

## Llwybrau Grysmwnt Grosmont Routes



## Llwybrau i Lesiant

### Paths to Wellbeing

[pathstowellbeing.ramblers.org.uk](http://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 bod 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 wyrrdach a mwy hygrych 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)



## 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.

## Llwybrau i Lesiant

### Rhoi cerdded wrth galon cymunedau

#### Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrhaift wych o sut mae'r Ramblers yn agor 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 Gwylt 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 gwylt a dyddiau gweithgareddau bywyd gwylt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidr.

#### 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 lechyd 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.



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 dilynwrch 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

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



[adventuresmart.uk](http://adventuresmart.uk)

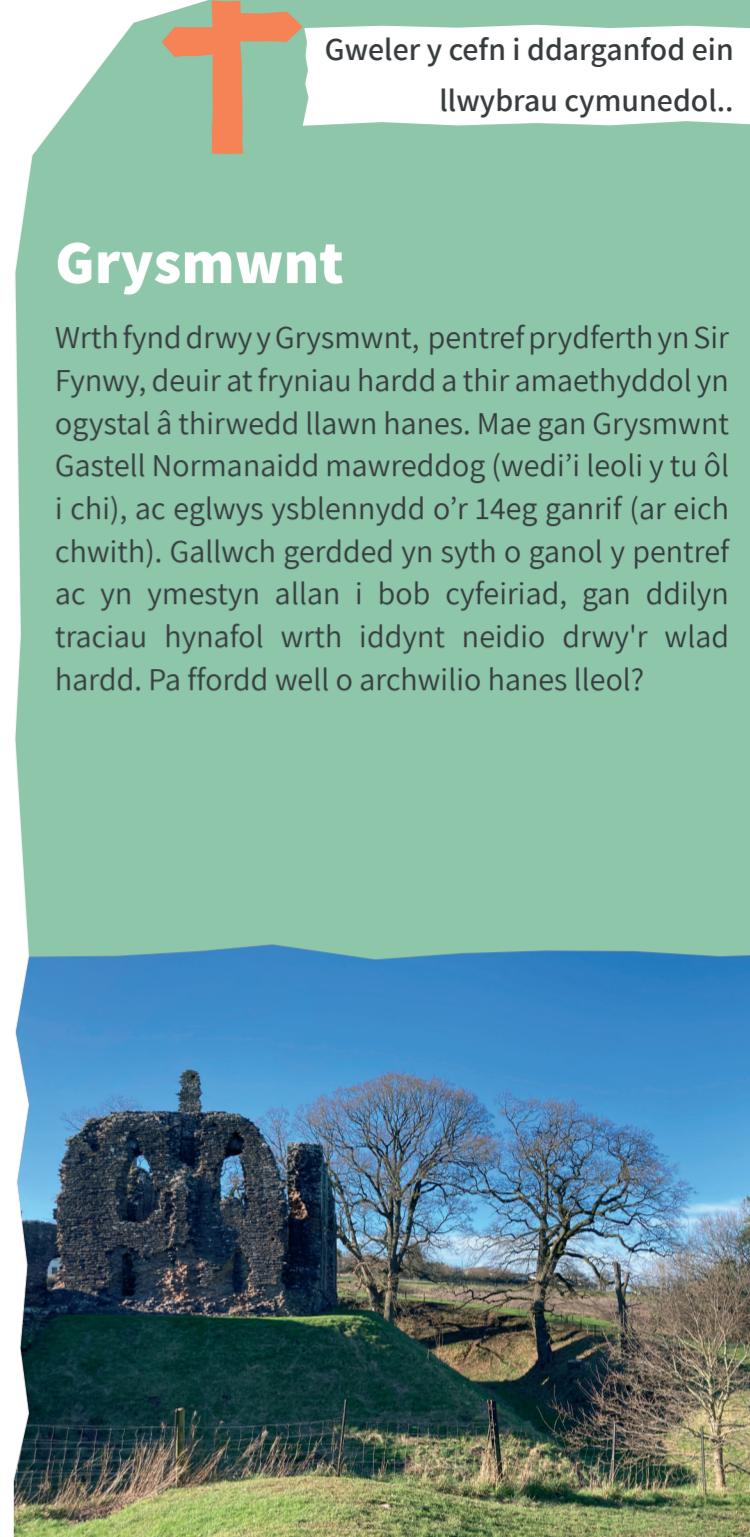
#MentranGall

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?



See reverse to discover our community routes...

## Grosmont

A picturesque village in Monmouthshire, Grosmont has access to beautiful hills and agricultural land as well as a landscape steeped in history. Grosmont boasts an imposing Norman Castle (located behind you), and a splendid 14th century church (located to your left). You can walk directly from the center of the village and branch out in all directions, often following ancient tracks as they field hop through the beautiful countryside. What better way to explore local history?



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



[adventuresmart.uk](http://adventuresmart.uk)

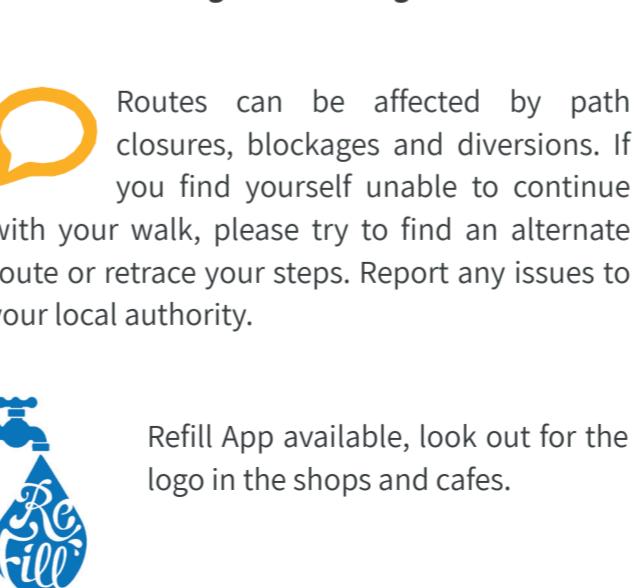
#BeAdventureSmart

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?



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

## Cyrraedd yma | Getting here

Nid oes llawer o leoedd parcio ar hyd stryd ganolog (B4347) y Grysmwnt.  
 Parking is limited along the central street (B4347) in Grosmont.



Edrych allan tuag at Fynydd Pen-y-fâl.  
 Looking out towards Sugar Loaf.

## Allwedd / Key

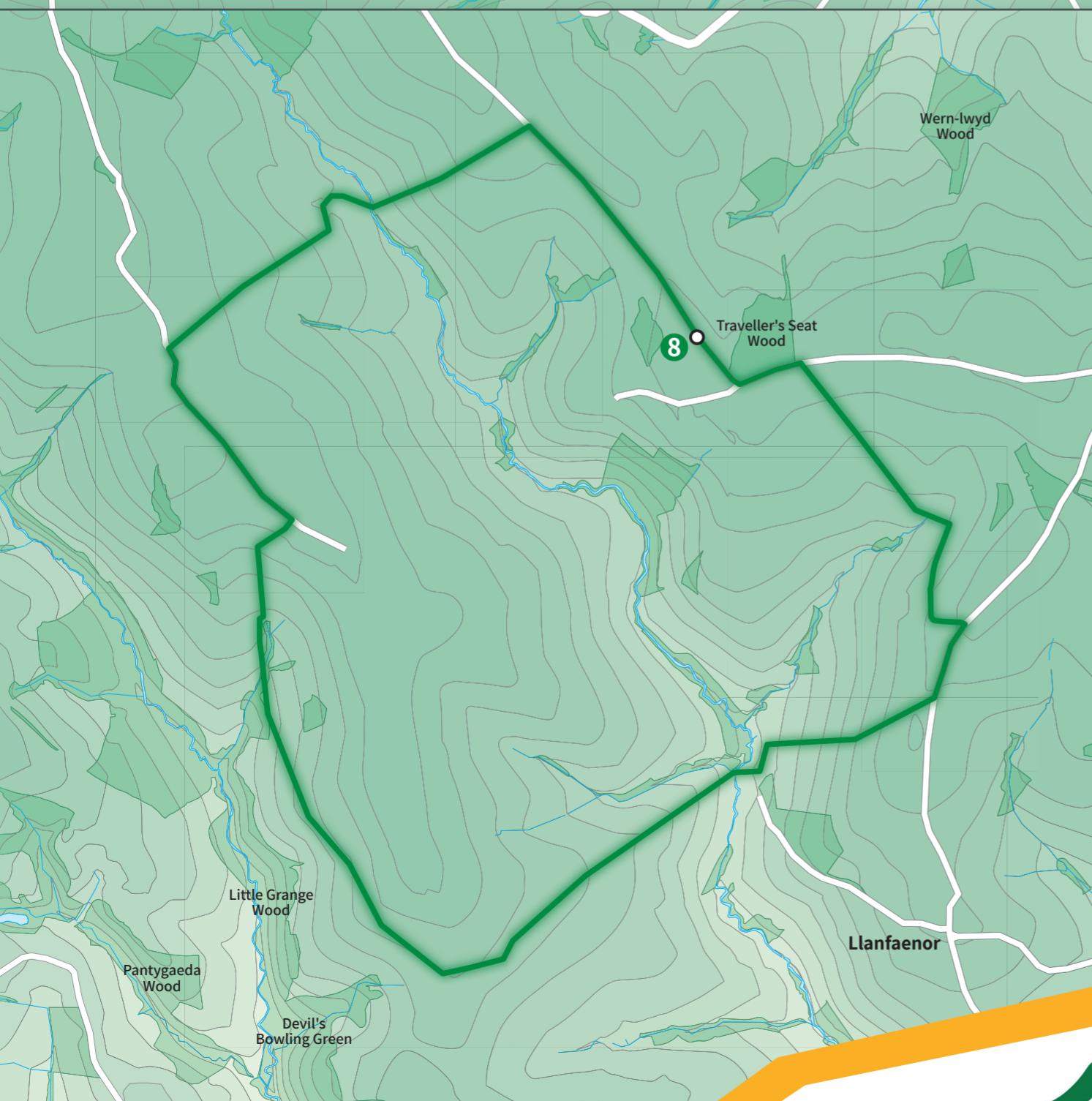
<b>1</b>	Barns Farm Loop	3.4 km	Taith gerdded fer gyda golygfeydd hyfryd tuag at Aberhonddu. A short walk with wonderful views out towards Brecon.
<b>2</b>	Castle Walk	0.5 km	Taith hanesyddol o amgylch y castell. An historical stroll around the castle.
<b>3</b>	Kingsfield Route	3.8 km	Taith gerdded trwy gaeau i Bont y Grysmwnt ac yn ôl. A walk through fields to Grosmont Bridge and back.
<b>4</b>	Valley Stroll	5.0 km	Taith braf trwy gaeau y Grysmwnt. A pleasant walk through the fields of Grosmont.
<b>5</b>	Monnow River Walk	6.1 km	Taith gerdded wledig ar hyd yr afon gyda golygfeydd o Fynydd Pen-y-fâl. A country walk along the river with views of Sugar Loaf Mountain.
<b>6</b>	Great Marlborough	9.4 km	Taith hir drwy'r caeau o amgylch y Grysmwnt. A long walk through the fields surrounding Grosmont.
<b>7</b>	Edmunds Tump Walk	10.4 km	Taith gerdded heriol i Graig Syfryddin. A challenging hike up to Edmunds Tump.
<b>8</b>	Travellers Rest Wood	6.7 km	Taith braf trwy gaeau a dyffrynnoedd Cross Ash. A pleasant walk through the fields and valleys of Cross Ash.

OS Map Coverage: Explorer 189

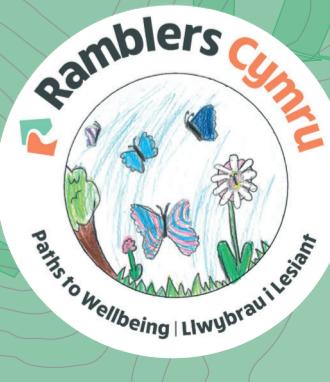


Edrych allan tuag at  
 Aberhonddu.  
 Looking out towards  
 Brecon.

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