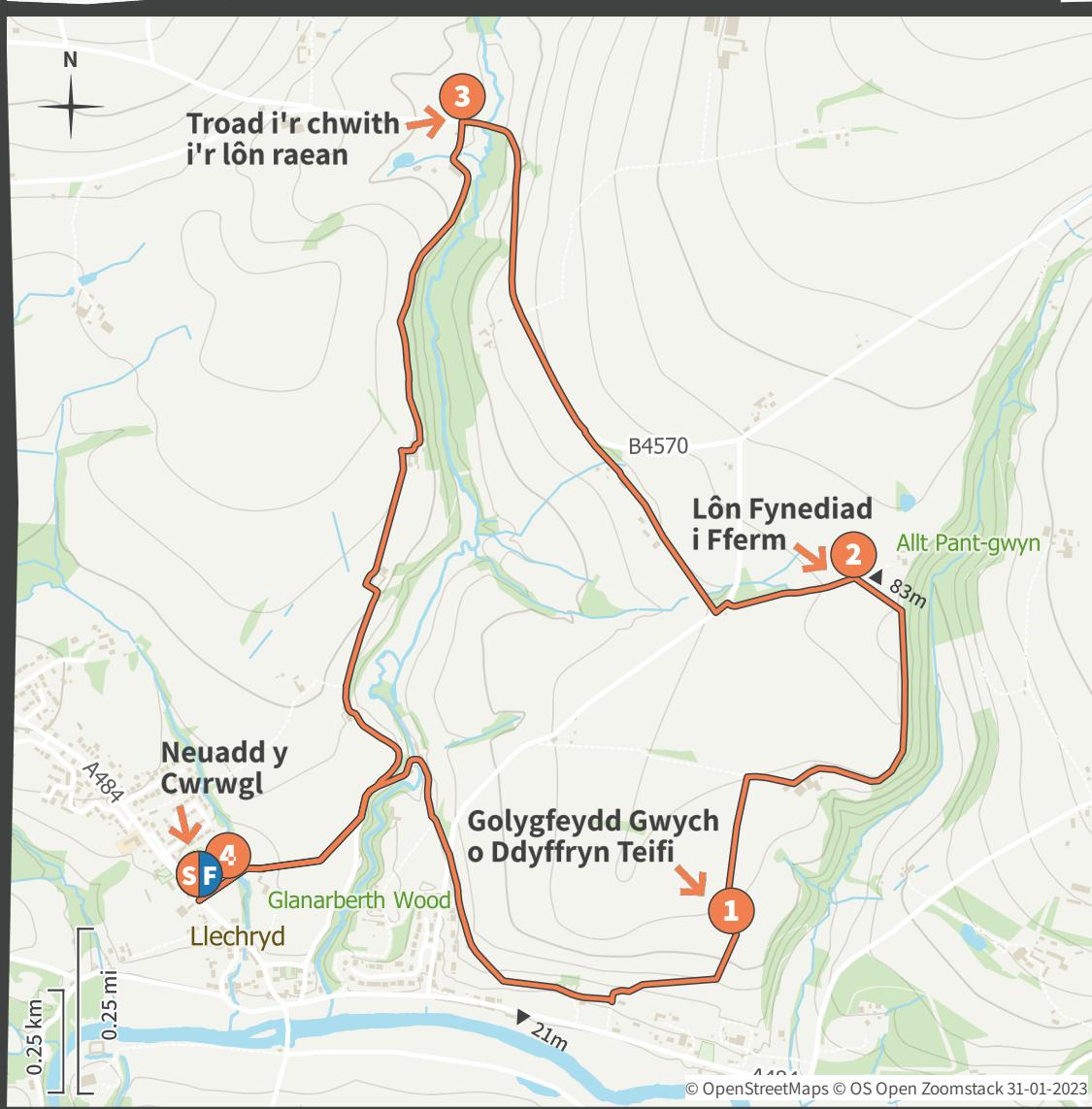




# Llwybr Dwyrain y Neuadd

Llwybr mwy heriol gyda golygfeydd gwerth chweil o'r ardal.

Cymsgedd o balmentydd, ffyrdd, traciau a choetir.



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



Cymedrol



437m



Cylchol



7.5km | 4.6m



02:10

**S** Gan ddechrau o Neuadd y Cwrwgl, ewch drwy gât fechan y tu ôl i'r bloc toiledau i mewn i gae. Dilynwch y trac gan gadw adeiladau'r fferm ar y Dd i chi ac anelu'n groes-gongl i fyny'r cae. Trowch i'r Dd ac yna'n syth i'r Ch wrth y bwlch, gan anelu at gamfa sy'n arwain at lôn wrth ymyl bwthyn bach. Trowch i'r Ch a dilynwch y lôn darmac i lawr allt serth at ddwy hen felin ddŵr. Mae'r cafn a oedd yn arfer pweru'r rhain i'w weld o hyd. Mae'r lôn yn parhau tuag at gyffordd gyda ffordd B. Croeswch y ffordd i lôn garegog.

**1** Ychydig ar ôl y tŷ ac i lawr llwybr â gwrychoedd y naill ochr iddo, mae camfa sy'n eich arwain i gae. Ewch i'r Ch tuag at y fferm a cherddwch drwy fuarth y fferm drwy ddwy gât. Cadwch y ffermdy ar y Dd i chi ac ewch yn syth ymlaen, gan droi i'r Ch i ymuno â dreif goncrit. Dilynwch y ddreif heibio i dŷ at gamfa uchel ar gornel uchaf dôl fechan. Cadwch y gwrych ar y Dd i chi ac ar ei ddiweddu, ewch i'r Ch i fyny i ben y cae a thros y gamfa ger gât fferm (mae golygfa wych ar draws dyffryn Teifi a thu hwnt i fryniau Preseli yma).

**2** Dilynwch linell y gwrych ac ewch drwy ddwy gât 12 troedfedd o led sy'n arwain at ffordd fynediad i fferm - trowch i'r Dd. Trowch i'r Ch i fuarth y fferm. Cadwch y ffermdy ar y Ch a dilynwch y clawdd i ben uchaf y coetir. Dilynwch y llwybr at gamfa a'i chroesi i waelod cae. Cadwch y coed ar y Dd i chi am 50 llath yna ewch i fyny'r cae at gamfa fechan a thro i'r Ch ar lôn fynediad i fferm.

**3** Wrth y gyffordd, trowch i'r Ch ac yna'n syth i'r Dd ar lôn darmac fechan. Ewch yn syth yn eich blaen nes bod y ffordd yn gostwng at bont gul dros nant. 20 llath heibio'r bont, dilynwch y lôn fynediad â wyneb graean i'r Ch at fferm fechan. Gan gadw'r fferm ar y Ch, anelwch at gamfa a throuwch i'r Ch drwy ddwy gât fechan yn agos at ei gilydd ac anelwch am y sgubor gerrig yr ochr arall i'r cae.

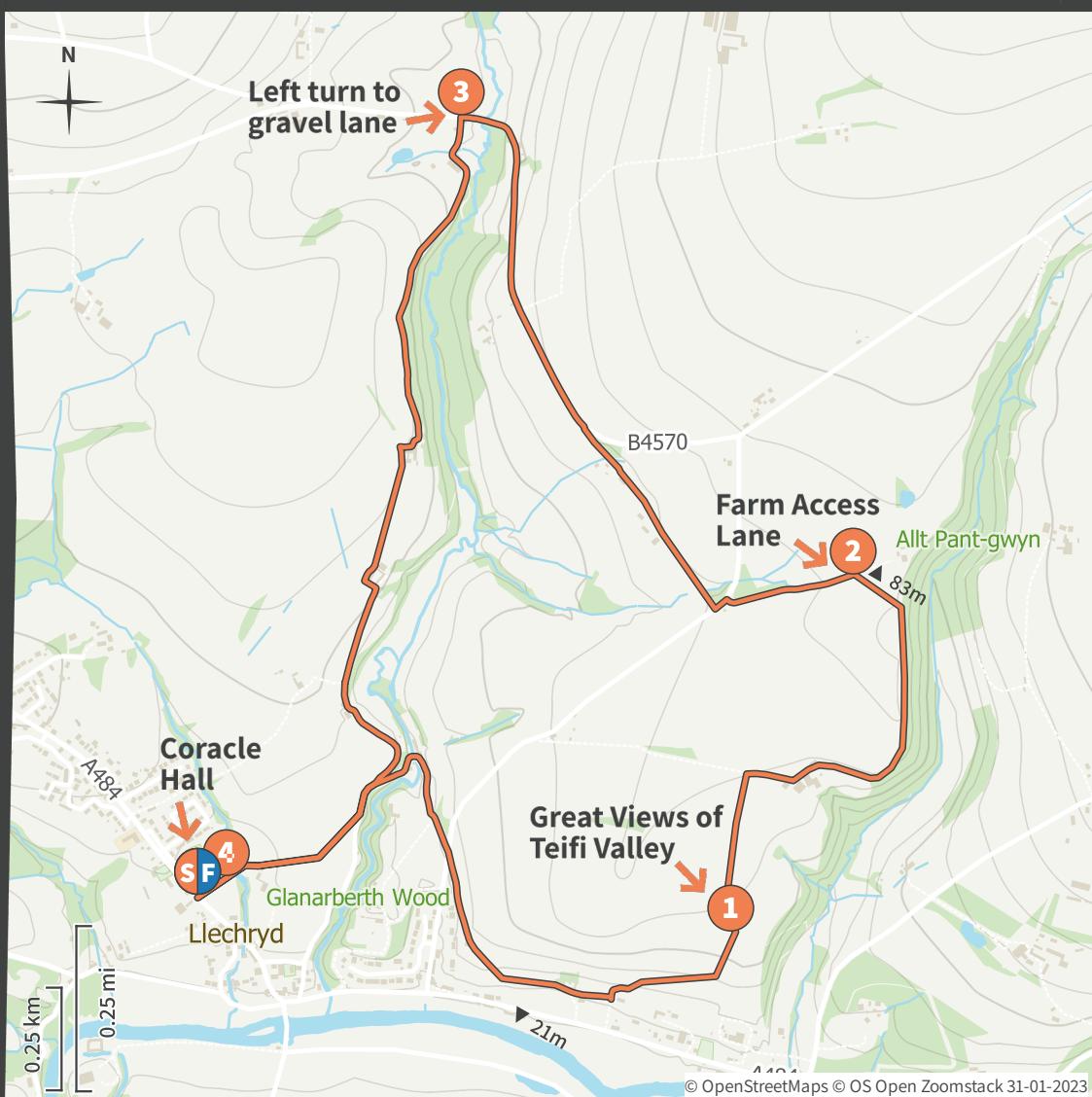
**4** Ewch o amgylch y sgubor, gan ei chadw ar y Ch i chi cyn ymuno â thrac â gwrychoedd y naill ochr iddo. Dilynwch hwn heibio ychydig o fythynnod nes i chi gyrraedd cyffordd gyda lôn darmac. Rydych chi nawr yn ôl ar dir cyfarwydd a gallwch ddychwelyd i Neuadd y Cwrwgl.



# Hall East Loop

A more challenging route with rewarding views of the area.

Mixture of pavement, road, track and woodland.



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



Moderate



437m



Circular



7.5km | 4.6m



02:10

**S**

Starting from Coracle Hall, go through a small gate behind the toilet block into a field. Follow the track keeping the farm buildings to your R and head diagonally up the field. Turn R then immediately L at the gap, heading to a stile into a lane by a small cottage. Turn L and follow the tarmac lane down a steep hill to two former watermills. The leet that powered these can still be seen. The lane continues to a junction with a B road. Head straight across into a stony lane.

**1**

Just past the end of the house and down a hedge lined path, a stile brings you into a field. Head L towards the farm and go through the farmyard via two gates. Keep the farmhouse to your R and head straight on, turning L onto a concrete driveway. Follow this up past a house to a tall stile at the top corner of a small meadow. Keep the hedge to your R and at its end, head L uphill to the top of the field and over the stile by a farm gate (great view across the Teifi valley and beyond to the Preselli hills here).

**2**

Follow the hedge line and through two gates to a 12ft. wide gate leading into a farm access road - turn R. Turn L into the farmyard. Keep the farmhouse on your left and follow the hedge line into the top of woodland. Follow the path to a stile and over this into the bottom of a field. Keep the woods on your R for 50 yards. then head up the field to a small stile and turn L onto a farm access lane.

**3**

At the road junction, turn L then immediately R into a small tarmac lane. Keep straight till the road dips down to a narrow bridge over a stream. 20 yards past the bridge, take the gravel access lane to the L and follow it to a small farm. Keeping the farm to your L, head up to a stile and turn L then through two small gates close together and head for the stone barn across the field.

**4**

Go round this barn, keeping it to your L and into a hedge lined track. Follow this past cottages to a junction with a tarmac lane. You are now back on familiar ground and can retrace your steps back to Coracle Hall.