych o Ben-y-fâl ar y Dd a Garway Hill ar y Ch. Ar ôl cerdded dros kilometr ar y ffordd trwch i'r Ch i ddilyn y llwybr troed yn syth ar ôl tŷ o'r enw Little Kingsfield. Cadwch i'r Ch o'r berllan a chroeswch gae arall i gyrraedd camfa sy'n ymuno â'r ffordd i'r Dd o adeiladau fferm.
- 4** Ewch i'r Ch i ymuno â'r ffordd a chymerwch y troad cyntaf i'r Dd i ymuno â thrac sy'n arwain heibio adeiladau fferm. Ewch yn syth ymlaen gan adael yr adeiladau ac anelu i lawr y cae i gyrraedd camfa yn y gornel. Yma mae golygfeydd gwych o bentref y Grysmwnt ar y Ch. Croeswch y gamfa ac ewch i'r Ch i mewn i gae. Cerddwch i'r Dd tuag at y coed i gyrraedd llwybr sy'n arwain at drac.
- 5** Croeswch y trac a cherdded i mewn i gae. Cerddwch yn eich blaen drwy gât a llinell ffens ac yna ewch i lawr y brynn gan wyro i'r Ch i gyrraedd ffordd. Ewch i'r Ch yma gan gymryd gofal ar y ffordd gan nad oes palmant. Dilynwrch y ffordd i ddringo yn ôl i bentref y Grysmwnt lle y dechreuodd eich taith.



# Monnow River Walk

A country and river walk with views of Sugar Loaf.

Rolling fields that can be muddy, along with a river section that can flood.  
The route contains stiles and gates.



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



Leisurely



125m



Circular



6.1km | 3.8m



02:00

- S** Starting from Grosmont Community Hub (with the building behind you), head L up the road. Be careful as there is limited pavement on this section. Continue up hill passing several road junctions. Just after Tollstone Way on your R take the signed footpath on your L by Cefn-y-Bryn/Ridge Hall. Walk up the steps between houses to reach a field. Head half R across the field until you get close to the fence. At this point head down hill to your L to reach a stile in the treeline.
- 1** Having crossed the stile and small bridge head R, you are now also following the Monnow Valley Walk, keep an eye out for its markers. Continue to walk at the bottom of 3 fields crossing 2 stiles to reach a corner of a field with farm buildings on your R. At this point you can cross the stile ahead of you to follow the path to the road and around to The Bridge Inn. Our route heads L here to cross the field to reach a gate/stile leading you to a riverside path.
- 2** Follow the path ahead walking alongside the river keeping an eye out for wildlife to reach a stile and footbridge. Continue straight ahead across a large field crossing streams and passing solitary oak trees to reach a small footbridge and stile. Cross this stile and keep to the L of the next field to reach a field boundary. Head straight across the next field to reach a stile and road. You have now arrived at Cap Cottages.
- 3** Head L up the road taking care as there is no pavement here. Continue up the road as it winds its way uphill to eventually offer fine views to your R of Sugar Loaf and on the L Garway Hill. Having walked over a kilometre on the road take the footpath on your L immediately after the house named Little Kingsfield. Keep to the L of this orchard and cross another field to reach a stile onto the road to the R of farm buildings.
- 4** Head L on the road and take the first R on a track leading past farm buildings. Go straight ahead leaving the buildings and head down the field to reach a stile in the corner. You now have fine views of the village of Grosmont on your L. Cross the stile and head L into a field. Head around to your R heading into the trees to reach a path leading to a track.
- 5** Cross this track heading into a field. Walk ahead through a gate and fence line to then head down hill sweeping down to your L to reach a road. Head L here taking care on the road as again there is no pavement. Continue on the road to climb back into the village of Grosmont where you started.