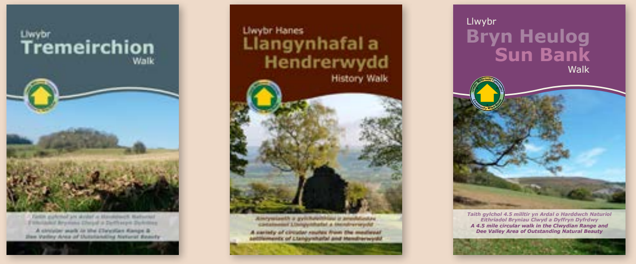
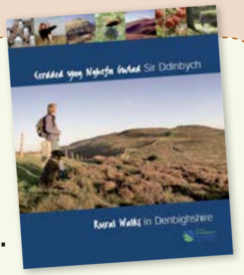
Mwy o gyfleoedd i fforio Llwybrau Milltiroedd Cymunedol

More opportunities to explore Community Miles Routes



Teithiau Cerdded Gwledig yn Sir Ddinbych – arweinlyfr cerdded ardderchog am ddim.
Rural Walks in Denbighshire – a great free walking guide.



Lawrlwythwch y taflenni hyn a mwy oddi ar:
Download these leaflets and more from:
www.clwydianrangeanddeevalleyaonb.org.uk
www.denbighshirecountryside.org.uk

Fe ddangoswyd bod mynd am dro'n rheolaidd yn gwella hunanhyder a stamina ac yn lleihau pryder a straen. Rhowch gynnig ar un o'n troeon iach rheolaidd – ewch i **www.denbighshirecountryside.org.uk/dewch_i_gerdded/** i gael mwy o wybodaeth.

Regular walks have been shown to improve self confidence, stamina, weight control and to reduce anxiety and stress. Why not try one of our regular healthy walks – please visit **www.denbighshirecountryside.org.uk/lets_walk/** for more information.

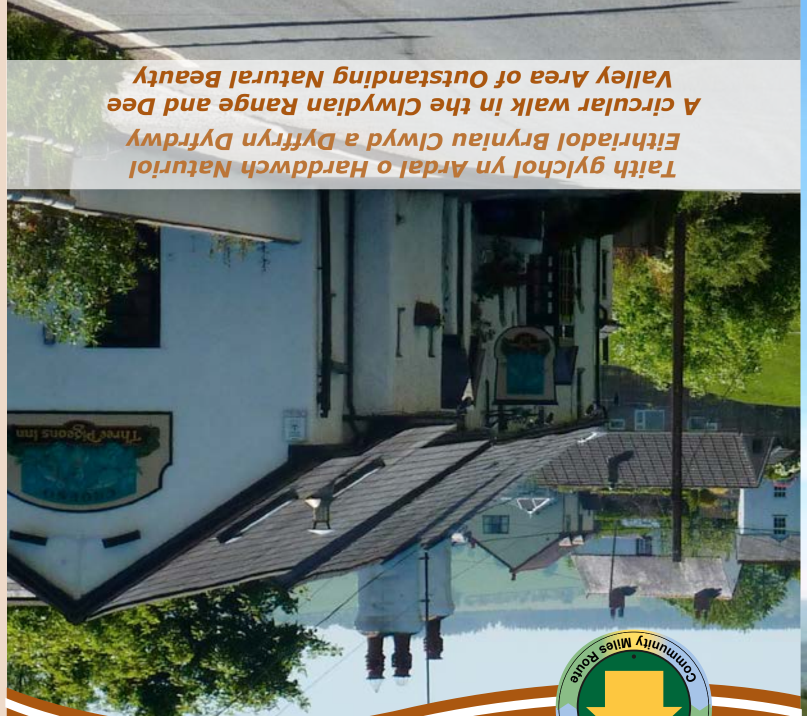
Llosgi caloriau wrth gerdded 30 munud y filltir neu'n gyflymach
Calorie count for the walk at a walking rate of 30 minutes a mile or faster

Pwysau/Weight Stôn/Stones	Pwysau/Weight kg	Llosgi Caloriau Calories Burnt
10	63	527
11	70	580
12	76	630
13	83	686

Troedio CLWYD Walks

Mae llwybr hwn yn rhan o gyfres Milltiroedd Cymunedol a ddatblygwyd trwy Brosiect Cerdded gyda Offa. Derbyniodd y prosiect gyllid trwy'r Cynllun Datblygu Gwledig 2007-2013, a chafodd ei ariannu'n rhannol gan Lywodraeth Cymru a Chronfa Amaethyddol Ewropeaidd ar gyfer Datblygiad Gwledig.

This route is part of the Community Miles series, and was developed through the Walking with Offa Project. The project received funding through the Rural Development Plan for Wales 2007-2013, which is part-funded by Welsh Government and the European Agriculture Fund for Rural Development.



Taith gylchol yn yr Ardal o Harddwch Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy
A circular walk in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty

Community Miles Route – Llwybr Milltiroedd Cymunedol

Llwybr Graigfechan Walk

9

Cysylltiadau Defnyddiol
Useful Contacts

Ardal o Harddwch Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy
Clwydian Range and Dee Valley Area of Outstanding Natural Beauty

01352 810614

www.clwydianrangeanddeevalleyaonb.org.uk

Cyngor Sir Ddinbych Denbighshire County Council
Bryniau Clwyd a Dyffryn Dyfrdwy Clwydian Range and Dee Valley
Cadwyn Clwyd – Asiantaeth Datblygu Gwledig Rural Development Agency
Cyfoeth Naturiol Cymru Natural Resources Wales

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

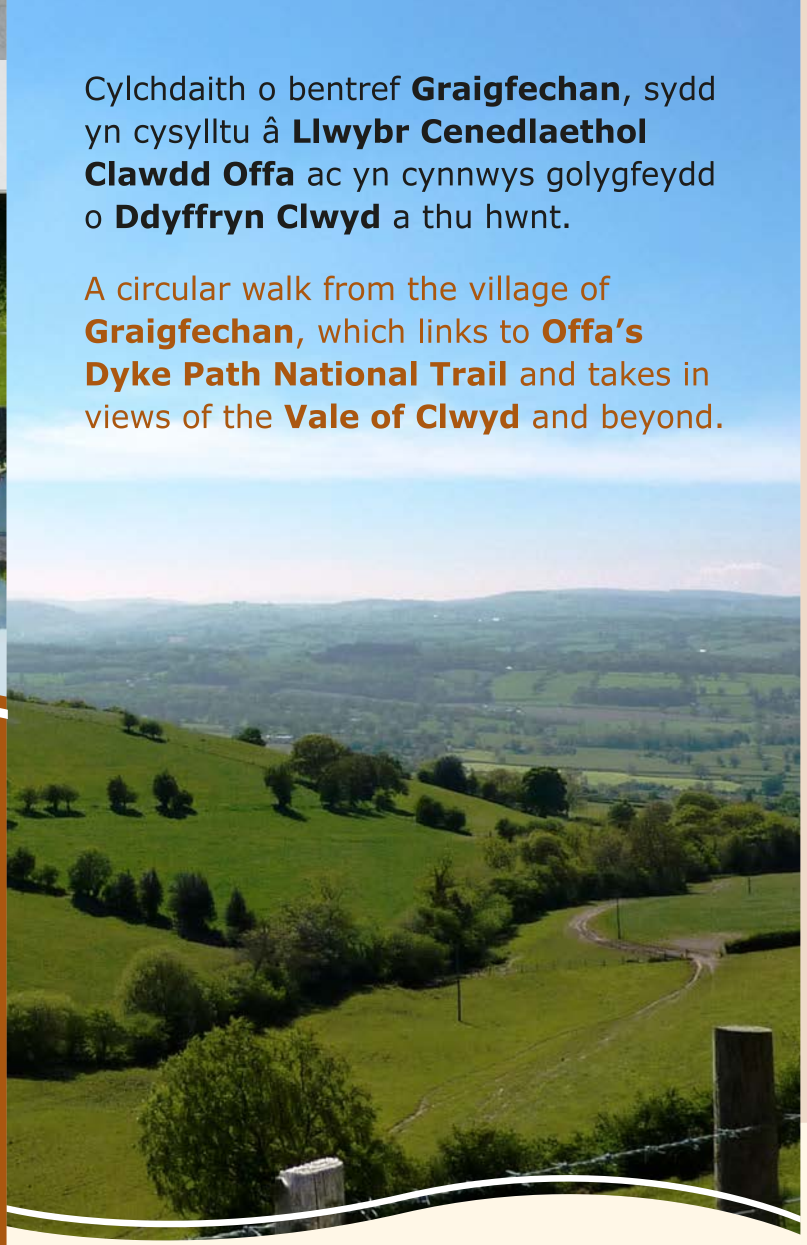
Llywodraeth Cymru Welsh Government

Mae Rhaglen Ariannu Cynllun Gwella Hawliau Tramwy'n cael ei ariannu gan Lywodraeth Cymru a'i weinyddu gan Cyfoeth Naturiol Cymru.

The Rights of Way Improvement Plan Funding Programme is funded by the Welsh Government and administered by Natural Resources Wales.

Cylchdaith o bentref **Graigfechan**, sydd yn cysylltu â **Llwybr Cenedlaethol Clawdd Offa** ac yn cynnwys golygfeydd o **Ddyffryn Clwyd** a thu hwnt.

A circular walk from the village of **Graigfechan**, which links to **Offa's Dyke Path National Trail** and takes in views of the **Vale of Clwyd** and beyond.



Pellter:
9.4 kilometres | 5.8 milltir
Brasamcan o amser:
2.5 – 3 awr
OS Map:
256 Wrecsam a Llangollen

Distance:
9.4 kilometres | 5.8 miles
Approximate duration:
2.5 – 3 hours
OS Map:
256 Wrexham and Llangollen

Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag glaw

Wear stout comfortable footwear and take waterproofs

Côd Cefn Gwlad:
Parchwch – Gwarchodwch – Mwynhewch

- Byddwch yn ddiogel – cynlluniwch o flaen llaw a dilynwch unrhyw arwyddion
- Gadewch glwydi ac eiddo fel rydych chi'n eu cael nhw
- Gwarchodwch blanhigion ac anifeiliaid, ac ewch â'ch sbwriel gartref
- Cadwch eich ci dan reolaeth dynn
- Byddwch yn ystyriol o bobl eraill

Countryside Code
Respect – Protect – Enjoy

- 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

Rhai o'r symbolau y gallech eu gweld yng nghefn gwlad

Some of the symbols that you may see in the countryside

- Llwybr Cyhoeddus Footpath
- Llwybr Ceffyl Bridleway
- Llwybr Caniataol Permissive Path
- Llwybr Cenedlaethol National Trail
- Tir Mynediad Access Land

Lluniaeth a mwy:
Refreshments and more:

Three Pigeons Inn
Bar, Tŷ Bwyta a Llety
Bar, Restaurant and Accommodation
01824 703178
www.threepigeonsinn.co.uk

Hideaways Café, Gweryd Lakes
Caffi, Pysgota a Llety
Café, Fishing and Accommodation
01824 780230
www.gwerydlakes.co.uk

Ewch ar y bws:
Take the bus:

- Llwybr bws 76 | Bus route 76

Dinbych - Llandyrnog - Rhuthun - Pentrecelyn
Denbigh - Llandyrnog - Ruthin - Pentrecelyn

I gael amserlen ddiweddar, gwiriwch
To get an up to date timetable visit
www.traveline-cymru.info | 0871 200 22 33

Er y gwnaethpwyd pob ymdrech i wneud y llyfryn hwn mor fanwl gywir ag sydd bosib, nid yw'r awduron na'r cyhoeddwyr yn derbyn unrhyw gyfrifoldeb am ganlyniadau gwallau.

Whilst every effort has been made to make this booklet as accurate as possible, neither authors nor publishers accept any responsibility for the consequence of errors.

Printwyd y daflen ar bapur wedi ei ailgylchu.

This leaflet is printed on recycled paper.

Llwybr Cenedlaethol Clawdd Offa

Mae llwybr Clawdd Offa yn rhedeg ar hyd Cymru, o Gas-gwent i Brestatyn trwy dirweddau godidog ac amrywiol. Y llwybr 177 milltir, a agorwyd ym 1971, yw un o Lwybrau Cenedlaethol mwyaf poblogaidd ac adnabyddus Prydain.

Offa's Dyke Path National Trail

Offa's Dyke Path runs the length of Wales, from Chepstow to Prestatyn through magnificent and varied landscapes.
The 177 mile long path, which opened in 1971, is one of Britain's most popular and well known National Trails.

www.nationaltrail.co.uk/offasdyke/

Tirwedd Gwaith

Y mae amaeth yn parhau i fod y prif ddefnydd tir yn ardal Graigfechan, gyda Choleg Cambria Llysfasi wedi ei leoli ger Pentrecelyn. Am nifer o flynyddoedd roedd chwareli yn ddiwydiant pwysig, gan ddarparu gwaith. Defnyddiwyd calchfaen o chwarel y plwyf, o dan berchnogaeth Adran Briffyrdd Sir Ddinbych, fel wyneb ar ffyrdd lleol. Bellach mae y chwarel yn warchodfa natur – Pant Glas – sydd gyda nodweddion daearegol diddorol ac yn cael ei reoli yn arbennig ar gyfer gloÿnnod byw.

A Working Landscape

Agriculture is still the main land use in the Graigfechan area with Coleg Cambria Llysfasi situated in the nearby hamlet of Pentrecelyn. For many years quarrying was an important industry and job provider. Limestone from the parish quarry, owned by Denbighshire Highways department, was used to surface local roads. The quarry is now a nature reserve - Pant Ruth – which has interesting geological features and is managed for butterflies.

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Three Pigeons Inn

Mae'r tafarn yn darparu lluniaeth a llety ers yr ail ganrif ar ddeg oherwydd roedd hi'n fan stopio gyfleus ar gyfer porthmyn ar y daith hir rhwng gorllewin Cymru a Swydd Amwythig.

Pan gafodd ei ailadeiladu ym 1777, cafodd y dafarn ei ehangu i letya'r nifer o borthmyn oedd yn mynd i Wrecsam ac Amwythig. Mae'n bosib taw Owain Glyndwr oedd un o'r ymwelwyr enwocaf. Credir arhosodd yng Ngraigfechan ar y ffordd i'r senedd ym Machynlleth.

Yn ôl y sôn, mae'r tair colomen yn cynrychioli'r tri gras Celtaidd – gonestrwydd, ffyddlondeb a theyrngarwch.

Three Pigeons Inn

The Inn has provided refreshment and accommodation since the 12th Century as it was a convenient stopping point for drovers on the long journey between west Wales and Shropshire.

When rebuilt in 1777, the inn was enlarged to accommodate the increase in drover numbers heading to Wrexham and Shrewsbury. Famous visitors reputedly include Owain Glyndwr. It is believed he stayed in Graigfechan en-route to parliament in Machynlleth

The three pigeons are said to represent the three Celtic graces – honesty, fidelity and loyalty.