Garth Fawr

Mae chwyn yn tyfu yn ystafelloedd y Garth Fawr yn awr.

Palmant ar ochr y ffordd, lonydd, llwybrau graean, caeau glaswelltog, llwybr ger nant a choetir. Rhai camfeydd a bryniau agored godidog.

Cymedrol | 304m | Cylchol | 10.9km | 6.8m | 03:00

S Gan gychwyn o Creigiau Inn, trowch i'r Dd i fyny Station Road, heibio Station Terrace gan droi i'r Ch wrth ymyl ffens bren. Trowch i'r Dd wrth yr arwydd llwybr troed i lawr i blatfform yr hen Orsaf. Trowch i'r Ch a dilyn yr hen blatfform; bu hwn yn brysur unwaith gyda threnau glo yn mynd i ddociau'r Barri a threnau teithwyr o Gaerdydd, y Barri a'r Rhondda. Dilynwch yr hen drac, o dan bont gan groesi nant ymhen dipyn. Sylwch ar y pyst haearn sy'n cynnal y bont, lle roedd rheilffyrdd Llantrisant a Phentre'r Eglwys yn croesi. Trowch i'r Dd i ymuno â'r lôn, yna i'r Ch i faes parcio yng Nghoedwig Ty'n y Coed.

1 Dilynwch y trac heibio pwll a mynedfa chwarel ar y Dd. Trowch i'r Ch gyferbyn â'r fynedfa i'r chwarel ac ewch i lawr at nant. Mae'r groesfan yn llithrig ac yn wlyb. Dringwch y bryncyn mwdlyd a throi i'r Ch yn y cae. Allwch chi weld bryngaer o'r oes haearn, fferm wynt a hen simnai pwll glo Cwm? Wrth yr arwydd llwybr troed trowch i'r Ch rhwng adeiladau fferm at arwydd llwybr troed arall a thrwy gât i gae. Dilynwch y llwybr sydd wedi'i farcio'n glir at nant fechan mewn ceunant ac yna i gae gan gerdded yn groes-gongl i ymuno â'r lôn. Trowch i'r Ch i Efail Isaf.

2 Trowch i'r Dd wrth y Carpenters Arms ac i'r Dd wrth y capel. Dilynwch y lôn am tua 650m i fynedfa Fferm Garth Isaf ar y Dd. Trowch i fyny'r dreif a chroesi camfa i'r Ch o gatiau metel mawr gan gerdded i fyny'r cae o dan beilonau trydan at gât. Trowch i'r Ch i ymuno â'r trac, gan gadw'r ffens a llinell y coed ar y Ch. Cadwch i'r Dd o fferm adfeiliedig - Garth Fawr yw hon - gan ddilyn hen drac. Wrth y gât nesaf trowch i'r Dd i fyny'r allt i ymuno â thrac glaswelltog, gan fynd drwy sawl gât i gyrraedd ochr bryn agored, sef Mynydd y Garth.

3 Dilynwch drac suddedig i fyny i frig y gefnen ac ewch i'r Dd i gyrraedd piler triongli Mynydd y Garth (307m). Siambr gladdu o'r Oes Efydd yw'r 'Ploryn'. Mae'r olygfa'n ymestyn o Exmoor i Fannau Brycheiniog. Ewch i lawr y trac i gyfeiriad Pentyrch, at lôn darmac heibio bwthyn, trowch i'r Dd dros y grid gwartheg ac yna i'r Ch ar y gyffordd. Dilynwch y ffordd hon heibio i droad ar y Dd a mynedfeydd i ystadau tai i gyrraedd canol y pentref. Wrth y siopau cadwch i'r Dd. Dilynwch Bronllwyn tuag at yr ysgol gynradd.

4 Chwiliwch am yr arwydd llwybr troed ar y Dd ar gornel caeau chwarae'r ysgol. Dilynwch y ffens fetel o amgylch perimedr yr ysgol at gât yn y gornel bellaf a throwch i'r Dd. Cadwch at y llwybr hawl tramwy sydd wedi'i farcio'n dda. Cerddwch i lawr y cae gan gadw'r gwrych ar y Dd i chi. Dilynwch y llwybr hawdd drwy 4 gât arall i gefn y tai a throi i'r Dd drwy gât gan fynd yn syth ar draws y cae at gât arall sy'n arwain i lawr i Heol Pant y Gored a throi i'r Dd. Cerddwch heibio mynedfeydd y chwarel a maes chwarae Creigiau.

5 Trowch i'r Ch o flaen mynedfa'r chwarel rhwng carreg fawr ac arwydd ffordd Creigiau, dilynwch lwybr sy'n rhedeg ochr yn ochr â'r ffordd ac osgoi'r ffordd gan fod hynny'n fwy diogel. Mae'r llwybr yn croesi'r fynedfa i ddepo bysus Creigiau ac yna'n mynd i lawr i ddiwedd gorsaf segur Creigiau lle y dechreuoch chi'r daith. Sylwch ar y ddwy bont reilffordd ar y Ch. Yn syth o'ch blaen dilynwch y llwybr sydd wedi'i farcio i fyny'r bryncyn at ffens bren, trowch i'r Ch ac yna i'r Dd i Station Road, heibio Station Terrace i Ffordd Caerdydd ger Creigiau Inn.

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

Llwybrau i Lesiant | Canol y De | Pentyrch || pathstowellbeing.ramblers.org.uk

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Garth Fawr

Weeds now grow in the rooms of Garth Fawr.

Roadside pavement, lanes, gravel paths, grassy fields, a stream path and woodland. Some stiles and fine open hillside.

Moderate | 304m | Circular | 10.9km | 6.8m | 03:00

S Starting from Creigiau Inn turn R up Station Road past Station Terrace turning L beside a wooden fence. Turn R at the footpath sign down to the old Station platform. Turn L and follow the old platform; once busy with coal trains going to the docks in Barry and passenger trains from Cardiff, Barry and the Rhondda. Follow along the old track, under a bridge and eventually cross a stream. Notice iron bridge supports, where the Llantrisant and Church village lines crossed. Turn R on the lane, then L into a car park at Tyn y Coed Woods.

1 Follow the track past a pond and a quarry entrance on the R. Turn L opposite the quarry entrance down to a stream. The crossing is slippery and wet. Climb the muddy bank and go L in the field. Can you spot an iron age hill fort, a windfarm and chimney of the closed Cwm colliery? At the footpath sign turn L between farm buildings to another footpath sign through a gate into a field. Follow the clearly marked route to small stream in a gorge and emerge into a field crossing diagonally to join the lane. Turn L into Efail Isaf.

2 Turn R at the Carpenters Arms and R at the chapel. Follow the lane for about 650m to the entrance of Garth Isaf Farm on R. Turn up the drive to cross a stile on the L of large metal gates and head up the field under electricity pylons to a gate. Turn L on the track, keeping fence and tree line on your L. Keep R of a derelict farm; this is Garth-Fawr following an old track. At the next gate turn R uphill on a grassy track, passing through several gates eventually reaching the open hillside of Garth Hill.

3 Follow a sunken track up to the top of the ridge and take a small detour to the right to reach the trig point of Garth Hill (307m). The 'Pimple' is a Bronze Age burial chamber. The view extends from Exmoor to The Brecon Beacons. Descend on the track towards Pentyrch, to a tarmac drive past a cottage, turn R to cattle grid then L at the road junction. Follow this road past a turning on the R and entrances to housing estates to emerge in the centre of the village. At the shops keep to the R, follow Bronllwyn towards the primary school.

4 Look out for the footpath sign on the R at the corner of the school playing fields. Follow the metal fence around the perimeter of the school to a gate tucked on the far corner and turn R. Keep to the well-marked right of way. Head down the field keeping the hedge on your R. Follow the easy path through 4 more gates to the back of the houses and turn R through a gate and straight across the field to another gate that leads to down to Heol Pant y Gored and turn R. Walk past the entrances of the quarry and Creigiau recreation ground.

5 Turn L in front of the quarry entrance between a large boulder and the Creigiau road sign, take a path that runs parallel to and avoiding the road as it's much safer. The path crosses the entrance to Creigiau bus depot then drops down to the end of the derelict Creigiau railway station where you started. Notice the two railway bridges on your L. Straight ahead take the marked path up the bank to a wooden fence, turn L then R onto Station Road past Station Terrace to Cardiff Road by Creigiau Inn.

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

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