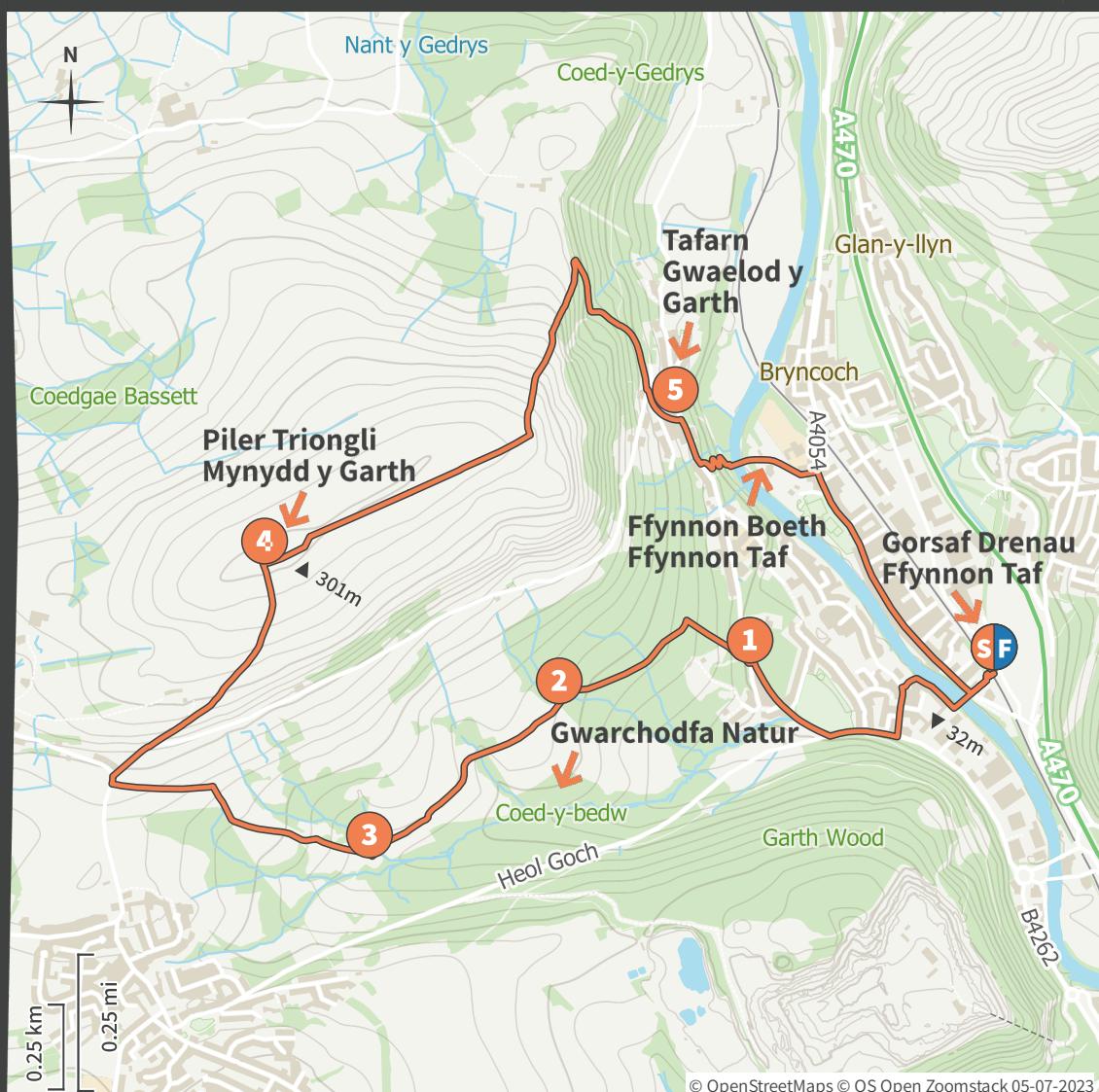




Mynydd y Garth o Ffynnon Taf

Mwynhewch y golygfeydd 360° o ben Mynydd y Garth.

Palmentydd, llwybrau drwy'r goedwig a chaeau, llethrau serth ar adegau gan gynnwys wyneb caregog.



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



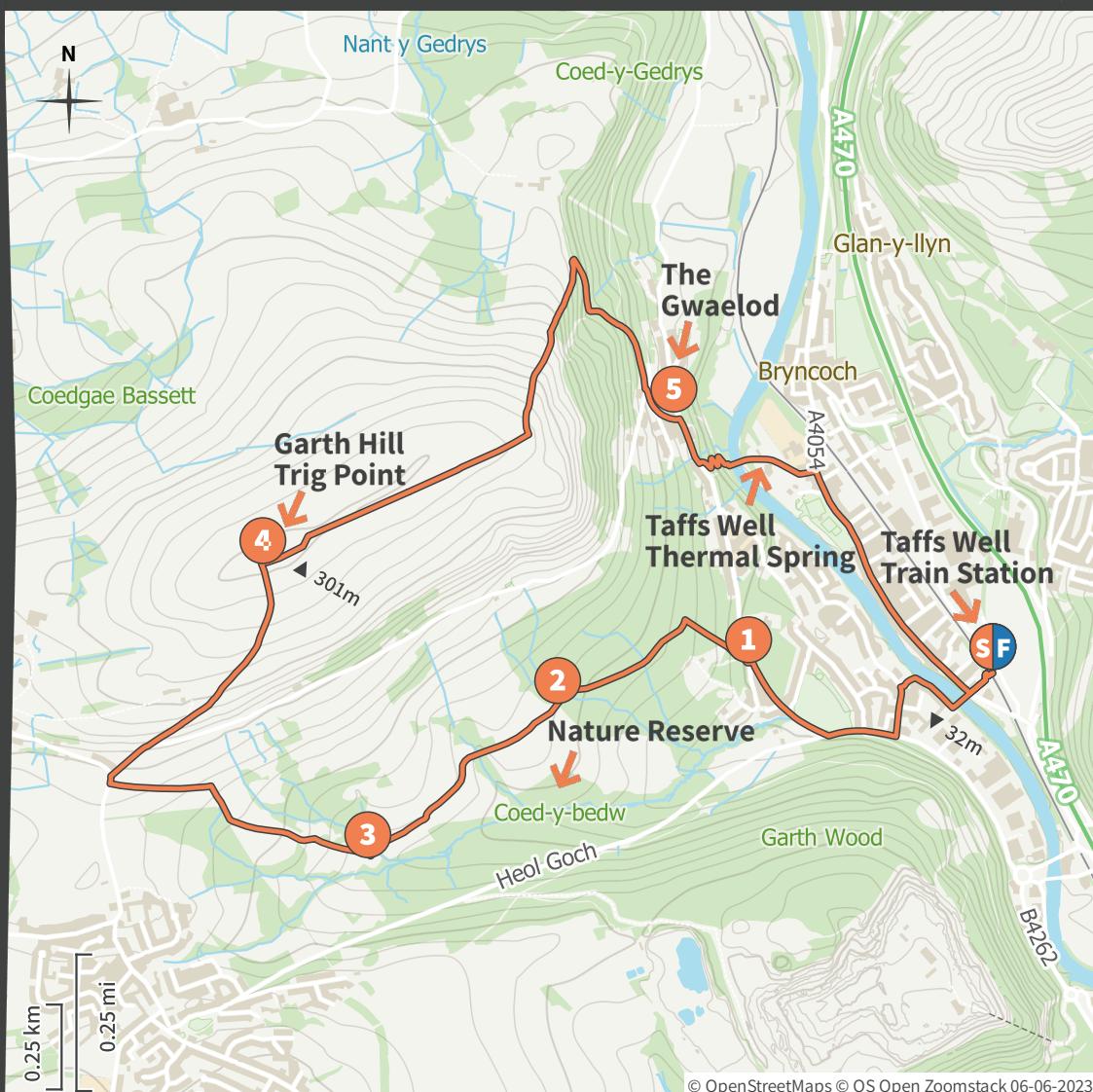
- S** Gan ddechrau o orsaf drenau Ffynnon Taf, ewch i gyfeiriad Ffynnon Taf i lawr llwybr troed ac nid i'r maes parcio. Croeswch Ffordd Caerdydd ger y groesfan sebra tuag at yr afon. Croeswch yr afon gan ddefnyddio'r bont ac ewch yn syth i'r Dd drwy lôn a fydd yn eich arwain at River Glade. Ewch i'r Ch ar River Glade tuag at y ffordd fawr. Trowch i'r Dd, gan gerdded heibio Heol Berry a dilyn y tro yn y ffordd i'r Dd ar ôl y maes chwarae. Cerddwch ar y palmant ar y Ch, gan fynd heibio'r safle bysiau a'r rhes o dai, ble y gwelwch arwydd i Georgetown ar y Ch.
- 1** Trowch i'r Ch, yna'n syth i'r Dd i ymuno â'r llwybr troed a fydd yn arwain i fyny 2 set o risiau (a all fod yn fwyllyd). Pan gyrraeddwrch ben y grisiau, fe welwch arwyddost a chamfa. Cerddwch heibio'r rhain ac ewch i fyny llwybr y coetir i'r goedwig. Cerddwch ar hyd y llwybr hwn i fyny'r allt nes i chi gyrraedd cyffordd a throwch i'r Ch. Cerddwch drwy'r coed gan fynd heibio i 2 bant. Wrth yr ail bant, dilynwrch yr arwydd sy'n mynd â chi dros y nant ac ar ôl dringo am ychydig bydd yn eich arwain at gât.
- 2** Ewch ar draws y cae, gan gerdded ar hyd y llwybr amlycaf gan gadw'n agos at y ffens ar y Dd. Ar y Dd fe welwch Fynydd y Garth. Mae'r cae yn mynd i lawr at gât arall. Ewch yn eich blaen ar y trac gan ddilyn y pysf pren. Byddwrch yn mynd heibio hen ffermdy ar y Ch lle y gallwrch weld gweddillion y corn simnai o hyd. Ewch yn eich blaen drwy gât arall ac yna'n syth ymlaen at yr arwydd llwybr troed metel lle mae gât arall yr ochr arall i'r cae. Ewch drwy'r gât i'r cae nesaf a throwch i'r Dd wrth yr ail bostyn metel, a fydd yn arwain i fyny'r cae.
- 3** Ewch i fyny tuag at yr arwyddost, gan gadw i'r Ch wrth i chi fynd drwy goed newydd at risiau a gât. Cerddwch ar hyd y llwybr o'ch blaen ac i fyny'r allt a throwch i'r Ch i gyrraedd gât. Cerddwch fymryn i'r Dd ar draws y cae nesaf at gât ble mae grisiau sy'n mynd i lawr i Mountain Road. Trowch i'r Dd ac i'r Dd wedyn, gan barhau i fyny Mountain Road. Ewch drwy'r gât wrth ymwl grid gwartheg a chadw i'r Ch pan fydd y llwybr yn fforchio. Yna wrth i'r ffordd nesáu at dŷ, ewch i'r Dd oddi ar y ffordd darmac i ymuno â thrac lludw. Dilynwrch y llwybr hwn i biler triongli Mynydd y Garth, gan basio 2 faintc. Edmygwch y golygfeydd.
- 4** Ewch i lawr o'r piler triongli yr ochr arall i'r mynydd gan gerdded i'r Dd ar hyd y gefnen. Arhoswrch ar y llwybr hwn am beth amser – mae'n dilyn canol y gefnen nes bod y llwybr yn dechrau disgyn ble y gwelwch olygfeydd o Nantgarw a chaeau rygbi Ffynnon Taf. Trowch i'r Ch ac yna i'r Dd a cherdded i lawr y bryn serth at gât ac ymlaen i llwybr cul, serth (a all fod yn garegog dan draed), gan gadw llinell y ffens ar y Ch nes i chi ddod at llwybr newydd a thro i'r Dd. Anelwrch i lawr y llwybr hwn, drwy un gât a phan fydd y llwybr yn ymuno â ffordd a thro i'r Dd. Ewch i'r Ch sy'n eich arwain heibio Tafarn Gwaelod y Garth.
- 5** Gyda'r dafarn ar y Ch, trowch i'r Dd wrth y ffordd a cherddwch nes i chi weld arwydd llwybr troed ar y Ch. Mae'r llwybr serth a throellog hwn yn eich arwain i lawr o'r mynydd ac mae meinciau a rheiliau i'ch cynorthwyo ar hyd y ffordd. Ar waelod y llwybr hwn, ewch i lawr y grisiau gan groesi'r afon a fydd yn eich arwain at y ffordd fawr a throwch i'r Dd i gyfeiriad Stryd Fawr Ffynnon Taf. Ewch yn eich blaen i ddychwelyd i'r orsaf drenau a'ch man cychwyn, gan droi i'r Ch wrth y groesfan sebra ac yn ôl dros y bont droed.



Garth Hill from Taffs Well

Take in the 360° views at the top of Garth Hill.

Pavements, forest and field paths, steep inclines and declines at times including a rocky surface.



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



- S** Starting from Taffs Well Train Station, head for Taffs Well down a footpath and not into the car park. Cross Cardiff Road at the zebra crossing toward the river. Cross the river using the bridge and take the immediate R through a lane which will lead you to River Glade. Head L on River Glade to the main road. Turn R, walking past Heol Berry and follow the bend in the road R after the recreational ground. Walk the pavement on the L hand side, passing the bus stop and row of houses, where you will come to a signpost to Georgetown on your L.
- 1** Turn L, then immediately R onto footpath, here which will ascend up 2 flights of steps (which can be muddy). When you reach the top, you will see a signpost and a stile, walk past these and head up the woodland path into the woods. Walk this path uphill until it meets a junction and turn L. Walk this path through the woods passing 2 dips. At the second dip, follow the signpost that takes you over the stream and after a short ascent will lead you to a gate.
- 2** Head across the field, walking the most obvious route, keeping fencing close on your R. On your R you will see Garth Hill. The field dips down to another gate. Head on, being guided on the track by the wooden posts along the route. You will pass an old farmhouse on your L where you can still see the remains of the chimney stack. Continue through another gate and head straight on to the metal footpath sign and another gate on the opposite side of the field. Enter the next field via the gate and turn R at the second metal post, directing you uphill.
- 3** Make your way uphill toward the signpost, bearing L through new trees, up to some steps and a gate. Walk the path ahead and uphill and turn L to a gate. Head slightly R across the next field to a gate with steps down to Mountain Road. Turn R and R, continuing up Mountain Road. Go through the gate next to a cattlegrid and bear L at the fork. Then as the road starts to head toward a house, peel R off the tarmac road onto a dirt path. Follow this path up to the trig point of Garth Hill, passing 2 benches along the way. Admire the views.
- 4** Descend from the trig point the opposite side you climbed up and head R along the ridgeway. Continue on this path for some time which keeps central of the ridgeway until the path begins to dip down and give you views of Nant-Garw and Taffs Well Rugby fields. Turn L and then R and head down the steep hill to a gate and onto a narrow, steep path (which can be rocky underfoot), keeping the fence line on your L until you meet a path and turn R. Head down this path, through a gate and when the path meets the road and sharp corner, take the L splint which brings you past The Gwaelod Pub.
- 5** With the pub on your L, turn R at the road and walk to see a footpath sign on your L. This path leads you to a winding descent with benches along the way and railings for your support. At the bottom of this path, head down the stairs to the river crossing which will lead you to the main road and go R toward Taffs Well High Street. Continue back to the train station and your starting point, L at the zebra crossing and back over the footbridge.