RAMBLERS CYMRU

Llwybrau Abertyleri

Abertillery 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 bodd 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 wyrddach a mwy hygyrch 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 enghraifft 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 Gwyllt 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 gwyllt a dyddiau gweithgareddau bywyd gwyllt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefndir.

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 iechyd 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.

Ramblers Cymru
Paths to Wellbeing | Llwybrau i Lesiant

Dilynwch y nodwr llwybr hon pan allan yn cerdded ar unrhyw un o'r llwybrau yma.

I gael disgrifiadau llwybr manwl, ffeiliau GPX a llwybrau cymunedol ychwanegol, ewch i

pathstowellbeing.ramblers.org.uk

Gall llwybrau gael eu heffeithio gan, rhwystrau, fod ar gau a dargyfeiriadau. Os nad ydych chi'n gallu parhau â'ch taith gerdded, ceisiwch ddod o hyd i lwybr arall neu ewch yn ôl ar eich camau. Rhowch wybod am unrhyw faterion i'ch awdurdod lleol.

Ap Ail-lenwi ar gael, cadwch olwg am y logo yn y siopau a'r caffis.

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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

Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk, please try to find an alternate route or retrace your steps. Report any issues to your local authority.

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

The Countryside Code
RESPECT • PROTECT • ENJOY

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 dilynwch 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

- Cynlluniwch ymlaen llaw a byddwch yn barod, gan ddilyn cyngor ac unrhyw arwyddion lleol.
- Mwynhewch eich ymweliad, mwynhewch, gwnewch atgof.

MENTRA'N GALL DU

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?

The Countryside Code
RESPECT • PROTECT • ENJOY

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.

ADVENTURE SMART.UK

adventuresmart.uk

#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?

Gweler y cefn i ddarganfod ein llwybrau cymunedol..

Abertyleri

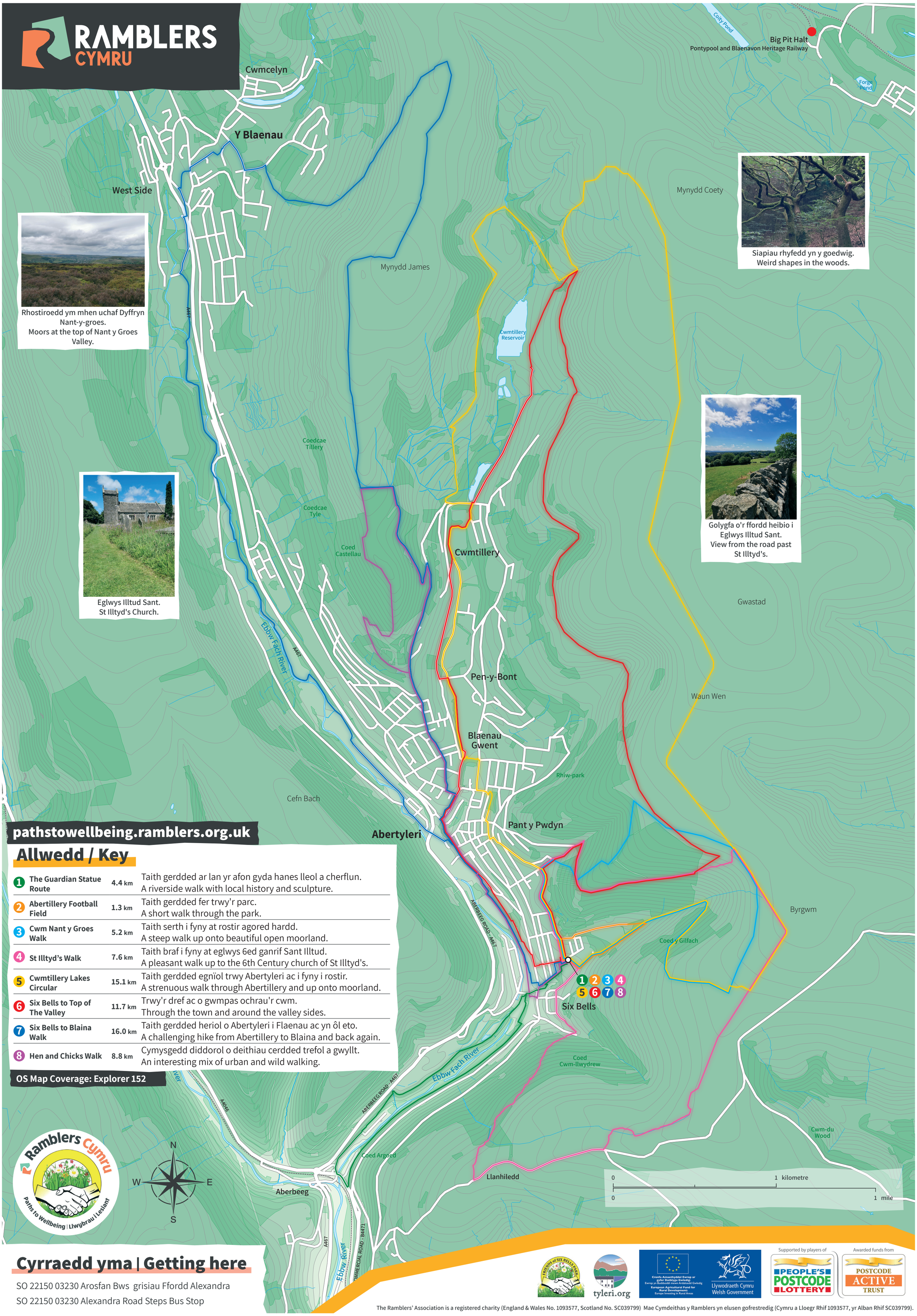
Tref fechan yng Nghwm Ebwy Fach yw Abertyleri, wedi'i hamgylchynu gan rostir. Ystyr yr enw yw 'ceg Afon Tyleri' sy'n llifo drwy'r dref. Mae gan y dref, sy'n rhan o awdurdod lleol Blaenau Gwent, hanes sylweddol o gloddio am lo a cheir llawer o hen weithfeydd yn yr ardal. Mae'r dref wedi'i hamgylchynu gan fryniau isel ag ochrau serth sy'n codi'n uchel, ond maen nhw'n werth eu dringo i weld yr olygfa agored a'r rhostir hardd ar y copaon, yn enwedig ym mhen gogleddol y cwm. Mae'r teithiau cerdded yn Abertyleri i gyd yn cychwyn o'r parc lleol, y Six Bells. Yma mae'r grŵp cymunedol lleol yn cadw caffi bach, lle ceir lluniaeth cyn ac ar ôl mynd ar teithiau cerdded.

See reverse to discover our community routes...

Abertillery

Abertillery is a small town in the Ebbw Fach Valley surrounded by moorland. The name means 'mouth of the River Tyleri' which flows through the town. Part of the Blaenau Gwent local authority, it is a town with a substantial history of coal mining and there are many old workings in the area. The town is surrounded by low hills with steep sides making for a sharp ascent, but well worth it for the open vista and beautiful moorland on the tops especially at the northern end of the valley. The walks in Abertillery all start from the local Six Bells Park. Here the local community group run a small café for refreshments before and after walks.

RAMBLERS CYMRU



Rhostiroedd ym mhen uchaf Dyffryn Nant-y-groes.
Moors at the top of Nant y Groes Valley.

Siapiau rhyfedd yn y goedwig.
Weird shapes in the woods.

Golygfa o'r ffordd heibio i Eglwys Illtud Sant.
View from the road past St Illtyd's.

Eglwys Illtud Sant.
St Illtyd's Church.

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Allwedd / Key

1	The Guardian Statue Route	4.4 km	Taith gerdded ar lan yr afon gyda hanes lleol a cherflun. A riverside walk with local history and sculpture.
2	Abertillery Football Field	1.3 km	Taith gerdded fer trwy'r parc. A short walk through the park.
3	Cwm Nant y Groes Walk	5.2 km	Taith serth i fyny at rostir agored hardd. A steep walk up onto beautiful open moorland.
4	St Illtyd's Walk	7.6 km	Taith braf i fyny at eglwys 6ed ganrif Sant Illtud. A pleasant walk up to the 6th Century church of St Illtyd's.
5	Cwmtillery Lakes Circular	15.1 km	Taith gerdded egnïol trwy Abertyleri ac i fyny i rostir. A strenuous walk through Abertillery and up onto moorland.
6	Six Bells to Top of The Valley	11.7 km	Trwy'r dref ac o gwmpas ochrau'r cwm. Through the town and around the valley sides.
7	Six Bells to Blaina Walk	16.0 km	Taith gerdded heriol o Abertyleri i Flaenau ac yn ôl eto. A challenging hike from Abertillery to Blaina and back again.
8	Hen and Chicks Walk	8.8 km	Cymysgedd diddorol o deithiau cerdded trefol a gwyllt. An interesting mix of urban and wild walking.

OS Map Coverage: Explorer 152

Ramblers Cymru
Paths to Wellbeing | Llwybrau i Lesiant

Cyrraedd yma | Getting here

SO 22150 03230 Arosfan Bws grisiau Ffordd Alexandra
SO 22150 03230 Alexandra Road Steps Bus Stop

tyleri.org

Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
European Agricultural Fund for Rural Development: Europe Investing in Rural Areas

Llywodraeth Cymru
Welsh Government

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