

## Llwybrau Llanfynydd Llanfynydd 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 wyrddach 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.

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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

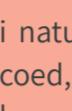
### Rhoi cerdded wrth galon cymunedau

#### Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrai ffyrdd wych o sut mae'r Ramblers yn agor y 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

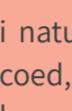


i natur i ffynnu. Gyda gweithgareddau fel plannu coed, hau blodau gwylt a dyddiau gweithgareddau bywyd gwylt, gan ddarparu digon o weithgareddau i pobl o bob oed a chefnidr.

#### 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 leichyd 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.



Dilynwch y nodwr llwybr hon pan allan yn cerdded ar unrhyw un o'r llwybrau yma.

I gael disgrifiadau llwybr manwl, ffeiliau GPX a llwybrau cymunedol ychwanegol, ewch i

[pathstowellbeing.ramblers.org.uk](http://pathstowellbeing.ramblers.org.uk)

Gall llwybrau gael eu heffeithio gan, rhwystrau, fod ar gau a dargyfeiriadau. Os nad ydych chi'n gallu parhau â'ch taith gerdded, ceisiwch ddod o hyd i lwybr arall neu ewch yn ôl ar eich camau. Rhowch wybod am unrhyw faterion i'ch awdurdod lleol.



Ap Ail-lenwi ar gael, cadwch olwg am y logo yn y siopau a'r caffis.



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 dilynwch 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)

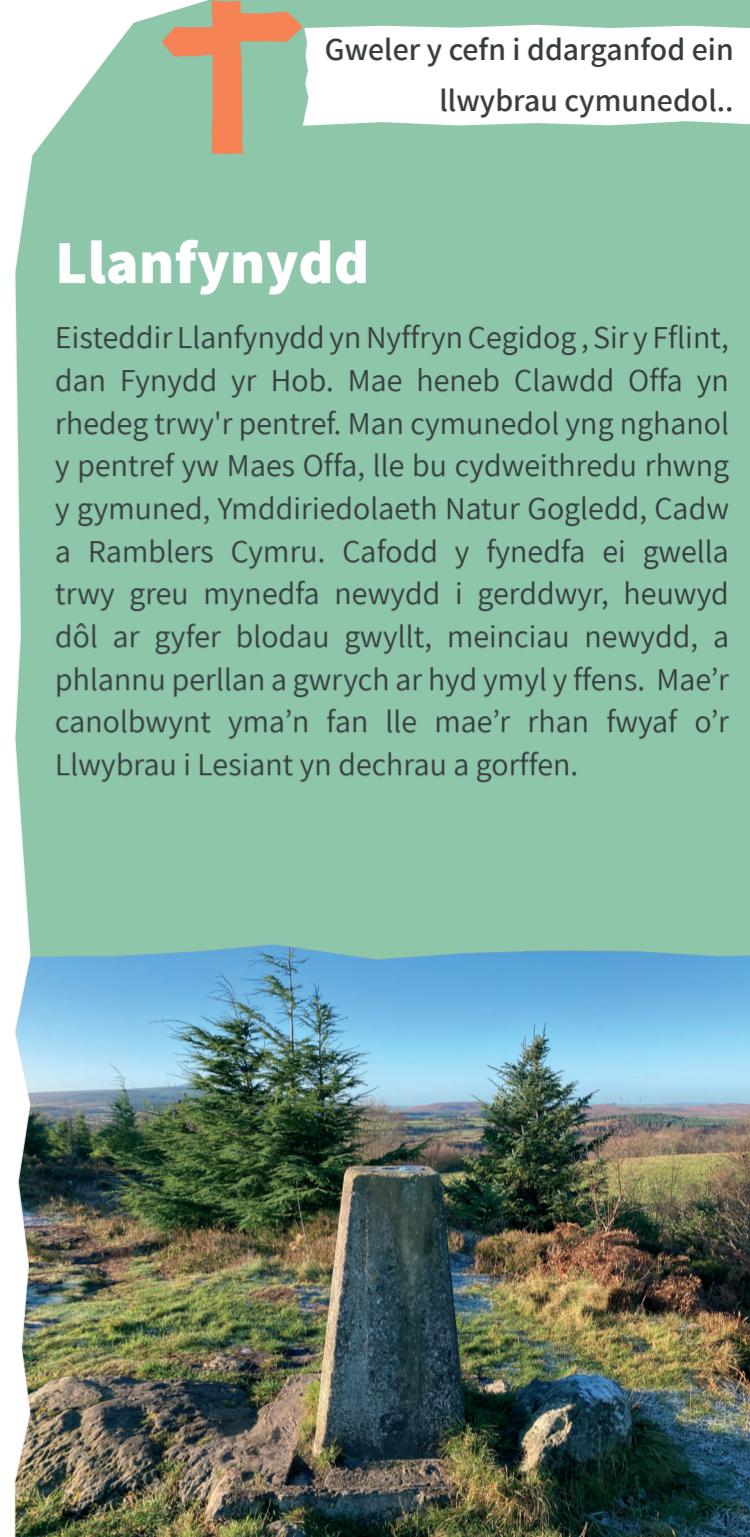
#MentranGall

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...



Whilst enjoying these walks please abide by The Countryside Code.

#### Respect everyone

- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths, unless wider access is available.

#### Protect the environment

- Leave no trace of your visit and take your litter home.
- Keep dogs under effective control and in sight. Make sure to bag it and bin it.

#### Enjoy the outdoors

- Plan ahead and be prepared, following advice and any local signs.
- Enjoy your visit, have fun, make a memory.



[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?



**Cyrfaedd yma | Getting here**

Mae bws yr LT7 sy'n rhedeg rhwng yr Hob a'r Wyddgrug yn galw yn y pentref deirgwaith y dydd. Mae Cymdeithas y Ramblers yn elusen gofrestredig (Cymru a Lloegr Rhif 1093577, yr Alban Rhif SC039799).

The LT7 bus that runs between Hope and Mold covers the village three times a day.

**Allwedd / Key**

- 1 Southerly Family Route** 2.4 km Llwybr byr i'r dde o'r pentref trwy gaeau ac o dan yr hen reilffordd cyn dychwelyd ar hyd y pafin. A short route south of the village through fields and under the old railway line before returning along the pavement.
- 2 The Hope Mountain Jacobs** 3.5 km Golygfeydd gwych ar y daith gerdded fer ond serth hon, dan Fynydd yr Hob. Excellent views on this short but steep walk underneath Hope Mountain.
- 3 Woodland Family Route** 2.1 km Cylchdaith fer i'r gorllewin o'r pentref gan fynd heibio gaeau a choetir. A short circuit west of the village taking in some fields and woodland.
- 4 In the Footsteps of Offa North** 9.2 km Llwybr sy'n mynd ar hyd adrannau o gofeb Clawdd Offa gyda phwynt uchel a golygfeydd gwych i'w gweld o Bwll Brymbo. A route taking in some sections of the Offas Dyke Monument with a high point and excellent views from Brymbo Pool.
- 5 Pen Llan-y-gwr** 9.8 km Mynd at y pwnt trig ym Men Llan-y-gwr cyn dychwelyd mewn cylch i'r pentref. Taking in the trig point at Pen Llan y Gwr before returning in a loop to the village.
- 6 Waun y Llyn & Coed Talon** 6.6 km Golygfeydd ysblennydd ar draws Swydd Gaer o'r parc gwledig a hanes yr hen reilffordd ar drac Coed Talon. Great views across Cheshire from the country park and history of the old railway on Coed Talon track.
- 7 Llanfynydd Circular** 9.8 km Cylchdaith ar gyrrion y pentref. A circular route on the outskirts of the village.
- 8 Where Wat Meets Offa** 10.3 km Gorsaf Cefn-y-bedd i Fynydd yr Hob trwy Caergwle gan fynd ar hyd rhai adrannau o Glawdd Wat. Cefn-y-bedd station to Hope Mountain via Caergwle taking in some sections of Wat's Dyke.

**OS Map Coverage: OS Explorer 256**

**pathstowellbeing.ramblers.org.uk**



Map details include:  
- Top left inset: Treuddyn, Coed-talon, Waight's Wood, Pentre, Blaenau.  
- Bottom left inset: Maes Maelor, Llanfair, Bwlchgwyn, RUTHER ROAD, Avenue Wood, Mount Wood, Gwerto Plantation, Gwerto Wood, Gwern-beiliog Wood, Coed Pen-y-nant, Coed Mawr, Nant y Frith, Black Wood, Glascoed, Darnau Wood, Mount Sion, Brymbo Pool.  
- Center inset: Pwll Brymbo, Brymbo Pool.  
- Top right inset: Hope, Hope Mountain, Caergwle, Bridge End, Caer Estyn, Bryn-Yorkin Wood, Yr Hôb, Cefn-y-Bedd, Sydallt Wood, Llay Road, RACKERY LANE.  
- Bottom right inset: WREHAM ROAD, HAWARDEN ROAD, GRESFORD ROAD, Gwern Estyn.  
- Scale bar: 0 to 1 kilometre / 0 to 1 mile.  
- Ramblers Cymru logo and compass rose in the bottom left corner.