

Cyrraedd yma | Getting here

Mewn car, priffordd yr A470 o dde neu ogledd Cymru a'r A44 o Lanllieni. Mae modd cyrraedd yno ar drafnidiaeth gyoeddus ac orsaф drenau agosaf yw Llandrindod (11 milltir). Mae busiau'n pasio trwy Rhaeadr Gwy yn rheolaidd ac yn llai aml trwy Llanwrthwl.

By car, main A470 form north or south Wales and A44 from Leominster. Accessible by public transport with the closest train station being Llandrindod Wells (11 miles). Regular buses pass through Rhayader and less frequently through Llanwrthwl.

Riverside Walk 5.0 km Llwybr gweddol wastad, heb gamfeydd, ar hyd ymyl yr afon o amgylch tref Rhaeadr Gwy. A fairly flat, stile free riverside route around the town of Rhayader.

Tan-y-pistyll Wood Loop 6.6 km Llwybr darluniadwy trwy gymysgedd o goedtiroedd hynafol. A picturesque route through a mixture of ancient woodlands.

Glyn Bridge Loop 8.4 km Cyllchaith at Bont y Glyn ar hyd rhannau o Daith Gerdded Dyffryn Gwy a'r cefn gwlad oddi amgylch. A circular walk to the Glyn Bridge along parts of the Wye Valley Walk and surrounding countryside.

Gwastedyn Hill Loop 9.8 km Taith ddolenog a bryniog i Fryn Gwastedyn. Circular hilly loop onto Gwastedyn hill.

Castle Hill Loop 4.5 km Llwybr cylchol mwy mynyddig o Gaufron o amgylch Bryn Castell trwy sawl coetir a thir amaeth. A circular hillier route from Gaufron around Castle Hill through multiple woodlands and farmland.

Llanwrthwl Junction Pool 4.5 km Taith ddolenog i fyny allt yn arwain at dir mynediad agored ac yn ôl trwy'r coetir. Circular loop uphill leading onto open access land and back through the woodland.

Llanwrthwl Loop 1.2 km Llwybr byr o amgylch Llanwrthwl i ymestyn eich coesau a chael ychydig o awyr iach. A short route around Llanwrthwl to stretch your legs and get some fresh air.

Llanwrthwl Graig Duu 6.0 km Llwybr cylchol o Llanwrthwl i'r comin gyda golygfeydd ysbleennydd i law y dyffryn. A circular route from Llanwrthwl onto the common with spectacular views down the valley.

OS Map Coverage: OS Explorer 200

Allwedd / Key

Ramblers Cymru Parts to Wellbeing | Liwgwaith / Lesiant

pathstowellbeing.ramblers.org.uk

Image Descriptions:

- Top Left:** A photograph of a path through Waun Capel Woodland with fallen leaves on the ground.
- Top Right:** A photograph of a footpath through a wood past farm ruins.
- Middle Left:** A photograph showing the view looking down the valley.
- Middle Right:** A photograph of a rainbow over Fryn Gwastedyn.
- Bottom Left:** A photograph of a path through a stone wall and a nearby wall.

Logos and Acknowledgments:

- Partnership Logos: Powys Nature Partnership, Powys Council, Llywodraeth Cymru Welsh Government, People's Postcode Lottery, Postcode Active Trust.
- Grants and Funding Logos: European Agricultural Fund for Rural Development, Llywodraeth Cymru Welsh Government.

Map Labels:

- Rivers: Afon Gwy / River Wye, Afon Elan.
- Woods: Middle Nant-sARTH Wood, Lower Nant-sARTH Wood, Tynypistyll Wood, Coed y Cefn, Ochr-cefn, Coed Bwla, Coed Bwlch-glas, Talwrn Wood, Coed Carnfaellt, Cefin Wood, Ashfield Wood, Wern-fach Wood.
- Paths: ST HARMON ROAD - B4518, EAST STREET - A44, SOUTH ST - A470, A44, A470.
- Towns/Cities: Rhayader, Llanwrthwl.
- Other: Pen-y-bank Wood, Berth-abley Wood, Castle Wood, Castle Hill, Gaufron, Gwastedyn Hill.