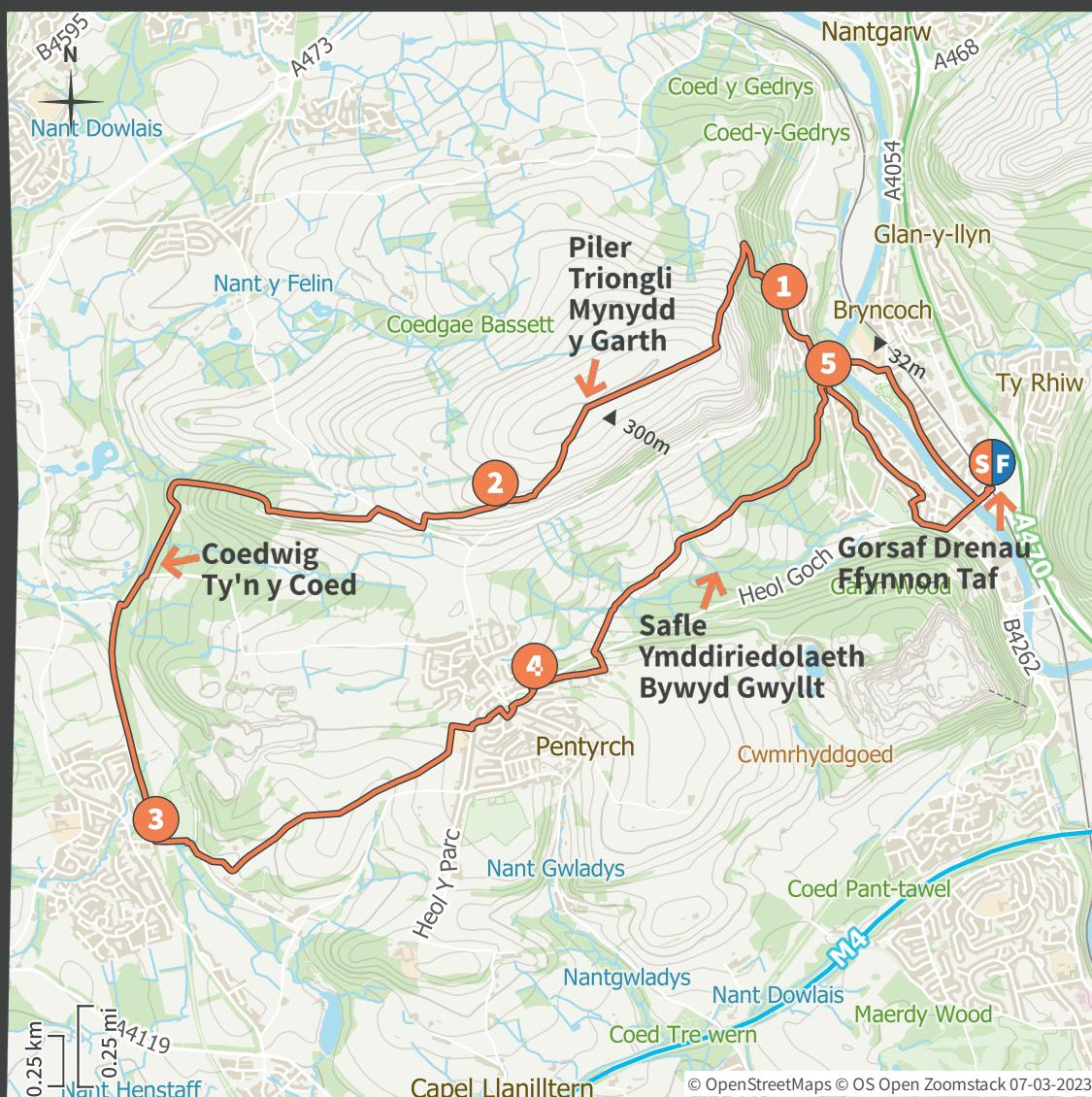




# Y Drindod

Dolen o amgylch 3 Dolen o amgylch 3 cymuned a'r cyffiniau. a'r cyffiniau.

Cymysgedd o llwybrau mwydlyd drwy goetir, bryniau agored glaswelltog a strydoedd trefol concrit. Yn cynnwys camfeydd a gatiau.



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



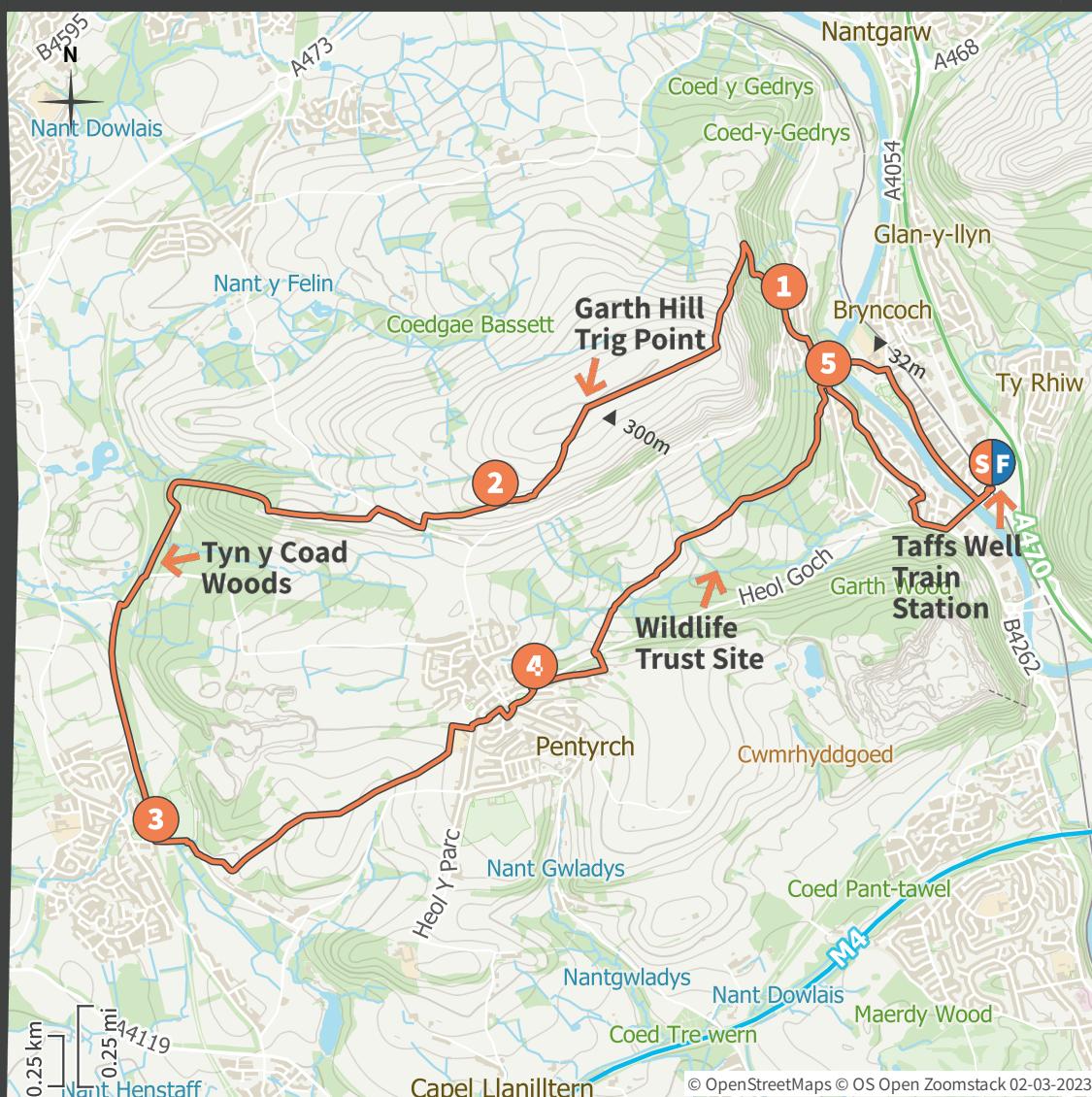
- S** Gan ddechrau o'r Orsaf dilynwrch yr arwyddion am yr allanfa gan gerdded i bentref Ffynnon Taf a phan gyrraeddwrch y ffordd fawr trowch i'r Dd. Parhewch ar hyd y ffordd heibio Parc Ffynnon Taf gan droi i'r Ch yn union cyn yr ysgol. Treuliwch amser yn ymweld â'r Ffynnon Boeth. Dilynwrch y lôn hon gan gadw i'r Dd a chroesi'r afon i fynd drwy danffordd. Ewch i fyny i'r Ch i gyrraedd ffordd. Trowch i'r Dd ac yna i'r Ch ger tafarn Gwaelod y Garth. Ewch i fyny'r ffordd a throwch i'r Dd i ddilyn y llwybr ger y tro sydyn yn y ffordd. Ewch yn eich blaen drwy gât ac i fyny i'r ardal goedio.
- 1** Dilnwch y llwybr hwn drwy'r coed ac ewch i'r Ch pan fydd y llwybr yn fforchio. Parhewch i gerdded i fyny a dilnwch y llwybr ag arwydd arno ar y Ch. Dilnwch hwn eto i ddringo at gât sy'n arwain i fryn glaswelltog. Dilnwch y llwybr serth i fyny i'r gwastatir. Anwybyddwrch y troad yn union ar y Dd a dilnwch y llwybr nesaf sy'n mynd â chi ar draws copa'r bryn. Dilnwch hwn tuag at y piler triongli ond trowch i lawr y llwybr ar y Ch cyn cyrraedd y piler. Wrth gerdded i lawr, ewch i'r Dd tuag at dai gan ddilyn y llwybr i'r Ch o'r tŷ i gyrraedd y dreif.
- 2** Dilnwch y dreif ac yna'r llwybr ar y Ch cyn y tŷ nesaf i gyrraedd y ffordd. Trowch i'r Dd ac yna dilnwch y llwybr ar y Ch ger mynedfa â gatiau arni. Cerddwch at fryncyn bychan ac yna ewch i'r Dd i gyrraedd coedwig Ty'n y Coed. Ewch i'r goedwig a chadw i'r Dd i ddilyn llwybr serth llydan. Dilnwch y prif llwybr hwn wrth iddo ymlwybro i'r Ch gan gyrraedd maes parcio a ffordd. Ewch i'r Dd yma ac wrth i'r ffordd wyro i'r Dd dilnwch y llwybr i lawr i'r Ch. Dilnwch y llwybr hir hwn o dan bont ffordd a chadwch i'r Dd i adael y goedwig a chyrraedd ffordd.
- 3** Ewch i'r Ch ar ôl cyrraedd y ffordd heibio maes chwareau Creigiau ac ychydig ar ôl Oakfield House dilnwch y llwybr ar y Ch. Cerddwch i fyny i gae ac yna i'r Dd. Ewch i'r Ch a dilnwch y llwybr troed ag arwydd arno drwy sawl cae nes i chi weld pentref Pentyrch. Parhewch i gerdded at ysgol y pentref lle mae'r llwybr yn mynd i'r Ch ac yna i'r Dd i gyrraedd y ffordd. Cerddwch yn groes-gongl i'r Ch ar draws y ffordd gan ddilyn y llwybr rhwng y tai i gyrraedd ffordd. Ewch i fyny'r ffordd hon ac ar y brig croeswch ac ewch i'r Dd. Dilnwch y llwybr ar y Ch i gyrraedd ffordd arall.
- 4** Ewch i'r Dd yma ac i'r Dd i ymuno â Chefn Bychan. Ger pen y lôn dilnwch y llwybr ar y Ch sy'n disgyn yn serth i ymuno â ffordd. Croeswch y ffordd a chymerwch y llwybr ar y Dd. Cerddwch ar draws y cae at drac a dilnwch hwn at gyffordd llwybrau. Ewch yn eich blaen gan ddilyn y llwybrau ag arwyddion arnynt i gyrraedd coetir arall. Dilnwch y prif llwybr wrth iddo wyro'n araf i'r Ch y tu ôl i dai ac yna i lawr i'r Dd i ymuno â thrac. Ewch i'r Ch a dilnwch y llwybr i lawr i'r ffordd.
- 5** Ewch i'r Dd ac yna i'r Ch i lawr School Lane. Dilnwch hon nes iddi droi'n sydyn i'r Dd, yna dilnwch y llwybr o'ch blaen tu ôl i dai. Pan fyddwch yn cyrraedd ystâd o dai dilnwch y ffordd o'ch blaen wrth iddi wyro i'r Dd ac yna i'r Ch i Heol Berry. Ewch i'r Ch eto gyferbyn â'r goedwig ac yna dilnwch y llwybr i'r Ch ychydig cyn y safle bysiau. Croeswch yr afon a'l ffordd i ddychwelyd i'r orsaf drenau.



# The Trinity

A loop showcasing 3 communities and surrounding countryside.

A mixture of muddy woodland paths, grassy open hill tops and concrete urban streets. Includes both stiles and gates.



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



- S** Starting from the Station follow the exit signs to head into the village of Taffs Well and at the main road turn R. Continue along the road passing Taffs Well Park to turn L just before the school. Take time to visit the Thermal Spring. Follow this lane keeping R to cross over the river and through an underpass. Head up to your L to climb up to reach a road. Go R and then L by the Gwaloed y Garth pub. Head up the road and go R onto the path by the sharp bend in the road. Continue ahead through a gate to climb into the wooded area.
- 1** Follow this path through the trees and take a L at the fork. Continue to climb and take the signed path on your L. Follow this again climbing to reach a gate and access out onto the grassy hill. Follow the steep path upwards and at the top plateau be sure to ignore the immediate R and take the next path taking you across the hill top. Follow this towards the trig point but take the path down to the L before reaching the trig. As you descend head to your R towards houses and take the path to the L of the house to reach the drive way.
- 2** Follow the drive and take the path on the L before the next house to reach the road. Go R and then take the path on the L by a gated entrance. Walk to a small rise and then head R to reach Ty'n y Coed woods. Enter the woods and bear R to follow a steep wide path that descends. Follow this main path as it eventually wraps to the L and finally arrives at a car park and road. Go R here and as the road bends R take the path down to the L. Follow this long path under a road bridge and keep R to leave the woods and arrive at a road.
- 3** Go L on the road passing the Creigiau Rec and just after Oakfield House take the path on the L. Head up into a field and head across to your R. Go L and follow the signed footpath through several fields until the village of Pentyrch can be seen. Continue to aim for the village school where the path eventually heads L and then R to reach the road. Go diagonal L across the road taking the path between houses to reach a road. Head up this road and at the top cross over and go R. Take the path just down on your L to reach another road.
- 4** Go R here and R onto Cefn Bychan. Near the end of the lane take the path on the L that steeply descends to a road. Go across and take the path on the R. Head across the field to meet a track and follow this to a junction of paths. Continue ahead following the signed paths to reach another woodland. Follow the main path as it slowly bends to the L to head behind houses and then down to the R to meet a track. Go L and follow path down to the road.
- 5** Go R and then L down School Lane. Follow this until it bends sharply R and take the path ahead behind houses. As you reach a housing estate follow the road ahead and around to the R and then L onto Heol Berry. Go L again opposite the woods and then take the path L just before the bus shelter. Head across the river and road to arrive back at the train station.