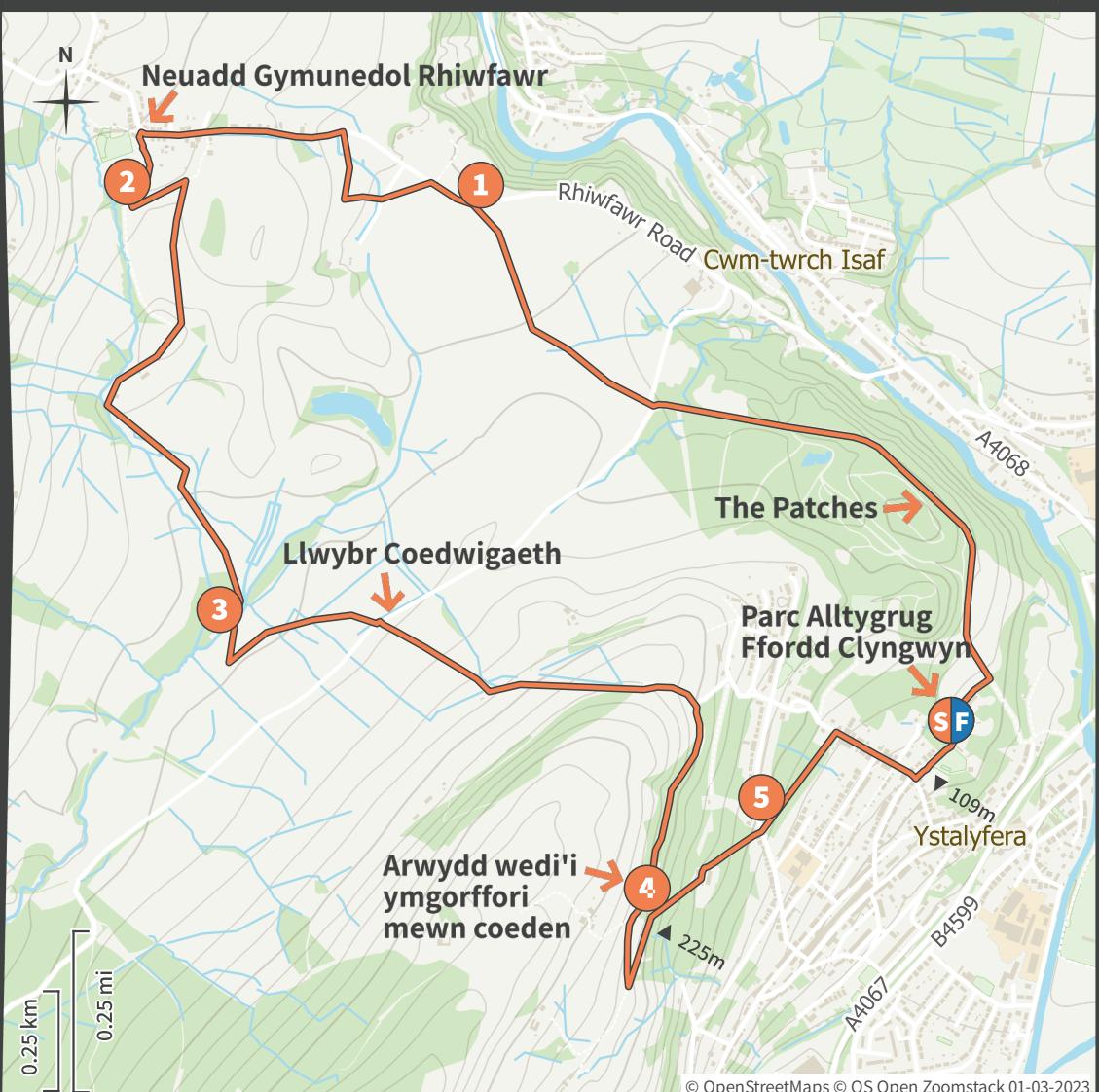




# Llwybr Cylchol Cwmtwrch Isaf Ystalyfera

Taith gerdded wylt ac ynysig drwy goedwigoedd a chorstiroedd.

Gall y rhannau mwy anghysbell fod yn gorsiog felly mae esgidiadu da yn hanfodol ar y daith hon. Yn cynnwys camfeydd a gatiau.



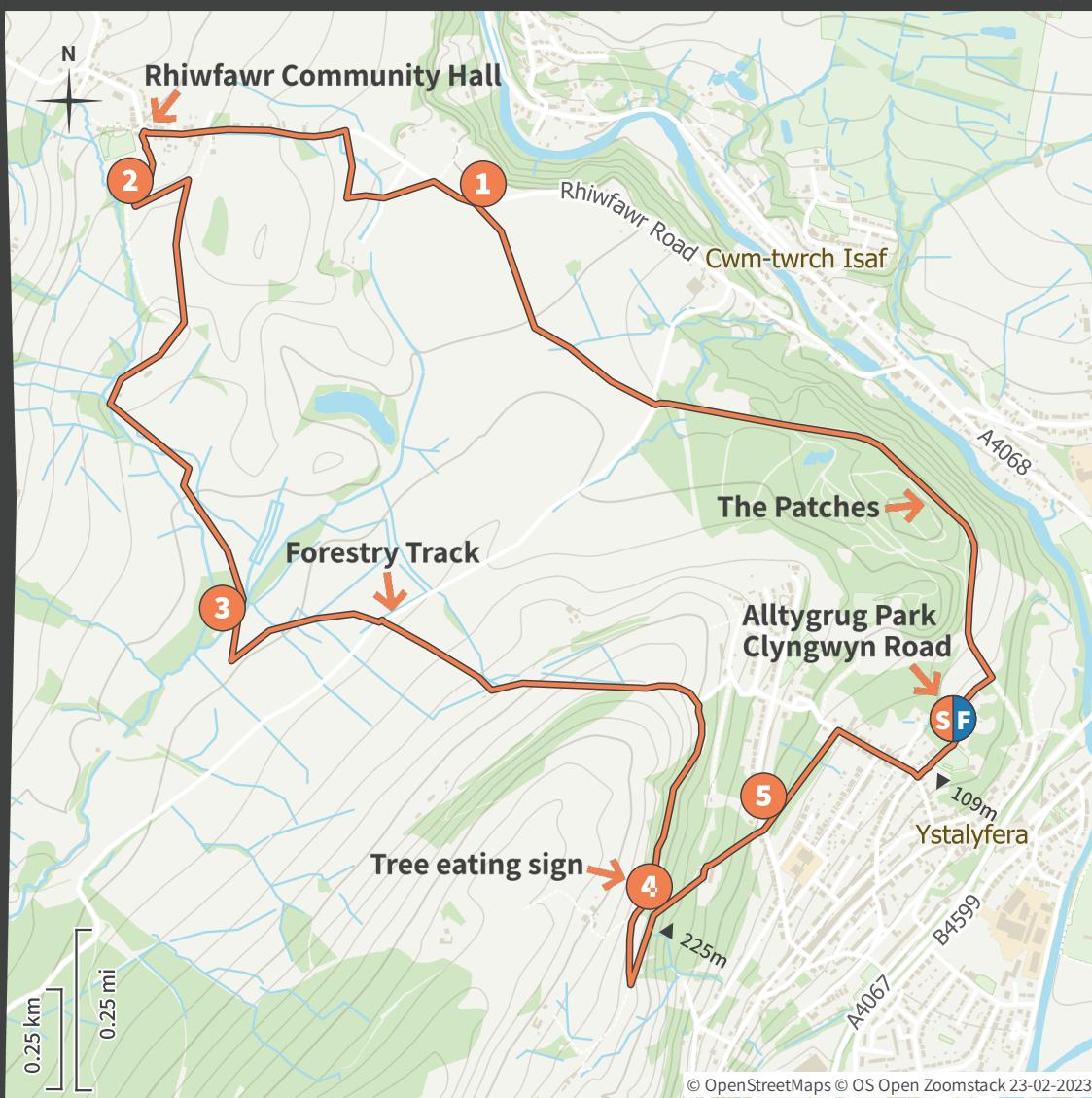
- S** Gan gychwyn o Barc Altygrug cerddwch i lawr Clyngwyn Road gan gadw i'r Dd wrth yr arwyddost. Ewch heibio'r tai ar y Dd, drwy'r rhwystr a throwch i'r Ch i ymuno â'r ffordd/trac sy'n mynd i fyny'r allt. Parhewch ar hyd y trac hwn am tua thri chwarter milltir (1.2 km) nes i chi gyraedd cyffordd T. Rydych yn teithio drwy ardal a elwir yn 'The Patches' ar hyd 'White Road'. Ewch yn syth ymlaen wrth y gyffordd gan groesi camfa i gae. Cerddwch ar draws y cae a dau gae arall (gan fynd drwy sawl gat mochyn) i gyraedd Heol Rhiwfawr.
- 1** Cadwch i'r Ch yma gan ofalu eich bod yn cerdded ar hyd y llain laswellt cyn mynd yn ôl i gae ar yr Ch. Ewch i'r Dd i gyraedd trac, croeswch hwn ac yna i fyny bryn bychan. Cadwch i'r Dd gan fynd yn ôl tuag at y ffordd. Trowch i'r Ch gan gymryd gofal wrth groesi'r ffordd a cherdded ar y palmant. Ewch yn eich blaen ar hyd y ffordd gan droi i'r Ch wrth yr arwydd am y llwybr troed ger y safle bysiau/blwch ffôn. O'ch blaen ac i'r Dd fe welwch llwybr pren hyfryd, yn dolennu o amgylch Neuadd Gymunedol Rhiwfawr, ac effalai yr hoffech grwydro'r ardal dawel hon. Trowch i'r Ch a chroesi'r bont droed i'r cae drwy'r gât. Ewch i'r Dd ac i lawr tuag at y gât.
- 2** Trowch i'r Ch ar hyd trac graean ac yna i'r Dd dros gamfa i'r cae. Fel arall, ewch yn syth i lawr y trac gan osgoi dwy gamfa a chae. Ewch yn syth ar draws y caeau, dros gamfa arall i ymuno â'r trac. Cadwch i'r Ch ac yn eich blaen ar hyd y trac wrth iddo wyro i'r Dd. Ewch yn syth heibio i un eiddo ac wrth y nesaf dilynwch llwybr ag arwydd arno sy'n arwain i'r Dd o'r eiddo. Ar ôl mynd drwy gât rydych chi nawr yn anelu at dir mwy garw. Dilynwch y llwybr o'ch blaen gan groesi pontydd troed bach. Yna mae'r llwybr yn troi i'r Dd rhwng ffensys.
- 3** Ar ôl y bont droed nesaf ewch i'r Ch tuag at y coed a pharhau i'r cyfeiriad hwn nes i chi gyraedd trac caregog. Croeswch y trac ac ewch drwy'r gât mochyn ag arwydd arni. Parhewch i ddilyn y llwybr yn raddol i fyny'r allt drwy dair gât arall a chaeau corsiog. Croeswch y gamfa i drac mwldyd/caregog Ffurm Gilfach-yr-Haidd. Dilynwch y trac o'ch blaen am 0.46 milltir / 740m gan gadw i'r Ch wrth y fforch. Fe welwch arwydd llwybr cyhoeddus wedi'i ymgorffori mewn coeden. Croeswch y gamfa i'r Ch a dilynwch y llwybr i lawr yr allt.
- 4** Parhewch wrth i'r llwybr droelli i lawr at linell y ffens, gan fynd yn eich blaen yn ofalus gan fod y rhan hon yn arbennig o serth. Cadwch i'r Ch fel bod llinell y ffens ar y Dd i chi ac ewch drwy'r gât mochyn ar y Dd. Ewch drwy ail gât mochyn ac fe welwch adeiladau fferm. Ewch yn eich blaen heibio i gefn yr adeiladau ar y Dd i gyraedd y buarth. Dilynwch y llwybr caregog i'r Ch wrth iddo fynd i lawr yr allt gan fynd heibio gât mochyn ar y Dd. Trowch i'r Ch i Heol Penywern a chroeswch at y grisau ar y Dd ag arwydd arnynt.
- 5** Ewch i lawr y grisau a dilynwch y llwybr drwy goetir bach. Cofiwch wrando am guriadau Cnocelod y Coed wrth i chi grwydro. Ar gyffordd y llwybrau, gyda thai/gerddi o'ch blaen, trowch i'r Ch, gan ymuno â Heol Altygrug ymhenech ychydig. Gan ddilyn y ffordd i lawr yr allt, trowch i'r Ch ar y gwaed gan ailymuno â Clyngwyn Road a'ch man cychwyn.



# Ystalyfera Cwmtwrch Isaf Loop

A wild and isolated wander through woods and marshland.

The more remote sections can be boggy so good footwear is an essential on this walk. Includes both stiles and gates.



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

Moderate    202m    Circular    8.3km | 5.1m    02:35

- S** Starting from Alltygrug Park head out onto Clyngwyn Road bearing R at the finger post. Pass houses on R, go through barrier and turn L onto road/track heading uphill. Continue along this track for approx. three quarters of a mile (1.2 km) until you reach a T-junction. You are travelling through an area known locally as 'The Patches' along the 'White Road'. Go straight ahead at the junction crossing a stile to enter a field. Head across the field and two more (passing through multiple kissing gates) to reach Rhiwfawr Road.
- 1** Bear L here taking care to walk along the grass verge before re-entering a field on the L. Head R to reach a track, cross this and then up a small rise. Bear R heading back towards the road. Turn L taking care to cross the road and use the pavement. Continue along road turning L at footpath sign by the bus stop/phone box. Ahead and R you will notice a lovely boardwalk, looping around Rhiwfawr Community Hall, you may wish to explore this peaceful area. Turn L across footbridge entering field through gate. Head R and down towards gate.
- 2** Turn L along gravel track then R over a stile into field. Alternatively continue straight down the track avoiding two stiles and fields. Head straight across the fields, over another stile onto the track. Bear L and continue along track as it bends R. Go straight past one property and at the next take the signed path wrapping around the R of property. Having gone through a gate you are now heading out into more rugged land. Follow the path ahead crossing some small footbridges, the path then sweeps around to the R between fences.
- 3** After the next footbridge bear L towards the tree line and continue in this direction eventually arriving at a stony track. Cross track and take waymarked kissing gate, continue following the path gradually heading uphill through a further three gates and marshy fields. Cross stile onto muddy/stony track of Gilfach-Yr-Haidd Farm. Follow track ahead for 0.46 miles / 740m keeping L at the fork. At the tree eating public footpath sign cross the stile to the L and follow the path downhill.
- 4** Continue as the path winds its way down to the fence line, proceeding with caution as there is a particularly steep section here. Bear L so the fence line is on your R and head through kissing gate on R. Pass through a second kissing gate with farm buildings coming into view. Continue past the rear of the buildings on the R 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 and cross over to signposted staircase on the R.
- 5** 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 Alltygrug Road after a short distance. Following the road downhill turning L at the bottom arriving back onto Clyngwyn Road and your starting point.