

Llwybrau Pentyrch Pentyrch 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.

Contact us | Cysylltwch â ni

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The Ramblers' Association is a registered charity (England & Wales No. 1093577, Scotland No. SC039799)



Llwybrau i Lesiant

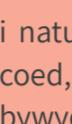
Rhoi cerdded wrth galon cymunedau

Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrai ffyrch 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

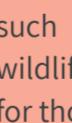
Putting walking at the heart of communities

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

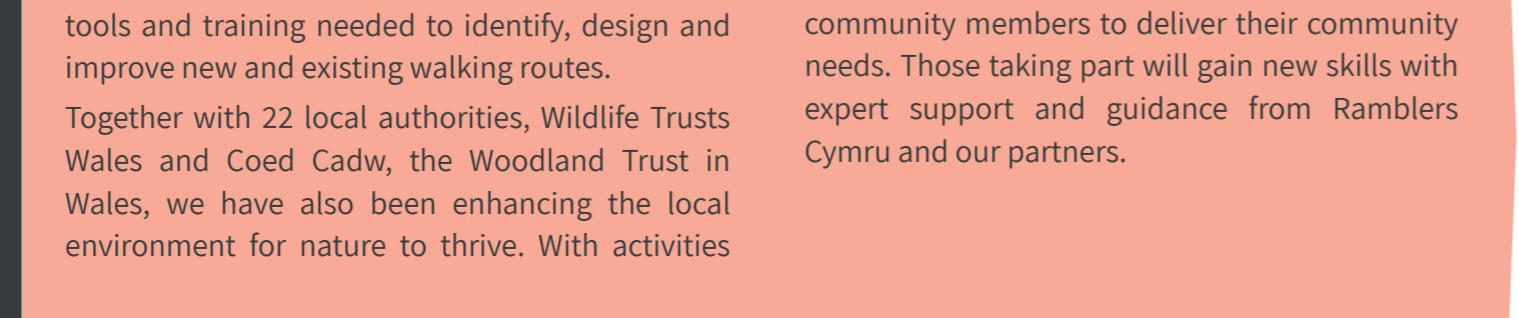


such as tree planting, wildflower sowing and wildlife activity days, providing plenty of activities for those of all ages and backgrounds.

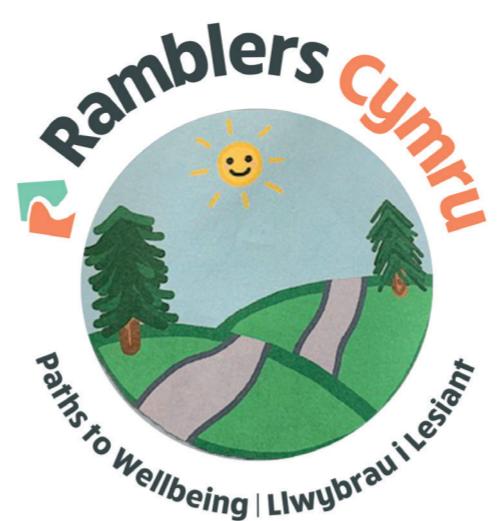
Led by the community, for the community

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.



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



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.



adventuresmart.uk

#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.



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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?



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

Gweler y cefn i ddarganfod ein llwybrau cymunedol..

Pentyrch

Pentref a chymuned ar gyrrion gorllewinol Caerdydd, prifddinas Cymru, yw Pentyrch. Daw enw ward etholiadol awdurdod lleol Caerdydd, Pentyrch, sy'n cynnwys y pentref a chymunedau cyfagos Creigiau, Capel Llanilltern a Gwaelod-y-Garth. Mae'r pedwar pentref wedi'u clystyr o amgylch Bryn y Garth, nodwedd ar rai o'n llwybrau cerdded. Mae'r ardal hon wedi'i chloddio, fel llawer o Gymru. Dechreuodd y gwaith o chwilio am fwyna u yn yr ardal cyn dyfodiad y Rhufeiniaid.

Mae'r ardal hon yn hafan i gerddwyr gan bod y wlad o gwmpas yn berffaith ar gyfer crwydro ac i'r rhai sy'n chwilio am rywbedd mwy egniol. Er enghraift, mae Mynydd y Garth yn gopa lleol sy'n cynwig golygfeydd godidog allan ar draws Caerdydd ac yn edrych i fyny Cymoedd De Cymru. Mae'r copa hefyd yn gartref i grŵp o bum carnedd o'r Oes Efydd. Mae'r gymuned hefyd yn gartref i Goed y Bedw, safle'r Ymddiriedolaeth Natur yn ogystal â choetiroedd amrywiol eraill sy'n ffurfio rhan o ardaloedd cadwraeth arbennig yng Nghaerdydd.



Pentyrch

Pentyrch is a village and community located on the western outskirts of Cardiff, the capital city of Wales. The village gives its name to a Cardiff local authority electoral ward, Pentyrch, which covers the village and neighbouring communities of Creigiau, Capel Llanilltern and Gwaelod-y-Garth. The four villages are clustered around the beautiful Garth Hill, a feature on some of our walking routes. This area has always been mined like much of Wales. The search for minerals in the area started before the arrival of the Romans.

This area is a haven for walkers with the surrounding countryside perfect for rambling and for those looking for something more energetic. For example, Garth Hill is a local summit which offers stunning views out across Cardiff and looking up the South Wales Valleys. The summit is also home to a group of five Bronze Age tumuli. The community is also home to Coed y Bedw, a Wildlife Trust site as well as other diverse woodlands that form part of special areas of conservation in Cardiff.



1	Frog and Duck Pond	1.8 km	Clywir sawl "cwac" a "ribbit" yno! A "quack" here and a "ribbit" there!
2	Garth Fawr	10.9 km	Mae chwyn bellach yn tyfu yn ystafell Garth Fawr, oedd unwaith yn llawn. Weeds now grow in the once occupied rooms of Garth Fawr.
3	Jacks Barn	2.3 km	Taith gerdded berffaith i ymlacio, gyda golygfeydd hyfryd. A perfect stroll to unwind with lovely views.
4	Cwmrhwyddgoed	5.2 km	Gwledd o goed gyda gwrychoedd cyfoethog a phyllau byrhaedlog. An arboreal feast with rich hedgerows and ephemeral ponds.
5	The Old Mule Tracks	5.5 km	Efallai y byddwch yn clywed y teithwyr hynafol gyda'u llwythi trwm. You may hear the ancient travellers with their heavy loads.
6	Little Garth and Castell Coch	9.4 km	Castell tylwyth teg a thollod. A fairytale castle and a toll house.
7	Garth Hill from Taffs Well	7.8 km	Mwynhewch y golygfeydd 360° ar ben Mynydd y Garth. Take in the 360° views at the top of Garth Hill.
8	The Trinity	14.0 km	Dolen fawr yn arddangos tair cymuned a'r wlad o gwmpas. A large loop showcasing 3 communities and the surrounding countryside.

OS Map Coverage: 151

Y Pwll Broga.
The Frog Pond.

Hen reilffordd ddiwydiannol.
Old Industrial railway line.

Mwynhau crwydro'n lleol.
Enjoying a local ramble!

Cyrraedd yma | Getting here

Mae Gorsaf drenau yn Ffynnon Taf i gysylltu â rhai o'r llwybrau cerdded. Mae gwasanaethu bysiau rheolaidd yn galw ym mhrif ganolbwyst Pentyrch ac mae digon o le parcio ar y stryd.

There is a train station at Taffs Well to link into some of the walking routes. The main hub of Pentyrch is serviced by regular buses with plenty of street parking.