

# Ceredigion ar Gefn Ceffyl

## Ceredigion on Horseback



darganfod discover  
**Ceredigion**

Cardigan Bay & the Cambrian Mountains



## Gwaith gwirfoddolwyr

Bu cyfraniad y grwpiau gwirfoddol yn arwyddocaol o ran llwyddiant y prosiect "Ceredigion ar Gefn Geffyl". Bu aelodau Cerddwyr Cymru Llanbedr Pont Steffan ac Aberystwyth, ynghyd â nifer o unigolion ac aelodau Grŵp Llwybrau Ceffyl Ceredigion yn gweithio am dros 1400 awr dros gyfnod o 55 diwrnod.

Wedi'i reoli a'i oruchwylio gan y swyddog prosiect Sarah Pinnell, cyflawnwyd y gwaith canlynol:

- Gosod 47 o gatiâu, 52 o bolion cyfeirbwyntio, 52 o fynegbyst, 225 o gliciedi hwylus (Easy Latches) a phont ceffyl.
- Draenio a chloddio, clirio am y tro cyntaf, cael gwared â sbwriel a changhennau isel, ail-hongian gatiâu.

## Volunteer works

The contribution by the volunteer groups has been significant to the success of the "Ceredigion on Horseback" project. Members of Lampeter, Aberystwyth Ramblers Associations, along with several individuals, and Ceredigion Bridleways Group members provided more than 1400 hours of work over 55 days.

Managed and supervised by the project officer Sarah Pinnell the following work was carried out:

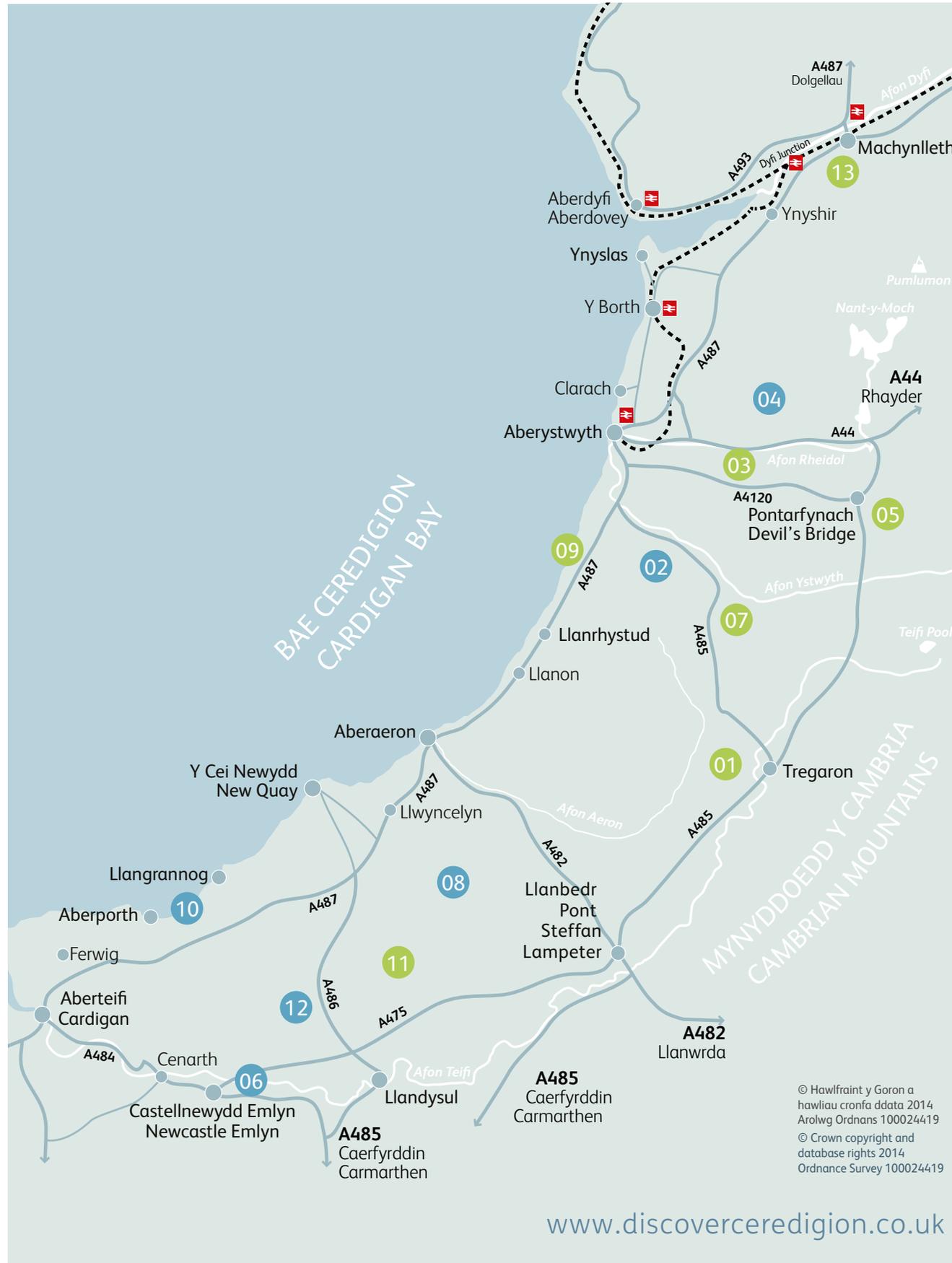
- Installation of 47 field gates, 52 way-marking posts, 52 finger posts 225 Easy Latches and a bridle bridge.
- Drainage and excavation, pioneer clearance, removal of debris and low branches, and re-hanging field gates.

# Cynnwys

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## Graddio'r Teithiau

Mae'r holl lwybrau uchod yn addas ar gyfer unrhyw geffyl sy'n cael ei farchogaeth yn rheolaidd. Cyfrifoldeb y marchogwyr yw dod o hyd i le diogel ac addas i barcio, cofiwch barcio'n gall fel nad ydych chi'n achosi rhwystr. Os ydych chi am barcio'ch boc neu'ch trelar yn un o'r safleoedd a restrir, ffoniwch ymlaen llaw i wneud trefniadau os yn briodol.



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## Grade of Rides

All of the routes above are suitable for any horse ridden regularly. Riders are responsible for finding safe and appropriate parking, please park sensibly so as not to cause an obstruction. If you wish to park your box or trailer at one of the named sites listed, please telephone beforehand if appropriate to make arrangements.

[www.discoverceredigion.co.uk](http://www.discoverceredigion.co.uk)

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Ordnance Survey 100024419

## Y Cod Cefn Gwlad

- Byddwch yn ddiogel – cynlluniwch ymlaen llaw a dilynwch unrhyw arwyddion
- Gadewch gatiâu ac eiddo fel rydych chi'n eu cael nhw
- Gofalwch am blanhigion ac anifeiliaid, ac ewch â'ch sbwriel adre gyda chi
- Cadwch eich cŵn dan reolaeth bob amser
- Byddwch yn ystyriol o bobl eraill

I gael y Cod Cefn Gwlad llawn, ewch i wefan [www.CyfoethNaturiolCymru.gov.uk](http://www.CyfoethNaturiolCymru.gov.uk)

## Cod Marchogaeth a Diogelwch Marchogwyr

Gofalu am y tir – peidiwch â chwydro oddi ar y llwybr ac ewch â'ch sbwriel adre gyda chi.

Cwrteisi tuag at eraill – ystyriwch gerddwyr, seiclwyr a phobl eraill sy'n defnyddio'r meysydd parcio.

Cofiwch gydnabod cwrteisi gyrwyr – cadwch at Reolau'r Ffordd Fawr.

Byddwch yn ystyriol o'r perchennog tir/ffermwr – gadewch gatiâu fel rydych chi'n eu cael nhw, cadwch at y Llwybrau Tramwy, ac ewch yn araf wrth basio da byw. Mae 'na lawer o gatiâu ar nifer o'r llwybrau hyn, a bydd angen ichi ddod oddi ar eich ceffyl i agor a chau rhai ohonynt.

## Parcio

- Mae marchogwyr yn gyfrifol am ddod o hyd i le diogel ac addas i barcio. Cofiwch barcio'n ddoeth fel nad ydych yn achosi rhwystr
- Nid yw'r manau cychwyn a ddangosir ar y map yn gwarantu llefydd parcio addas.

## Paratoi

- Gwisgwch het galed safon BS, esgidiau marchogaeth cyfforddus a rhywbeth i amddiffyn rhan waelod y goes
- Byddwch yn ddoeth a gwisgwch offer llachar bob amser er mwyn cael eich gweld, hyd yn oed wrth farchogaeth oddi ar y ffordd
- Cariwch ffôn symudol (cofiwch nad oes signal da ar gael mewn rhai ardaloedd), arian/cerdyn, cortyn clymu, penffrwyn a rhaff arwain
- Fe'ch cynghorir i fynd â digon o fwyd a diod, yn ogystal â dillad addas
- Dylech gynnwys dillad glaw. Mae cês map tryloyw A4 i'w wisgo o amgylch eich gwddf yn ddefnyddiol
- Cofiwch y gall y tywydd newid yn sydyn, yn enwedig ar dir uchel. Os ydych chi'n marchogaeth ar ben eich hun, dywedwch wrth rywun ble rydych chi'n mynd a faint o amser fyddwch chi.

## The Countryside Code

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

For the full Countryside Code visit [www.naturalresourceswales.gov.uk](http://www.naturalresourceswales.gov.uk)

## Code of Riding and Rider Safety

Care of the land - please do not stray off the line of the route and take your litter home.

Courtesy to others - pay heed to walkers, cyclists and car park users.

Acknowledge courtesy shown by drivers - observe the Highway Code.

Consider the landowner/farmer - leave gates as you find them, stay on the Right of Way, and ride slowly past livestock. There are a number of gates on many of the routes, some of which you may need to dismount in order to negotiate.

## Parking

- Riders are responsible for finding safe and appropriate parking, please park sensibly so as not to cause an obstruction
- Start points shown on map do not guarantee suitable parking.

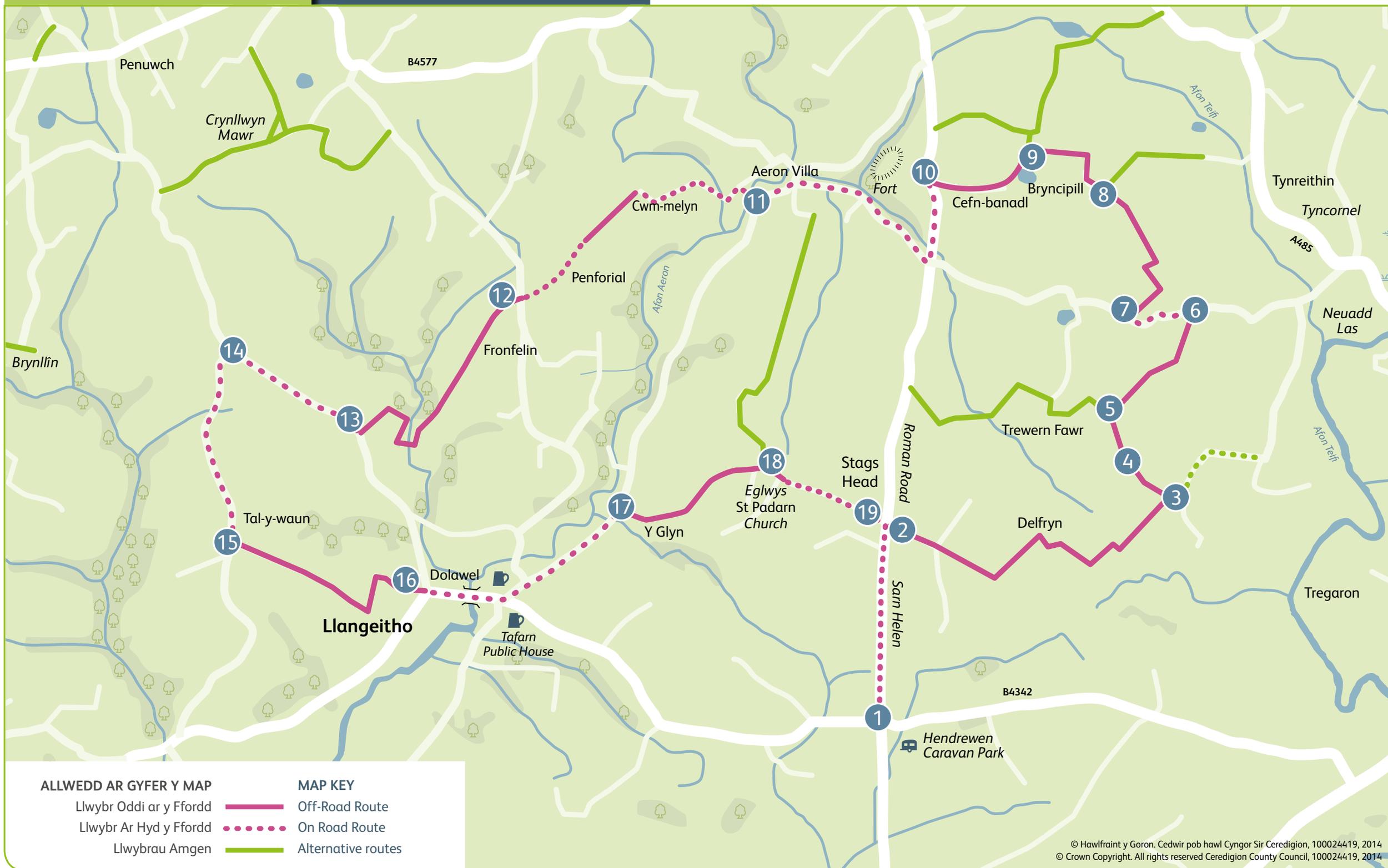
## Preparation

- Wear BS standard hard hat, comfortable riding boots and lower leg protection
- Remember: Be Smart, Be Seen, Be Safe and always – wear hi-viz gear, even when riding off road
- Carry a mobile phone (be aware there may be limited coverage in some areas), money/card, tie up string, head collar and lead rope
- It is advisable to pack sufficient food and drink and take appropriate clothing
- Include waterproofs. Transparent A4 map case worn around neck is useful
- Please be mindful of rapid weather changes especially over high ground. If you are riding alone tell someone where you are going and how long you intend to be gone for.



Cychwyn | Start: SN640 589

Pellter | Distance: 13m /21km



ALLWEDD AR GYFER Y MAP

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

MAP KEY

Off-Road Route

On Road Route

Alternative routes

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**Cychwyn:** Disgrifir yma'n cychwyn o Faes Carafanau Hendrewen (01974) 298410 – ffonwch ymlaen llaw i gadarnhau.

**Mapiau:** OS Landranger 146, OS Explorer 199

**Cyfeirbwyntiau:**

1) SN640 589 2) SN641 601 3) SN657 603 4) SN654 605 5) SN654 608 6) SN659 614 7) SN655 613  
8) SN653 620 9) SN649 623 10) SN643 621 11) SN633 619 12) SN620 614 13) SN611 606  
14) SN603 611 15) SN603 600 16) SN614 597 17) SN625 602 18) SN634 605 19) SN641 601

**Start:** Shown starting here from Hendrewen Caravan Park (01974) 298410 call beforehand to confirm.

**Maps:** OS Landranger 146, OS Explorer 199

**Waypoints:**

**1-2** Dechreuwch ym Maes Parcio Hendrewen a throwch i'r dde allan o'r dreif gan fynd yn syth dros y groesffordd a dilyn Ffordd Rufeinig nodedig Sarn Helen (B4578).

**2-3** Yna ar ôl tua 1200 metr trowch i'r dde i lawr ffordd darmac. Dilynwch y lôn dros grid gwartheg a chadwch i'r chwith i ddilyn y lôn i fferm Delfryn. Wrth y tŷ, trowch i'r chwith a dilyn y trac, gyferbyn â thŷ ar y chwith trowch i'r dde i mewn i berllan fach, gan fynd trwyddi at gât ar y diwedd. Ewch drwy'r gât a dros y geuffos, yna dilynwch y gwrych ar y dde at gât. Ewch drwy'r gât ac ymlaen i gât fach fetel yn y ffens, yna mae'r llwybr yn dilyn y ffens i gornel dde'r cae, ac yna i'r chwith i fyny ymyl y cae. Ewch drwy gât arall, dilynwch y gwrych ar y dde am ychydig, yna ewch yn syth i dop y cae, at gât sy'n arwain at lôn gaeedig.

**3-4** Ewch drwy'r gât a throi i'r chwith, gan ddilyn y trac caeedig drwy ddwy gât, yna allan i dir pori agored, cyn anelu am goeden dderw fawr ar y gorwel.

**4-5** Ger y postyn cyfeirbwynt cadwch i'r dde i lawr tuag at y nant. Ewch drwy gât dros geuffos i groesi'r nant. Cadwch fymryn i'r dde ac i fyny at gât yn y ffens.

**5-6** Ar ôl mynd trwy'r gât dilynwch y ffens ar y dde, ac ymlaen i gât yng nghornel y cae. Ewch ychydig i'r dde at gât arall, ewch drwyddi, ac mi welwch chi bostyn cyfeirbwynt ar draws y cae, anelwch am hwnnw a dilynwch y gwrych ar y chwith, ymlaen at gât arall. Ewch drwy'r gât, a chan gadw'r gwrych ar y dde ichi, ewch ymlaen i gât yng nghornel y cae, gan adael i'r chwith i ymuno â lôn dawel.

**1-2** Start at Hendrewen Caravan Park and turn right out of the drive and go straight over the crossroads following the distinctive Sarn Helen Roman Road B4578.

**2-3** After approx. 1200 metres turn right down a metalled road. Follow the lane over a cattle grid and bear left to follow the lane into the farm Delfryn, at the house turn left and follow the track, opposite a house on the left turn right into a small orchard, passing through this to a gate at the end. Pass through this gate and over the culvert and follow hedge line on the right to a gate. Pass through this gate onto a small metal gate in the fence line, the path then follows the fence line to the right to the corner of the field and then left up the field edge. Pass through another gate, follow the hedge on the right for a short distance then ride straight to the top of the field, to a gate onto an enclosed lane.

**3-4** Pass through gate and turn left, follow the enclosed track, through two gates, emerging onto open pasture, and head for a large oak tree on the skyline.

**4-5** At the waymarker post bear right downhill towards a stream. Passing through a gate over a culvert crossing the stream. Bear slightly right uphill and head up towards a gate in the fence line.

**5-6** On passing through the gate follow the fence line to the right, and onto a gate in the corner of the field. Ride slightly to the right to another gate, pass through this and a waymarker post will be seen across the field, head for this and follow the hedge line left, and onto another gate. Pass through this gate, keeping the hedge on your right and onto a gate in the corner of the field, exiting left onto a quiet lane.

**6-7** Dilynwch y lôn droellog hon am tua 500 metr i ymuno â llwybr ceffyl ar yr ochr dde.

**7-8** Cadwch y ffos agored ar y dde ichi, ac mae'r llwybr yn mynd yn syth ymlaen at fan lle'r oedd 'na hen ffin cae, yna mae'r llwybr yn fforchio i'r chwith ac mae'r llwybr ceffyl yn gwneud hynny hefyd. Ewch yn syth ymlaen yn y fan hon i ddod allan ger Tyncornel ar ffordd Tregaron (A485). Mae'r llwybr yn dilyn i'r chwith ger ymyl hen ffin y cae at gât ar y dde mewn ffens. Ewch drwyddi yna dilyn y ffens ar eich chwith, sy'n gwyro rownd i'r chwith, trwy gât arall, yna'n dilyn y ffens at gât yng nghornel y cae sy'n arwain at lôn goediog.

**8-9** Mae postyn cyfeirbwynt yn y fan hon yn rhoi'r opsiwn o ddychwelyd i ffordd Tregaron (A485), ond mae'r llwybr yn mynd yn syth ymlaen i Bryncipill ar hyd y dreif i'r fferm. Ar gyrraedd iard y fferm, o flaen y tŷ cadwch i'r dde trwy un gât ac yna trwy gât fach bren arall i gyrraedd ardal fach gaeedig. Ewch drwy hon at gât arall fetel yn y ffens. Yna byddwch yn ymuno â lôn gul, suddedig, dilynwch linell syth y gwrych nes bod y lôn yn lefelu, a'ch bod yn cyrraedd postyn cyfeirbwynt. Yna trowch i'r chwith ac i fyny at res o goed lle'r oedd hen ffin y cae. Ewch drwy fwch yn hen ffin y cae, yna i lawr mewn llinell syth, gan anelu at gât yn y ffens.

**9-10** Ewch drwy'r gât a throi i'r chwith, mae 'na lwybr ceffyl yn mynd i'r dde yn y fan hon hefyd. Cadwch y ffens ar eich chwith a'i ddilyn at gât yng nghornel y cae. Ewch drwyddi a chadwch i'r dde i gyrraedd trac. Dilynwch y trac drwy ddwy gât arall yna dilyn y trac fferm sy'n arwain at fferm Cefn Banadl, cyn dod at y B4578.

**10-11** Trowch i'r chwith a dilyn y ffordd am tua 470m at groesffordd, trowch i'r dde yma. Dilynwch y ffordd i'r diwedd a throi i'r chwith ar ffordd Llangeitho. Dilynwch y ffordd am ychydig, ac mi welwch chi arwydd llwybr ceffyl ar y dde, yn union ar ôl bwthyn bach o'r enw Aeron Villa.

**11-12** Dilynwch y trac hwn drwy'r rhyd, mae 'na bont droed yn y fan hon hefyd. Os ydy'r afon yn edrych yn uchel neu'n anodd ei chroesi, mae 'na lwybr amgen yn ôl ar hyd y ffordd rydych newydd ei dilyn. Dilynwch y lôn gaeedig i fyny i ymuno â lôn, a throi i'r chwith. Dilynwch y lôn honno at dŷ Cwm-melyn, gan basio'r tŷ ar y dde ac aros ar y trac carreg caeedig.

**6-7** Follow the winding lane for approx. 500 metres to join a bridleway on the right hand side.

**7-8** Keep the open ditch on the right the path goes straight on to where there was an old field boundary, here the route branches left, the bridle path does also carry straight on at this point to exit by Tyncornel on the A485 Tregaron Road. The route follows left by the side of the old field boundary to a gate on the right in a fence, progress through this following the fence on your left which bears round to the left, though another gate and follows the fence line to a gate in the corner of the field which enters a tree bound lane.

**8-9** A waymarker post here gives the option to return to the A485 Tregaron road, however the route continues straight on to Bryncipill along the drive to the farm. On entering the farm yard in front of the house bear right through one gate and then through another small wooden gate to enter a small enclosure. Pass through this to a further metal gate in the fence line. Here you enter a narrow sunken lane, follow the hedge line straight until the lane levels out and a way marker post is reached. Here turn left uphill to the old tree lined field boundary. Pass through a gap in the old field boundary and head downhill in a straight line to a gate in the fence line.

**9-10** Pass through the gate and turn left, there is a bridleway running to the right here also. Keep the fence on the left and follow to a gate in the corner of the field. Pass through this and bear right onto a track. Follow the track through two more gates and enter the farm track leading to Cefn Banadl Farm, exiting to the B4578.

**10-11** Turn left and follow road for approx. 470m to a crossroads, here turn right. Follow road to the end and turn left onto the Llangeitho road. Follow the road for a short section and a bridleway sign will be seen on the right just past a small cottage called Aeron Villa.

**11-12** Follow this track through a ford there is a footbridge at this point too, if the river looks high or un-crossable there is an alternate route back along the road already travelled. Follow the enclosed lane up to join a lane and turn left. Follow the lane to the house Cwm-melyn and pass the house on the right and stay on the enclosed stone track. Passing through a series of gates a track skirts the edge of a few fields

Ewch drwy gyfres o gatiâu ac yna mae'r trac yn mynd ar hyd ymyl ychydig o gaeau i gyrraedd lôn fferm Penforial, dilynwch honno i ymuno â'r ffordd.

**12-13** Croeswch y ffordd a dilyn y trac i lawr at fwthyn Fronfelin. Yma mae'r llwybr yn pasio drwy iard y bwthyn, gan fynd trwy gât i'r chwith o'r adeilad ac i lawr dros ardal laswelltog at gât arall. Ewch drwyddi a chroesi ar draws y llechwedd, gan aros dan y gwrych lle mae'r tir yn fwy gwastad. Ewch drwy gât arall tuag at ran goediog o'r cae, ac yna mae'r llwybr yn gadael ymyl y cae ac yn mynd i mewn i goetir. Dilynwch ymyl y cae yn y coetir i lawr at gât bren, ewch drwyddi ac yna dilynwch y trac i lawr y rhiw. Yma mae'r trac yn dal i fynd lawr, ond mae'r llwybr ceffyl yn troi i'r chwith ac yn mynd i lawr drwy'r coed, trwy gât fach, ac yna'n dilyn troed y bryn nes troi i'r dde at gât ger pont troed. Croeswch ger y rhyd ac mae'r llwybr yn mynd i'r chwith ar hyd ymyl cae glaswelltog i ymuno â hen lôn sy'n dringo'r bryn. Wrth i'r lôn ddod allan i'r borfa, mae'r llwybr yn troi i'r chwith ac yn mynd ar hyd ymyl y cae nes cyrraedd gât fach ar waelod llethr heb fawr o oleddf iddo, ac ymlaen i'r ffordd.

**13-14** Trowch i'r dde i fyny'r ffordd; cymerwch y ffordd gyntaf ar y chwith.

**14-15** Trowch i lawr y ffordd a dilyn y lôn eitha' troellog hon nes ichi weld arwydd llwybr ceffyl pren a lôn las ar y chwith cyn tŷ carreg gwyn.

to arrive on the farm lane of Penforial, follow this to join the road.

**12-13** Cross the road and follow the track down to the cottage Fronfelin. Here the path passes through the yard of the cottage, passing through a gate to the left of the property and down over a grassed area to a further gate. Pass through this and traverse across the slope staying under the hedge where there is flatter ground. Progress through a further gate towards a wooded area of the field, here the path leaves the field edge and enters woodland. Follow the field edge in the woodland down to a wooden gate, pass through this and take the track down the hill, here the track continues down, however the bridle path turns left and continues down into the wood, through a small gate and follows the base of the hill until turning right to a gate by a footbridge. Cross over at the ford and the path skirts left round a grassy field to join an old lane climbing up the hill. As the lane emerges onto the grass the path turns left and skirts the edge of the field until reaching a small gate at the bottom of a gently sloping bank and onto the road.

**13-14** Turn right up the road; take the first road on the left.

**14-15** Turn down road and follow this rather winding lane until a wooden bridle path sign and a grassy lane are seen on the left before a white stone house.

**15-16** Dilynwch y lôn i lawr y rhiw, ac wrth iddi droi i'r dde tuag at eiddo, mae 'na gât yn syth o'ch blaen, ewch drwyddi, yna'n syth ymlaen gyda'r gwrych ar y dde ichi. Ewch drwy ddwy gât arall, yna mae'r llwybr yn ymuno â thrac ac yn gwyro i'r chwith, ac yna i'r dde, cyn ymuno â'r ffordd yn Dolawel.

**16-17** Ewch yn syth yn eich blaen, gan anelu am bentref Llangeitho. Ar gyrraedd y pentre mae 'na gylchfan bach, cymerwch y ffordd gyntaf ar y chwith, gan basio tafarn y Three Horseshoes. Gadewch y pentref a'r tai, a chyn i'r ffordd ddechrau esgyn mae 'na gilfan fawr ar y dde ac mae'r llwybr ceffyl yn arwain at lôn fferm Y Glyn.

**17-18** Dilynwch lôn y fferm a chyn iddi droi i'r dde at y fferm, gwyrwch ychydig i'r chwith a dilyn beth all fod yn llwybr eitha gwlyb ar y gwaelod, i fyny i'r coed. Mae'r goedwig yn dod i ben lle mae'r llwybr yn ymuno â lôn dawel ac yn mynd ymlaen i Eglwys Sant Padarn.

**18-19** Cadwch i'r dde yn y fan hon a dilyn y lôn i lawr at Ffordd Sarn Helen.

**19-1** Trowch i'r dde ar Ffordd Sarn Helen ac mi fyddwch chi ar dir cyfarwydd, ewch yn syth ymlaen at groesffordd y Stags Head ac yn ôl i'r man cychwyn.

**15-16** Follow the lane down the hill, as the lane turns right to a property there is a gate straight ahead, pass through there and proceed straight with the hedge line on the right, pass through a further two gates, the path then joins a track and bears to the left and then to the right before joining the road at Dolawel.

**16-17** Continue straight on heading towards Llangeitho village, on entering the village there is a mini roundabout; take the first road on the left passing the Three Horseshoes Pub. Leave the village and houses behind and before the road starts to climb there is a large layby on the right and the bridle path leads up the farm lane towards Yr Glyn.

**17-18** Follow the farm lane and before it turns to the right for the farm, bear slightly left and follow what can be a rather wet path at the bottom up into the woods. The woodland ends where the path joins a quiet lane and reaches St Padarns Church.

**18-19** Bear right here and follow the lane downhill towards the Sarn Helen Road.

**19-1** Turn right onto the Sarn Helen Road and you will be on familiar ground, carry straight on to the Stags Head crossroads and to your start point.



Cychwyn | Start: SN625 753

Pellter | Distance: 21m / 34km



ALLWEDD AR GYFER Y MAP

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

MAP KEY

Off-Road Route

On Road Route

Alternative routes

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**Sylwadau:** Cylchdaith hir ar hyd sawl crib gyda golygfeydd gwych sy'n cysylltu dyffrynnoedd afonydd y Rheidol a'r Ystwyth. Mae'r daith yn dilyn llwybrau gwledig, tawel a llinell rheilffordd segur. Mae 'na draciau da ac mae'r llwybr yn esgyn a disgyn yn serth mewn mannau ar hyd traciau garw a tharmac. Ceir rhai llwybrau trwy goedwigoedd ac ar draws ucheldir anghysbell. Datblygwyd y llwybr yn bennaf ar gyfer marchogwyr ceffylau, ond mae'n addas hefyd ar gyfer beiciau mynydd.

**Cychwyn:** O'r cylchfan bach yn Llanilar mae ffordd categori B yn mynd i gyfeiriad y dwyrain tua Trawsgoed, ar unwaith mae ffordd yn gadael honno ar y chwith, gan basio mynwent yr eglwys ac yna'r ysgol, dilynwch hi at faes parcio. Mae mannau cychwyn eraill posib yn cynnwys Cwm Rheidol a Black Covert, Trawsgoed.

**Mapiau:** OS Landranger 135; OS Explorer 213

#### Cyfeirbwyntiau:

1) SN625 753	2) SN619 755	3) SN619 751	4) SN609 743	5) SN626 721	6) SN634 730
7) SN635 728	8) SN650 728	9) SN665 728	10) SN666 730	11) SN672 742	12) SN691 747
13) SN708 764	14) SN702 769	15) SN679 776	16) SN674 781	17) SN673 782	18) SN662 782
19) SN659 784	20) SN655 783	21) SN652785	22) SN647774	23) SN634769	24) SN626769
25) SN612770	26) SN615765	27) SN607756	28) SN619755	29) SN625753	

**Comments:** A long circle using connecting ridges with fine views to link the Rheidol and Ystwyth river valleys.

The route takes in quiet country lanes and a disused railway line. There are good tracks with some steep climbs and descents on rough tracks and tarmac, some woodland trails and remote crossings of upland pasture.

The route has been developed primarily for horse riders but is also suitable for mountain bikes.

**Start:** From the mini roundabout in Llanilar a B road heads east towards Trawsgoed, immediately a road leaves this on the left, passes the churchyard and then the school, follow it to a car park. Other possible alternative starting places are from the Rheidol valley and Black Covert, Trawsgoed.

**Maps:** OS Landranger 135, OS Explorer 213

#### Waypoints:

**1-2** Ymunwch â hen linell y rheilffordd a throi i'r chwith, croeswch bont bren yn ofalus cyn disgyn i ffordd darmac sy'n croesi'r llwybr ger gât bren.

**2-3** Trowch i'r chwith ar hyd y ffordd, sy'n troi a throelli, gan ddringo'n serth i fyny i'r briffordd.

**3-4** Ewch yn syth ar draws; ac ar hyd lôn ar yr ochr arall sy'n mynd i fyny heibio bythynnod cyn mynd mewn i'r goedwig. Mae'r trac serth caregog hwn yn parhau ar hyd y grib cyn dod allan i dir pori. Ewch i lawr lôn gyda choed bob ochr iddi sy'n arwain at dŷ, ewch heibio i'r ochr chwith ohono, gan ddilyn y trac i grid gwartheg. Ewch i mewn i'r cae ar y dde a dilyn y trac ar hyd ei ymyl at gât yn y gornel, sy'n arwain at lôn sy'n dringo fyny i'r ffordd.

**4-5** Trowch i'r chwith ar hyd y ffordd darmac, ac ewch yn syth ymlaen ar groesffordd. Ar ôl disgyn am ychydig i groesi nant, mae 'na drac ar y chwith cyn bwthyn Tanllain.

**1-2** Join the old railway line and turn left, cross a wooden bridge with care before descending to a tarmac road that crosses the route at a wooden gate.

**2-3** Turn left along the road that twists and turns climbing steeply up to the main road.

**3-4** Cross straight over; enter a lane on the other side that goes up past cottages before entering woodland. This steep rocky track continues along the crest of a ridge before emerging onto pasture. Enter a tree lined lane that leads to a house and skirt this on the left, following the track to a cattle grid. Enter the field on the right and follow track along its edge to a gate in the corner that leads into a lane that climbs up to the road.

**4-5** Turn left along the tarmac road, continue straight on at a cross roads and after a short descent to cross a stream there is track on the left before the cottage Tanllain.

**5-6** Trowch i'r chwith yma ar drac carreg, dros geuffos a thrwy gât i gyrraedd tir pori. Dilynwch linell y gwrych ac mi ddowch at gât, ewch trwyddi a throwch i'r chwith, gan ddilyn llinell y gwrych eto at gât. Trowch i'r dde trwy hon a dilyn y trac nes dowch chi at y ffordd.

**6-7** Ar gyrraedd y ffordd, trowch i'r dde, dyma'r A485 Rhos-y-garth. Ewch ar hyd y ffordd am tua 200m, mae'n ffordd gyflym ac mae'r traffig yn drwm yma ar adegau.

**7-8** Trowch i'r chwith i Fridfa Llwynhywel, gan ddefnyddio gât ochr i osgoi'r grid gwartheg. Cyn cyrraedd y fferm, trowch i'r dde a dilyn trac carreg i Lletymoel (byddwch yn pasio llwybr ceffyl ar y dde ichi, sy'n mynd i lawr lôn las, peidiwch â mynd lawr honno). Ger y fynedfa i'r tŷ mae 'na gât bren ar eich chwith, ewch drwyddi i'r cae sydd o'ch blaen, a chroeswch hwnnw at gât. Ewch drwy honno ac mae'r llwybr yn gwyo i'r dde, gan basio chwarel fach ac adfail, cyn cyrraedd nant fechan a dringo i ymuno â thrac fferm.

**8-9** Trowch i'r dde i fynd mewn i'r goedwig a dilynwch y ffordd i lawr trwy'r goedwig.

**9-10** Ewch ymlaen dan hen linell y rheilffordd, ar darmac erbyn hyn, i groesi'r ffordd yn ofalus, yna ymlaen i groesi'r bont dros yr afon Ystwyth at y B4575. Trowch i'r chwith ar hyd hon (Arwyddbost Aberystwyth) gan groesi ar unwaith bron i fynd mewn i'r ystâd ger y porthdy.

**10-11** Dilynwch y rhodfa o goed; ewch ymlaen rhwng gwrychoedd, ar darmac o hyd. Ar y gyffordd yn union cyn yr orsaf dywydd, trowch i'r chwith i fynd trwy iard fferm brysur, gwyrwch i'r chwith a dilyn y trac allan i'r ffordd.

**11-12** Trowch i'r dde a dilynwch y ffordd wrth iddi groesi nant a dechrau dringo. Ewch yn syth ymlaen ar y gyffordd a dringo'n fwy serth, cyn i'r llwybr lefelu a chario mlaen ar hyd y dyffryn, gyda'r nant islaw ar y dde. Ar ddiwedd y sribyn o goedwig ar y chwith, gyferbyn â drych ar ochr y ffordd, mae arwydd llwybr ceffyl yn pwyntio at drac sy'n croesi'r llethr ar y chwith.

**5-6** Turn left here onto a stoned track, over a culvert and through a gate onto pasture. Follow the hedge line and there will be a gate in front of you, proceed through and turn left following hedge line to a gate. Turn right through this and follow track to a road.

**6-7** At the road turn right, this is the A485 Rhos-y-garth. Proceed along the road for approximately 200m: this is fast stretch of road with occasional heavy traffic.

**7-8** Turn left into Llwynhywel Stud using a bypass gate to the side of the cattle grid. Before reaching the farm turn right and follow a stoned track to Lletymoel (you will pass a BW on your right which goes down a grass lane don't be tempted to go down there). At the entrance to the house there is a wooden gate on your left go through it and enter the field ahead, crossing this to a gate, pass through this and the route bears to the right, passing a small quarry and a ruin before reaching a small stream and climbing to join a farm track.

**8-9** Turn right to enter the forestry and follow the forestry road downhill.

**9-10** Continue under the old railway line, on tarmac now, to cross over the road with care, then onto the bridge that spans the river Ystwyth to reach the B 4575. Turn left along it (signposted Aberystwyth) crossing almost immediately to enter the estate by the gatehouse.

**10-11** Follow the avenue of trees; continue between hedgerows, still on tarmac. At the junction just before the weather station turn left to pass through the busy farmyard, steer left and follow the track out to the road.

**11-12** Turn right and follow the road, it crosses a stream and begins to climb. Go straight ahead at the junction and climb more steeply before levelling out and continuing along the valley with the stream below on the right. At the end of the strip of forestry on the left, opposite a roadside mirror, a bridgeway sign points to a track that traverses the slope on the left.

**12-13** Dilynwch hwn tuag at dŷ o'r enw Gilwern ac ewch drwy'r iard. Daliwch ati i ddringo gyda'r nant ar y dde ichi, gan basio hen bont garreg, ac anelu am y dyffryn serth, cul tu hwnt iddi. Dringwch allan o'r cwm serth a chymharol gudd hwn i gyrraedd cae gwastad, dilynwch ymyl y cae, cyn ei adael ar y gornel chwith ac ymuno â thrac da. Dilynwch hwn tuag at yr uchaf o'r ddau bwll, Rhos Rhyd. Mae Pwll Glandwgan islaw ichi ar y dde. Mae'r trac yn croesi'r argae, yna'n pasio'r hen dŷ, cyn mynd ymlaen heibio'r llyn, sydd erbyn hyn islaw ichi ar y chwith, i ddringo heibio coed ffawydd, gan ddod allan ar y ffordd ger croesfan.

**13-14** Trowch i'r chwith ar hyd y ffordd darmac sy'n disgyn at gyffordd, cymerwch y fforch chwith ac ewch yn eich blaen ar hyd pen yr hollt dwfn yn y dirwedd a elwir yn Cwm Magwr. Dilynwch y ffordd hon, sydd â glaswellt yn tyfu ar hyd ei chanol, wrth iddi ddringo a gwro i'r chwith. Ychydig cyn cyrraedd y brig mae llwybr ceffyl yn mynd oddi arni i'r dde.

**14-15** Dilynwch y llwybr ceffyl hwn ar hyd ymyl y cae, gan ddal ati i ddringo, i gyrraedd y brig, sydd â golygfeydd gwych o Fae Ceredigion. Disgynnwch yn raddol i'r chwith o sylfeini sydd wedi'u gorchuddio â glaswellt erbyn hyn, nes cyrraedd gât sy'n arwain i gae. Ewch drwy hon ac i gât arall, sy'n mynd â chi yn ôl at yr hen drac sy'n mynd ar i lawr. Dilynwch y lôn i fyny at y brif ffordd.

**12-13** Follow this towards a house called Gilwern and go through the yard. Continue to climb with the stream on your immediate right passing by an old stone arched bridge and making for the steep sided valley beyond. Climb steeply out of this rather hidden valley to emerge onto a flat field, follow the field edge to exit left at the corner onto a good track. Follow this towards the higher of the two ponds, Rhos Rhyd. Pond Glandwgan is below to your right. The track crosses the dam then passes by the old house, on past the lake now below on the left to climb past beech trees to emerge onto the road at a crossroads.

**13-14** Turn left along the tarmac road that descends to a junction, take the left fork and continue across the head of the steep sided gash in the landscape that is Cwm Magwr. Follow this road, which has grass growing along its centre strip as it climbs and swings left. Just before the summit a bridleway goes off right.

**14-15** Take this bridleway and follow the field edge path, still climbing, to reach a summit with fine views of Cardigan Bay. Descend gently to the left of the grass covered foundations, a gate leads into a field, pass through this to another gate, enabling access back onto the old track going downhill. Follow the lane up hill to the main road.

**15-16** Ewch yn syth ar draws i ymuno â'r lôn gaeedig sy'n union gyferbyn, sy'n disgyn yn serth i Gwm Rheidol. Mae'r lôn suddedig rhwng rhesi o goed yn gwneud y daith i lawr yn un ddiddorol, gall canghennau sydd wedi cwmpo a'r ffos agored fod yn beryglus, ond mae'n mynd yn llai serth wrth i'r lôn ymuno â chae agored, ac yna'n dilyn ymyl y cae i ddod allan ar y ffordd darmac ychydig uwchlaw llinell y rheilffordd.

**16-17** Croeswch hon yn ofalus a disgyn heibio i adeiladau carreg i gyrraedd troad siarp yn y ffordd, yma cymerwch y trac ar eich chwith.

**17-18** Dilynwch y trac, gan fynd i gyfeiriad y gorllewin ar hyd gwaelod y dyffryn, gyda'r rheilffordd uwchlaw, a'r afon islaw. Croeswch linell y rheilffordd ac ewch ymlaen tuag at Troedrhwiwelin. Ewch i'r dde i mewn i'r cae islaw'r tŷ ac yna i'r chwith, gan ddringo'n raddol i ffwrdd o linell y rheilffordd, a mynd i mewn i'r goedwig ger gât fach bren.

**18-19** Mae'r llwybr yn croesi nant fach; dilynwch y llwybr i fyny'r stepiau ac ymlaen at gyffordd lle mae dau llwybr ceffyl yn cwrrd. Ewch yn syth yn eich blaen gyda'r tŷ ar y dde ichi, i ymuno â lôn darmac sy'n dringo'n serth i fyny trwy'r goedwig ac allan o'r dyffryn.

**15-16** Go straight across to enter the enclosed lane directly opposite that leads steeply down into the Rheidol valley. The sunken tree lined lane makes for an interesting descent, fallen branches and the precarious open ditch can be hazardous, the gradient soon eases as the lane enters an open field and follows its edge to emerge onto the tarmac road just above the railway line.

**16-17** Cross this with care and descend passing stone outbuildings to reach a sharp bend in the road and take a track on your left.

**17-18** Follow the track, heading west along the valley floor, the railway above, and the river below. Cross the railway line and proceed towards Troedrhwiwelin. Go right into the field below the house and traverse left, gradually climbing away from the railway line and enter the woodland through a small wooden gate.

**18-19** The path fords a small stream; follow the path up the steps and on to a junction of two bridleways. Continue straight on past with the house on the right to join a tarmac lane that climbs steeply up through the woods and out of the valley.



**19-20** Mae 'na lain ar hyd ymyl y darn tarmac serth hwn sy'n gorffen ar dop y coed. Ewch yn eich blaen ar y trac ar draws caeau i gyrraedd y briffordd.

**20-21** Trowch i'r dde a dilyn y ffordd am ychydig, cyn troi i'r chwith ar y gyffordd.

**21-22** Ewch ymlaen i'r gyffordd T a throi i'r dde, gan ddilyn y ffordd honno, ewch i'r dde ar gyffordd ac ymlaen i New Cross.

**22-23** Ewch yn syth ymlaen ar draws y briffordd ar y groesffordd, gan basio'r dafarn, a dringo'n serth ar darmac ar hyd y grib. Disgynnwch ychydig a chadwch olwg am y trac sy'n mynd i'r dde yn Molecatchers' Wood.

**23-24** Dilynwch y ffordd, sy'n gyflym droi'n drac glaswelltog, tuag at y mast ar y gorwel. Ar ôl pasio'r mast ewch ymlaen rhwng gwrychoedd i gyrraedd cae heb unrhyw wrych ar y chwith. Ewch ymlaen ger ochr y gors ac at gât sydd wedi'i chuddio rywfaint ar yr ochr dde, gan ddilyn ymyl y cae drwodd i'r cae nesa, a dod allan ar y ffordd darmac ger cornel.

**24-25** Trowch i'r chwith a dilyn y ffordd lawr nes bod trac yn mynd oddi arni i'r dde, ar droad siarp i'r chwith yn y ffordd.

**25-26** Ewch i'r dde yma, heibio'r siediau ieir ar y troad, yna trowch i'r dde i ymuno â llwybr ceffyl, ac ewch i lawr ar eich pen i'r goedwig. Ewch o amgylch tro pedol yn y ffordd cyn dod at dŷ. Ewch yn syth i lawr heibio'r tŷ ar darmac i ymuno â llwybr yr Ystwyth dros y bont.

**26-27** Dilynwch Lwybr yr Ystwyth i'r chwith dros y bont, yna dilyn yr hen reilffordd ar hyd ochr yr afon.

**27-28** Ewch yn eich blaen i gyrraedd ffordd darmac gyfarwydd. Ewch yn syth ar draws a dringo i fyny i'r hen drac, gan ddychwelyd i'r man cychwyn.

**19-20** There is a verge at the side of this steep tarmac section that ends at the top of the woods. Continue on the track across fields to reach the main road.

**20-21** Turn right and follow it for a short while, before turning left at the junction.

**21-22** Continue on to the T junction and turn right and follow this road bear right at a junction and on to New Cross.

**22-23** Go straight across the main road at the crossroads, pass by the pub and climb steeply on tarmac along the ridge. Drop down slightly and look out for the track that goes off right at Molecatchers' Wood.

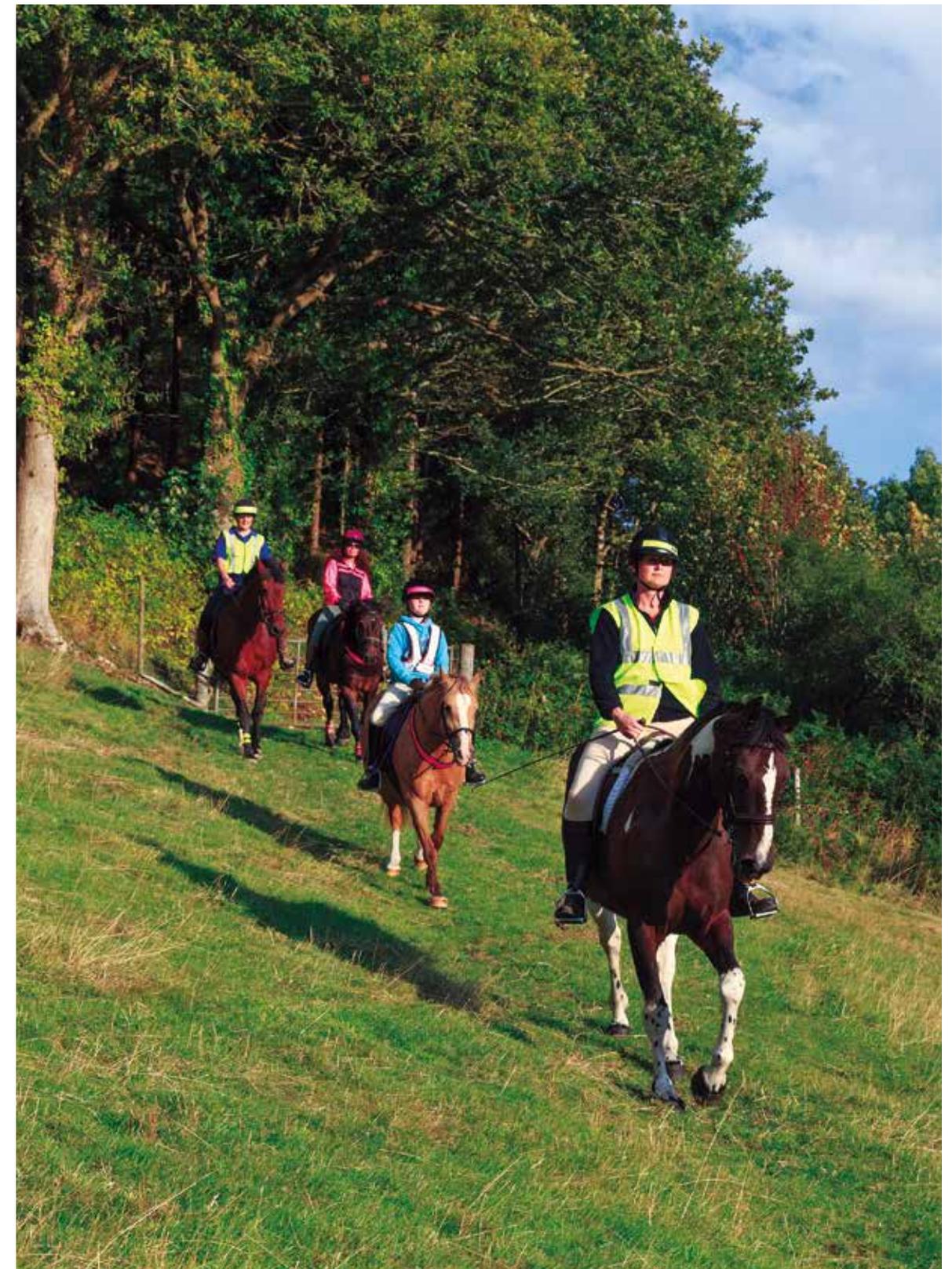
**23-24** Follow the road that is fast becoming a grassy track towards the mast on the horizon. After passing the mast continue between hedgerows to enter a field with no hedgerow on the left. Continue alongside gorse round to a somewhat hidden gate on the right and follow the field edge through the next field before emerging onto the tarmac road at a corner.

**24-25** Turn left and follow the road down until a track goes off right at a sharp left hand bend in the road.

**25-26** Go right here down past poultry sheds at a bend, turn right onto the bridle path and descend steeply into the woodland. Negotiate a hairpin bend before reaching a house. Continue straight on down past the house on tarmac to join the Ystwyth trail over the bridge.

**26-27** Follow the Ystwyth Trail left over the bridge to follow the old railway line alongside the river.

**27-28** Continue along to reach a tarmac road that might be familiar. Go straight across and climb up onto the disused track, and back to the start point.



Cychwyn | Start: SN694 795

Pellter | Distance: 7.5m / 12km



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**Sylwadau:** Traciau da ar y cyfan gyda golygfeydd gwych. Mae'r llwybr yn esgyn ac yn disgyn yn serth unwaith. Mae craig ar wyneb y tir mewn mannau ac nid yw'n hawdd croesi'r nant ger Hafodau Cottage.

**Cychwyn:** Mae'r daith hon yn cychwyn ychydig cyn cyrraedd Cronfa Ddŵr Cwm Rheidol SN694795, lle mae 'na nifer o gilfannau mawr sy'n addas ar gyfer cerbydau a faniau ceffylau.

**Mapiau:** OS Landranger 135; OS Explorer 213

**Cyfeirbwyntiau:**

1) SN694 795 2) SN682 793 3) SN687 798 4) SN700 799 5) SN708 802 6) SN714 797 7) SN713 803  
8) SN707 802 9) SN694 805 10) SN699 800

**Comments:** Mostly good tracks with fine views. One steep climb and one steep descent. Some short sections of exposed bedrock and a tricky stream crossing near Hafodau Cottage.

**Start:** This route starts just before the Reservoir at Cwm Rheidol SN694795 where there are several large laybys suitable for vehicles with horseboxes.

**Maps:** OS Landranger 135, OS Explorer 213

**Waypoints:**

**1-2** O'r Argae yng Nghwm Rheidol ewch i gyfeiriad y gorllewin ar hyd y ffordd tuag at Capel Bangor.

**2-3** Lle mae'r ffordd yn cwrrd â throed y bryn serth, mae ffordd yn dyblu'n ôl i'r dde. Dilynwch hon wrth iddi basio fferm Tŷ Cam a mynd i fyny dyffryn cul. Tu ôl i'r fferm nesa mae'r trac yn croesi nant, yna'n mynd ymlaen ar hyd ei hymyl heibio i chwarel, yna i droad islaw ceblau trydan.

**3-4** Ewch yn eich blaen o dan y ceblau ac i fyny heibio pwll ger safle'r ffermdy gwreiddiol. Yn nes ymlaen, mae'r lôn yn pasio bryngaer cyn cyrraedd Hafodau Cottage, lle mae nant yn byrlymu lawr i'r blanhigfa ar y dde.

**4-5** Ewch yn syth yn eich blaen i mewn i wely'r nant; cymerwch ofal yma ar y darnau o graig sy'n dod i'r wyneb. Y wobwr am ddringo'n serth ac ymdopi â'r rhan fach anodd yma yw llwybr ar hyd trac braf, gyda golygfeydd godidog o'r dyffryn islaw. Mae'r llwybr yn mynd yn ei flaen at grib lle ceir golygfa wych o Pumlumon, y copa uchaf yng Ngheredigion. Y copa arall amlwg, sy'n agosach, ac i'r chwith ohonoch chi yw Dysgwylfa Fawr.

**5-6** Disgynnwch yn raddol at ryw fath o groesffordd ger llain o goed sy'n cysgodi fferm Penrhiwlas. Trowch i'r dde ar hyd ffordd darmac sy'n raddol droi'n lôn laswelltog. Y bryn ar y gorwel pell o'ch blaen nawr yw Domen Milwyn, gyda Trawsallt ymhellach i'r dde. Oddi tanoch, dan y ddaear, mae twnnel anferth yn cario dŵr o Nant y Moch i redeg y ddau dyrbin yng Ngorsaf Bŵer Rheidol islaw. Mae'r ffordd yn arwain at Bwa Drain. Mae'r fryngaer o'r un enw â'r fferm i'w gweld yn amlwg ar y gorwel tu ôl i Pwll Dwfa, sy'n derbyn dŵr ar gyfer y cynllun trydan dŵr.

**1-2** From the Dam at Cwm Rheidol proceed west along the road toward Capel Bangor.

**2-3** Where the road meets the foot of the steep hillside a road doubles back right. Follow this as it passes the farm Ty Cam and leads into a side valley. Behind the next farm the track crosses a stream then continues beside it passing a quarry then on to a bend below electricity cables.

**3-4** Continue under the cables and up past a pond near to the site of the original farmhouse. Further on, the lane passes a hillfort before reaching Hafodau Cottage where a stream tumbles down into the plantation on the right.

**4-5** Continue straight on into the stream bed; take care here as there are patches of exposed bedrock. The reward for the steep climb and negotiating this short tricky section is a route along a fine track with panoramic views into the valley below. The climb continues to a crest which opens up a fine view of Plynlimon, the highest summit in Ceredigion. The other prominent peak, nearer and to the left is Dysgwylfa Fawr.

**5-6** A gentle descent leads to a sort of crossroads at a shelter belt that screens the farm Penrhiwlas. Turn right along a tarmac road that is gradually turning into a grassy lane. The hill on the distant skyline ahead now is Domen Milwyn, with Trawsallt further to its right. Beneath you, underground, a giant tunnel carries water from Nant y Moch to power the twin turbines at the Rheidol Power station below. The road leads to Bwa Drain. The hillfort that shares the name of the farm dominates the skyline behind Pwll Dwfa, an intake for the hydro electric scheme.

**6-7** Trowch i'r chwith ar y gyffordd cyn y fferm, i ddringo allan o Gwm Rheidol ochr yn ochr â Nant Bwa Drain, sydd islaw ichi ar y dde. Mae'r afon fach hon hefyd yn cael ei rheoli yma, cyn byrlymu'n ddramatig i lawr o'r golwg, i ymuno â'r Rheidol yn ei dyffryn crog ysblynydd ei hun. Mae'r fferm wynt yn llenwi'r gorwel, gyda llafnau anferth y tyrbinau'n chwyrllo i fwydo'r grid cenedlaethol trwy'r ceblau uwchben.

**7-8** Ar y gyffordd T ger grid gwartheg, trowch i'r chwith i ddringo'n serth i fyny at fferm Penrhiwlas unwaith eto, gyda golygfeydd godidog i'r gorllewin dros Fae Ceredigion. Ewch drwy gât ac yn eich blaen heibio i'r ffermdy.

**8-9** Trowch i'r dde ar y groesffordd, gyda golygfeydd da o Gwmbwrwno isod, a Goginan tu hwnt i hynny yn y dyffryn ymhell islaw. Cymerwch ofal yma ar y darnau o graig sy'n dod i'r wyneb lle mae'r trac wedi'i naddu i mewn i ochr y bryn. Ewch ymlaen dros y grib i adael dyffryn Melindwr swllyd ar eich ôl a dychwelyd i ddyffryn cul dipyn tawelach unwaith eto. Mae'r trac yn dilyn y grib i gyfeiriad cyffredinol Pendinas, y fryngaer amlwg uwchlaw Aberystwyth.

**9-10** Ar groesffordd, heibio gât fawr gyda gât mochyn ar un ochr iddi, trowch i'r chwith i ddisgyn lawr i darmac, heibio fferm Hafodau, sy'n swatio yn y cwm. Mae'r tarmac yn dod i ben yn raddol wrth i'r llwybr ddringo i fyny i gopa'r bryn, a dilyn y grib am ychydig ar hyd rhan arall braf o'r llwybr, cyn dechrau disgyn yn raddol yn ôl i'r dyffryn islaw.

**10-1** Yn y man, byddwch yn dod at y gyffordd ar y trac a ddefnyddiwyd i fynd i fyny. Trowch i'r dde i'w ddilyn yn ôl heibio'r fryngaer, dan y ceblau, heibio'r ddwy fferm ac yn ôl i'r ffordd.

**6-7** Turn left at the junction just before the farm to climb out of the Rheidol valley alongside Nant Bwa Drain, below on the right. This small river too is regulated here, before tumbling dramatically down out of sight to meet the Rheidol in its own spectacular hanging valley. The wind farm dominates the skyline, the giant blades of the turbines churning round to feed the national grid through cables overhead.

**7-8** At the T junction by a cattle grid turn left to climb steeply up towards the farm Penrhiwlas once more with fine views out west to Cardigan Bay. Pass through a gate and continue past the farmhouse.

**8-9** Turn right at the crossroads with fine views to Gwmbwrwno below with Goginan beyond in the valley way below. Take care here as there are sections of exposed bedrock where the track has been hewn out of the hillside. Continue over the crest of the ridge to leave the noisy Melindwr valley behind and return to the rather more tranquil side valley once again. The track follows the crest of the ridge heading in the general direction of Pendinas, the prominent hillfort above Aberystwyth.

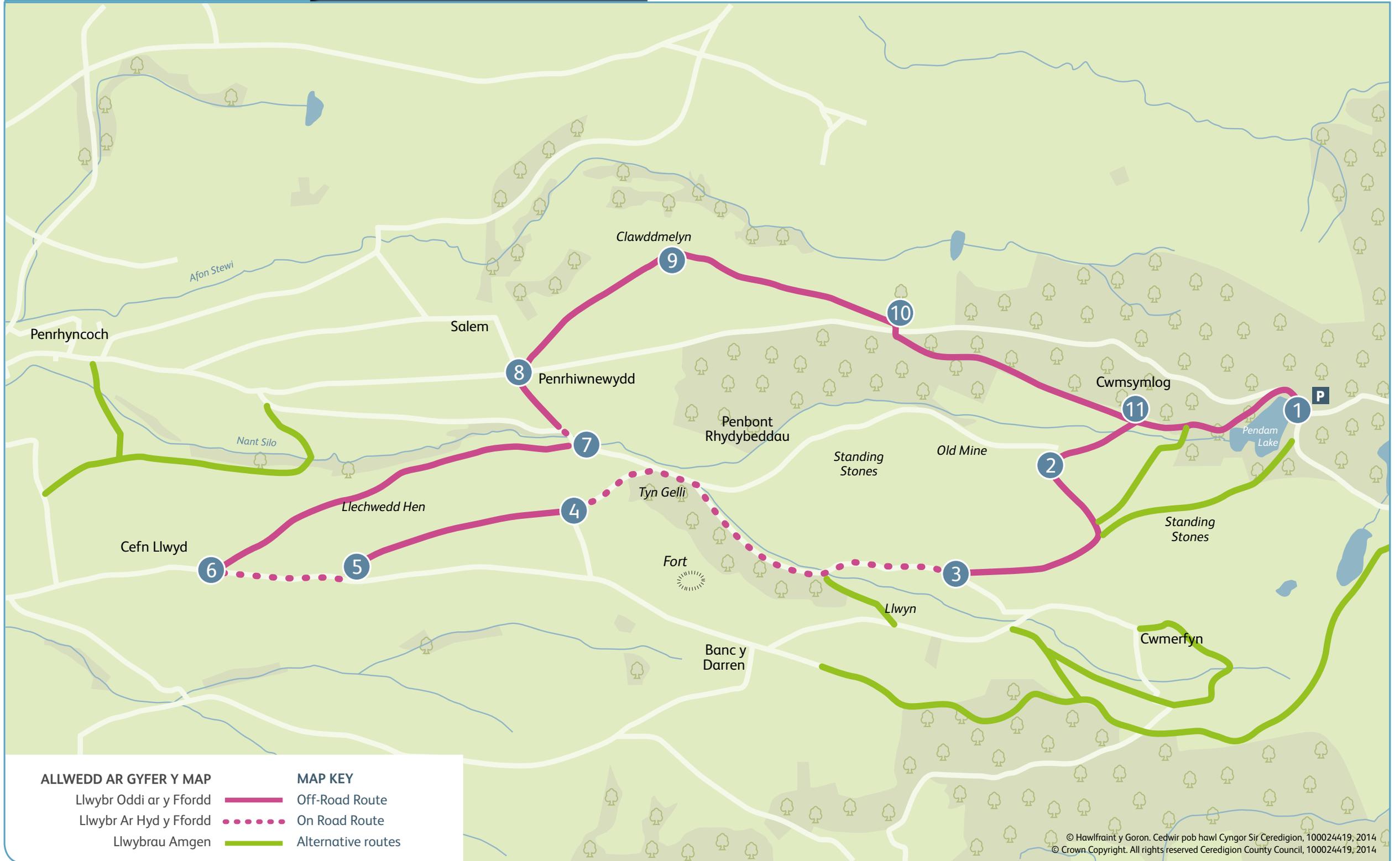
**9-10** At a crossroads past a gate with a kissing gate beside it turn left to drop down on tarmac past the farm Hafodau, nestled in the cwm. The tarmac peters out as the route climbs up onto the next ridge and follows the crest for a short while in another fine location before beginning the descent back down into the valley below.

**10-1** Presently the junction is reached on the track used in ascent. Turn right to follow it back down past the hillfort, under the cables, past the two farms and back onto the road.



Cychwyn | Start: SN711 838

Pellter | Distance: 9m / 14km



**ALLWEDD AR GYFER Y MAP**

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

**MAP KEY**

Off-Road Route

On Road Route

Alternative routes

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**Sylwadau:** Traciau da ar y cyfan gyda golygfeydd gwych. Mae'r llwybr yn esgyn ac yn disgyn yn serth unwaith.

**Cychwyn:** Mae'r daith hon yn cychwyn ym maes parcio Pendam sydd â lle parcio addas ar gyfer cerbydau cludo ceffylau.

**Mapiau:** OS Landranger 135; OS Explorer 213

**Cyfeirbwyntiau:**

1) SN711838 2) SN698836 3) SN692830 4) SN672833 5) SN661830 6) SN654830 7) SN672837  
8) SN670840 9) SN679846 10) SN689843

**Comments:** Mostly good tracks with fine views. One steep climb and one steep descent.

**Start:** This route starts at Pendam car park which has suitable space for vehicles with horseboxes.

**Maps:** OS Landranger 135, OS Explorer 213

**Waypoints:**

**1-2** Gan ddechrau ym maes parcio Pendam, dilynwch y ffordd tuag at Benrhyn-coch, ac ar ôl i'r ffordd wyro i'r chwith mae 'na drac ar y chwith yn mynd heibio Llyn Pendam, dilynwch y trac at groesffordd yn y goedwig. Ewch yn syth yn eich blaen tuag at bentref Cwmsymlog nes bod y trac yn pasio simnai.

**2-3** Mae trac glaswellt ar y chwith yn mynd i fyny'r rhiw ac yn gwyro i'r chwith at gât. Ewch ar draws y cae gan anelu at gât yn y gornel dop, ewch drwy'r gât a throi i'r dde ar drac caled. Dilynwch hwn i lawr y rhiw, ac wrth i'r trac droi i'r chwith ewch yn syth ymlaen i gae, a chan gadw'r ffens ar y dde ichi, ewch ymlaen nes ichi gyrraedd y ffordd.

**3-4** Trowch i'r dde ar hyd y ffordd, ac ym mhentref Pen-bont Rhydybeddau, cadwch i'r chwith, ac yna cymryd y ffordd gyntaf ar y chwith i fyny'r rhiw.

**4-5** Ar droad siarp i'r chwith ewch yn syth ymlaen ar lwybr ceffyl a dilyn llinell y ffens trwy nifer o gaeau, cyn mynd trwy gât fach metel yn y ffens ger peilon trydan. Croeswch y cae nesa gan anelu am y ffordd. Ewch drwy'r gât sydd i'r chwith o'r grid gwartheg.

**5-6** Trowch i'r dde ar hyd y lôn dawel hon, gan gymryd y llwybr ceffyl ar y dde cyn y rhes o dai ym mhentref Cefn Llwyd.

**1-2** Start at Pendam car park, follow the road towards Penrhyncoch, on rounding a left hand bend there is a track on the left passing around Llyn Pendam, follow this track until it emerges onto a crossroads in the forestry, carry straight on down towards Cwmsymlog village until the track passes a chimney.

**2-3** A grassy track on the left goes uphill and bears round to the left to a gate. Proceed diagonally across the field to a gate in the corner, pass through this and bear right onto a hard track, follow it downhill, as the track bends left follow straight on into a field, keeping the fence on your right continue on until meeting the road.

**3-4** Turn right along the road, in the village of Penbont Rhydybeddau, stay left, and then take the first road on the left up the hill.

**4-5** At a sharp left hand turn in the road continue straight onto the bridle path and follow the fence line through a series of fields, taking a small metal gate in the fence line near an electric pylon. Cross this field diagonally to the road passing through a bypass gate to the side of the cattle grid.

**5-6** Turn right along this quiet lane, taking a bridle path on the right before the houses of Cefn Llwyd village start.

**6-7** Mae'r llwybr ceffyl yn croesi'r cae tuag at gât ac yn dilyn y ffens i lawr heibio sguor, gan ymuno â thrac i Llechwedd Hen, lle mae'r llwybr yn croesi o flaen y tŷ i ymuno â hen lôn. Dilynwch y ffens i lawr drwy'r caeau, a heibio i hen ffermdy Tŷ'n Gelli, i ymuno â'r ffordd.

**7-8** Croeswch y bont ar y chwith ac yn union wedyn trowch i'r dde i fyny'r rhiw tuag at Penrhinnewydd, ac i fyny trac glaswellt i gyrraedd top y grib.

**8-9** Ewch allan i'r ffordd a'i chroesi i ddilyn trac i fferm Clawddmelyn.

**9-10** Cymerwch drac ar y dde i ddringo'r rhiw ac i ffordd o'r ffermdy. Ewch drwy gât ar y top a dilyn y trac at gât arall, lle welwch chi gât yn y ffens uwchlaw ichi ar y chwith. Croeswch y cae, gan anelu am y gornel chwith dop ac ewch drwy'r gât i'r ffordd.

**10-11** Croeswch y ffordd a mynd mewn i goedwig, a chan gadw i'r chwith, arhoswch ar y trac caled hwn nes ichi ddod at groesffordd, fydd yn gyfarwydd ichi. Dilynwch y trac i'r chwith i fyny'r rhiw ac mi fyddwch chi'n dychwelyd i'r ffordd ac yna'r maes parcio. Mae'r goedwig yn yr ardal hon ar agor i geffylau, felly mae digon o gyfle i grwydro. Mae hon yn ardal beicio mynydd brysur ac mae nifer o'r llwybrau'n rhai aml-ddefnydd.

**6-7** The bridle path crosses the field diagonally to a gate and follows the fence-line down past a barn and joins a track to Llechwedd Hen, where the path passes in front of the house to join an old lane. Follow the fence-line down through fields past the old farmhouse called Ty'n Gelli, to join the road.

**7-8** Cross the bridge on the left and just afterwards turn right up the hill towards Penrhinnewydd, and up a grassy track to climb to the top of the ridge.

**8-9** Emerge onto the road and cross straight over to proceed down the track leading to Clawddmelyn farm.

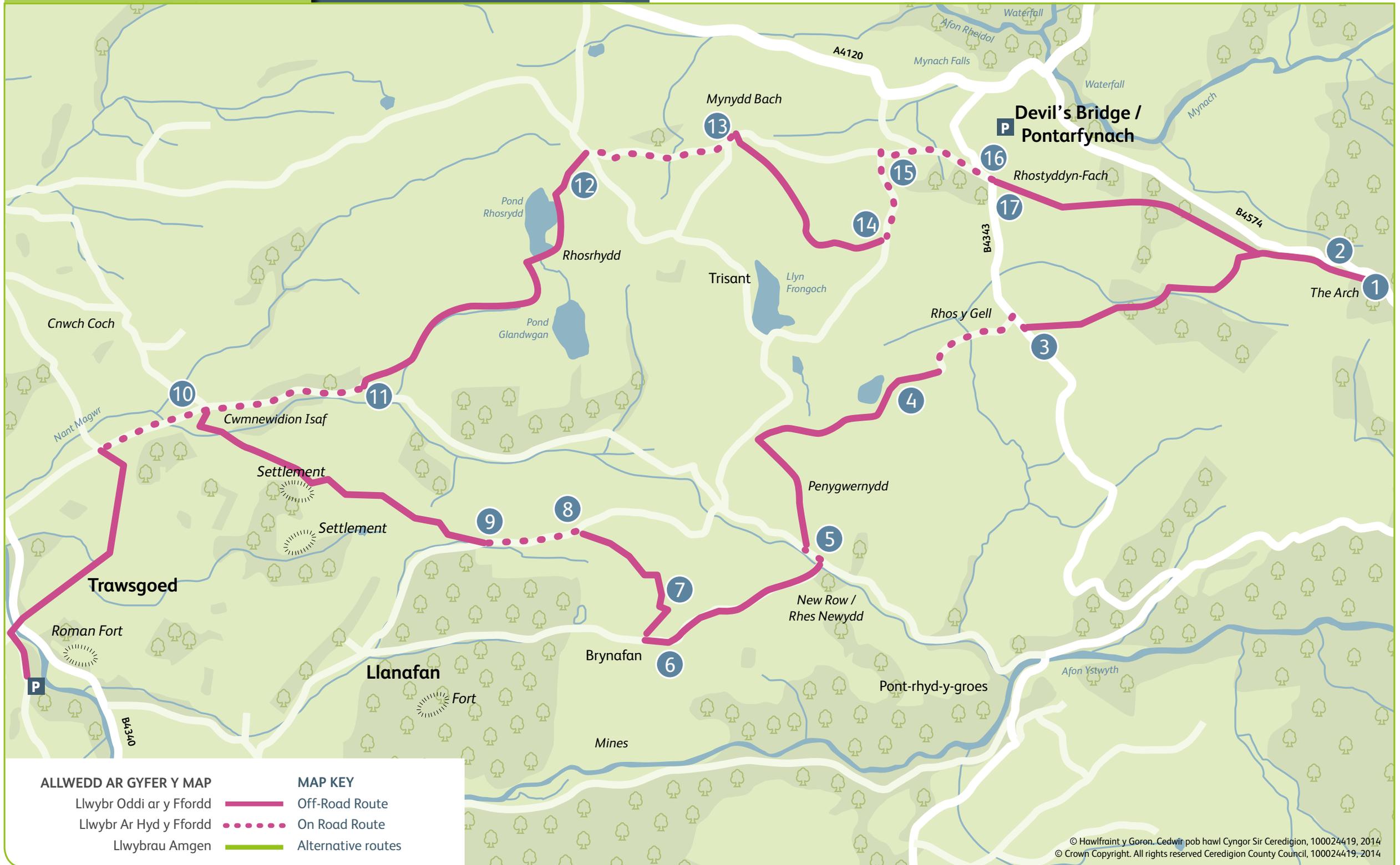
**9-10** Take a track on the right to climb up the hill and away from the farmhouse. Through a gate at the top and follow the track to a further gate, where a gate in the fence line above and to the left can be seen, cross the field bearing to the left top corner and emerge on to the road.

**10-11** Cross over the road to enter forestry, and bear to the left, stay on this hard track until approaching a crossroad where you will find yourself on familiar ground, take the left hand track uphill and you are returning to the road and then onto the car park area. The woodland in this area is horse access woodland so plenty of scope to explore. This is a busy mountain biking area and many of the trails are multi use.



Cychwyn | Start: SN765 755

Pellter | Distance: 16.5m / 26.5km



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**Sylwadau:** Mae hon yn gylchdaith hyfryd gyda nifer o olygfeydd amrywiol. Gellir cwtdogi'r daith neu ei hamrywio trwy ddefnyddio'r llwybrau cyswllt rhwng Rhos y gell, Mynydd Bach a Brynamllwg.

**Cychwyn:** Disgrifir yma'n cychwyn o faes parcio'r Comisiwn Coedwigaeth ger y Bwa SN765755. Man cychwyn arall posib fyddai Black Covert, Trawsgoed.

**Mapiau:** OS Landranger 135, OS Explorer 213

**Cyfeirbwyntiau:**

- 1) SN765755 2) SN764755 3) SN740751 4) SN730747 5) SN724735 6) SN724734 7) SN713730  
 8) SN707736 9) SN701736 10) SN680745 11) SN691747 12) SN708764 13) SN718764 14) SN729758  
 15) SN729764 16) SN736762 17) SN737762 18) SN757757

**Comments:** This route is a fine circle through a variety of scenery. The route can be shortened or varied using the links between Rhos y gell, Mynydd Bach and Brynamllwg.

**Start:** Described here commencing from the Forestry Commission car park at the Arch SN765755. Another possible starting point is at Black Covert, Trawsgoed.

**Maps:** OS Landranger 135, OS Explorer Map 213

**Waypoints:**

**1-2** O'r Maes Parcio, disgynnwch i gyfeiriad y gorllewin heibio'r bwa, gan ymuno â llwybr ceffyl ar y chwith.

**2-3** Ar ôl yr ail grid gwartheg, ewch i'r chwith ar gyffordd, a dringo dros y grib cyn disgyn ar hyd darnau o darmac. Pasiwch dŷ gwag a mynd i mewn i blanhigfa conifer gan groesi nant. Ewch ymlaen ar hyd trac garw sy'n mynd i lawr y cwm. Mae'r trac yn gadael y goedwig ac yn croesi tir glas cyn troi'n lôn gaeedig sy'n arwain lawr at y ffordd.

**3-4** Trowch i'r dde ar hyd y ffordd ac yna i'r chwith ar unwaith ar hyd lôn darmac sy'n disgyn tuag at bentref bach Rhos y Gell. Mae'r ffordd yn dringo at droad siarp lle mae llwybr ceffyl yn mynd i'r dde. Dilynwch y trac hwn, sy'n mynd ar hyd ymyl y gors, at gyffordd gyda chyfeirbwynt cyn y llyn.

**4-5** Ewch yn eich blaen gan ddilyn ymyl y llyn. Mae'r trac yn disgyn at dŷ sydd bellach yn adfail. Trowch i'r dde heibio'r tŷ at safle hen fwynglawdd Frongoch. Cadwch i'r chwith islaw'r felin lifio, yna i'r chwith eto, a chan ddilyn y cyfeirbwyntiau, dilynwch drac trwy fwynglawdd segur i ymuno â thrac fferm i Penygwernydd.

**5-6** Trowch i'r chwith ac yna bron ar unwaith cymerwch y ffordd darmac i'r dde (Arwyddbost Llanafan).

**6-7** Mae rhiw serth yn arwain at bentref bach Brynafan. Ar ôl y copa olaf trowch i'r dde ar groesffordd, i lawr lôn gyda chlwtwr o dai ar y chwith.

**1-2** From the Car Park descend west past the arch and enter bridleway on the left.

**2-3** After the second cattle grid, go left at a junction and climb up over the ridge to descend, on stretches of tarmac. Pass a derelict house and enter a conifer plantation to cross a stream. Continue on a rough track heading down the valley. The track leaves the forestry and crosses pasture to enter an enclosed lane leading down to the road.

**3-4** Turn right along the road then immediately left along a tarmac lane that descends towards the tiny hamlet Rhos y Gell. The road climbs to a sharp bend from where a bridleway goes off right. Take this track that skirts the bog to a way-marked junction before the lake.

**4-5** Continue ahead to contour round the lake. The track drops down to the ruins of a house. Turn right past the house to the site of the old Frongoch mine. Bear left below the sawmill, then left again following the way-markers, follow a track through the disused mine to join a farm track to Penygwernydd.

**5-6** Turn left then almost immediately take the tarmac road right (signposted Llanafan).

**6-7** A steep climb leads to the hamlet of Brynafan. After the final summit turn right at a crossroads down a lane with a cluster of houses on the left.

**7-8** Gadewch y tarmac i ddilyn lôn gaeedig, gan fynd yn syth yn eich blaen gyda'r gwrych, yna trowch i'r chwith ar ddiwedd y lôn i groesi cae. Ar ôl ail gât, sydd i'w gweld yn eitha' clir ar y gorwel, trowch i'r chwith i basio'r sguor, ac anelu am y tŷ sydd ar y gorwel nesaf. Pasiwch y tŷ ac ymuno â'r trac, sy'n arwain lawr at ffordd darmac.

**8-9** Trowch i'r chwith ar hyd hon i basio cwpwl o dai, yna trowch i'r dde yn syth ar ôl y rhain i ddilyn trac arall, sy'n croesi'r rhiw trwy lwyni gors.

**9-10** Mae'r llwybr yn dringo'n serth am ychydig i gât ar y chwith. Ewch drwyddi a dilyn trac i gât arall ger llociau defaid, trowch i'r dde i dir agored, gan anelu am bostyn cyfeirbwynt ar y copa, cyn disgyn at fynedfa gât islaw. Ewch i lawr ar eich pen i groesi nant fach. Cadwch i'r chwith ar drac annelwig sy'n arwain at y ffens, yna mae'r llwybr yn pasio trwy goetir, cyn dod allan mewn cae sy'n arwain lawr at y rhyd dros yr afon ger pont bren. Dilynwch y trac i fyny a heibio'r tŷ i gyrraedd y ffordd.

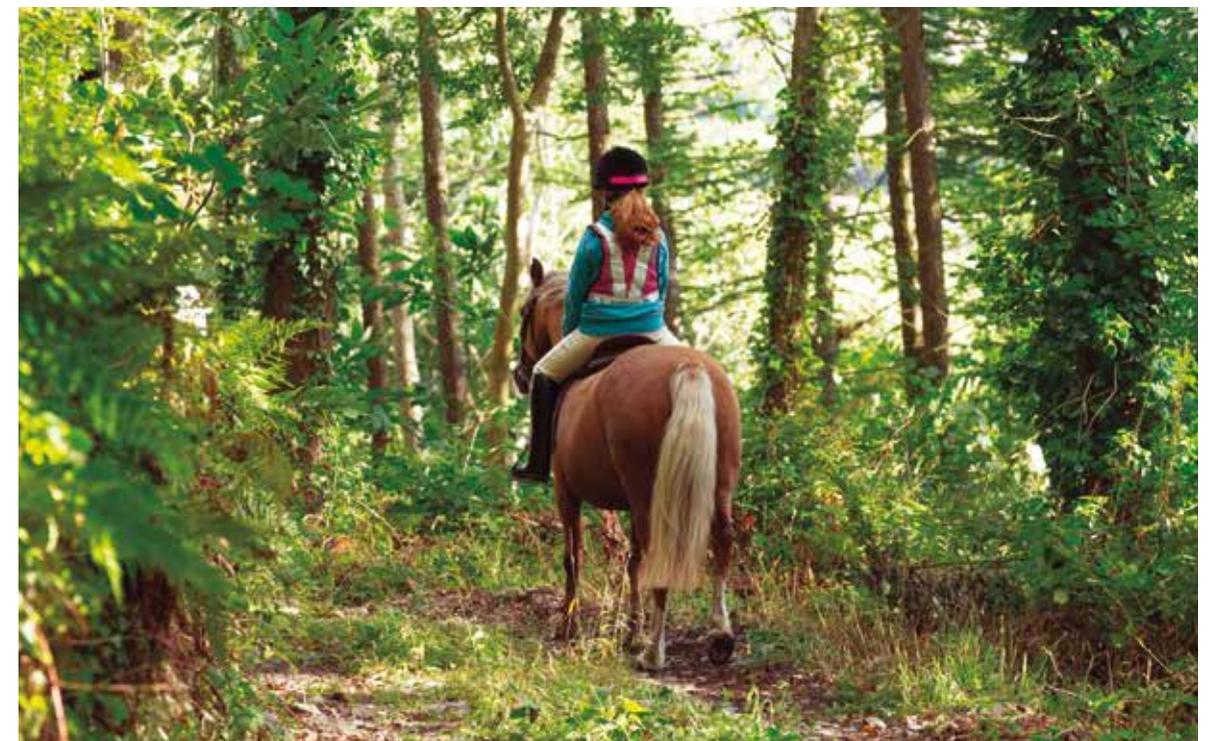
**10-11** Trowch i'r dde a dilyn y ffordd, yna cymryd llwybr ceffyl sy'n croesi'r llechwedd ar y chwith.

**7-8** Leave the tarmac to enter an enclosed lane carrying straight on beside the hedge, then exit left at the end of it to cross a field. After the second gate, which is quite prominent on the skyline, turn left to pass by the barn and make for the house on the next skyline. Pass the house and pick up the track, which leads down to a tarmac road.

**8-9** Turn left along this to pass by a couple of houses then turn right immediately after these onto another track that traverses the hillside through gorse bushes.

**9-10** A short steep rise leads to a gate on the left, go through it and follow a track to another gate by sorting pens, turn right onto open ground, making for a way-marker post on the summit, then descend to a gateway below. Drop down steeply to cross a small stream. Bear left on a vague track that approaches the fence, the route then passes through woodland before emerging into a field that leads down to a ford across the river near a footbridge. Follow the track up and past the house to meet the road.

**10-11** Turn right and follow the road, take a bridleway which traverses the slope on the left.



**11-12** Dilynwch hwn at dŷ ac ewch drwy'r iard. Dringwch gyda'r nant ar y dde, gan basio hen bont garreg, ac anelu am y cwm cul. Dringwch yn serth allan o'r cwm hwn i ddod allan ar gae gwastad. Dilynwch ymyl y cae cyn gadael ar y gornel chwith ac ymuno â thrac. Dilynwch hwn i gyfeiriad yr uchaf o'r ddau bwl, Rhos Rhyd. Mae Pwll Glandwgan islaw ichi i'r dde. Mae'r trac yn croesi'r argae ac yn pasio'r hen dŷ, i gyrraedd y ffordd.

**12-13** Ewch yn syth ar draws ar ffordd darmac, cyn dringo am ychydig i gyrraedd cyffordd.

**13-14** Ewch yn syth yn eich blaen, cymerwch drac ar y dde, a dilyn hwn ar hyd y grib. Ar ôl pasio mast mae'r trac yn disgyn at gât. Ewch drwyddi a gwyro i'r dde ar y dechrau, gyda Llyn Frongoch islaw ar y dde, yna i'r chwith i gyrraedd tŷ. Trowch i'r dde a dilyn ymyl y cae at gât ar y grib, cyn mynd lawr ar eich pen i'r ffordd islaw.

**14-15** Trowch i'r chwith a dilyn y ffordd i lawr at groesffordd (mae'r ffordd o'ch blaen yn llwybr ceffyl) ger tŷ Brynamlwg.

**15-16** Trowch i'r dde a chario 'mlaen lawr y ffordd darmac. Lle mae'r ffordd yn pantio mae 'na ffordd arall yn ymuno o'r chwith, anwybyddwch hon a mynd yn syth yn eich blaen, cyn troi i'r dde ar y gyffordd nesaf. Dilynwch y lôn dawel hon at y briffordd, gan basio mynediad coedwig gymunedol Coed Pobl ar y dde.

**16-17** Croeswch a mynd yn syth yn eich blaen yn ofalus, cyn troi ar hyd llwybr ceffyl ger Rhostyddyn-Fach.

**17-1** Mae trac glaswelltog yn dringo dros y grib ac yn mynd i mewn i blanhigfa'r goedwig. Ewch drwyddi i ddod allan ar dir glas, ac ewch ymlaen ar hyd y trac i gyrraedd tir cyfarwydd yn ôl at Y Bwa.

**11-12** Follow this to a house and through the yard. Climb with the stream on the right passing by an old stone arched bridge, making for the steep sided valley. Climb steeply out of this valley to emerge onto a flat field, follow the field edge to exit left at the corner onto a track. Follow this towards the higher of the two ponds, Rhos Rhyd. Pond Glandwgan is below to the right. The track crosses the dam, passes by the old house, to reach the road.

**12-13** Go straight across on a tarmac road. A short rise leads to a junction.

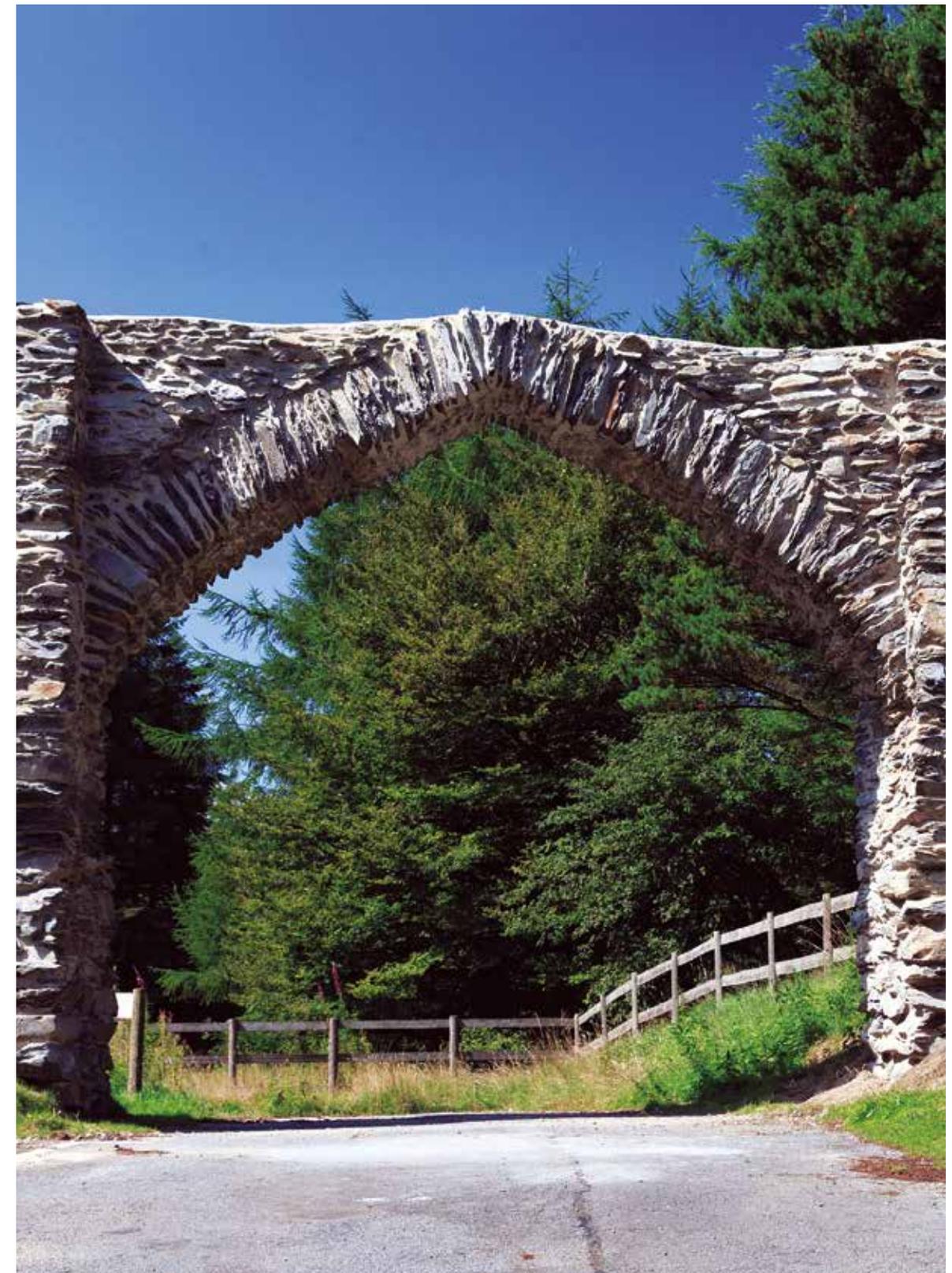
**13-14** Follow straight on, take a track on the right, and follow this along a ridge. After passing a mast the track drops down to a gate, go through this and veer right at first with Llyn Frongoch below on the right, then left to reach a house. Turn right and follow the field edge to a gate on the crest then drop down steeply to the road below.

**14-15** Turn left and follow the road down to a cross roads, (the road ahead is a bridleway) by the house Brynamlwg.

**15-16** Turn right and continue down on the tarmac road, in a dip a road joins from the left, ignore this and continue straight on to turn right at the next junction. Follow this quiet lane to meet the main road passing the entrance to the community woodland Coed Pobl on the right.

**16-17** Cross and go straight ahead with care, turn along a bridleway by the property Rhostyddyn-Fach.

**17-1** A grassy track climbs over the crest and enters the forestry plantation. Go through to emerge on pasture and continue along the track onto familiar ground back to The Arch.



Cychwyn | Start: SN300 422

Pellter | Distance: 10m / 16km



ALLWEDD AR GYFER Y MAP

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

MAP KEY

Off-Road Route

On Road Route

Alternative routes

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**Sylwadau:** Mae hon yn gylchdaith hyfryd ar hyd llwybrau coedwigaeth a lonydd caeedig yn bennaf, gydag adran fer ar ffordd B brysur.

**Cychwyn:** Disgrifir yma'n cychwyn o Felin Geri, Cwm Cou SA38 9PA. Ffoniwch ymlaen llaw i wneud yn siŵr bod lle i barcio (01239) 712856.

**Mapiau:** OS Landranger 145, OS Explorer 185

**Cyfeirbwyntiau:**

1) SN300422 2) SN300421 3) SN310425 4) SN311427 5) SN318431 6) SN316433 7) SN315436  
8) SN317444 9) SN318446 10) SN328440 11) SN333441 12) SN342431 13) SN335421 14) SN330414  
15) SN326414 16) SN321425 17) SN325428

**Comments:** This route is a fine circle mainly through woodland paths and enclosed lanes, with a short section on a busy B road.

**Start:** Described here commencing from Felin Geri Mill, Cwm Cou SA38 9PA, call ahead to confirm availability to park (01239) 712856.

**Maps:** OS Landranger 145, OS Explorer Map 185

**Waypoints:**

**1-2** O'r Maes Parcio disgynnwch i lawr tua'r afon, croeswch y rhyd a mynd trwy gât ar y lôn gaeedig.

**2-3** Yn Fferm Pantglas trowch i'r chwith a dilyn y trac i'r ffordd.

**3-4** Trowch i'r chwith ar hyd y ffordd a'i dilyn i'r dyffryn islaw. Ar droad i'r chwith, trowch i'r dde i ddilyn llwybr ceffyl ger Cwmdu Cottage.

**4-5** Ewch yn syth yn eich blaen rhwng y tŷ ac iard y stablau, gan ddilyn trac i lawr y rhiw, a chroesi nant fechan, nes ichi gyrraedd rhyd yn yr afon.

**5-6** Croeswch yr afon a dilyn y trac i fyny i Fferm Dinas Ceri.

**6-7** Mae'r llwybr yn troi i'r dde fan hyn ac yn dilyn ffordd fach, sy'n troi i'r chwith ac i fyny'r rhiw. Mae 'na ddarnau o graig yn dod i'r wyneb fan hyn ac mae angen bod yn ofalus.

**7-8** Trowch i'r chwith i ddilyn trac i mewn i'r goedwig, sy'n dod i ben ar ffordd darmac.

**8-9** Trowch i'r dde ar hyd y ffordd hon, gan ddisgyn yn raddol, cyn troi i'r dde i Fferm Dolgian.

**9-10** Mae'r llwybr yn pasio trwy iard y fferm, rhwng yr adeiladau ac i fyny'r bryn, nes ei fod yn ymuno â thrac sy'n arwain at dir pori. Croeswch y caeau at gât a lôn gaeedig, sy'n dod i ben ger y trac i Bengelli. Cadwch i'r chwith a dilyn lôn y fferm i'r ffordd.

**1-2** From the Car Park descend down towards the river, crossing at the ford and passing through a gate on the enclosed lane.

**2-3** At Pantglas Farm turn left and follow track to road.

**3-4** Turn left along the road and follow down to the valley bottom, at a left hand turn in the road, turn right onto a bridleway at Cwmdu Cottage.

**4-5** Continue ahead between the house and stable yard following a track downhill, crossing a small stream until reaching a river crossing.

**5-6** Ford the river and follow the track up to Dinas Ceri Farm.

**6-7** The route turns right here and follows an unclassified road which bends round to the left and uphill. There are areas of exposed bedrock here and care needs to be taken.

**7-8** Turn left onto a track in the woods which ends on a tarmac road.

**8-9** Turn right along this road, down a gentle descent, turning right into Dolgian Farm.

**9-10** The route passes through the farmyard between the farm buildings up the hill, until joining a track which leads up onto pasture land. Crossing the fields to a gate and an enclosed lane which ends at the track to Pengelli, bear left and follow the farm lane to the road.

**10-11** Trowch i'r chwith a dilyn y ffordd at groesfan, trowch i'r dde tuag at Blaengwenllan Cross.

**11-12** Ewch yn syth ymlaen ar y groesffordd nes ichi gyrraedd cyffordd T lle mae'r llwybr yn troi i'r dde. Lôn fferm ar y dde yw dechrau'r llwybr ceffyl ger fferm Llwyncadfor.

**12-13** Ewch yn syth ymlaen i lawr y lôn i'r fferm, gan basio sguor ar y chwith, at gât a thrac sy'n mynd lawr i'r dyffryn. Mae'r trac yn gwyro i'r chwith at gât ger ffens hela, ac ymlaen at ryd fechan.

**13-14** Trowch i'r chwith i ddilyn lôn dawel, gan aros arni nes ichi gyrraedd yr A475 yn Llandyfriog.

**14-15** Trowch i'r dde i ymuno â'r ffordd brysur hon a'i dilyn am 380 metr, lle mae llwybr ceffyl yn mynd i'r dde i fyny trac glaswelltog.

**15-16** Ewch i fyny'r trac lle mae'n gwyro i'r chwith trwy gât ac yna i'r dde i fyny hen lôn las hyfryd. Ymhen hir a hwyr mae'r lôn yn troi'n drac fferm, sy'n pasio Fferm Blaenant ac ymlaen i'r B4571. Mae'r rhan fer yma o'r daith ar hyd ffordd B brysur.

**16-17** Trowch i'r dde a dilyn y ffordd i bentref Blaen-Cil-Llech. Ar ddiwedd y tai ar y chwith dilynwch y trac i Fferm Cil-Llech.

**17-1** Mae'r llwybr yn mynd heibio'r fferm ar drac sy'n mynd i'r chwith a thu ôl i adeiladau'r fferm, nes ei fod yn dechrau disgyn i lawr y bryn heibio gwrychoedd uchel. Mae'r trac yn gwyro i'r dde ac yn mynd ar hyd ymyl cae, cyn croesi nant fach i gât yn y cwm coediog. Ewch drwyddi a chadw i'r chwith ar hyd trac llydan sy'n dilyn yr afon. Yn fuan mi welwch chi'r rhyd lle wnaethoch chi groesi'r afon ar ddechrau'r daith, a byddwch yn dychwelyd dros dir cyfarwydd i'r man cychwyn.

**10-11** Turn left and follow the road to a crossroads, turn right towards Blaengwenllan Cross.

**11-12** Continue straight on at the crossroads until reaching a T junction where the route turns right, a farm lane on the right is the start of the bridleway at Llwyncadfor farm.

**12-13** Go straight down the lane to the farm passing a barn on the left to a gate and a track heading down into the valley. The track bears to the left to a gate beside a hunt fence, and onto a small ford.

**13-14** Turn left onto a quiet lane and follow until reaching the A475 at Llandyfriog.

**14-15** Turn right onto this busy road and follow for 380 metres, where a bridleway goes right up a grassy track.

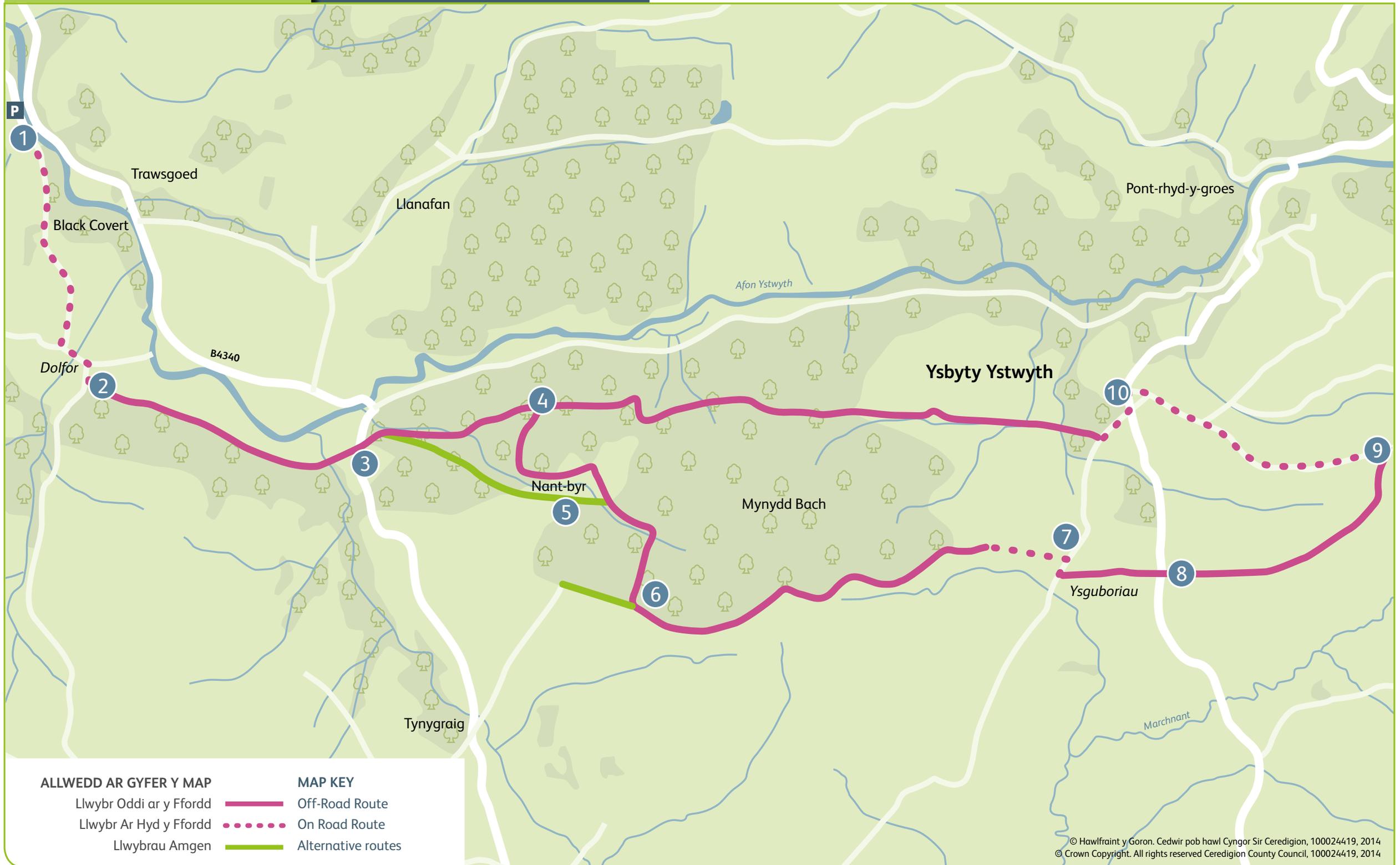
**15-16** Follow up the track where the track bears left through a gate and then right up a lovely old grassy lane. The lane eventually turns into a farm track passing Blaenant Farm and onto the B4571. This is a short section on a busy B road.

**16-17** Turn right and follow road to Blaen-Cil-Llech village, at the end of the houses on the left take the farm track to Cil-Llech Farm.

**17-1** The route skirts the farm on a track passing to the left and behind the farm buildings until it starts to drop downhill between high hedges. The track bears round to the right and skirts the field, before crossing a small stream to a gate into the wooded valley. Pass through this and bear to the left on a wide track by the side of the river. The river crossing from the start of the route will soon be seen and return to the start point over familiar ground.

Cychwyn | Start: SN667 726

Pellter | Distance: 14m / 22km



ALLWEDD AR GYFER Y MAP

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

MAP KEY

Off-Road Route

On Road Route

Alternative routes

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**Sylwadau:** Mae'r daith hon yn dilyn lonydd gwledig tawel, ffyrdd coedwigaeth, ac ucheldir.

**Cychwyn:** Disgrifir yma'n cychwyn o faes parcio Black Covert, Trawscoed

**Mapiau:** OS Landranger 135, OS Explorer 213

**Cyfeirbwyntiau:**

1) SN667726 2) SN669714 3) SN686711 4) SN696713 5) SN700708 6) SN702701 7) SN728704  
8) SN733703 9) SN747711 10) SN730711

**Comments:** This route follows quiet country lanes, forestry roads, and upland pasture.

**Start:** Described here commencing from the car park at Black Covert, Trawscoed.

**Maps:** OS Landranger 135, OS Explorer Map 213

**Waypoints:**

**1-2** Trowch i'r chwith allan o'r maes parcio yn Black Covert a dilyn ymyl y coetir ar y dechrau at gyffordd islaw fferm Dolfor. Trowch i'r chwith, gan ddilyn cyfeirbwyntiau glas Llwybr yr Ystwyth. Dilynwch y ffordd rownd cornel ac yna dringo'n serth wrth ymyl y goedwig i ymuno â llinell segur y rheilffordd ar y chwith cyn y bont.

**2-3** Dilynwch y llinell trwy doriadau trawiadol nes bod gofyn ichi adael i'r chwith cyn y bont nesaf. Dilynwch lwybr igam-ogam trwy'r coed at yr afon. Croeswch yr afon ac ewch ymlaen at y ffordd.

**3-4** Ewch yn syth ar draws ac i mewn i'r goedwig, mae'r trac yn lefelu cyn hir ac mae 'na ddewis o lwybrau. Ewch yn syth ymlaen ar hyd trac i gwrdd â ffordd trwy'r goedwig.

**4-5** Dilynwch y ffordd i'r chwith, gan basio pwll, at gyffordd. Trowch i'r dde, gan ddilyn ffordd trwy'r goedwig sy'n dringo i fyny i blanhigfa. Anwybyddwch lwybr ceffyl arall sy'n mynd i'r chwith ac ewch ymlaen at groesffordd. Gadewch ffordd y goedwig a mynd yn syth yn eich blaen ymhellach i fyny i'r goedwig. Dringwch at droad siarp ger castanwydden fawr uwchlaw'r nant, dilynwch lwybr igam-ogam i'r chwith, yna i'r dde i ddyblu'n ôl ar hyd trac gweddol dywyll sy'n arwain at y nant eto, yna'n dringo ar hyd ei hymyl i adael y goedwig. Mae'r llwybr yn cario mlaen ar hyd ymyl y cae, yna'n dyblu'n ôl ger ceuffos i gyrraedd fferm Nant-byr-uchaf.

**1-2** Turn left out of the car park at Black Covert and follow the woodland edge at first to a junction below Dolfor farm. Turn left, following the blue waymarkers for the Ystwyth Trail. Follow the road round a corner then steeply up beside the forestry to enter the disused railway line on the left before the bridge.

**2-3** Follow the line through impressive cuttings until required to exit left before the next bridge. Zig zag down through the woods to the river. Ford this and continue to the road.

**3-4** Go straight across to enter the woodland, the track levels out shortly and there is a choice of routes. Go straight ahead along a track to meet a forestry road.

**4-5** Continue left along it, passing a pond, to a junction. Go right to continue along a forestry road that climbs up into the plantation. Ignore another bridleway going off left and continue to a crossroads. Leave the forestry road to go straight ahead further up into the woods. Climb to a sharp bend at a large chestnut tree above the stream, zig zag left then right to double back on a rather dark track that leads towards the stream again then climbs beside it to exit the woodland. The route continues along the field edge then doubles back at a culvert to reach the farm Nant-byr-uchaf.



**5-6** Ewch drwy fuarth y fferm at gât sydd wedi'i chuddio rhywfaint tu ôl i'r sgorbor top ar y chwith. O'r fan hon, dringwch at y gât uwchlaw i fynd mewn i'r goedwig unwaith eto, a dringo'n serth i gyrraedd ffordd y goedwig ar gyffordd. Ewch yn syth ar draws yna i fyny'r rhiw, gan anwybyddu ffordd coedwig sy'n ymuno o'r chwith, a dal ati i ddringo, gan groesi nant fechan. Ar ail gyffordd ar y grib, mae'r brynau tu ôl i Dregaron yn dod i'r golwg. Ewch yn syth ymlaen i adael y goedwig, ger bar rhwystro.

**6-7** Trowch i'r chwith a dilyn ymyl y goedwig ar drac da. Dringwch at gyffordd ar y copa a mynd trwy gât cyn disgyn, gan gadw at ymyl y goedwig o hyd, i basio carn hynafol. Mae'r trac yn gadael ymyl y goedwig ar gornel ger wal garreg i ymuno â lôn gaeedig. Ewch yn syth ymlaen, ar darmac nawr, i gyrraedd y ffordd.

**7-8** Mae 'na opsiwn o gwtogi'r daith yn y fan hon drwy droi i'r chwith. Ail-ymunwch ble mae'r llwybr ceffyl yn mynd i'r chwith cyn rhes o dai yn Ysbyty Ystwyth. Fel arall, trowch i'r dde, yna i'r chwith ar unwaith bron i ddilyn llwybr ceffyl sy'n dringo rhwng tai yn Ysguboriau. Ewch dros y grib, yna dilynwch y ddwy res o goed ffawydd sy'n arwain at gât yn y gornel, a lôn gaeedig. Dilynwch y trac eitha' gwlyb hwn i ddechrau, i fyny i'r ffordd, ac ewch yn syth ar draws i'r llwybr ceffyl gyferbyn.

**5-6** Go through the farmyard to reach a somewhat hidden gate behind the top barn on the left. From this climb to the gate above to enter the forestry once more and climb steeply to reach the forestry road at a junction. Go straight across then uphill, ignoring a forestry road that joins from the left to continue climbing, crossing a small stream. At a second junction at a crest, the hills beyond Tregaron come into view. Go straight ahead to exit the forestry, beside a barrier.

**6-7** Turn left and follow the forestry edge on a good track. Climb to a junction at a summit go through a gate and descend, still keeping to the edge of the forestry to pass an ancient cairn. The track leaves the forest edge at a corner by a dry stone wall to enter an enclosed lane, go straight ahead, on tarmac now, to reach the road.

**7-8** There is the option to cut the route short here by turning left. Rejoin where the bridleway goes left just before the row of houses at Ysbyty Ystwyth. Otherwise turn right then left almost immediately on a bridleway that climbs between houses at Ysguboriau. Go over the crest then follow the two rows of beech trees which lead to a gate in the corner and enter the enclosed lane. Follow this rather wet track at first, up to the road and go straight across to enter the bridleway opposite.

**8-9** Cymerwch ofal ar y darn serth cyntaf, daliwch i ddringo, gan basio chwarel segur ar y dde. Mae'r trac yn ymuno ag un arall ger gât. Ewch i'r chwith heibio rhes o goed drain gwynion cam. Ar y dde mae carreg faen yn nodi ble mae'r copa. Cadwch ar y trac da sy'n dilyn y grib tuag at y tomenni pridd, yna croeswch i'r chwith (tua'r gogledd) ar eu traws i ddod at gyffordd ar ben y ffordd.

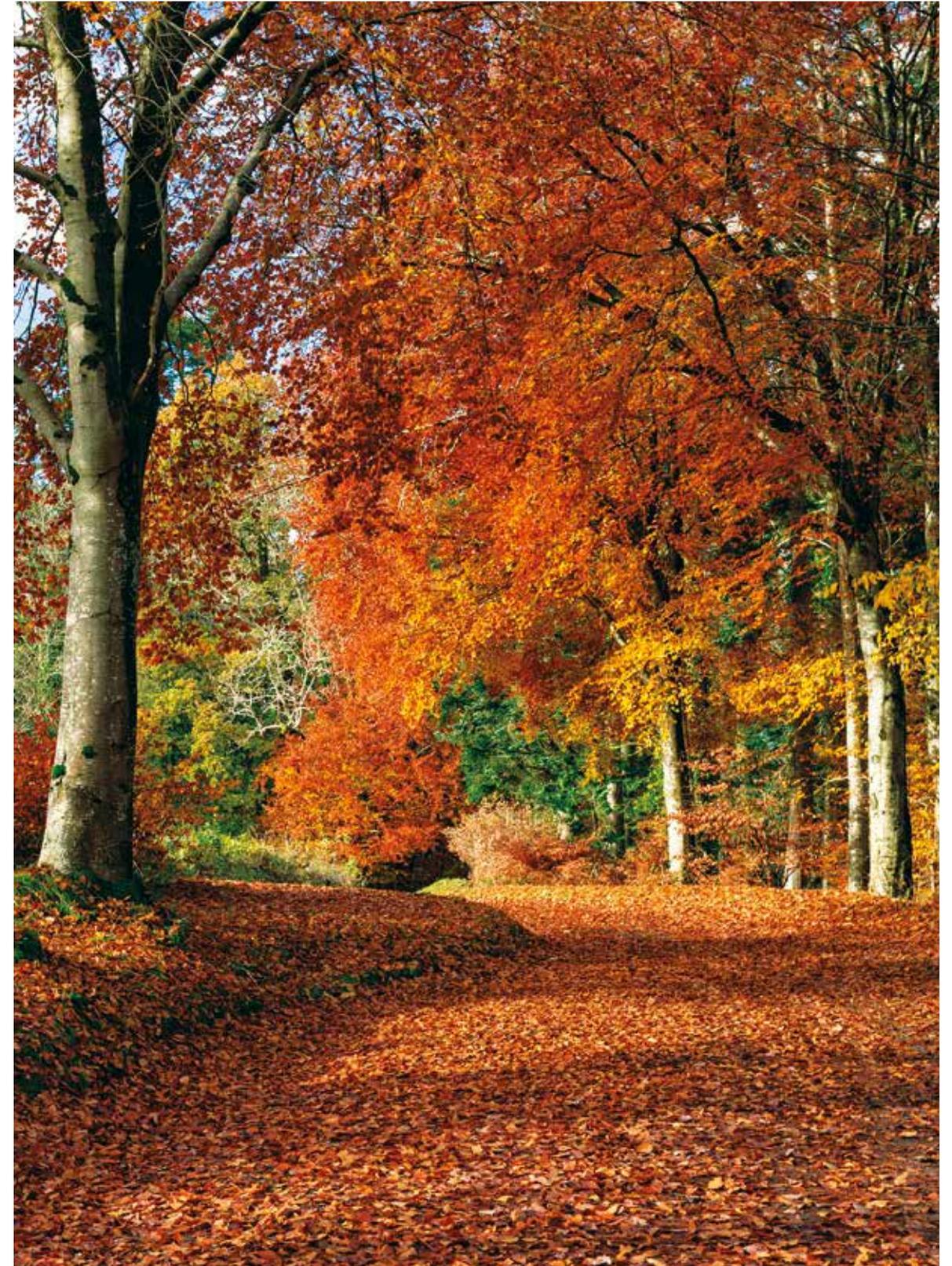
**9-10** Trowch i'r chwith ar y ffordd darnac, tuag at Ysbyty Ystwyth islaw, gan gadw i'r chwith ar gyffordd. Ar gyrraedd y pentref, trowch i'r chwith, yna fforchiwch i'r dde ar ffordd fach sy'n mynd i Ystrad Meurig.

**10-1** Ar ddiwedd y tai mae llwybr ceffyl yn mynd i'r dde. Ewch i lawr ger coed Nadolig a chroesi'r nant ger pont bren, yna dilynwch ymyl y goedwig cyn mynd i mewn i'r blanhigfa ger gât yn y gornel. Croeswch nant arall, yna ewch i'r chwith ar hyd llwybr trwy'r goedwig, i ddod allan ar dir glas unwaith eto. Dilynwch y trac garw hwn yn ofalus ar draws ardal gorsiog ger y nant, cyn dringo i dir sychach ac i mewn i gwm cul. Dringwch i fyny'r cwm tawel, cysgodol hwn, mae 'na chwarel i fyny ar ochr y bryn i'r dde; i'r chwith ohoni mae gât yn arwain i mewn i'r goedwig ar gornel. Ewch i mewn a dringwch i gwrdd â ffordd y goedwig, yna ei dilyn i'r dde i gwrdd ag un arall. Ewch i'r dde eto a dechrau disgyn. Anwybyddwch gyffordd ar y chwith, ac yna ewch yn syth ymlaen ar groesffordd. Yn nes i lawr, lle mae trac yn fforchio i'r chwith i'r goedwig, mae'r llwybr tramwy'n disgyn yn serth i lawr o ffordd y goedwig ger nant. Dilynwch hwn i lawr i ymuno â ffordd y goedwig unwaith eto. Ewch i'r dde, ar dir cyfarwydd erbyn hyn, cyn gwyro i'r chwith ar droad siarp, yna i lawr at gyffordd, yna ewch i'r chwith heibio pwll, fel ym mhwynt 4. O'r fan hon mae'r ffordd yn ôl i'r maes parcio ar hyd y llwybr a deithiwyd ar y dechrau.

**8-9** Take care on this initial steep section, go on up, passing a disused quarry on the right. The track joins another at a gate. Go left past a row of twisted hawthorns. On the right a lone standing stone marks the summit. Keep to the good track that follows the ridge towards the spoil heaps then traverses left (north) across them then on to a junction at the road end.

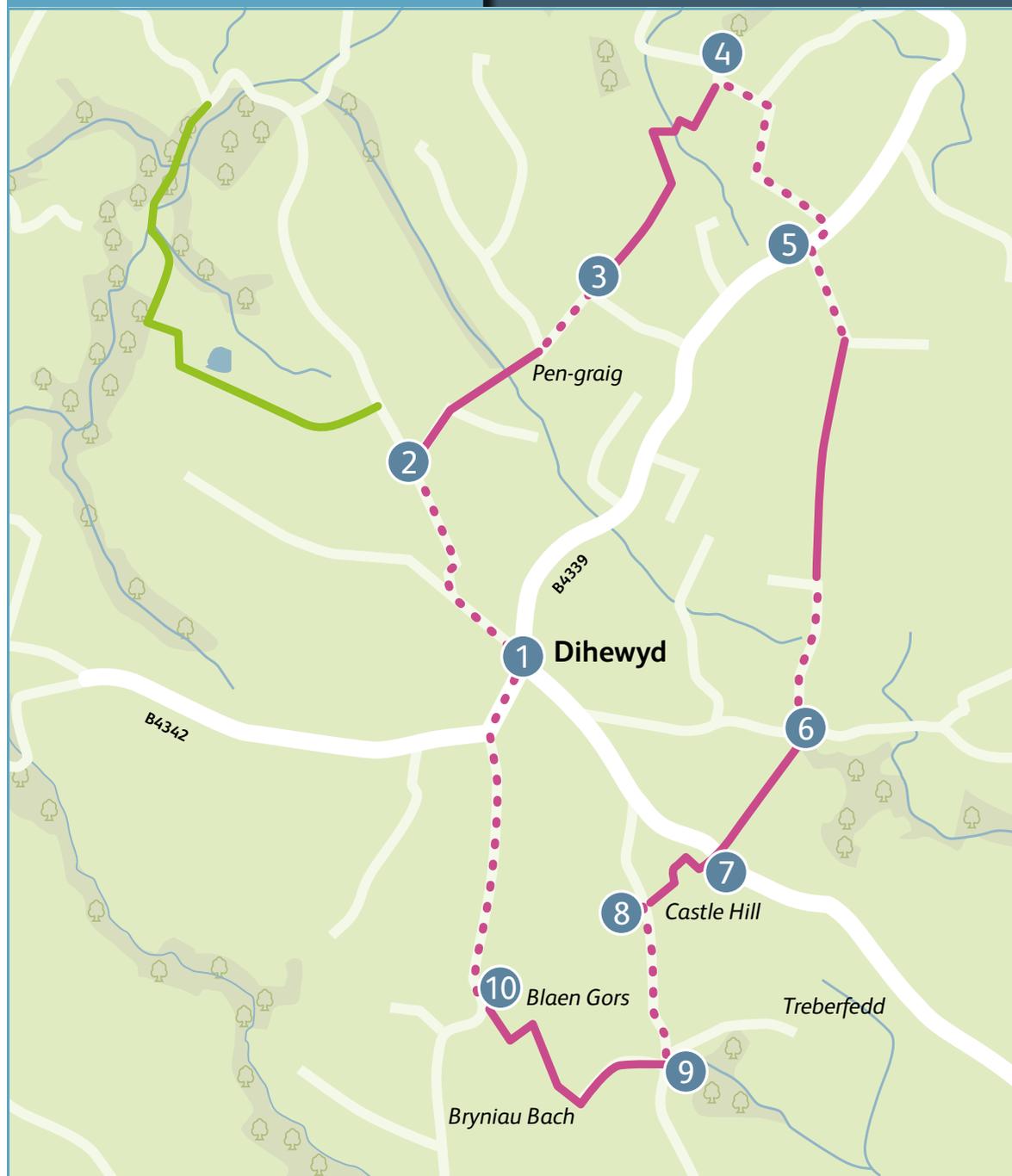
**9-10** Turn left towards Ysbyty Ystwyth below on the tarmac road, continuing left at a junction on the way. On reaching the village turn left, then fork right onto the minor road signposted Ystrad Meurig.

**10-1** At the end of the houses a bridleway goes right. Go down beside Christmas trees to ford the stream beside a footbridge then follow the woodland edge before entering the plantation at a gate in the corner. Cross another stream then go left along a path through the woods to emerge onto pasture once more. Follow this rough track with care across the boggy area beside the stream before rising onto drier ground and entering a shallow valley. Climb up into this quiet sheltered valley, there is a quarry up on the hillside to the right; to the left of this a gate leads into the forestry in a corner. Go in and climb to meet a forestry road and follow it right to meet another. Go right again and start descending. Ignore a junction on the left, and then go straight on at a crossroads. Further down, where a track forks left, diagonally into the woods the right of way drops steeply down right from the forestry road beside a stream. Follow this down to join the forestry road once again. Go right, on familiar territory now, to swing left at a sharp bend then on down to a junction and go left past the pond as in point 4. From here the return to the car park is along the route already travelled.



Cychwyn | Start: SN487 558

Pellter | Distance: 10m / 16km



**ALLWEDD AR GYFER Y MAP**

- Llwybr Oddi ar y Ffordd
- Llwybr Ar Hyd y Ffordd
- Llwybrau Amgen

**MAP KEY**

- Off-Road Route
- ⋯ On Road Route
- Alternative routes

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**Sylwadau:** Mae hon yn gylchdaith fer ar hyd cymysgedd o lwybrau trwy goedwigoedd, caeau agored ac ar hyd lonydd caeedig.

**Cychwyn:** Disgrifir yma'n cychwyn o ganol pentref Dihewyd.

**Mapiau:** OS Explorer 199, OS Landranger 146

**Cyfeirbwyntiau:**

- 1) SN486558 2) SN482565 3) SN489571 4) SN493579 5) SN497574 6) SN496556 7) SN493551
- 8) SN491550 9) SN491544 10) SN485546

**Comments:** This route is a short circular mainly through a mix of woodland paths, open field and enclosed lanes.

**Start:** Described here commencing from the centre of Dihewyd village.

**Maps:** OS Explorer Map 199, OS Landranger 146

**Waypoints:**

**1-2** O ganol y pentref, trowch i'r chwith oddi ar y B4339 i gyfeiriad Ciliau Aeron. Dilynwch y ffordd rownd i'r dde, gan basio'r eglwys ar y chwith.

**2-3** Trowch i'r dde i lawr ffordd darmac tuag at fferm Pengraig. Ar droad i'r dde ewch yn syth ymlaen trwy gât, a dilyn y lôn tuag at nant, lle ceir rhyd bas. Dilynwch y llwybr ar yr ochr arall, gan ddod allan ar y ffordd. Dilynwch y ffordd nes ei bod yn troi i'r dde ger byngalo.

**3-4** Dilynwch y trac fferm gan basio'r byngalo ar y chwith. Ewch ymlaen ar hyd y trac cadarn hwn, i lawr heibio sied, nes bod y llwybr yn troi i'r dde ger clawdd, ac yn dilyn y lôn at gât. Ewch drwy'r gât a chroesi'r nant, gan fynd ymlaen i fyny'r bryn ar hyd hen lôn goediog.

**4-5** Ar ôl cyrraedd y ffordd, trowch i'r dde. Ar ôl tua 170 metr, wrth i'r ffordd wyro i'r chwith, trowch i'r dde ar drac caled a'i ddilyn at y ffordd.

**5-6** Trowch i'r dde ar y B4339, ac ar ôl 90 metr, trowch i'r chwith ar hyd lôn darmac ger adeilad ac arwydd ffordd bengaead ar ochr y ffordd. Dilynwch y lôn nes ei bod yn gwyro i'r chwith, mae'r llwybr yn ymuno â ffordd fach yn y fan hon sy'n union o'ch blaen. Ewch ar hyd y lôn gaeedig nes ei bod yn dod allan i gae, lle mae'r llwybr yn dilyn ymyl y cae nes ei fod yn ymuno â lôn darmac. Ewch yn syth ymlaen ar hyd y lôn darmac i ail-ymuno â'r B4339.

**6-7** Mae'r llwybr yn croesi'r ffordd B i i ymuno â thrac, a phan mae hwnnw'n gwyro i'r chwith mae'r llwybr ceffyl yn mynd syth ymlaen i fyny llethr bach, ac yn mynd trwy ardal fach goediog nes ei fod yn cyrraedd caeau, lle mae'r llwybr yn cario mlaen ar hyd ymyl y cae nes ei fod yn ymuno â'r ffordd.

**1-2** From the Centre of the village turn left off the B4339 for Ciliau Aeron. Follow the road around to the right passing the church on the left.

**2-3** Turn right down a tarmac road towards Pengraig farm, at a right hand bend carry straight on through a gate and follow lane towards a stream where there is a shallow ford. Follow path on other side, exiting onto a road and follow the road straight to a right hand bend in the road by a bungalow.

**3-4** Follow the farm track passing the bungalow on the left. Continue on this firm track down past a shed until the path turns right by the side of a hedge bank, and follows lane to a gate. Pass through the gate to ford a small stream and progress uphill along an old wooded lane.

**4-5** On emerging onto the road turn right, after approximately 170 metres as the road bends left, turn right onto a hard track and follow to the road.

**5-6** Turn right onto the B4339 after 90 metres turn left onto a tarmac lane by the side of a building and a roadside dead end sign. Follow the lane until it bends to the left, the route joins an unclassified road at this point which is straight ahead. Progress along the enclosed lane until it enters fields where the route follows the field edge until joining a tarmac lane. Continue straight ahead along the tarmac lane to join the B4339 again.

**6-7** The route crosses the B road and onto a track from which, as it bends left, the bridle path carries straight on up a small bank and stays in a small wooded area until progressing onto fields where the path stays at the field edge until joining the road.

**7-8** Gan groesi'r ffordd o'ch blaen, mae'r llwybr yn parhau at Castlehill, lle mae'n troi i'r dde ac i mewn i'r cae, gan fynd o amgylch yr adeilad yn groes i gyfeiriad y cloc nes ei fod yn ymuno â'r ffordd.

**8-9** Trowch i'r chwith ar hyd y ffordd hon a'i dilyn am 600m, cyn troi i'r dde i ddilyn y llwybr ceffyl i gyfeiriad Bryniau Bach.

**9-10** Mae'r llwybr yn troi i'r dde trwy gât fach cyn iard y fferm; yma mae'n mynd o amgylch ymyl y cae, cyn mynd i mewn i ardal fach goediog, croesi nant fechan ac yna mynd yn syth i fyny'r cae, gyda'r ffos ar y chwith. Ar dop y cae mae'r llwybr yn gwro i'r chwith ac yn pasio trwy gât, lle mae'n troi i'r dde i fyny llethr bach ac i mewn i berllan fechan ger Blaen Gors. Mae'r llwybr yn dilyn ymyl y berllan cyn ymuno â'r trac i'r tŷ. Trowch i'r dde i ymuno â'r ffordd.

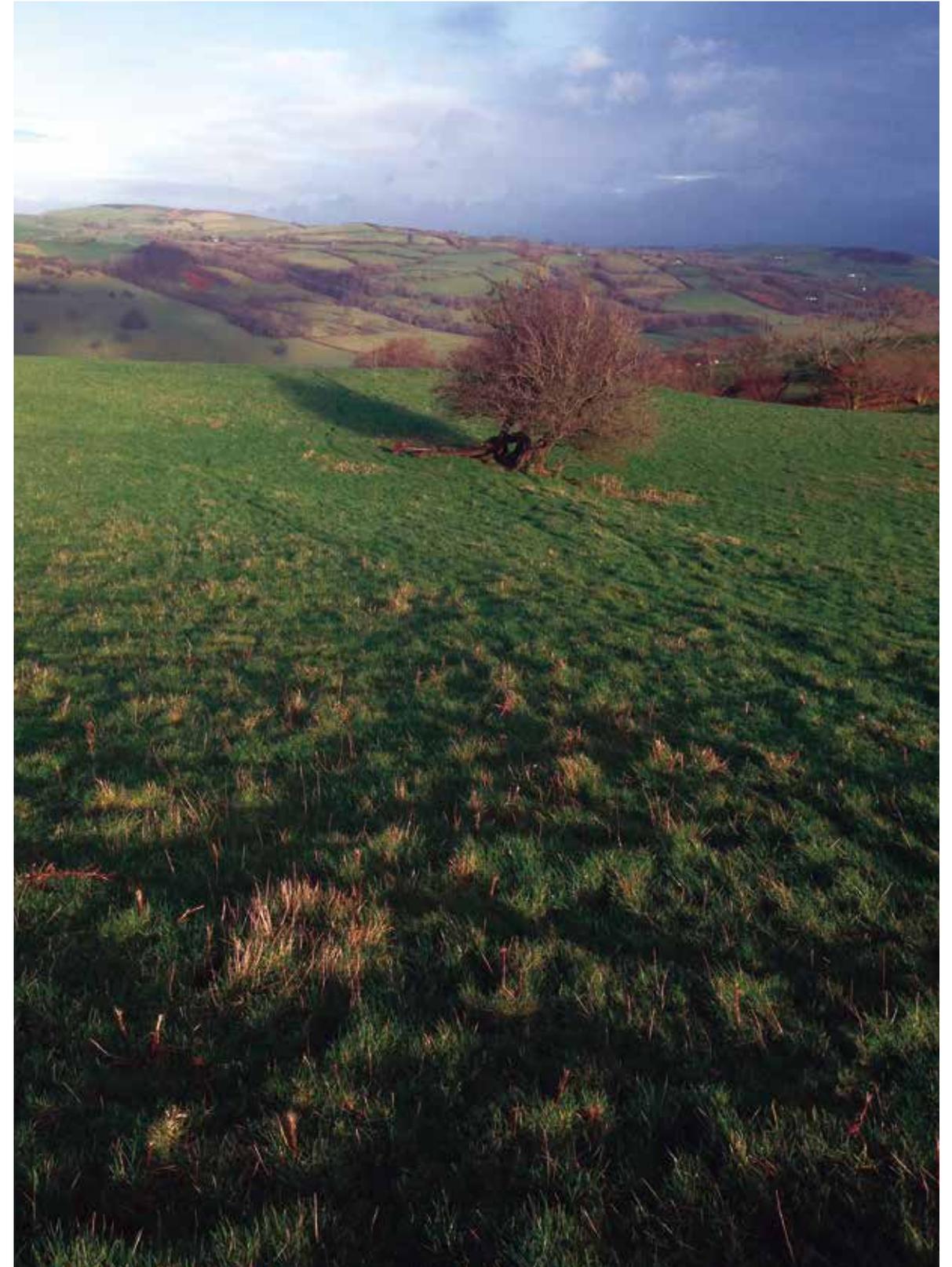
**10-1** Trowch i'r dde a dilyn y ffordd at gyffordd T, lle bydd Dihewyd i'r chwith, a man cychwyn y daith.

**7-8** Crossing the road in front of you, the route continues to the property of Castlehill where it turns right entering the field and skirting the property anticlockwise until joining the road.

**8-9** Turn left along this road, follow for 600m and turn right onto the signposted bridleyway at Bryniau Bach.

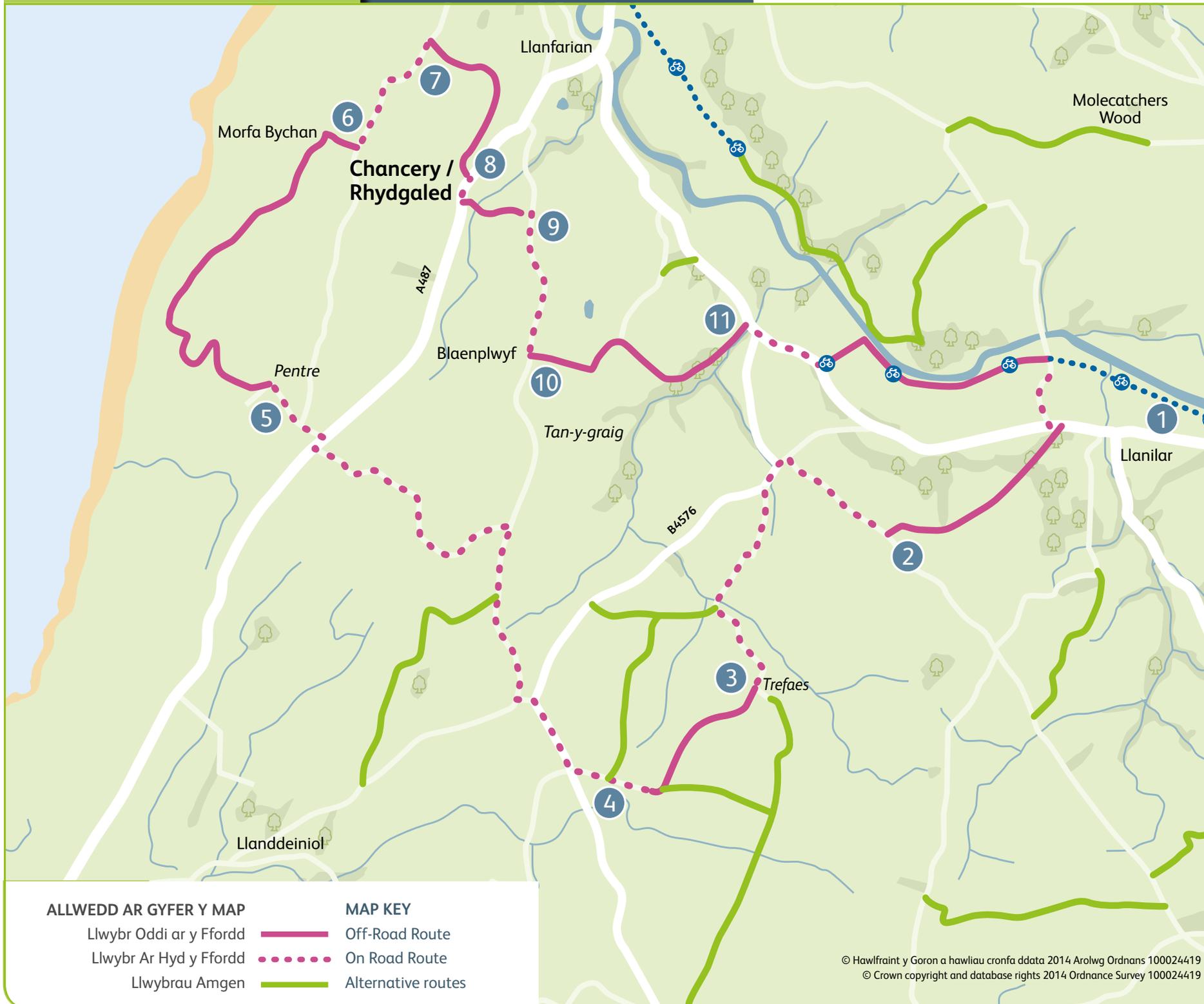
**9-10** The route turns right through a small gate before the farmyard; here it skirts the field edge, exiting into a small wooded area, ford a small stream and then straight up the field keeping the ditch on the left. At the top of the field the route bears left and passes through a gate where it turns right up a short bank into a small orchard at Blaen Gors. The route skirts the edge of the orchard exiting on the track to the property. Turn right to join the road.

**10-1** Turn right and follow the road to a T junction where Dihewyd will be to the left and the start of the route.



Cychwyn | Start: SN625 753

Pellter | Distance: 14m / 23km



**Sylwadau:** Mae'r daith hon yn dilyn lonydd gwledig tawel, traciau glaswelltog, ac ucheldir, gyda golygfeydd arfordirol godidog. Ceir rhannau byr ar hyd priffyrdd all fod yn brysur.

**Cychwyn:** O'r cylchfan bach yn Llanilar mae 'na ffordd yn mynd i'r dwyrain tuag at Trawscoed, ac mae ffordd yn gadael honno ar unwaith ar y chwith, gan basio'r fynwent ac yna'r ysgol. Dilynwch hi i faes parcio.

**Mapiau:** OS Landranger 135, OS Explorer Map 213

**Cyfeirbwyntiau:**

- 1) SN625753 2) SN609743 3) SN599733
- 4) SN587728 5) SN567753 6) SN573769
- 7) SN578776 8) SN580767 9) SN584764
- 10) SN584755 11) SN599758

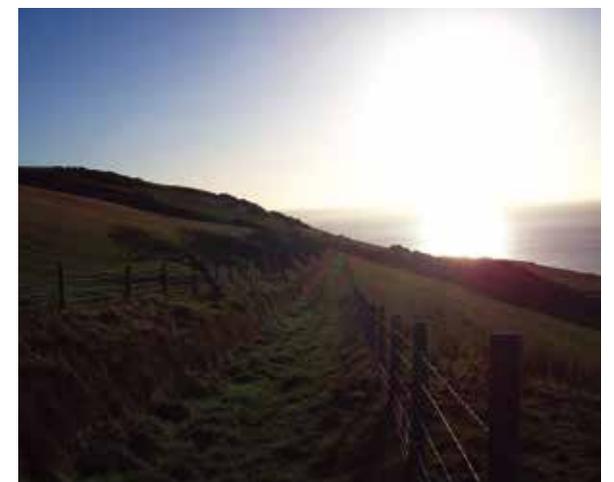
**Comments:** This route follows quiet country lanes, grassy tracks, and upland pasture, with stunning coastal views. Short stretches along potentially busy A roads.

**Start:** From the mini roundabout in Llanilar a B road heads east towards Trawsgoed, immediately a road leaves this on the left, passes the churchyard and then the school, follow it to a car park.

**Maps:** OS Landranger 135, OS Explorer Map 213

**Waypoints:**

- 1) SN625753 2) SN609743 3) SN599733
- 4) SN587728 5) SN567753 6) SN573769
- 7) SN578776 8) SN580767 9) SN584764
- 10) SN584755 11) SN599758



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- 1-2** Dilynwch y cyfarwyddiadau ar gyfer Llwybr Llanilar hyd bwynt 4.
- 2-3** Trowch i'r dde wrth ichi gyrraedd y ffordd nes ei bod yn ymuno â'r B4576 ar droad siarp, ewch yn syth ymlaen, yna cadwch i'r chwith, gan ddilyn y ffordd. Anwybyddwch yr arwydd llwybr ceffyl cyntaf, ac ewch yn eich blaen nes bod y lôn yn gwyrto i'r chwith, a bod 'na arwyddion llwybr ceffyl yn mynd â chi yn syth ymlaen i fyny trac.
- 3-4** Dilynwch y trac nes ei fod yn dod allan mewn cae. Mae'r llwybr yn gwyrto i'r dde fymryn, cyn troi i'r dde i ymuno â thrac glaswelltog, sy'n ymuno â ffordd darmae ac yn mynd ymlaen i ail-ymuno â'r B4576.
- 4-5** Ar y groesffordd, trowch i'r dde, gan gymryd y ffordd nesa ar y chwith at droad yn y ffordd, cadwch i'r dde i fyny'r rhiw a chymerwch y ffordd gyntaf ar y chwith tuag at Blaenplwyf. Ar gyrraedd yr A487, trowch i'r dde ac yna i'r chwith ar unwaith bron, gan ddilyn y ffordd nes ei bod yn gwyrto i'r dde ac mae'r llwybr yn cario syth mlaen. Ewch heibio'r fynedfa i fferm Pentre ar y dde, yna mae'r llwybr yn gadael y lôn i ymuno a thrac ar y dde.
- 5-6** Dilynwch y trac amlwg wrth iddo fynd i gyfeiriad yr arfordir. Mae'r llwybr yn mynd am i lawr yn igam-ogam, gan basio fferm sy'n adfail, lle mae'r llwybr yn ymuno â Llwybr Arfordir Cymru. Dilynwch y trac amlwg sydd â golygfeydd arfordirol gwych. Ewch ymlaen ar hyd y llwybr glaswelltog sy'n ymuno â thrac fferm ger gât, ac yna'n mynd am i fyny ar hyd y trac, cyn ymuno â'r ffordd ym Morfa Bychan, yna troi i'r dde tuag at y ffordd.

- 1-2** Follow as for Llanilar Route Number until point 4.
- 2-3** Turn right on joining the road until it joins the B4576 at sharp bend, proceed straight on, then bear left following the road; ignore first bridle path sign, carry on until the lane bears left and there is a signposted bridleway which goes straight ahead up a track.
- 3-4** Follow the track until it emerges into a field, and the route bears slightly right, before turning right joining a grassy track, which joins a tarmac road and follow to join the B4576 once more.
- 4-5** At the crossroads turn right, taking the next road on the left to a bend in the road, bear right uphill and take the first road on the left towards Blaenplwyf, on reaching the A487 turn right and almost immediately left, follow the road until it bears right and the route carries straight on. Passing Pentre farm entrance on the right, the route leaves the lane to join a track on the right.
- 5-6** Follow the defined track, as it progresses towards the coast. The route zig zags downhill bypassing a derelict farm where the route joins onto the All Wales Coast Path. Follow the well-defined track with fine coastal views. The route progresses along a grass path which joins a farm track at a gate and progresses uphill on this track before joining the road to Morfa Bychan, turn right towards the road.

- 6-7** Ewch i'r chwith ar hyd y ffordd nes ichi gyrraedd arwydd gwesty anifeiliaid Llety'r Boda, lle mae'r llwybr yn troi i'r dde i lawr y dreif, gan basio'r grid gwartheg trwy'r gatiâu ar yr ochr.
- 7-8** Ewch i fyny i'r fferm a chadw i'r dde heibio llociau'r anifeiliaid, yna troi i'r chwith cyn byngalo ac ymlaen i lôn laswelltog. Dilynwch honno at gât lle mae'r llwybr yn gwyrto i'r dde trwy fwllch, ac yna'n dilyn ymyl y cae i'r gwaelod, cyn troi i'r dde a dod at lôn fferm. Trowch i'r chwith ar hyd y trac hwn i ail-ymuno â'r A487. Mae'r rhan fer nesa o'r daith ar hyd priffordd all fod yn brysur.
- 8-9** Trowch i'r dde ac ewch i lawr y darn byr prysur hwn o'r ffordd am tua 60 metr, cyn ymuno â llwybr ceffyl ar y chwith. Croeswch Nant Llolwyn ar bont fechan a dilynwch y llwybr i fferm Cwrt y Cwm. Trowch i'r chwith ar lôn y fferm a'i dilyn i'r ffordd.
- 9-10** Trowch i'r dde ar y ffordd a mynd ymlaen i fyny'r rhiw. Cyn cyrraedd y brig, cymerwch y llwybr ar y chwith.
- 10-11** Dilynwch y trac ar hyd ymyl y cae at gât, yna i mewn i gae agored. Cadwch at ymyl y cae at gât, gan ymuno â thrac i mewn i iard fferm Tan-y-graig. Ewch heibio ochr flaen y ffermdy, gan ddilyn trac rhwng pyst gât congrid, yna dilyn y trac i lawr i'r goedwig i ymuno â'r A485.
- 11-1** Trowch i'r dde, croeswch y bont ac arhoswch ar y ffordd am tua 650m, cyn cymryd y ffordd nesa ar y chwith, i ymuno â thrac seiclo ar y dde cyn y bont. Dilynwch hwn nes ei fod yn croesi ffordd, i ail-ymuno â'r trac roeddech chi arno i ddechrau, ac yn ôl i'r maes parcio.

- 6-7** Continue left along the road, until reaching the sign for Llety'r Boda Pet Hotel where the route turns right down the drive passing the cattle grid through the field gates to the side.
- 7-8** Up to the farm and bear right past the animal runs before turning left before a bungalow and onto a grassy lane, follow to a gate where the route bears right through a gap and then follows field edge to the bottom before turning right and reaching a farm lane. Turn left onto this track to meet the main A487 again. Here there is a short section along a potentially busy A road.
- 8-9** Turn right onto the road and progress downhill on a short busy section of road for approximately 60 metres before joining a bridleway on the left. Cross Nant Llolwyn on a small bridge and follow path to Cwrt y Cwm farm, turn left onto the farm lane and follow to the road.
- 9-10** Turn right onto the road and proceed uphill before reaching the summit take a bridleway on the left.
- 10-11** Follow the track at the field edge to a gate, then into an open field, stay at the field edge to a gate, joining a track into the farmyard of Tan-y-graig. Pass in front of the farmhouse, then follow a track between stone gateposts, follow the track down into woodland to join A485.
- 11-1** Turn right, cross the bridge and stay on the road for approx. 650m take next road on the left, to join the cycle track on the right before the bridge, follow this until it crosses a road to re-join the track you started on and back to the car park.



Cychwyn | Start: SN296 520

Pellter | Distance: 6m / 9km



**ALLWEDD AR GYFER Y MAP**

- Llwybr Oddi ar y Ffordd
- Llwybr Ar Hyd y Ffordd
- Llwybrau Amgen

**MAP KEY**

- Off-Road Route
- On Road Route
- Alternative routes

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**Sylwadau:** Mae hon yn gylchdaith hyfryd ar hyd lonydd gwledig a llwybrau ar hyd ymyl caeau'n bennaf.

**Cychwyn:** Disgrifir yma'n cychwyn o faes parcio Penbryn. Dewis arall fyddai o eglwys Sant Mihangel neu o Langrannog.

**Mapiau:** OS Landranger 145, OS Explorer 198

**Cyfeirbwyntiau:**

- 1) SN296520 2) SN305524 3) SN308523 4) SN310520 5) SN308513 6) SN298508 7) SN296519
- 8) SN300517 9) SN491544 10) SN485546

**Comments:** This route is a fine circular mainly on country lanes and field edge paths.

**Start:** Described here commencing from Penbryn car park, another alternative would be from St Michaels church or from Llangrannog.

**Maps:** OS Landranger 145, OS Explorer Map 198

**Waypoints:**

**1-2** O'r maes parcio, trowch i'r chwith yna croesi'r ffordd a dilyn y trac sy'n syth o'ch blaen, yna ar droed yn y trac, cadwch i'r dde. Dilynwch y trac glaswelltlog, gan basio tŷ ar y dde, cadwch i'r chwith i fyny trwy ardal fach goediog, gan gyrraedd trac at y ffordd ymhen hir a hwyr.

**2-3** Trowch i'r chwith ar y ffordd, yna cadw i'r dde a chymryd y ffordd nesa ar y dde. Trowch i'r dde ar y gyffordd T, gan basio'r arwydd ar gyfer bythynnod gwyliau Cnwcyrhyglyn ar y dde, cymerwch y troed nesaf ar y chwith i lawr y lôn darmac.

**3-4** Dilynwch y lôn i lawr at droed lle mae'r llwybr ceffyl yn mynd yn syth ymlaen i mewn i gae; croeswch y cae, gan gadw at yr ymyl, ac ymlaen at y gornel a thrwy gât. Dilynwch ymyl y cae at gât ar fin y ffordd.

**4-5** Trowch i'r dde ar y ffordd a mynd yn eich blaen at gyffordd T, trowch i'r chwith a chadw i'r chwith i gyfeiriad Sarnau wrth i'r ffordd wro i'r dde. Dilynwch hon am tua hanner milltir, yna cymerwch y ffordd nesa ar y dde.

**5-6** Ewch heibio gwersyllfa Treddafydd ar y chwith, a throwch i'r chwith yn syth wedyn, gan fynd ymlaen at gyffordd T, gyda gwersyllfa o'ch blaen, a throwch i'r dde.

**6-7** Dilynwch y ffordd hon nes cyrraedd croesffordd wasgarog, croeswch y ffordd ac ewch i lawr y lôn gul. Cadwch i'r dde i ymuno â lôn ger bwthyn carreg, a chadwch ar y ffordd hon, gan basio'r ardal barcio amgen ger Eglwys Sant Mihangel. Dilynwch hi nes cyrraedd llwybr ceffyl ar yr ochr dde.

**7-8** Ewch yn syth i fyny'r llwybr cul hwn nes dod allan mewn cae, dilynwch ymyl y cae nes eich bod yn gadael y cae ac yn ymuno â thrac i'r ffordd.

**8-1** Trowch i'r chwith ar y ffordd a mynd i lawr y rhiw cyn cymryd y ffordd gyntaf ar eich chwith i gyfeiriad Penbryn. Dilynwch y ffordd, gan gymryd y ffordd gyntaf ar y dde i draeth Penbryn, ac yn ôl i'r maes parcio.

**1-2** From the car park, turn left then cross the road and follow the track straight ahead, at a bend in the track bear right. Follow the grassy track passing a property on the right, bear left up through a short wooded section, and eventually onto a track to the road.

**2-3** Turn left onto the road, bear right then take the next road on the right. Turn right at the T junction, passing the sign for Cnwcyrhyglyn holiday cottages on the right, take the first turning on the left down a tarmac drive.

**3-4** Follow the drive downhill to a bend where the bridle path goes straight on into a field; cross the field keeping to the field edge and proceed to the corner and through a gate. Follow the field edge to a roadside gate.

**4-5** Turn right onto the road and continue to a T junction, turn left and keep left signposted Sarnau as the road bears around to the right, follow for approx. half mile then take the next road on the right.

**5-6** Pass Treddafydd campsite on the left and immediately turn left, follow to the end of the road to a T junction with a campsite in front of you and turn right.

**6-7** Follow along this road until reaching a staggered crossroads, cross the road and proceed down the narrow lane. Bear right onto a lane by a stone cottage, and keep on this road passing the alternative parking area at St Michaels Church. Follow until a bridleway is reached on the right hand side.

**7-8** Proceed straight up this narrow surfaced path before emerging onto a field, follow the field edge until you leave the field and join a track to the road.

**8-1** Turn left onto the road go downhill and take the first road on the left signposted Penbryn. Follow the road, taking the first sign on the right to Penbryn beach and back to the car parking.

Cychwyn | Start: SN458 507

Pellter | Distance: 14m / 22km



**ALLWEDD AR GYFER Y MAP**

Llwybr Oddi ar y Ffordd

Llwybr Ar Hyd y Ffordd

Llwybrau Amgen

**MAP KEY**

— Off-Road Route

⋯ On Road Route

— Alternative routes

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**Sylwadau:** Mae hon yn gylchdaith hyfryd ar hyd lonydd gwledig a llwybrau agored ar draws caeau'n bennaf.

**Cychwyn:** Disgrifir yma'n cychwyn o gilfan fawr ar y B4338.

**Mapiau:** OS Landranger 145, OS Explorer 198

**Cyfeirbwyntiau:**

- 1) SN458507 2) SN456477 3) SN473486
- 4) SN477493 5) SN475506 6) SN495501
- 7) SN505505 8) SN506505 9) SN506519
- 10) SN475523

**Comments:** This route is a fine circular mainly on country lanes and open field paths.

**Start:** Described here commencing from a large layby on the B4338.

**Maps:** OS Landranger 145, OS Explorer Map 198

**Waypoints:**

- 1) SN458507 2) SN456477 3) SN473486
- 4) SN477493 5) SN475506 6) SN495501
- 7) SN505505 8) SN506505 9) SN506519
- 10) SN475523



**1-2** O'r gilfan, dilynwch y B4338 tuag at Talgarreg a throwch i lawr llwybr sydd wedi'i ffensio ar hyd ymyl y cae, ewch drwy'r gât a dilyn ymyl y cae at gât arall. Yma mae'r llwybr yn dilyn yr ymyl ac yn croesi'r cae bob yn ail. Dilynwch y cyfeirbwyntiau trwy gyfres o gatiâu i ymuno â thrac. Dilynwch y trac i'r fan lle mae'n gwyro i'r chwith ac mae'r llwybr yn mynd yn syth i lawr at lôn las. Unwaith bod y lôn las yn ymuno â thrac trowch i'r chwith.

**2-3** Ewch heibio i ffermdy Brynllwyd a dilyn y lôn i ymuno â ffordd i Gwrtnewydd. Ar ôl ychydig, trowch i'r chwith, ac aros ar y ffordd droellog hon am tua 1.5 milltir. Yn syth ar ôl i'r ffordd wyro 90 gradd i'r dde, mae 'na fynedfa lydan i Fferm Bryngranod, trowch i lawr yn y fan honno.

**3-4** Dilynwch y trac tuag at y fferm, wrth i'r ffordd wyro i'r chwith mae'r llwybr yn troi i'r dde i ddilyn trac ger ochr coetir, ac i mewn i gae. Gan gadw at ymyl y cae, ewch ymlaen at gât fach ar yr ochr bellaf, yna dilynwch ymyl y cae at gât i iard fferm Maes-y-garn.

**4-5** Trowch i'r chwith i'r trac at y fferm ac ymlaen ar lôn y fferm. Wrth i'r lôn droi i'r dde i gyfeiriad y briffordd o'ch blaen, mae'r llwybr yn troi i'r chwith i mewn i gaeau. Dilynwch ymyl y cae, yna cadwch i'r dde ar draws cae, gan anelu at gât fach yn y ffens ar ochr arall y cae. Ewch drwyddi, gan aros yn agos at y ffens cyn troi i'r dde, a phasio rhwng gwaith carthffosiaeth â thanc slyri mawr, cyn ymuno â'r trac concriad at y ffordd.

**5-6** Trowch i'r dde ar y B4338 ac ewch i lawr trwy bentref Gorsgoch. Ewch drwy'r pentref ac wrth i'r ffordd droi i'r dde, cymerwch y ffordd gyntaf

**1-2** From the lay-by, follow the B4338 towards Talgarreg and turn down a fenced-in field edge path, pass through the gate and follow the field edge to a further gate. Here the route alternates between being field edge and cross field, follow the waymarking through a series of gates to join a track. Follow the track to where it bears left and the route goes straight on down a green lane. Once the green lane joins a track turn left.

**2-3** Pass Brynllwyd farmhouse and follow lane to join the road to Cwrtnewydd after a short distance turn left, and stay on this winding road for approx. 1.5 miles just after the road bears 90 degrees to the right there is a large entrance to Bryngranod Farm, turn down there.

**3-4** Follow the track towards the farm, as the road bears left the route turns right onto a track by the side of woodland and into a field; keeping to the field edge proceed to a small gate on the far side, then follow the field edge to a gate onto Maes-y-garn farmyard.

**4-5** Turn left onto the track to the farm and onto the farm drive, as the drive turns right for the main road in front of you the route turns left into fields. Follow the field edge then bear right across a field heading towards a small gate in the fence line on the opposite side of the field. Pass through this and stay close to the fence-line before turning right and passing between a sewage works and a large slurry tank and join the concrete track to the road.

**5-6** Turn right onto the B4338 and down through Gorsgoch village pass through the village as the road bends right, take the first road on the left which is signposted no through road. The road forks

ar y chwith sydd ag arwydd 'dim ffordd drwodd'. Mae'r ffordd yn fforchio'n fuan ar ôl ichi ymuno â hi ac mae'r llwybr yn cadw i'r dde tuag at Clyndu.

**6-7** Dilynwch y trac a phasio'r fferm ar y chwith. Mae'r trac yn gwyro i'r dde a chyn iddo ddod i ben, trowch i'r chwith ar lôn gaeedig ac i lawr at gât fach bren. Ewch drwyddi a dilyn yr hen lôn at drac, cadwch i'r chwith i ddilyn y trac tuag at ffermdy Llechwedd-deri.

**7-8** Cyn cyrraedd y fferm, trowch i'r dde i mewn i'r cae a dilyn ymyl y cae i lawr at nant fechan, croeswch hon a chadw i'r chwith trwy gât o'ch blaen. Ewch yn syth ar draws y cae hwn i groesi nant arall, a thrwy gât fach, yna anelwch i fyny'r bryn tuag at adeiladau'r fferm.

**8-9** Mae'r llwybr yn mynd i gyfeiriad y cloc o amgylch yr adeiladau ac yn dod allan ar lôn y fferm gan droi i'r chwith. Lle mae'r trac yn fforchio, dilynwch y trac uchaf at fforch arall, ac yno cymerwch y trac isaf ac ymlaen heibio chwarel fach. Dilynwch y trac glaswelltog trwy gaeau nes eich bod yn ymuno â thrac lle mae'r llwybr yn gwyro i'r chwith ar drac at y ffordd.

**9-10** Ar gyrraedd y ffordd, trowch i'r chwith tuag at Troed-y-rhiw, ac yna cadw i'r chwith. Trowch i'r dde ar y trac tuag at Moyddin Fawr, dilynwch y trac i iard y fferm a mynd i'r dde rhwng y tŷ ac adeiladau'r fferm, gan gadw ar y trac nes cyrraedd y ffordd.

**10-1** Ewch yn syth ymlaen i'r ffordd a chadw i'r chwith. Ar y gyffordd T ger Croes-gwyn trowch i'r chwith i ail-ymuno â'r B4338, a bydd y man cychwyn o'ch blaen.

shortly after joining it and the route takes the right hand fork towards Clyndu.

**6-7** Follow along the track and pass the farm on the left, the track bears right and before it ends turn left onto an enclosed lane and down to a small wooden gate. Pass through this and follow the old lane to a track, bear left onto the track towards Llechwedd-deri farmhouse.

**7-8** Before reaching the farm, turn right into the field and follow the field edge down to a small stream, cross this and bear left through a gate in front of you. Proceed straight across this field to cross another stream and through a small gate, head up hill towards the farm buildings.

**8-9** The route goes clockwise around the buildings and emerges onto the farm lane and turns left, as the track forks take the upper track until another fork, where you take the lower track and on past a small quarry. Follow the green track through fields until joining a track where the route bears left on a track to the road.

**9-10** On reaching the road turn left towards Troed-y-rhiw and pass through keeping to the left. Turn right on the track towards Moyddin Fawr, follow the track to the farm yard and bear right between the house and farm buildings, continue on the track to the road.

**10-1** Continue straight on onto the road and keep left, at the T junction by Croes-gwyn turn left to re-join the B4338 again and the start point will be in front of you.



Cychwyn | Start: SN354 449

Pellter | Distance: 10m / 16km



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**Sylwadau:** Mae hon yn gylchdaith hyfryd trwy gaeau a lonydd caeedig yn bennaf, gydag adran fer ar ffordd B brysur.

**Cychwyn:** Disgrifir yma'n cychwyn o bentref Coedybryn.

**Mapiau:** OS Landranger 145, OS Explorer 185, OS Explorer 198

**Cyfeirbwyntiau:**

1) SN354449 2) SN338448 3) SN353433 4) SN360430 5) SN370431 6) SN378443 7) SN394446  
8) SN381454 9) SN372449 10) SN369456 11) SN364448

**Comments:** This route is a fine circular mainly through fields and enclosed lanes, with a short section on a busy B road.

**Start:** Described here commencing from Coedybryn village.

**Maps:** OS Landranger 145, OS Explorer 185, OS Explorer 198

**Waypoints:**

**1-2** Mae'r daith yn cychwyn ym maes parcio Neuadd Bentref Coedybryn, oddi yma trowch tuag at Penrhiwpal nes ichi ddod at groesffordd. Trowch i'r chwith ar y groesffordd, mae'r ffordd tarmac yn troi'n drac drwy fferm Nantypobty, dilynwch y trac i lawr at gât i mewn i dir glas. Gwyrwch ychydig i'r chwith ac i lawr y rhiw at waelod y dyffryn. Croeswch yr afon a dilynwch y trac i fyny ochr y dyffryn, i ymuno â hen lôn sy'n pasio tŷ ac yna'n dod allan ar y ffordd.

**2-3** Trowch i'r chwith ar y ffordd a chymryd y ffordd gyntaf ar y chwith. Cymerwch y ffordd gyntaf ar y chwith lle mae 'na driongl o laswellt. Ewch ymlaen rhwng y tŷ a'r iard, gan ddilyn y ffordd, sy'n troi'n drac garw, ac yn dod allan ger fferm Bronwydd.

**3-4** Unwaith eto mae'r trac yn dychwelyd at ffordd darma, cyn ei gadael ar y dde ger cyffordd T. Mae'r llwybr yn troi i'r dde fan hyn nes cyrraedd troad siarp i'r dde yn y ffordd, lle ceir trac ar y chwith.

**4-5** Trowch i'r chwith i ddilyn y trac at fynedfa iard Ffynnon-wen, lle mae'r llwybr yn troi i'r dde ger carafân statig, dros ardal fach laswelltog ac i lawr y dyffryn ar hyd trac, cadwch i'r dde ar y llwybr ceffyl. Ar waelod y dyffryn, croeswch yr afon a mynd i fyny yn eich blaen i ymuno â lôn fach, cyn dod at y ffordd.

**5-6** Trowch i'r chwith ar hyd y ffordd hon, gan gymryd yr ail llwybr ceffyl ar y dde, sy'n drac at dŷ o'r enw Abernant. Trowch i'r dde i fyny'r trac, a chyn cyrraedd y tŷ trowch i'r chwith i fyny trac arall sy'n mynd yn igam-ogam ar draws cae, i ymuno â thrac trwy goedwig, cyn dod allan i dir

**1-2** The route starts at the car park for Coedybryn Village Hall, from here turn towards Penrhiwpal until a crossroads is reached. Turn left at the crossroads, the tarmac road gives way to a track through Nantypobty Farm, follow track downhill to a gate onto pasture. Bear slightly left and downhill to the valley bottom. Ford the river and follow the track up the side of the valley to enter an old lane that passes a house and out onto the road.

**2-3** Turn left along the road and take the first road on the left. Take the first road on the left where there is a triangle of grass. Continue on between the house and yard following the road which turns into a rough track, and emerges by Bronwydd Fram.

**3-4** The track again returns to a tarmac road to exit right at the T junction. The route turns right here until a sharp right hand bend in the road where there is a track on the left.

**4-5** Turn left onto a track and follow to the entrance of Ffynnon-wen yard where the path turns right by the side of a static caravan, over a small grassed area and down the valley on a track, keep right on the bridleway. At the valley bottom is a river to ford and then continue up to join a small lane before meeting the road.

**5-6** Turn left along this road, taking the second bridle-path on the right which is track to a house signposted Abernant. Turn right up the track before reaching the house turn left up a waymarked track through a field which zig zags to join a track through woodland before emerging onto pasture once more, where it skirts the bottom of the field before bearing right to ford a small stream. Follow a

glas unwaith eto, lle mae'n mynd ar hyd gwaelod y cae, cyn gwro i'r dde i groesi nant fechan. Dilynwch drac da sy'n mynd i'r dde ac i fyny'r rhiw, yna'n gwro i'r chwith ar y top, cyn dilyn darn o'r llwybr sydd wedi'i ffensio allan ar hyd ymyl cae, at y ffordd.

**6-7** Trowch i'r dde a dilyn y ffordd at y groesffordd, ewch yn syth ymlaen tuag at Tregoes.

**7-8** Cymerwch y ffordd gyntaf ar y chwith, ac wrth i'r ffordd droi i'r dde ewch drwy'r gât o'ch blaen i ddilyn llinell y ffens trwy gyfres o gatiâu, cyn dod allan ar y ffordd gyferbyn â depo'r Cyngor.

**8-9** Croeswch y ffordd ger rheiliau'r depo i lawr lôn las, a dilynwch ymyl y cae i lawr i waelod y cae mawr hwn. Mae 'na gât ceffyl fach i'r dde, ewch heibio honno cyn cyrraedd gât fferm fawr ar waelod y cae, ychydig ar ôl nant fechan. Cadwch i'r dde ar ôl y gât i lawr trac i fferm Wern-ddu.

**9-10** Trowch i'r dde ar waelod y trac, gan adael iard y fferm trwy gât, i lawr at dŷ arall, yna cymryd y llwybr ceffyl ar y chwith ar ôl y tŷ, i fyny trac glaswelltog. Ewch heibio bwthyn bach yn y coed, a chroeswch nant fechan i gyrraedd Fferm Glynhynod, cartref Cawsiau Teifi. Ewch heibio'r fferm ar y dde ichi ac yna i lawr trac coediog i waelod y dyffryn, gan groesi nant fechan ac i mewn i ardal sydd wedi'i thirlunio o amgylch Cwmgernos.

**10-11** Ewch yn syth ymlaen at y tŷ ac yna troi i'r chwith i fyny'r bryn, gan ddilyn y trac o'r tŷ nes iddo ymuno â lôn fferm heibio i Fferm Gernos ac at y ffordd.

**11-1** Trowch i'r dde ar y ffordd a'i dilyn nes cyrraedd Coed-y-bryn unwaith eto, lle mae'r ffordd yn gwro i'r chwith, ac i'r chwith eto, i fynd â chi yn ôl i dir cyfarwydd.

good track to the right and uphill, bearing left at the top before entering a fenced in field edge section of the path to the road.

**6-7** Turn right and follow the road to a crossroads, go straight over towards Tregoes.

**7-8** Take the first road on the left, as the road turns to the right pass through the gate straight ahead to follow the fence line through a series of gates before emerging onto the road opposite the Council depot.

**8-9** Go straight over the road by the side of the depot railings down a grassy lane and follow the field edge down to the bottom of this large field, there is a small bridle gate to the right which you pass by before reaching a large farm gate at the bottom of the field just after a small stream. Bear right after the gate down a track to Wern-ddu farm.

**9-10** Turn right at the bottom of the track leaving the farm yard through a gate down to a further property and the bridle-path which rises left after the property up a grassy track. Pass a small cottage in the woods, and ford a small stream to reach Glynhynod Farm, home to Teifi Cheeses, pass the farm on your right and progress down a wooded track to the valley floor, crossing a small stream and into the landscaped ground around Cwmgernos.

**10-11** Proceed straight ahead to the house and turn left up the hill, following the track from the house until it joins a farm lane past Gernos Farm and to the road.

**11-1** Turn right onto the road and follow until entering Coed-y-Bryn once more, where the road bears to the left, and turn left again to take you back on familiar ground.

Cychwyn | Start: SN458 507

Pellter | Distance: 78m / 126km

ALLWEDD AR GYFER Y MAP

MAP KEY

- Llwybr — Route
- Llety ○ Accommodation



**Sylwadau:** Mae'r llwybr llinellog hwn yn mynd â chi o ffiniau Powys ger Glaspwll, ar draws Ceredigion, ac i Gastellnewydd Emlyn yn y De, ar y ffin â Sir Gâr. Mae'r llwybr yn croesi tua 78 milltir (126km) o gefn gwlad, gan fynd trwy nifer o bentrefi bach a mawr Ceredigion. Mae'r llwybr yn mynd trwy dir fferm, coedwigoedd, ac ar hyd ffordd bach, gydag ychydig o rannau byr ar hyd priffyrdd. Mae'n dilyn Llwybr Y Tywysog Llywelyn i ddechrau, sy'n rhan o'r Rhwydwaith Llwybrau Ceffyl Cenedlaethol, yna mae'n dilyn nifer o'r llwybrau a ddisgrifir yn y cyhoeddiad hwn, yn ogystal â llwybrau cyswllt, i droelli'i ffordd drwy sir Ceredigion.

**Cychwyn:** Disgrifir yma'n cychwyn o Glaspwll, ac yn dod i ben ym Melin Geri yng Nghwm Cou, ger y ffin â Sir Gâr a Sir Benfro.

**Mapiau:** OS Explorer 213, 199, 185, OL23  
OS Landranger 135, 145, 146

**Cyfeirbwyntiau:**

- 1) SN73859748 2) SN65478918 3) SN65268033
- 4) SN59927065 5) SN5220566 6) SN38194542

**Comments:** This linear route takes you from the Powys border at Glaspwll, across Ceredigion to Newcastle Emlyn in the South on the Carmarthenshire border. The route covers about 78 miles (126km) of countryside, passing through many villages and hamlets of Ceredigion. The route crosses farmland, forestry, and along minor roads, with a few short sections on A roads. It travels initially along the same route as The Prince Llywelyn Ride part of the National Bridleroute Network, then progresses through many of the networks identified in this publication and linked paths to wind its way through the county of Ceredigion.

**Start:** Described here commencing from Glaspwll and finishing at Felin Geri in Cwm Cou, close to the border with Carmarthenshire and Pembrokeshire.

**Maps:** OS Explorer 213, 199, 185, OL23  
OS Landranger 135, 145, 146

**Waypoints:**

- 1) SN73859748 2) SN65478918 3) SN65268033
- 4) SN59927065 5) SN5220566 6) SN38194542

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**1-2** Gan ddilyn Llwybr Y Tywysog Llywelyn, mae'r daith yn mynd i mewn i Geredigion ac i lawr i bentref Talybont. Mae'r rhan hon o'r daith oddeutu 10 milltir.

**2-3** Gadewch bentref Talybont, gan fynd i gyfeiriad y de tuag at Aberystwyth, yn syth ar ôl y bont, trowch i'r chwith. Cymerwch lwybr ceffyl ar y dde ar SN66508866, dilynwch hwnnw i'r ffordd, trowch i'r chwith ar y ffordd ac i'r chwith ar lwybr ceffyl sy'n mynd dros fferm wynt Mynyddgorddu SN66968662, cyn gwyro i'r chwith i bentref Bontgoch SN68338644. Ewch drwy'r pentref ac anelu am lwybr ceffyl sy'n pasio pasio Blaencastell SN69228465, yna i lawr heibio'r mwngloddiau yng Nghwmsymlog ac i Gefn Llwyd SN64438294, cyn croesi dros yr A44 yng Nghapel Bangor. Mae'r rhan hon o'r daith oddeutu 14 milltir.

**3-4** Croeswch yr A44 i ymuno â llwybr ceffyl sy'n rhedeg ochr yn ochr â rheilffordd Cwm Rheidol, gan basio Canolfan Farchogaeth Rheidol a dringo trwy'r coed i'r A4120. Ewch ymlaen i New Cross SN63467695, gan ddilyn ffordd wledig ar SN62497697 cyn disgyn i lawr i'r A485 a chroesi yn Abermad SN59927584. Mae llwybr ceffyl yn mynd â chi at ffordd sy'n ymuno â'r B4576 ac i gyfeiriad Llangwryfon. Ar groesffordd SN58737281 trowch i'r chwith a dilyn llwybrau ceffyl tuag at Llangwryfon ar SN59397108, ac ymlaen i'r pentref. Mae'r rhan hon o'r daith oddeutu 12 milltir.

**4-5** Gyda siop y pentref ar y dde, trowch i'r chwith ger yr ysgol ac i fyny i Drefenter SN60576826. Cymerwch y drydedd ffordd ar y dde i ail-ymuno â'r B4576 ymhen hir a hwyr. Trowch oddi ar y ffordd hon ar SN58496452 a chroesi i Benuwch. Dilynwch y B4576 unwaith eto tuag at Bwlchllan, gan adael y ffordd hon ar SN57795960 a dilyn cyfres o lwybrau tuag at Trefilan, i ymuno â'r B4337. Ewch i gyfeiriad Talsarn a dilynwch y llwybr ceffyl i Brynog, yna ymlaen i ymuno â'r A482. Mae'r rhan hon o'r daith oddeutu 19 milltir.

**1-2** Following the Prince Llywelyn Ride, the route enters Ceredigion and makes its way down to Talybont village. This section is approximately 10 miles.

**2-3** Leave Talybont village heading south towards Aberystwyth, immediately after the bridge turn left. Take a bridlepath on the right at SN66508866, follow to the road, left on the road and left on a bridlepath leading over Mynyddgorddu wind farm SN66968662, bearing left to Bontgoch village SN68338644. Through the village and head for the bridle path passing Blaencastell SN69228465, then down past the mines at Cwmsymlog and on to Gefn Llwyd SN64438294, to cross over the A44 at Capel Bangor. This section is approximately 14 miles.

**3-4** Cross the A44 to join a bridle-path that runs alongside the Rheidol Valley railway, passing Rheidol Riding Centre and up through the woods to the A4120 and then onto New Cross SN63467695, passing along an unclassified road at SN62497697 before dropping down to the A485 and crossing at Abermad SN59927584. A bridleway takes you to a road which joins the B4576 and head towards Llangwryfon, at a crossroads SN58737281 turn left and make your way along bridle-paths towards Llangwryfon at SN59397108 and on into the village. This section is approximately 12 miles.

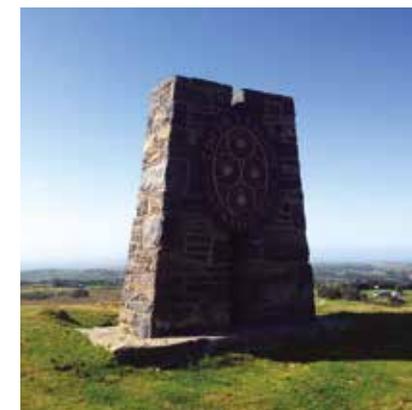
**4-5** With the village shop on the right turn left by the school and up to Trefenter SN60576826, take the third road on the right to eventually re-join the B4576, turning off this road at SN58496452 and cross over to Penuwch, follow the B4576 once more towards Bwch-Llan leaving this road at SN57795960 and follow a series of paths towards Trefilan and join the B4337. Head towards Talsarn and take the bridleway to Brynog and on to join the A482. This section is approximately 19 miles.

**5-6** Gan groesi'r A482 ar SN52205666 ar y llwybr ceffyl, mae'r llwybr yn mynd â chi i fyny i Ddihewyd. Trowch i'r chwith cyn y pentref a chroesi ar gwplw o lwybrau ceffyl ac i lawr i Troed-y-rhiw SN49975228. Ewch drwy fferm Moyddin Fawr i ymuno â'r B4338 ymhen hir a hwyr i gyfeiriad Talgarreg. Gadewch y ffordd hon ar SN43485105 ac ewch drwy Bwlch-y-fadfa ac ymlaen i'r B4559 i Dalgarreg. Cyn y pentref, trowch i'r chwith ar SN42635032 ac ymlaen at groesffordd, gan droi i'r chwith eto i gwrdd â llwybr ceffyl ar SN40494833. Ewch yn eich blaen i lawr i Tregroes a throi i'r dde am Croeslan. Cymerwch y ffordd gyntaf ar y dde a dilyn llwybr ceffyl sy'n dod allan ar yr A486. Mae'r rhan hon o'r daith oddeutu 15 milltir.

**6-7** Croeswch y ffordd ac ewch i lawr y llwybr ceffyl trwy'r cae i'r gwaelod. Ewch drwy gât a throi i'r dde ar waelod y trac, gan adael iard y fferm trwy gât, i lawr at dŷ arall a'r llwybr ceffyl sy'n dringo i'r chwith ar ôl y tŷ i fyny trac glaswelltog. Ewch heibio i fwthyn bach ac i mewn i'r coed, a chroesi nant fechan i ddod at Fferm Glynhynod, cartref Cawsiau Teifi. Ewch heibio'r fferm ar y dde ichi a mynd ymlaen lawr trac coediog i waelod y dyffryn, cyn croesi nant fechan a mynd i mewn i'r ardal sydd wedi'i thirlunio o amgylch Cwmgernos. Ewch yn syth ymlaen at y tŷ a throi i'r chwith i fyny'r bryn, gan ddilyn y trac o'r tŷ nes ei fod yn ymuno â lôn fferm, heibio i Fferm Gernos ac i'r ffordd. Trowch i'r dde a chymryd y ffordd gyntaf ar y chwith i ymuno â llwybr ceffyl ar SN35824473. Mae'r llwybr yn ymuno â ffordd ar SN36144377, trowch i'r dde, yna ar y gyffordd T trowch i'r dde eto, ac yna i'r chwith tuag at fferm Bronwydd. Dilynwch y llwybr ceffyl ymlaen at lôn darnac at y ffordd. Trowch i'r chwith a chymerwch yr ail lôn fferm ar y dde ar SN34224311 i Llwyncadfor. Dilynwch bwyntiau 12-17 llwybr Blaen Cil Llech i orffen unwaith eto ym Melin Geri. Mae'r rhan hon o'r daith oddeutu 10 milltir.

**5-6** Crossing the A482 at SN52205666 on the bridleway the route takes you up to Dihewyd turn left before the village and cross on a couple of bridleways and down to Troed-y-rhiw SN49975228. Pass through Moyddin Fawr farm to eventually join the B4338 towards Talgarreg, leaving this road at SN43485105 and into Bwlch-y-fadfa and onto the B4559 to Talgarreg before the village turn left at SN42635032 and onto a crossroads and turn left again to meet a bridleway at SN40494833. Proceed down into Tregroes and turn right for Croeslan. Take first road on right and onto the bridleway to emerge on the A486. This section is approximately 15 miles.

**6-7** Cross the road and down the bridle way, through the field to the bottom, pass through a gate and turn right at the bottom of the track, leaving the farm yard through a gate down to a further property and the bridle-path which rises left after the property up a grassy track. Pass a small cottage in the woods, and ford a small stream to reach Glynhynod Farm home to Teifi Cheeses, pass the farm on your right and progress down a wooded track to the valley floor, crossing a small stream and into the landscaped ground around Cwmgernos. Proceed straight ahead to the house and turn left up the hill, following the track from the house until it joins a farm lane past Gernos Farm and to the road. Turn right and take the first road on the left to join a bridleway at SN35824473. The route joins the road at SN36144377, turns right, at the T junction turn right again and left towards Bronwydd farm. Follow the bridle path and onto a tarmacked lane to the road. Turn left and take second farm lane on the right at SN34224311 to Llwyncadfor. Follow route points 12-17 on the Blaen Cil Llech route to finish once more at Felin Geri Mill. This section is approximately 10 miles.



# Llety

Mae'r holl sefydliadau a restrir yma'n dwyn marc ansawdd Cymru/Wales, sef y cynllun asesu ansawdd swyddogol, cenedlaethol. Does dim cynllun cymeradwyo ar gyfer ceffylau, ac nid yw cael eich cynnwys ar y rhestr yn gyfystyr ag argymhelliad. Ni chynigir felly unrhyw atebolrwydd am golled, siom, esgeulustod neu niwed arall a achosir yn sgil defnyddio neu ddibynnu ar yr wybodaeth a geir yn y rhestr, neu unrhyw achos o fethdaliad neu ddatodiad, neu roi'r gorau i fasnachu, mewn perthynas ag unrhyw unigolyn neu gwmni a grybwyllir. Rhaid i geffylau fod â phasbort a dylent fod â thystysgrif brechu gyfredol, a bod wedi'u trin rhag llyngyr cyn gadael cartref. Mae'n hanfodol archebu lle ymlaen llaw a dylech sicrhau bod y llety a gynigir i chi a'ch ceffyl yn cwrrd â'ch gofynion. Nid oes gan yr holl sefydliadau a restrir yma stablau, mae'n bosib mai pori'n unig fydd ar gael gan rai ohonynt.

- A** **Maes Carafanau Glanlerry**  
Y Borth, Ceredigion SY24 5LU  
Rheinallt a Catherine Richards  
01970 871413  
[www.glanlerrycaravanpark.co.uk](http://www.glanlerrycaravanpark.co.uk)  
Llety i geffylau
- B** **Tŷ Gwyn - Gwersyllfa a Llety Gwyliau Ceffylau**  
Ynyslas, Y Borth, Ceredigion SY24 5LA  
Perchennog: Mrs K Hosker  
01970 871894  
[www.ty-gwyn-camping.com](http://www.ty-gwyn-camping.com)  
Llety i geffylau; stablau a phori
- C** **Canolfan Farchogaeth Rheidol**  
Capel Bangor, Aberystwyth,  
Ceredigion SY23 4EL  
01970 880863  
[www.rheidol-riding-centre.co.uk](http://www.rheidol-riding-centre.co.uk)  
Llety i geffylau; stablau a phori
- D** **Wales Riding Holidays**  
Bryndulais, Rhydlewis,  
Ceredigion SA44 5RW  
01239 851131  
[www.walesridingholidays.co.uk](http://www.walesridingholidays.co.uk)  
Llety i geffylau; stablau a phori,  
a hurio ceffylau

# Accommodation

All establishments listed here have the Cymru/Wales quality mark of Wales' official, nationwide quality assessment scheme. There is no approval scheme for equines, and an entry on this list doesn't imply a recommendation. Liability for loss, disappointment, negligence or other damage caused by use of, or reliance on the information in this list, or in the event of bankruptcy or liquidation, or cessation of trade of any individual or firm mentioned is hereby excluded. Horses must have a passport and should hold a current vaccination certificate and be wormed before leaving home. Prior booking is essential and make sure that the accommodation offered to you and your horse is suitable to what you require. Not all establishments listed here have stables available, some may only have grazing.

- A** **Glanlerry Caravan Park**  
Borth, Ceredigion SY24 5LU  
Rheinallt & Catherine Richards  
01970 871413  
[www.glanlerrycaravanpark.co.uk](http://www.glanlerrycaravanpark.co.uk)  
Accommodation for Horses
- B** **Tŷ Gwyn Camp Site and Holiday Livery**  
Ynyslas, Borth, Ceredigion SY24 5LA  
Proprietor: Mrs K Hosker  
01970 871894  
[www.ty-gwyn-camping.com](http://www.ty-gwyn-camping.com)  
Accommodation for Horses;  
stabling and grazing
- C** **Rheidol Riding Centre**  
Capel Bangor, Aberystwyth,  
Ceredigion SY23 4EL  
01970 880863  
[www.rheidol-riding-centre.co.uk](http://www.rheidol-riding-centre.co.uk)  
Accommodation for Horses;  
stabling and grazing
- D** **Wales Riding Holidays**  
Bryndulais, Rhydlewis,  
Ceredigion SA44 5RW  
01239 851131  
[www.walesridingholidays.co.uk](http://www.walesridingholidays.co.uk)  
Accommodation for Horses;  
stabling and grazing and Horse Hire

- E** **Gwesty Neuadd Las**  
Tregaron,  
Llanbedr Pont Steffan SY23 6LG  
01974 299084  
Llety i farchogwyr a cheffylau
- F** **West Wales Livery**  
01239 851497  
[www.louisemaryon.co.uk](http://www.louisemaryon.co.uk)  
Llety i geffylau
- G** **Stablau Penuwch Fach**  
New Cross, Aberystwyth,  
Ceredigion SY23 4ND  
01970 881000  
[www.aberstables.co.uk](http://www.aberstables.co.uk)  
Llety i farchogwyr a cheffylau
- H** **Wilderness**  
Dihewyd, Llanbedr Pont Steffan,  
Aberaeron, Ceredigion SA48 7QR  
01570 471725  
[www.wilderness.co.uk](http://www.wilderness.co.uk)  
Llety i farchogwyr
- I** **Gwesty'r Hafod**  
Pontarfynach,  
Aberystwyth SY23 3JL  
01970 890232  
[www.thehafodhotel.co.uk](http://www.thehafodhotel.co.uk)  
Llety i Farchogwyr a Cheffylau: pori
- J** **Tyhen Henllys - Bwlch Cliced**  
Mair Nutting, Talybont,  
Ceredigion SY24 5EQ  
01970 832027  
[mair.n@btinternet.com](mailto:mair.n@btinternet.com)  
Llety hunan-ddarpar ar gyfer Marchogwyr  
a Cheffylau
- E** **Neuadd Las Guest House**  
Tregaron,  
Lampeter SY23 6LG  
01974 299084  
Accommodation for Riders and Horses
- F** **West Wales Livery**  
01239 851497  
[www.louisemaryon.co.uk](http://www.louisemaryon.co.uk)  
Accommodation for Horses
- G** **Penuwch Fach Livery Stables**  
New Cross, Aberystwyth,  
Ceredigion SY23 4ND  
01970 881000  
[www.aberstables.co.uk](http://www.aberstables.co.uk)  
Accommodation for Riders and Horses
- H** **Wilderness**  
Dihewyd, Lampeter,  
Aberaeron, Ceredigion SA48 7QR  
01570 471725  
[www.wilderness.co.uk](http://www.wilderness.co.uk)  
Accommodation for Riders
- I** **The Hafod Hotel**  
Devil's Bridge,  
Aberystwyth SY23 3JL  
01970 890232  
[www.thehafodhotel.co.uk](http://www.thehafodhotel.co.uk)  
Accommodation for Riders and Horses:  
grazing
- J** **Tyhen Henllys - Bwlch Cliced**  
Mair Nutting, Talybont,  
Ceredigion SY24 5EQ  
01970 832027  
[mair.n@btinternet.com](mailto:mair.n@btinternet.com)  
Self-catering accommodation for Riders  
and Horses



## Cydnabyddiaeth

Cynhyrwyd y llyfryn hwn fel rhan o brosiect "Ceredigion ar Gefn Geffyl" gan Cyngor Sir Ceredigion, a gafodd gymorth ariannol drwy Gynllun Datblygu Gwledig Cymru 2007 – 2013, a ariennir gan Lywodraeth Cymru a Chronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig.

Rydym yn ddiolchgar i'r gwirfoddolwyr a roddodd eu hamser a'u hegni i wella'r llwybrau hyn. Mae aelodau o Gymdeithas Cerddwyr Llanbedr Pont Steffan, Cymdeithas Cerddwyr Aberystwyth, Grwpiau Gwirfoddol, Grŵp Llwybrau Ceffyl Ceredigion, ynghyd ag unigolion eraill wedi cyfrannu at lwyddiant y prosiect.

[www.lampeterramblers.org.uk](http://www.lampeterramblers.org.uk)  
[www.aberystwythramblers.org.uk](http://www.aberystwythramblers.org.uk)

## Ymwadiad

Er bod Cyngor Sir Ceredigion wedi gwneud pob ymdrech i sicrhau cywirdeb y cyhoeddiad hwn, ni all dderbyn cyfrifoldeb am unrhyw wallau, amryfusedd nac esgeulustra, nac am unrhyw fater sydd mewn unrhyw ffordd yn gysylltiedig â, neu'n deillio o'r wybodaeth a geir yn y llyfryn.

Rhoir manylion y mapiau Arolwg Ordnans ar gyfer yr ardaloedd dan sylw gyda phob llwybr.

Mapiau darluniadol yn unig sydd yn y llyfryn hwn, a dylid eu defnyddio ochr yn ochr â'r mapiau OS priodol.

Gellir hefyd lawrlwytho mapiau ar gyfer y teithiau hyn o wefan Cyngor Sir Ceredigion

[www.darganfodceredigion.co.uk](http://www.darganfodceredigion.co.uk)

## Acknowledgement

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[www.lampeterramblers.org.uk](http://www.lampeterramblers.org.uk)  
[www.aberystwythramblers.org.uk](http://www.aberystwythramblers.org.uk)

## Disclaimer

Whilst Ceredigion County Council has made every effort to ensure accuracy in this publication, it cannot accept responsibility for any errors, inaccuracies or omissions or for any matter in any way connected with or arising out of the publication of the information contained within this book.

The Ordnance Survey maps for the area of the rides are detailed with each route description.

The maps in this book are for illustration purposes only and should be used in conjunction with the appropriate OS map.

Maps for these routes may also be downloaded from the Ceredigion County Council website

[www.discoverceredigion.co.uk](http://www.discoverceredigion.co.uk)

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Cyngor Sir Ceredigion, 100024419, 2014.

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Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig  
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas



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