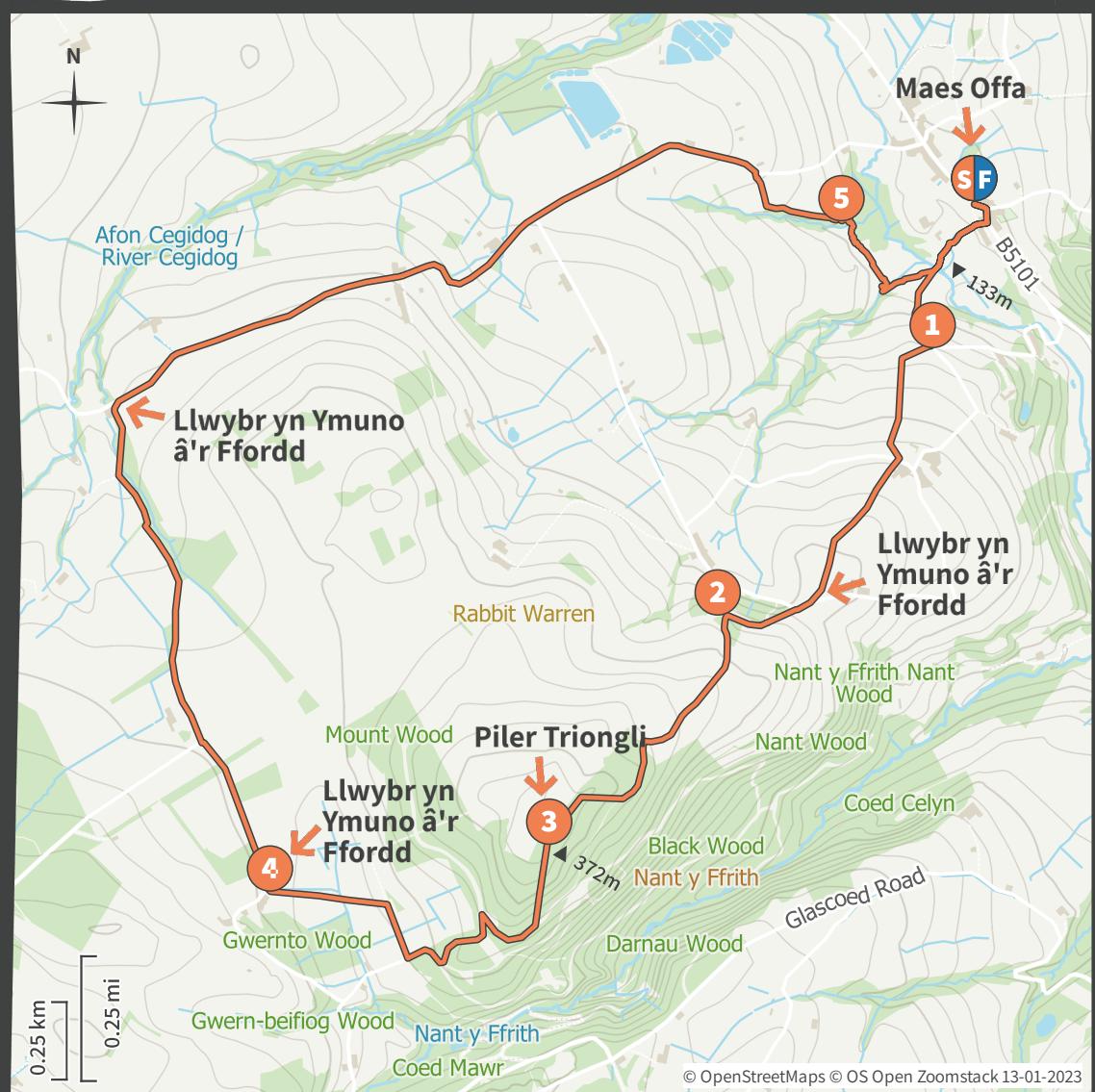




Pen Llan y-gwr

Yn cynnwys piler triongli ym Pen-Llan-y-gwr.

Caeau, llwybrau drwy goetir a lonydd gwledig. Ambell gamfa a rhai rhannau serth.



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



- S** Gan gychwyn o Faes Offa trowch i'r Dd ar hyd y ffordd nes i chi gyrraedd y Swyddfa Bost. Yn union ar ôl y Swyddfa Bost trowch i'r Dd i lawr y llwybr a dilynwch y cae ac allan i lôn ger yr hen Felin. Wrth y Felin croeswch y gamfa i'r cae a chroeswch y bont a'r gamfa. Parhewch ar draws y cae nesaf at y gamfa gyferbyn ac yna parhau i fyny'r bryncyn gan gadw'r gwrych ar y llaw Dd. Ar ôl cyrraedd y trac trowch i'r Ch ac ar ôl cyrraedd y ffordd dilynwch y llwybr ar y Dd.
- 1** Mae gwrych o'ch blaen. Ewch i'r Dd ohono ond ei ddilyn yn agos. Mae'r gamfa nesaf yn y gornel. Anelwch tuag at y tai ac i fyny'r allt, bydd tair camfa arall yn eich arwain at y ffordd yn Fferm Pentre. Ewch dros y gamfa wrth gât y fferm a dilynwch yr arwyddost gwyn o amgylch ochr yr adeilad du at gamfa arall. Cerddwch drwy ddua gae gan gadw'r ffîn ar y Ch. Yna drwy ddua gae arall gan gadw'r ffîn ar y Dd. Ymunwch â'r ffordd a throi i'r Dd. Dilynwch y llwybr troed cyntaf ar y Ch i'r goedwig. Bydd y llwybr yn mynd â chi heibio i adeiladau brics coch.
- 2** Mae'r llwybr yn gadael y coed ac mae adeilad brics coch o'ch blaen. Trowch i'r Ch cyn yr adeilad hwn gan fynd ymhellach i fyny'r allt. Mae arwyddost yn yr eithin. Parhewch i gerdded at i fyny gyda'r ffîn ar y Ch. Bydd dwy gamfa arall yn eich arwain at goedwig Nant y Ffrith. Ar ôl i chi gyrraedd y goedwig, dilynwch y llwybr cyntaf ar y Dd (mae hwn yn llwybr caniataol felly gellir atal mynediad ar unrhyw adeg. Talwch sylw i unrhyw arwyddion a gwaith coedwigaeth posibl.) Bydd hyn yn mynd â chi at y piler triongli (pan welwch fforch fach yn y llwybr cadwch i'r Ch).
- 3** Dilynwch y llwybr heibio'r piler triongli a disgyn drwy'r coed. Pan fydd y llwybr yn ymuno â'r trac trowch i'r Dd, ar y gyffordd ewch i'r Ch. Cerddwch at i lawr nes i chi gyrraedd cyffordd a siglenni. Ewch i'r Dd a dilyn y trac nes i chi gyrraedd cyffordd. Trowch i'r Dd. Dilynwch y ffordd nes cyrraedd y tŷ cyntaf. Ewch drwy'r gât i'r cae ac ewch yn groes-gongl ar draws y cae at y gât nesaf. Mae gât arall ychydig o'ch blaen. Ewch drwyddi a dilyn y llwybr heibio i'r polyn telegraff gan gadw'r ffîn ar y Ch. Byddwch yn ymuno â'r ffordd wrth gât cae. Ewch i'r Dd gan groesi'r grid gwartheg.
- 4** Dilynwch y ffordd nes iddi wyro'n sydyn i'r Ch ger fferm. Yma, dilynwch y llwybr cefyll ar y Dd. Cadwch ffîn y cae ar y Ch ac fe ddrawch at gât arall. Dilynwch y llwybr cefyll clir hwn nes i chi gyrraedd y ffordd (osgoch unrhyw droadau i'r Ch). Wrth y ffordd trowch i'r Dd a'i dilyn am tua 2km nes cyrraedd y troad am Tree Tops. Ger y tŷ nesaf ar ôl y troad am Tree Tops, dilynwch y llwybr troed ar y Dd. Dilynwch linell y ffens ar y Ch i lawr at y gornel a bydd camfa fetel arall yn mynd â chi drosti. Dilynwch y ffîn ar y Dd.
- 5** Croeswch y gamfa i'r coetir gan fynd i lawr yr allt serth. Byddwch yn cyrraedd nant a chamfa ar y gwaelod. Croeswch y gamfa a dilynwch y llwybr nes i chi gyrraedd y coed. Ewch i'r Ch gan ymuno â thrac corsiog a fydd yn arwain at gamfa fetel. Trowch i'r Ch a chroesi'r bont. Cerddwch mewn llinell wedol syth ar draws y cae at gamfa mewn wal. Yn aml gall yr ardal hon fod yn gorsiog felly cymerwch ofal. Croeswch yn groes-gongl i'r Ch ac fe ddewch yn ôl at y bont ger y Felin a gallwch ddilyn eich camau cyntaf yn ôl i ganol y pentref a Maes Offa.



Pen Llan y-gwr

Taking in the trig point at Pen Llan y Gwr.

Fields, woodland trails and country lanes. Some stiles and some steep sections.



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



Moderate



287m



Circular



9.8km | 6.1m



03:20

- S** Starting from Maes Offa turn R along the road and follow as far as the Post Office. Just after the PO turn R down the path and follow through the field and out onto a lane by the old Mill. At the Mill cross the stile into the field and cross the bridge and stile. Continue across the next field to the stile opposite then continue up the bank keeping the hedge on your R. At track turn L then on reaching the road take the path on the R.
- 1** There is a hedge in front of you. Go R of it but then stick close. The next stile is in the corner. Head towards the houses and uphill, three more stiles will lead you to the road at Pentre Farm. Take the stile by the farm gate and follow the white permissive waymark round the side of the black building to another stile. For two fields keep the boundary to your L. Then for two fields the boundary on your R. Join the road and turn R. Take the first footpath on the L into the woods. The path will take you past some red brick buildings.
- 2** The path leaves the trees and there is a red brick building in front of you. Turn L before this building heading further uphill. There is a waymark post in the gorse. Continue up with the boundary on your L. Two more stiles will see you at Nant y Ffrith woods. Once in the woods take the first path on the R (this is a permissive path so access could be withdrawn at any time. Please pay attention to any signs and potential forestry operations.) This will take you to the trig point. (at a slight fork in the path keep L).
- 3** Follow the path past the trig and descend through the trees. When the path meets the track turn R, at the junction go L. Follow down until you meet a junction and some swings. Go R and follow until you meet the road. Turn R. Follow the road until the first house. Take the gate into the field and head diagonally across towards the next gate. There is another gate just ahead. Go through and follow up past the telegraph pole keeping the boundary on your L. You will meet the road at a field gate. Go R crossing over the cattle grid.
- 4** Follow the road until at a farm it bends sharp L. At this point take the bridleway on the R. Keep the field boundary on your L and you will come to another gate. Follow this clear bridleway all the way to the road. (avoid any L hand turns) At the road turn R and follow for approx. 2km until you reach the turning for Tree Tops. At the next house after the Tree Tops turning you take the footpath on the R. Follow the fence line on your L down to the corner and another metal stile will lead you over. Follow the boundary on your R.
- 5** Cross over the stile into the woodland going steeply downhill. You will reach a stream and a stile at the bottom. Cross over and follow the path until it comes out the trees. Head L picking up a boggy track that will lead to a metal stile. Turn L and cross the bridge. Take a fairly straight line across the field to a stile in a wall. This area can often be boggy so take care. Cross diagonally L and you will find yourself back at the bridge by the Mill and you can retrace your first steps back to the village centre and Maes Offa.