

Canllaw Anhawster

Pa mor hawdd yw'r daith hon?

Mae ein teithiau cerdded yn cael eu graddio am anhawster fel a ganlyn:

Mynediad Hawdd - teithiau cerdded i bawb, gan gynnwys pobl â chadeiriau olwyn gonfensiynol a chadeiriau gwthio, gan ddefnyddio llwybrau mynediad hawdd. Gellir gwisgo esgidiau neu esgidiau chwaraeon cyfforddus. Efallai y bydd angen cymorth i wthio cadeiriau olwyn ar rai adrannau.

Hawdd- teithiau cerdded i unrhyw un nad yw'n cael anhawster symudedd, problem iechyd penodol neu sydd heb unrhyw ffitrwydd o gwbl. Yn addas ar gyfer cadeiriau gwthio os gellir eu codi dros rwystrau achlysurol. Gellir gwisgo esgidiau neu esgidiau chwaraeon cyfforddus.

Hamddenol - Hamddenol - teithiau cerdded i bobl weddol heini gydag o leiaf ychydig o brofiad cerdded gwledig. Gall gynnwys llwybrau gwledig heb arwyneb caled. Argymhellir esgidiau cerdded a dillad cynnes, gwrth-ddŵr.

Cymedrol - teithiau cerdded i bobl sydd â phrofiad cerdded gwledig a lefel dda o ffitrwydd. Gall gynnwys rhai llwybrau serth a thir agored. Mae esgidiau cerdded a dillad cynnes, gwrth-ddŵr yn hanfodol.

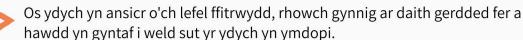
Egnïol - teithiau cerdded i gerddwyr gwledig profiadol gyda lefel ffitrwydd uwch na'r cyfartaledd. Gall gynnwys bryniau a thir garw. Mae esgidiau cerdded a dillad cynnes, gwrth-ddŵr yn hanfodol.

Cyngor ychwanegol pwysig

Darperir graddau cerdded fel canllaw cyffredinol yn unig.



Cofiwch bellter y daith gerdded, gwahaniaethau tirwedd ranbarthol a'r posibilrwydd o dywydd gwael, sy'n gallu gwneud taith gerdded yn anoddach na'r disgwyl.





Difficulty Guide

How easy is this walk?

Our walks are graded for difficulty as follows:

Easy Access - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.

Easy - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.

Leisurely - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.

Moderate - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country. Walking boots and warm, waterproof clothing are essential.

Strenuous - walks for experienced country walkers with an above average fitness level. May include hills and rough country. Walking boots and warm, waterproof clothing are essential.

Important additional advice

Walk gradings are provided as a general guide only.



Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.



If you're unsure of your fitness level, try a short and easy walk first and see how you get on.