Nant Bryn Glas

Taith gylchol o Goety i Langrallo ac yn ôl.

Llwybrau cefn gwlad ar draws caeau glaswelltog a all fod yn fwdlyd. Mae angen cerdded rhywfaint ar y ffordd. Camfeydd a gatiau ar hyd y llwybr

Hamddenol | 123m | Cylchol | 6.5km | 4.1m | 02:00

S Gan ddechrau yn agos i Gastell Coety, lle mae digonedd o leoedd parcio ar y stryd, dilynwch y ffordd heibio Eglwys Santes Mair a'r gofgolofn rhyfel. Cerddwch ar y ffordd pan ddaw'r palmant i ben (cofiwch gerdded yn erbyn y traffig lle bynnag y bo'n bosibl) ewch i lawr nes i chi weld arwydd Llwybr Cyhoeddus ar y Dd. Cerddwch i lawr y llwybr.

1 Ewch yn eich blaen drwy 2 gât mochyn ochr yn ochr â'r ganolfan farchogaeth ac ewch i'r cae ar y Dd. Dilynwch ochr Ch y cae nes i chi weld pont droed a chamfa yn y clawdd ar y Ch. Ar ôl croesi, ewch i'r Dd a cherdded ar hyd y llwybr amlycaf o amgylch gwaelod y bryn gan basio un gât mochyn a dechrau dringo tuag at y peilon ac yna'r gât mochyn.

2 Dilynwch y llwybr hwn drwy'r coed, o amgylch y cae gan gadw'n agos at y gwrych a thrwy gât mochyn fetel. Cerddwch i fyny a thrwy 2 gât sy'n croesi trac ac yna'n syth yn eich blaen i drydedd gât. Ewch yn eich blaen i gât mochyn arall, cadwch i'r Dd yn y cae nesaf ac yna cerddwch i waelod Ch y cae. Ewch drwy'r bwlch yn y gwrych ac yna trowch i'r Dd, gan gadw'r gwrych ar y Dd wrth i chi fynd i fyny'r bryn tuag at y llecyn coediog. Ewch drwy gât fferm, cerddwch tuag at y sguboriau o'ch blaen ac at y gât mochyn sy'n arwain i'r ffordd.

3 Trowch i'r Dd ar hyd y ffordd hon ac ewch ymlaen am gryn bellter. Pan welwch yr arwyddion ar gyfer Gwesty a Chlwb Golff Coed-y-Mwstwr, cadwch i'r Dd ar y ffordd. Pan gyrhaeddwch Bryn Glamping, gadewch y ffordd fawr gan gadw i'r Ch nes i chi gyrraedd croesfan reilffordd. Ar ôl croesi, cerddwch yn syth i lawr i dafarn y White Horse a throwch i'r Dd. Croeswch y ffordd (lle mae'n ddiogel i chi wneud hynny) tan i chi gyrraedd y gilfan, yna croeswch yn ôl at yr arwydd Llwybr Cyhoeddus a thrwy lôn fêr.

4 Cerddwch allan o'r ffordd bengaead, trowch i'r Ch ac yna i'r Dd gyferbyn â'r maes chwarae; ar y stryd hon, cadwch eich llygaid ar agor am arwydd llwybr cyhoeddus rhwng y tai. Ewch drwy'r lôn, i fyny a thros groesfan reilffordd arall, i lawr i ardal laswelltog. Gan gadw'r clawdd ar y Dd, dilynwch y pyst sy'n eich arwain at gât mochyn bychan a ffordd. Croeswch y ffordd ac ewch yn eich blaen drwy'r gât mochyn nesaf. Cerddwch drwy'r caeau ochr yn ochr â'r nant gan fynd heibio i 2 gât mochyn a phont ar y Ch i gyrraedd y drydedd gât.

5 Ewch drwy'r gât hon ac yn eich blaen ar dir gwastad a cherdded tuag at y coed a gât mochyn arall. Arhoswch ar y llwybr gyda choed yn awr ar eich Dd a thrwy gât arall. Gan gadw at waelod y cae dilynwch y llwybr ar hyd yr afon gyda 2 dŷ i'ch de. Croeswch ddreif trac lludw tuag at 2 gât mochyn ar y Dd i'r grid gwartheg. Cerddwch fymryn i'r Ch ar y tir gwastad at garreg fawr sy'n croesi nant. Trowch yn syth i'r Dd, croeswch gamfa garreg a chadwch y gwrych ar y Dd i chi gan groesi camfa garreg arall i ymuno â'r ffordd. Cadwch i'r Dd, gan gerdded ar hyd y ffordd a chymryd y troad cyntaf i'r Dd i ddychwelyd i'r Castell a diwedd y llwybr.

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

Llwybrau i Lesiant | Canol y De | Coety Uchaf || pathstowellbeing.ramblers.org.uk

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Nant Bryn Glas

A circular route from Coity to Coychurch and back.

Countryside paths across grass fields which can become muddy. Some road walking required. Stiles and gates throughout.

Leisurely | 123m | Circular | 6.5km | 4.1m | 02:00

S Starting near Coity Castle on Heol yr Eglwys, where there is plenty of on-street parking, follow the road up past St Mary's Church and war memorial. Continue along the road when the pavement ends, (remember to walk against the traffic where possible) heading downhill until you see a Public Footpath sign on your R. Head down the alley.

1 Proceed through 2 kissing gates alongside the equestrian centre and enter the field on the R. Follow the L hand side of the field until you see a footbridge and stile in the hedge on your L. Once over, head R and walk the most prominent path around the base of the hill passing one kissing gate until you begin to ascend toward the pylon to a kissing gate.

2 Follow this path through the trees, around the field close to the hedgerow and through a metal kissing gate. Head up toward 2 gates that cross a track and straight across to a third gate. Continue forward to another kissing gate, bear R in the next field and then walk to the bottom L of the field. Take the gap in the hedge then turn R, keep the hedge on your R as you head uphill toward the wooded area. Pass through a farm gate, walk toward the barns in front of you and to the kissing gate that meets the road.

3 Head R on this road and continue for some distance. As you see the signs for Coed-y-Mwstwr Hotel & Golf Club, bear R on the road. As you get to Bryn Glamping, come off the main road bearing L leading to a train crossing. Once over, head straight down to the White Horse pub and turn R. Cross the road (where safe to do so) until the lay-by, then cross back over to the Public Footpath sign and through a short lane.

4 Walk out of the cul-de-sac, turn L then take the R opposite the playground; on this street, keep an eye out for the public footpath sign between houses. Go through the lane, up and over another train crossing, down into a grassed area. Keeping the hedgerow on your R, follow the posts leading you to a small kissing gate and road. Cross the road and continue through the kissing gate. Walk through the fields alongside a stream passing two kissing gates and a bridge on your L to arrive at the third gate.

5 Continue on the flat and head to the trees and another kissing gate. Keep on the path with trees now on your R and through another gate. Keeping to the bottom of the field follow the path along the river with 2 houses to your right. Cross over a dirt track driveway toward 2 kissing gates on the R of the cattlegrid. Head slightly L on the flat ground to a stone slab on the ground over a stream. Take a sharp R, head over a stone stile and keeping the hedgerow on your R, cross another stone stile onto the road. Bear R, walking along the road, taking the first R to return to the Castle and end of route.

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

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