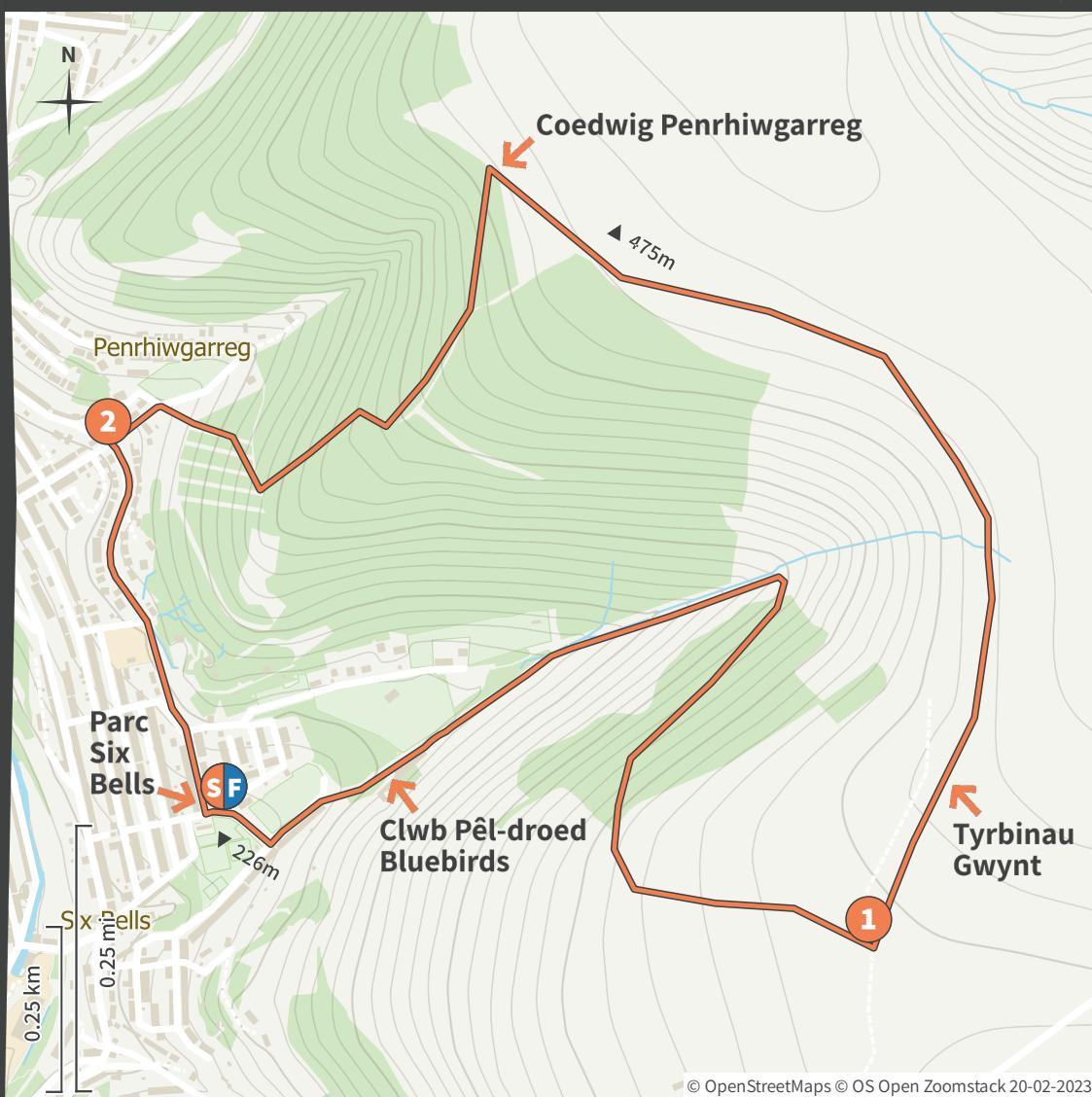




Llwybr Cwm Nant y Groes

Altt serth i weundir hardd.

Tarmac, trac sengl a llwybr caregog.



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



Cymedrol



300m



Cylchol



5.2km | 3.2m



01:55

S Gan ddechrau o Barc Six Bells cerddwch tuag at Windsor Road a thro i'r Ch gan fynd heibio'r cae chwarae ac i fyny tuag at y bryniau. Arhoswch ar y ffordd hon nes i'r llwybr droi'n drac sy'n arwain i fyny tuag at Glwb Pêl-droed Bluebirds. Ewch drwy'r gât werdd a dilynwch y llwybr i'r Dd nes i chi gyrraedd gât fetel. Ewch yn syth yn eich blaen wrth i'r llwybr fynd yn fwy serth gan droelli i fyny'r cwm ac i'r Dd a thrwy'r coed. Arhoswch ar y trac ac chroeswch sawl camfa nes eich bod ochr yn ochr â'r tyrbinau gwynt. Croeswch draw i'r gweunidir a throwch i'r Ch.

1 Ewch yn eich blaen heibio'r tyrbinau a dilynwch y trac o'ch blaen ar draws pen uchaf Cwm Nant y Groes nes bod y llwybr yn fforchio i'r Ch. Dilynwch y llwybr i'r Ch a pharhewch ar hyd ymyl y coetir i'r Ch nes i chi gyrraedd gât fetel sy'n mynd i'r goedwig ym Mhenrhiwgarreg. Dilynwch yr arwyddion ar gyfer y llwybr i lawr yr allt serth nes i chi gyrraedd y gyffordd. Trowch i'r Dd yma a pharhau ar hyd y llwybr ac allan i'r ffordd. Trowch i'r Ch yma ac ewch i lawr yr allt nes cyrraedd Cwm Farm Road gan droi i'r Ch.

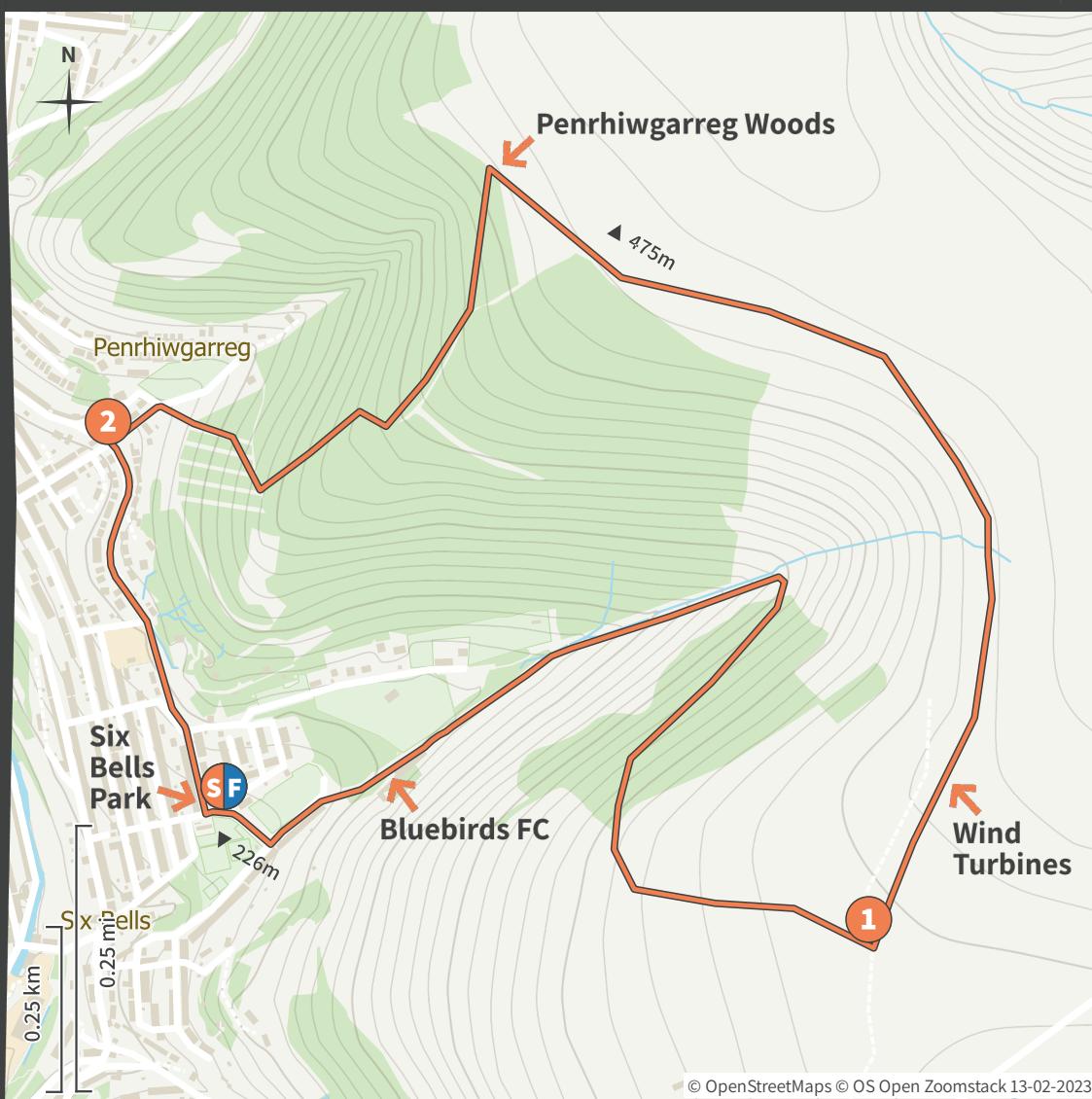
2 Dilynwch Cwm Farm Road yr holl ffordd yn ôl i Barc Six Bells.



Cwm Nant y Groes Walk

A steep pull onto beautiful moorland.

Tarmac, single track and rocky path.



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



Moderate



300m



Circular



5.2km | 3.2m



01:55

S

Starting from Six Bells Park head towards Windsor Road and turn L going past the playing field and up towards the hills. Continue on this road until the path becomes a track heading up towards the Bluebirds FC, pass through the green gate and keep on the path to the R until you reach a metal gate. Keep going straight as the path steepens and winds up the valley to the R and through the woods. Keep on the track and over several stiles until you are parallel to the wind turbines. Cross over into the moorland and turn L.

1

Continue past the turbines and follow the track ahead across the top of Nant y Groes Valley until you reach a L hand fork, take this and continue on skirting the woodland to your L until you reach a metal gate heading into the woods at Penrhigarreg. Take the waymarked path and follow it down the steep hill until you reach junction. Turn R here and continue along the path and out onto the road. Turn L here and Head down the hill until you reach Cwm Farm Road where you will turn L.

2

Continue on Cwm Farm Road all the way back to Six Bells Park.



Consider the environment
Please think before you print



The Ramblers' Association is a registered charity.
(England & Wales No.1093577, Scotland No.SC039799)

