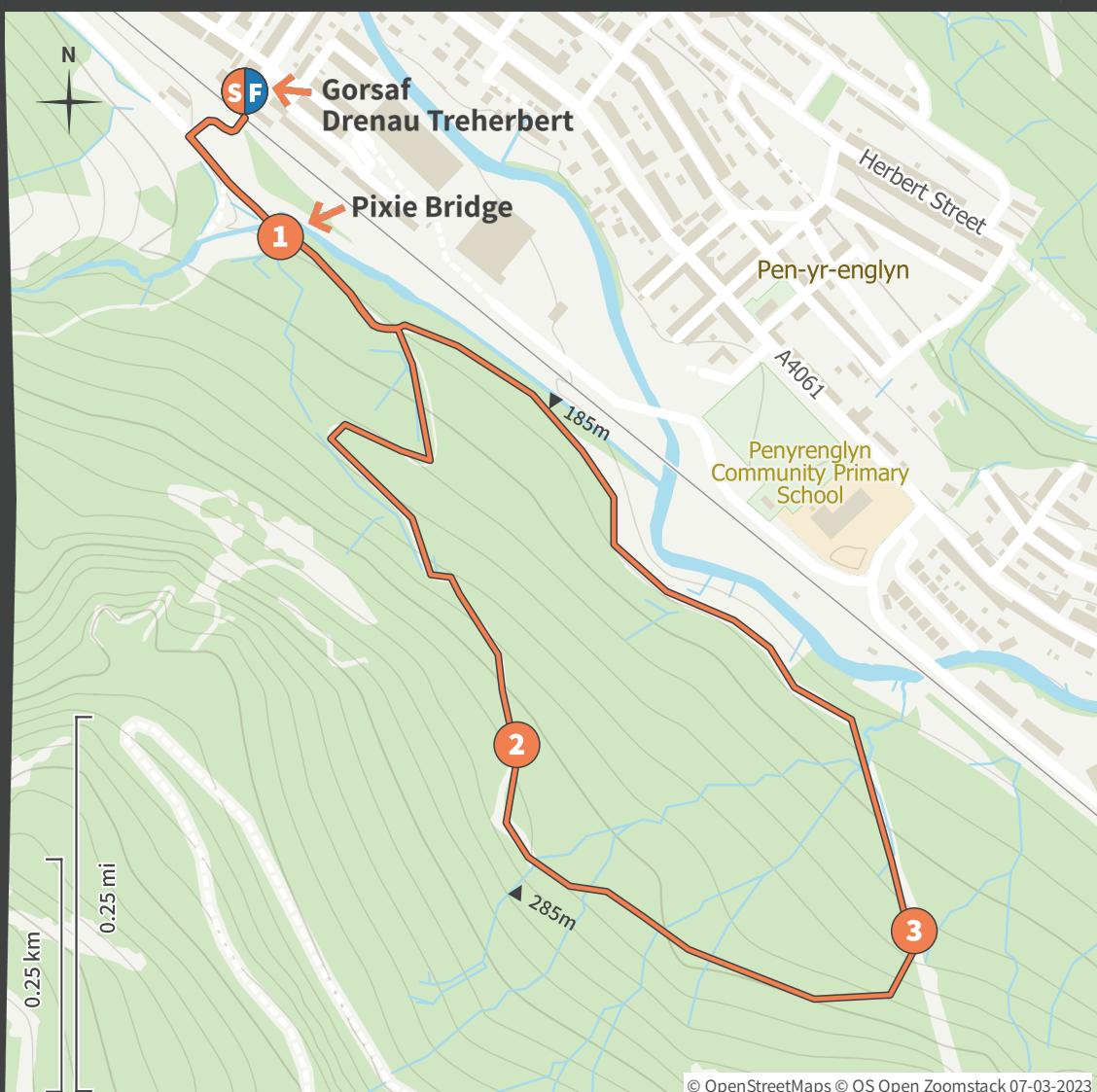




# Coetir Cwm Saerbren

Ewch am dro drwy goedwig ddigel Cwm Saerbren.

Llwybrau graean a cherig ar lethrau a all fod yn rhydd dan draed. Rhai manau gwlyb a mwdlyd.



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



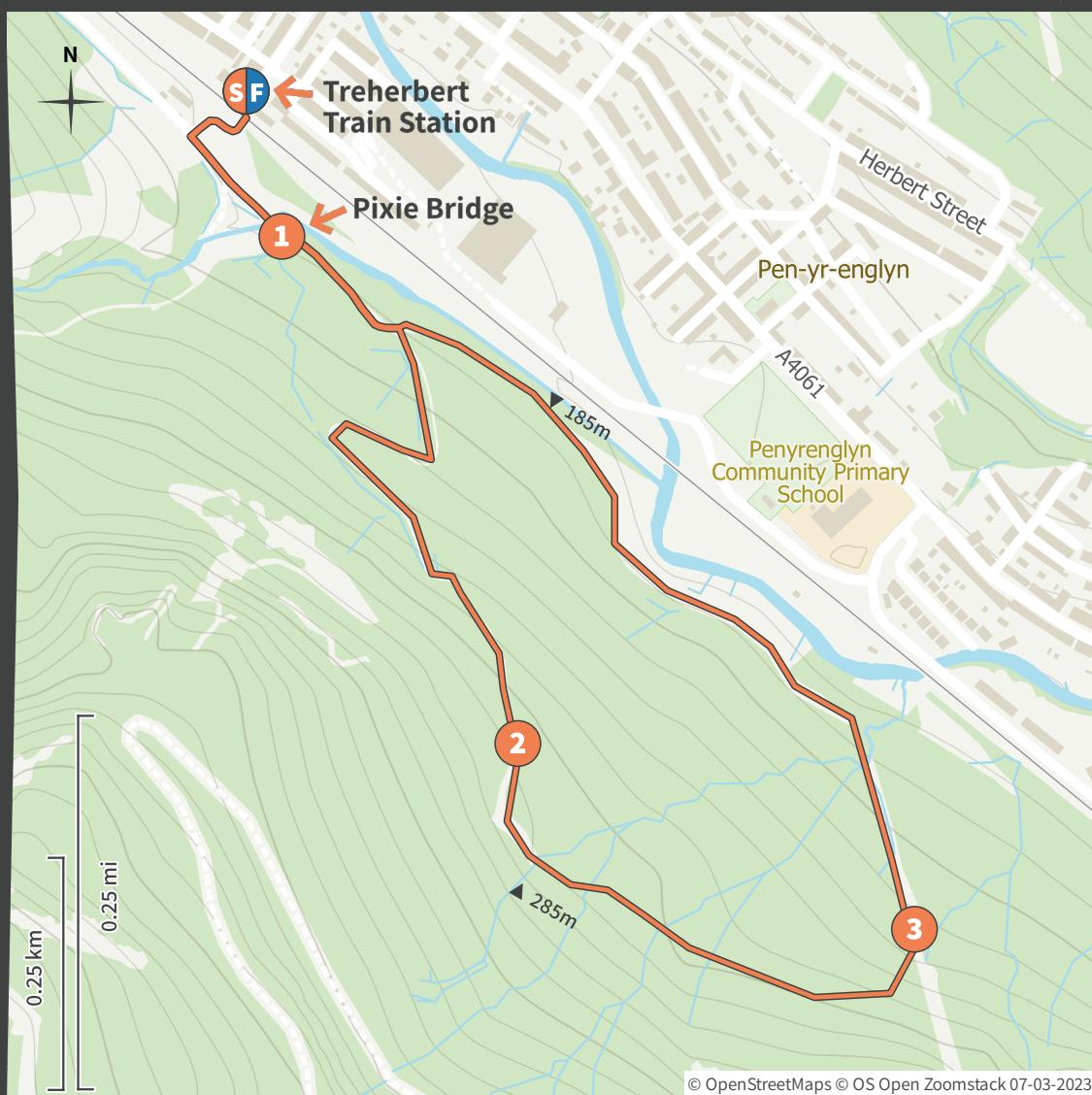
- S** Gan ddechrau o orsaf drenau Treherbert, croeswch y traciau rheilffordd yn ddiogel drwy'r gatiau i gerddwyr. Ar ôl croesi'r traciau, dilynwr y llwybr i'r Dd sy'n ymlwybro a amgylch safle'r 'Hen Fragdy'. Ewch i'r Ch ar ôl y llethr byr i gefn y safle a thrwy'r rhwystr i'r goedwig. Arhoswch ar y llwybr hwn, dros y bont sy'n cael ei galw'n 'Pixie bridge'. I'r Ch o'r bont mae rhaeadr fechan ac i'r Dd fe welwr lecyn agored gyda meinciau bonyff i chi gael hoe fach cyn mynd yn eich blaen.
- 1** Gan aros ar y llwybr hwn, pan fydd yn fforchio, ewch i'r Dd i ddechrau dringo'r llethr. Arhoswch ar y prif lwybr sy'n mynd o amgylch y coetir. Mae yna lethr graddol ar y llwybr hwn nes bod y llystyfiant ar y Ch yn arwain at dir agored, gan roi golygfia i chi o Benyrenglyn ac Ynyswen pan fydd y tir wedi gwastatáu rhywfaint. Yma, dilynwr y fforch i'r Dd, gan ddringo'r llethr serth i'r coed.
- 2** Ar ôl y llwybr serth, byddwch yn cyrraedd tir gwastad unwaith eto. Yma, fe welwr lwybr coedwig o'ch blaen. Ewch i'r Ch. Dilynwr y llwybr hwn drwy'r coetir. Mae'n bosibl y bydd nifer o goed bach wedi cwymopo ger y llwybr coetir hwn, yn ogystal â rhai nentydd yma ac acw. Cofiwch gymryd gofal wrth i chi groesi'r rhain. Cerddwch nes bod y llwybr yn disgyn rhyw ychydig cyn cyrraedd tir gwastad mewn coedwig. Ewch i'r Ch i ddechrau cerdded i lawr drwy fwlfach rhwng dwy res o goed.
- 3** Ewch i lawr y llwybr rhwng y coed; roedd weiren delegraff yn arfer bod yn y rhan hon o'r goedwig. Fe welwr gae chwaraeon yn y pellter o'ch blaen. Bydd y llwybr yn disgyn yn serth i wely afon sych. Ewch yn eich blaen am 20 metr arall a thro i'r Ch pan fydd y llwybr yn fforchio. Dilynwr y prif lwybr hwn yr holl ffordd yn ôl i'ch man cychwyn, gan groesi Pixie Bridge unwaith eto, gan wyro i'r Dd o amgylch traciau gorsaf drenau Treherbert.



# Cwm Saerbren Woods

Take a walk through the mysterious woods of Cwm Saerbren.

Gravelled and stoned paths on inclines/declines which can be loose underfoot. Some wet and muddy areas.



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



Moderate



108m



Circular



3.0km | 1.9m



01:00

**S** Starting from Treherbert train station, head safely over the train tracks via the pedestrian gates. Once over the tracks, take the path to the R which wraps around the 'Old Brewery' site. Take a L after the short ascent to the back of the site and through the side of the forest barrier. Continue on this path, over the 'Pixie bridge'. To the L of the bridge is a small waterfall and to the R you will see an open space with log benches to enjoy a seat before you head on.

**1** Continuing on this path, at the first split, take a R which will start to ascend. Stay on the main path that wraps around the woodland. There is a gradual ascent on this path until the vegetation on your L opens up, giving you a view Penyrenglyn and Ynyswen and the incline has levelled out some. At this point, take the path that splits R, ascending steeper into the woods.

**2** After walking the steep path, the ground will plateau once again. Here, you will see a forest path in front of you, take the L path. Follow this path through the woodland. This woodland path may have several smaller trees fallen near it, as well as some streams cutting through it. Mind your footing as you cross these. Walk until the path takes a small dip before it levels out in a forest. Take a L which will start your descent in an opening between two rows of trees.

**3** Descend the path between the trees; a reminder that there was previously a telegraph wire through this part of the woods. You will see a sport pitch in the distance in front of you for direction. The path will take a steep drop into a dried river bed, continue over this for a further 20 meters and turn L when the path splits. Follow this main path all the way back to your start, crossing the Pixie Bridge once again, wrapping R around to the tracks of Treherbert train station.



Consider the environment  
Please think before you print



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

