

## Llwybrau Brynberian Brynberian 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 wyrrdach 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)

## Llwybrau i Lesiant

### Rhoi cerdded wrth galon cymunedau

#### Gwella mynediad i natur yng Nghymru

Mae prosiect Llwybrau i Lesiant gan Ramblers Cymru yn engrai ffyrch 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 Gwyllt 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 gwyllt a dyddiau gweithgareddau bywyd gwyllt, 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.



## 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.



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 dilynwr 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?



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?



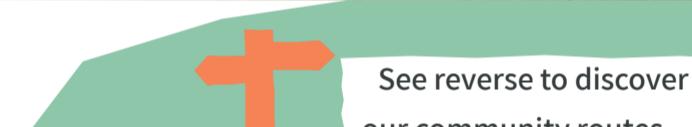
Refill App available, look out for the logo in the shops and cafes.

## Brynberian

Pentref bychan yng nghe sail troed ogledol Mynyddoedd y Preseli yn ardal syfrdanol Parc Cenedlaethol Arfordir Sir Benfro.

Ar ffîn â Mynyddoedd y Preseli, Afon Nyfer a Chwm Gwaun, mae gan y dirwedd hynafol treftadaeth gyfoethog o ddaeareg gymhleth, digonedd o fioamrywiaeth a chasgliad o fythau a chwedlau. Ewch i archwilio'r llu Safleoedd o Ddiddordeb Gwyddonol Arbennig (SoDdGA), Ardaloedd Cadwraeth Arbennig (ACA) a henewion yn yr ardal, gan gynnwys Coedwig Tŷ Canol, Carn Ingli, Mynydd Preseli, Waun Mawn a Phentre Ifan.

Hen ysgol Llwynihirion, a godwyd yn 1878, oedd yr ysgol gynradd leol hyd at 1972. Fe'i prynwyd gan y gymuned ar gyfer y gymuned a bellach, wedi iddi gael ei hadnewyddu'n helaeth gydag arian grant, mae hi'n ganolfan fyrlymus - 'Canolfan Llwynihirion Brynberian'.



See reverse to discover our community routes...

## Brynberian

Brynberian is a small village nestled at the northern foot of the Preseli Hills and lies within the stunning Pembrokeshire Coast National Park.

Bordered by the Preseli Hills, Nevern Valley and Gwaun Valley, the ancient landscape has a rich heritage of complex geology, a wealth of biodiversity and an array of local myths and legends. Explore the multiple Sites Of Special Scientific Interest (SSSI), Special Areas of Conservation (SAC) and Scheduled Monuments in the area that includes Tŷ Canol Woods, Carn Ingli, Mynydd Preseli, Waun Mawn and Pentre Ifan.

The Old School Llwynihirion, built in 1878, served as the local primary school until 1972. It was bought by the community for the community and with extensive, grant funded, renovations it now serves as a thriving community hub 'Canolfan Llwynihirion Brynberian'.



**Cyrraedd yma | Getting here**

Y ffordd mwyaf haws i gyrraedd Brynberian yw gyda char ac mae modd parcio yng Nghapel Brynberian ac yng Nghanolfan Llwynihirion Brynberian. Mae gwasanaeth bws y T5 rhwng Aberystwyth a Hwlfordd yn codi ac yn gollwng ger Ffwrdd Cefylau Gwedd Dyfed, oddeutu tair milltir i ffwrdd, dydd Llun – dydd Sadwrn.

Brynberian is most easily accessed by private vehicle with parking available at Brynberian Chapel and Canolfan Llwynihirion Brynberian. The T5 bus service between Aberystwyth and Haverfordwest stops near Dyfed Shire Horse Farm, approximately 3 miles away, Monday – Saturday.

**Allwedd / Key**

<b>1</b>	Pentre Ifan	3.4 km	Dro bach cyfeillgar gyda'r teulu i fyny i'r siambr gladdu neolithig Gymreig eiconig. A family friendly wander up to the iconic Welsh Neolithic burial chamber.
<b>2</b>	Tŷ Canol Woods Loop	6.0 km	Ewch i archwilio Gwarchodfa Natur Genedlaethol Coed Tŷ Canol. Explore the ancient and mysterious Coed Tŷ Canol National Nature Reserve.
<b>3</b>	Craig Rhos-y-felin	4.6 km	Ewch i ymweld â Chraig Rhos-y-felin – o le daeth cerrig gleision Côr y Cewri. Visit Craig Rhos-y-felin crag a source of Stonehenge bluestones.
<b>4</b>	Waundir Preseli	4.6 km	Teithiwr trwy'r pentref i Rosdiroedd Preseli. Travel through the village onto the scenic Preseli Moor.
<b>5</b>	Carnedd Meibion Owen	3.7 km	Cylchdaith gan ymweld â Charnedd Meibion Owen mawreddog. A circular walk visiting the spectacular Carnedd Meibion Owen.
<b>6</b>	Ffigwr Wyth o Waun Mawn	10.6 km	Teithiwr i Heneb Restredig Waun Mawn ar y llwbr troellog hwn. Travel to the Scheduled Monument of Waun Mawn on this figure of eight route.
<b>7</b>	Long Brynberian Loop	8.9 km	Taith cylched yn archwilio ei dreftadaeth a'i safleoedd hanesyddol. A circular walk exploring rich heritage and historical sites.

**pathstowellbeing.ramblers.org.uk**

**OS Map Coverage: OL35 Explorer / 145 Landranger**

**Supported by:**

- CARE cwm arian renewable energy**
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