

### Canolfannau Croeso:

- Aberystwyth (01970) 612125
- Aberaeron (01545) 570602
- Y Borth (01970) 871174
- Aberteifi (01239) 613230
- Cei Newydd (01545) 560865

Safwe Ceredigion: [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

### Cludiant Cyhoeddus:

Cysylltwch â Chanolfan Croeso neu ymwelwch â gwefan Cyngor Sir Ceredigion.

Mae'r daflen yma yn un o gyfres o daflenni ar arfordir a chefn gwlad Ceredigion.

Am ragor o wybodaeth cysylltwch â Chanolfan Groeso neu ysgrifennwch i'r cyfeiriad canlynol:  
Adain yr Arfordir a'r Cefn Gwlad,  
Adran y Gwasanaethau Amgylcheddol a Thai, Cyngor Sir Ceredigion, Penmorfa, Aberaeron, SA46 0PA.

Gwnaed y gwelliannau i'r llwybrau sydd yn y daflen yma gan Adran y Gwasanaethau Amgylcheddol a Thai.

Dyluniwyd a chynhyrchwyd gan Gyngor Sir Ceredigion, 2001©

Cefnogwyd gan:  
Cyngor Cefn Gwlad Cymru

Ariennir y cynllun yn rhannol gan Gronfa Ddatblygu Rhanbarthau Ewrop

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### Tourist Information Centres

- Aberystwyth 01970 612125
- Aberaeron 01545 570602
- Borth (Seasonal) 01970 871174
- Cardigan 01239 613230
- New Quay(Seasonal) 01545 560865

Ceredigion website: [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

### Public Transport:

Consult a Tourist Information Centre or visit the Ceredigion County Council website.

This is one of a series of leaflets featuring the coast and countryside of Ceredigion.

For further information contact a Tourist Information Centre or write to: Coast and Countryside

Section, Department of Environmental Services and Housing  
Ceredigion County Council,  
Penmorfa, Aberaeron, SA46 0PA.

Improvements to paths included in this leaflet have been carried out by the Department of Environmental Services and Housing.

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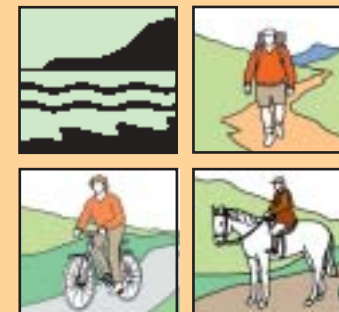
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## CEREDIGION



## LAMPETER (Allt Goch)

Some woodland routes for walkers and riders



## LLANBEDR PONT STEFFAN (Allt Goch)

Nifer o lwybrau cerdded drwy'r coed i gerddwyr a marchogion

YR ARFORDIR A'R CEFN GWLAD  
COAST AND COUNTRYSIDE







**Coleg Dewi Sant** yw'r Coleg Prifysgol hynaf yng Nghymru. Fe'i sefydlwyd ym 1822 gan Thomas Burgess, Esgob Tyddewi. O'i gwreiddiau hynafol mae tref Llambled yn ffynnu heddiw fel tref brifysgol ac fel canolbwynt ar gyfer y gymuned amaethyddol o'i chwmpas.

**Oes yr Haearn**

Mae nifer o olion o Oes yr Haearn a bryngaerau yn y cylch - mae'r llwybr yma'n mynd â chi'n agos at dri ohonynt - Castell Olwen, Castell Allt Goch a Chastell Goetre. Mae'r rhain yn tarddu o'r drydedd neu'r ail ganrif CC.

Mae Castell Goetre'n un o'r bryngaerau mwyaf yn yr ardal. Roedd dwy fynedfa i'r fryngaer ac roedd wedi ei rhannu'n ddwy ran gyda banc amddiffynnol. Mae Castell Allt-Goch yn fryngaer nodweddiadol Gymreig. Fe'i gwarchodid gan fanc dwbl a phalisad pren. Byddai'r brif fynedfa yn y pen dwyreiniol. Ychydig iawn a wyddys am Gastell Olwen: a fu yna gysylltiad rhyngddo â chwedl Culhwch ac Olwen yn y Mabinogion, tybed?



**Iron Age settlements**

There are a number of small Iron-Age settlements and hill forts scattered around the area. The route takes you near three of these - Castell Olwen, Castell Allt Goch and Castell Goetre. These date from around the third or second century BC.

Castell Goetre is among the larger hill forts in this area. The hill fort had two entrances and was divided into two segments with defensive bank. Castell Allt-Goch is a typical small Welsh hillfort. It was protected by a double bank topped by a wooden palisade. The main entrance would seem to have been at the eastern end of the site. Less is known about Castell Olwen: could its name be linked to the Mabinogion story of Culhwch and Olwen?



**Derry Ormond**

Mae tŵr Derry Ormond, sy'n 126 o droedfeddi o uchder, yn ychwanegiad mwy diweddar i'r tirlun - ffug-dŵr ydyw a godwyd rhwng Llambled a Llangybi. Fe'i codwyd gan John Jones o Stad Derry Ormond, Llangybi ym 1826. Cyn hynny roedd wedi cyflogi'r pensaer CR Cockerell i ailadeiladu Plas Derry Ormond ac fe wnaed y gwaith tirlunio ar y parcdir o amgylch yn y cyfnod yma. Cockerell a ddyluniodd adeiladau Prifysgol Llambled hefyd.

Mae 365 o risiau'n arwain i ben tŵr Derry Ormond. Fe arferai fod rheiliau o amgylch y platform sydd ar ben y ffug-dŵr ond nid ydynt yn ddiogel bellach. Mae sawl stori'n adrodd pam y codwyd y tŵr: credir bod y prosiect wedi rhoi gwaith i bobl leol mewn amser o galedi.

Roedd y bryngaerau'n gartrefi hawdd i'w hamddiffyn i bobl Geltaidd yr ardal. Byddai'r gwrthgloddiau - gyda phalisadau pren arnynt - a'r ffosydd o amgylch y gaer yn amddiffynfa pan fyddai cythrwfl.

Hill forts functioned as defensible homesteads for the Celtic people of this area. The ramparts – topped by wooden palisades – and ditches that bounded the enclosure gave protection in times of trouble.

**Derry Ormond**

A more recent addition to the landscape is the 126 foot Derry Ormond Tower, a nineteenth century folly between Lampeter and Llangybi. This folly was built by John Jones of Derry Ormond Estate, Llangybi in 1826. He had previously engaged the architect CR Cockerell to rebuild Derry Ormond Mansion whilst the landscaping of the surrounding parkland was also carried out at around this time. Cockerell also designed the University buildings in Lampeter.

There are 365 steps leading to the top of Derry Ormond tower. Railings once surrounded the platform at the top of the folly although these are no longer safe. There are several explanations why the tower was built: the generally accepted version is that the work provided local employment at a time of poverty.



Malvin Grey



Yn seiliedig a'r Fapiau 1:10,000 yr Arolwg Ordnans gyda chaniatâd Rheolwr Llyfrfa Ei Mawrhydi. ©Hawlfraint y Goron. Y mae atgynhyrchu heb awdurdod yn torri Hawlfraint y Goron a gall arwain at erlyniad neu achosion sifil. Cyngor Sir Ceredigion . Rhif Twydded LA09006L, 2001

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**Allwedd ar Gyfer y Map**  
Map Key

- Trywydd wedi'i ddynodi ar gyfer cerddwyr  
Promoted route for walkers
- Trywydd wedi'i ddynodi ar gyfer cerddwyr, marchogion a beicwyr  
Promoted route for walkers, horse riders and bicycles.
- Ffyrdd  
Roads
- Maes Parcio  
Car Park
- Toiled  
Toilet





### Llanbedr Pont Steffan (Allt Goch)

Mae nifer o lwybrau a thraciau coedwigoedd yn ymestyn am filltiroedd i'r dwyrain i Llanbedr ar grib donnog braf rhwng Afon Teifi a'i hisafon, Afon Dulas. O'r lwybrau hyn mae golygfeydd godidog o'r wlad o amgylch ac mae hawl gan gerddwyr, beicwyr a cheffylau i'w defnyddio. Arweinia'r lwybrau drwy goetiroedd cymysg, ar hyd lonydd deiliog hyfryd a thrwy dir ffermio.

O Llanbedr mae'r lwybr yn mynd heibio cae'r clwb rygbi i gyfeiriad Coed Mount Pleasant. Mae'r lwybrau'n mynd heibio i sawl caer o Oes yr Haearn sef Castell Olwen, Castell Allt Goch a Chastell Goetre.

6 milltir /10 km o hyd yw'r lwybr hiraf er mae modd dewis lwybrau byrrach.



Arolwg Ordnans Map Landranger – 146  
Arolwg Ordnans Map Explorer – 199  
Cofiwch ddilyn y Cod Cefn Gwlad.

Ordnance Survey Landranger Map 146  
Ordnance Survey Explorer Map 199

Please remember to follow the Country Code.

### Lampeter (Allt Goch)

A variety of paths and forest tracks stretch for several miles east of Lampeter along a gently undulating ridge between the River Teifi and its tributary, the Afon Dulas. These routes give panoramic views over the surrounding countryside and can be used by walkers, horse riders and bicyclists. They lead through mixed woodland, along leafy lanes and over farmland.

From Lampeter, the path runs alongside the rugby ground towards Mount Pleasant Wood. The routes pass through or close by the several Iron Age settlements of Castell Olwen, Castell Allt Goch and Castell Goetre.

The longest route is about 6 miles / 10 km although shorter options are also available.



### Llanbedr Pont Steffan

Mae Llanbedr wedi datblygu ar safle pont dros Afon Teifi fel yr awgryma'r enw llawn, Llanbedr Pont Steffan.

Deallai'r Normaniaid bwysigrwydd y man croesi yma dros Afon Teifi ac fe godasant gastell yno i'w amddiffyn. Y cwbl sy'n weddill o'r castell yw'r twmpath pridd mawr yn nhiroedd y Coleg. Prin iawn yw'r wybodaeth am y castell, er y gwyddom i Owain Gwynedd ymosod arno yn y 12fed ganrif a bod Owain Glyndŵr wedi dwyn gwarchae arno yn y 15fed ganrif.



### Lampeter

Lampeter developed near a bridging point over the Afon Teifi – it is known in Welsh as Llanbedr Pont Steffan (the Church of St Peter's near St. Stephens bridge).

The Normans recognised the importance of this crossing point of the River Teifi and built a castle to protect it. All that remains of the castle is a large earth mound within the grounds of the College. Little is known of the castle, although it was attacked by Owain Gwynedd in the 12th century and laid siege by Owain Glyndŵr during the early years of the 15th century.

Lampeter is Wales' oldest University College. It was founded in 1822 by Thomas Burgess, Bishop of St David's. From its ancient origins, present-day Lampeter thrives both as a University town and a centre for the surrounding agricultural community.