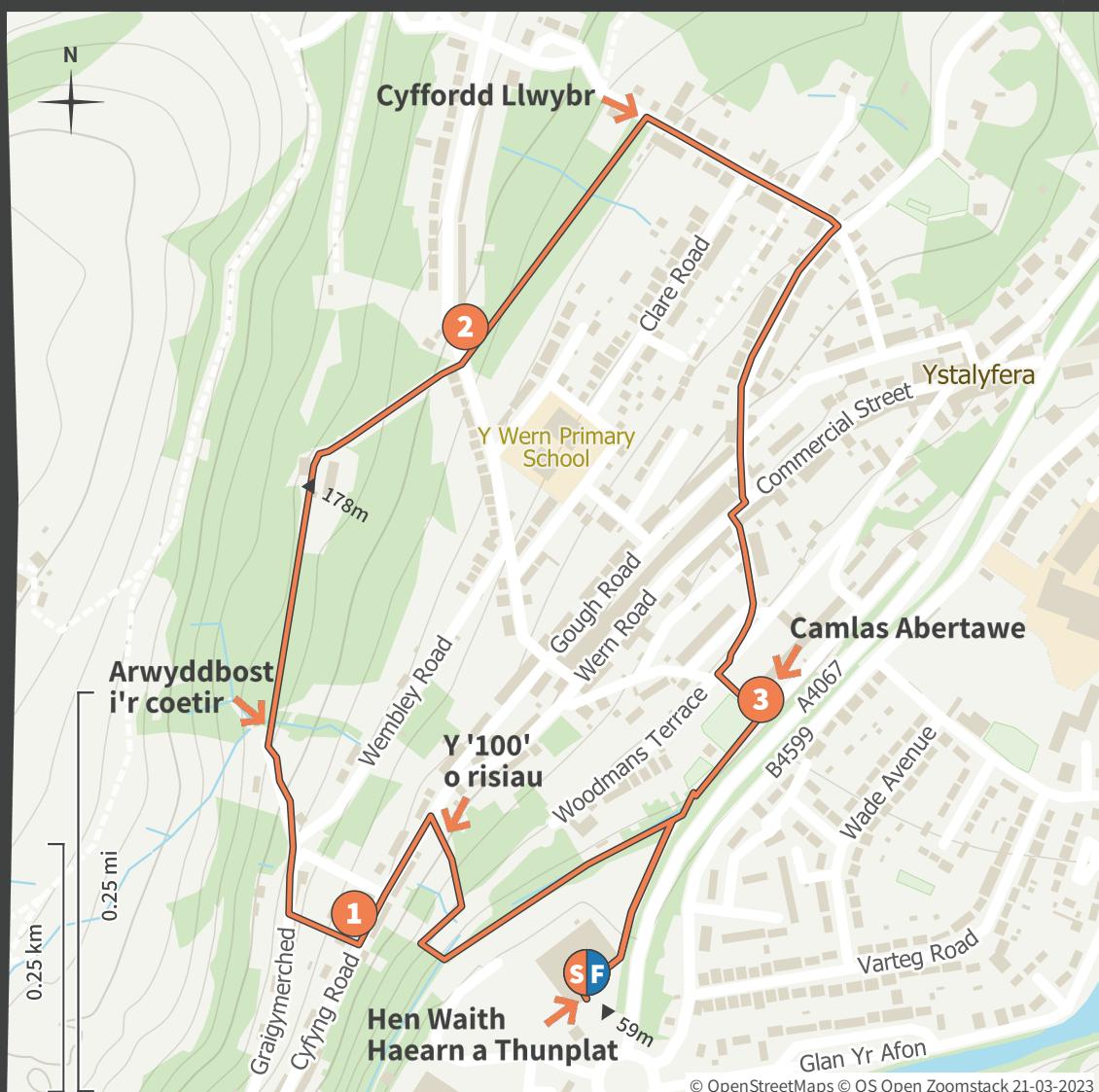




# Llwybr Grisiau Cwm Tawe

Esgyn dros 100 o risiau i mewn i goetiroedd lleol.

Cymysgedd o strydoedd palmantog a llwybrau drwy goetir. Mae dros 200 o risiau ar y llwybr hwn.



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



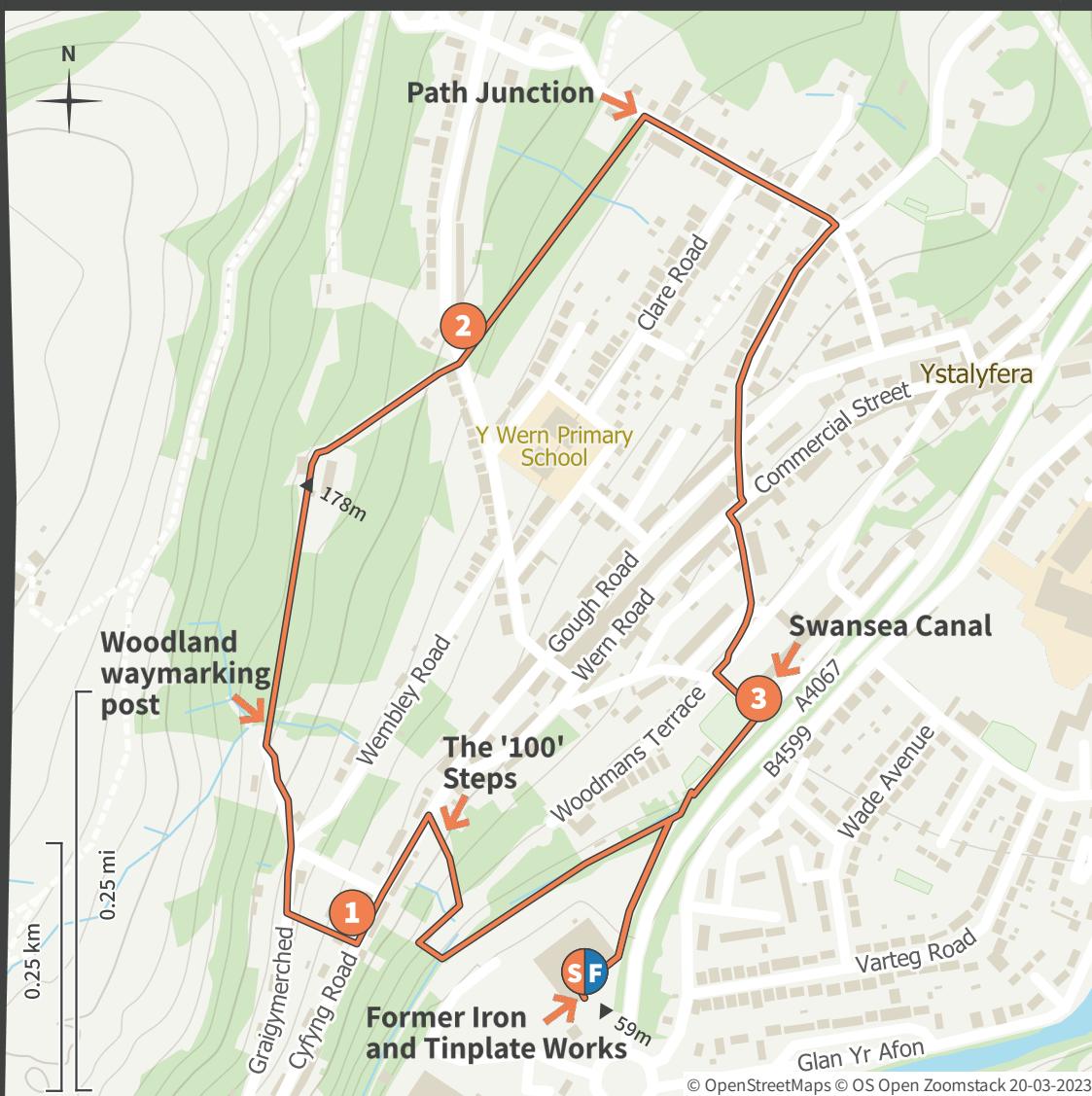
- S** Gan ddechrau o'r hysbysfwrdd yn ASDA, safle hen Waith Haearn a Thunplat Ystalyfera, dilynwch y llwybr tarmac heibio ochr Dd y siop. Ymhenechydig trwch i'r Ch i ymuno â llwybr camlas mwdlyd/caregog. Trwch i'r Dd wrth y ffens sy'n arwain i fyny'r grisiau. Ewch yn eich blaen gan ddilyn y llwybr i'r Dd cyn mynd i fyny rhes fawr o risiau gyda chanllaw arnynt. Cânt eu hadnabod yn lleol fel y '100 gris' ond maent yn nes at 200 felly cymerwch eich amser. Trwch i'r Ch ger y safle bysiau i ymuno â Heol Cyfyng gan fynd heibio The Flying Pig ar y Dd.
- 1** Trwch i'r Dd i fyny lôn ag arwydd arni a throi i'r Dd i ymuno â Graig y Merched. Parhewch i ddilyn y ffordd i fyny'r allt gan gadw i'r Ch wrth y fforch. Mwynhewch y golygfeydd o'r dyffryn cyn mynd drwy gât mochyn a dilyn y llwybr at arwyddbost. Trwch i'r Dd yma ac ewch drwy gât arall. Dilynwch llwybr y coetir ar hyd llinell y ffens at adeiladau fferm. Ewch yn eich blaen heibio i gefn yr adeiladau i gyrraedd y buarth. Dilynwch y llwybr caregog i'r Ch wrth iddo fynd i lawr yr allt gan fynd heibio i gât mochyn ar y Dd. Trwch i'r Ch i Heol Penywern gan groesi at y grisiau ar y Dd ag arwydd arnynt.
- 2** Ewch i lawr y grisiau a dilynwch y llwybr drwy goetir bach. Cofiwch wrando am guriadau Cnocelod y Coed wrth i chi grwydro. Ar gyffordd y llwybr, gyda thai/gerddi o'ch blaen, trwch i'r Ch, gan ymuno â Heol Altygrug ar ôl ychydig. Ewch yn eich blaen i lawr yr allt gan ddilyn y stryd wrth iddi wyro i'r Dd. Arhoswch ar Heol Altygrug yna croeswch y stryd (Stryd Masnachol) gan gymryd y troad cyntaf i'r Ch i ymuno â Darren Road. Ewch i lawr y ffordd gan droi i'r Ch i Deras Camlas a heibio i gwrt tennis carreg, clwb bowllo a lawnt ar y Dd.
- 3** Trwch i'r Dd drwy'r rhwystr i ymuno â llwybr tarmac, sef rhan o Gamlas Abertawe sydd wedi'i llenwi. Adeiladwyd y Gamlas rhwng 1794 a 1798 ac roedd yn 16.5 milltir (26.6 km) o hyd, gan ymestyn o Abertawe i Hen Neuadd, Abercraf. Dim ond pum milltir o'r gamlas, o Glydach i Bontardawe, sydd â dŵr ynddi erbyn hyn. Mae Gwarchodfa Natur Leol Camlas Abertawe yn cynnig taith gerdded hyfryd ar hyd y gamlas gyda digoneidd o gylleoedd i weld bywyd gwylt ar hyd y rhan sydd â dŵr ynddi. Dilynwch y llwybr tarmac a chadwch i'r Ch gan ddychwelyd i ASDA.



# Swansea Valley Staircase Walk

Ascend over 100 steps into local woodlands.

A mix of paved street walking and woodland paths. There are over 200 steps to negotiate on this route.



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



Moderate



128m



Circular



3.0km | 1.9m



01:05

**S** Starting from the information board at ASDA, site of the former Ystalyfera Iron and Tinplate Works, follow the tarmac path past the R of the store. After a short distance turn L onto the muddy/stony canal path. Turn R at the fencing heading up the steps. Continue following the path round to the R before heading up a large flight of stairs with a handrail. Known locally as the '100 steps' there are closer to 200 steps here so take your time. Turn L by the bus stop onto Cyfng Road passing The Flying Pig on the R.

**1** Turn R up signposted lane and turn R onto Graig y Merched. Continue to follow road uphill keeping L at the fork. Enjoy the valley views before going through a kissing gate and following the path to a waymarking post. Turn R here heading through another gate. Follow the woodland path along fence line to farm buildings. Continue past the rear of the buildings emerging into the yard. Follow the stony track L as it heads downhill passing a kissing gate on the R. Turn L onto Penywern Road crossing to signposted staircase on R.

**2** Descend steps and follow path through small woodland. Keep an ear out for Woodpeckers drumming as you wander along. At the path junction, with houses/gardens ahead, turn L. Emerging onto Altygrug Road after a short distance. Continue downhill following the street as it bends round to the R. Stay on Altygrug Road then cross the street (Commercial Street) taking the first L onto Darren Road. Follow the road round and down turning L onto Canal Terrace, passing a stone tennis court, Bowling club and green on the R.

**3** Turn R through the barrier onto the tarmac path, a filled in section of the Swansea Canal. The Canal was built between 1794 and 1798 running for 16.5 miles (26.6 km) from Swansea to Hen Neuadd, Abercraf. Just five miles of the canal, from Clydach to Pontardawe, remains in water at the present time. The Swansea Canal Local Nature Reserve offers a lovely canal side walk with plenty of wildlife spotting opportunities along this 'in water' section. Follow the tarmac path and bear L returning back to ASDA.