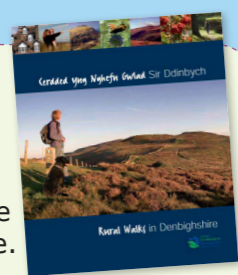


## Mwy o gyfleoedd i fforio Llwybray Milltiroedd Cymunedol

### 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.clwydianrangeaonb.org.uk](http://www.clwydianrangeaonb.org.uk) [www.denbighshirecountryside.org.uk](http://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/](http://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/](http://www.denbighshirecountryside.org.uk/lets_walk/) for more information.

Llosgi calorïau wrth cerdded 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 Calorïau Calories Burnt
10	63	318
11	70	350
12	76	380
13	83	414

Mae Rhaglen Ariannu Cynllun Gwella Hawliau Tramwy'n cael ei ariannu gan Lywodraeth Cymru a'i weinyddu gan Gyngor Cefn Gwlad Cymru.

The Rights of Way Improvement Plan Funding Programme is funded by the Welsh Government and administered by the Countryside Council for Wales.



Taith gylchol 4.5 milltir yn Ardal o Harddwch Naturiol  
A 4.5 mile circular walk in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty



## Llwybr Bryn Henlog Sun Bank Walk

### Cysylltiadau Defnyddiol Useful Contacts

[www.denbighshirecountryside.org.uk/walking/](http://www.denbighshirecountryside.org.uk/walking/)

[www.clwydianrangeaonb.org.uk](http://www.clwydianrangeaonb.org.uk)

Canolfan Groeso Llangollen  
Llangollen Tourist Information Centre:  
**01978 860 828**



Bryniau Clwyd a Dyffryn Dyfrdwy  
Clwydian Range and Dee Valley

Ardal o Harddwch Naturiol  
Area of Outstanding Natural Beauty



Asiantaeth Datblygu Gwledig  
Rural Development Agency



Cymunedau a Natur  
Communities and Nature



Cyngor Cefn Gwlad Cymru  
Countryside Council for Wales



Ewrop & Chymru: Buddsoddi yn eich Dyfodol  
Cronfa Datblygu Rhanbarthol Ewrop  
Europe & Wales: Investing in your Future  
European Regional Development Fund

Llwybrau syfrdanol o Llangollen sy'n dringo'n ddigon uchel i roi golygfeydd gwych o Ddyffryn Llangollen, yn ogystal â mwynhau heddwch y gamlas.

A stunning walk from Llangollen which climbs just enough to provide brilliant views of the Vale of Llangollen, as well as enjoying the tranquillity of the canal.



**Pellter:** 7km | 4.5 milltir  
**Brasamcan o amser:** 2 - 3 awr  
**OS Map:** 256 Wreccsam & Llangollen

**Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag glaw**

**Distance:** 7km | 4.5 miles  
**Approximate Duration:** 2 - 3 hours  
**OS Map:** 256 Wrexham & Llangollen

**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
- Gofalwch eich bod chi'n gwarchod planhigion 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

- Cyfeirwynt Llwybr Footpath Waymark
- Cyfeirwynt Llwybr Ceffyl Bridleway Waymark
- Cyfeirwynt Llwybr Caniataol Permissive Footpath Waymark
- Llwybr Cenedlaethol National Trail
- Mynediad Agored Open Access

Some of the symbols that you may see in the countryside

## Beth am aros am luniaeth ysgafn? Why not stop for refreshment?

Bar a Bwyty'r Sun Trevor  
The Sun Trevor Bar & Resturant  
**01978 860 651**

Llangollen Wharf Tea Rooms  
**01978 860 702**

## Ewch ar y bws | Take the bus:

- 5 (Wreccsam-Rhiwabon-Llangollen-Corwen)
- 5 (Wrexham-Ruabon-Llangollen-Corwen)

- 5A (Wreccsam-Rhiwabon-Llangollen-Y Waun)
- 5A (Wrexham-Ruabon-Llangollen-Chirk)

- X94 (Wreccsam - Llangollen - Abermaw)
- X94 (Wrexham - Llangollen - Barmouth)

I gael amserlen ddiweddar, gwiriwch To get an up to date timetable visit

Traveline Cymru  
**08712002233**  
[www.traveline-cymru.info](http://www.traveline-cymru.info)

Er y gwnaethpwyd pob ymdrech i wneud y llyfr hwn mor fanwl gywir ag sydd bosib, nid yw'r awduron na'r cyhoeddwr 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.



## Sgarp Eglwyseg

Gellir gweld Sgarp Eglwyseg ar wahanol bwyntiau ar hyd y daith. Fe ffurfiwyd y calchfaen rhyw 350 miliwn o flynyddoedd yn ôl mewn môr trofannol bas, cynnes a oedd yn heigiog o fywyd. Gellir gweld tystiolaeth o'r bywyd hynafol yma rŵan fel cwrelau a braciopodau ffosil. Mae rhai o sgrïau mwyaf nodedig Prydain ar hyd ran helaeth o'r Sgarp. Mae deunydd y sgrï wedi cronni ers diwedd yr Oes Iâ diwethaf, rhyw 11,000 o flynyddoedd yn ôl, lle mae miliynau o ddarnau onglog o graig wedi eu disodli gan effaith rhew.

## Eglwyseg Escarpment

The Eglwyseg Escarpment can be seen at various points along the route. The limestone was formed some 350 million years ago in a warm, shallow tropical sea teeming with life. Evidence of this ancient life can now be seen as fossil corals and brachiopods. Along much of the escarpment are the most impressive scree slopes in Britain. The scree material has accumulated since the end of the last Ice Age, some 11,000 years ago, as millions of angular pieces of rock have been dislodged by frost action.

## Afon Dyfrdwy

Mae Afon Dyfrdwy wedi bod yn bwysig am ganrifoedd, gyda llu o chwedlau wedi eu nyddu yn ei gorffennol. Yn fwy diweddar fe ddaeth y Ddyfrdwy'n afon fwyaf reoledig Ewrop gyda llif y dŵr yn cael ei reoli o sawl llyn. Un o'r rhain ydi Llyn Tegid ger y Bala, lle credir fod dŵr yr afon yn pasio drwyddo heb gymysgu â dyfroedd y llyn. Mae'r Ddyfrdwy'n rhyngwladol bwysig oherwydd presenoldeb rhywogaethau fel eog yr iwerydd a chregyn gleision perlog dŵr croyw.

## River Dee

The River Dee has been important for centuries, with many myths and legends entwined in its past. Recent history has seen the Dee become the most regulated river in Europe, with water flow controlled from several lakes. One of these is Llyn Tegid near Bala, where it is believed that the river water passes through without mixing with waters from the lake. The Dee is internationally important due to the presence of species such as atlantic salmon and fresh water pearl mussel.



## Castell Dinas Brân

Castell Cymreig sydd ar safle amlwg uwchlaw Dyffryn Llangollen ydi Castell Dinas Brân. Fe adeiladwyd y castell oddeutu 1260OC o fewn safle bryngaer gynharach o lawer o'r Oes Haearn. Roedd y castell yn wylfa yn erbyn y Saeson ond mae bron yn sicr iddo gael ei losgi gan y Cymry yn 1277 i atal iddo fynd i ddwylo Seisnig. Mae adfeilion y castell a rhagfuriau'r fryngaer wreiddiol i'w gweld hyd heddiw, felly beth am ddargyfeirio i fyny i'r castell i fwynhau'r olion a'r golygfeydd godidog?



## Castell Dinas Brân

Castell Dinas Brân is a Welsh castle situated in a prominent position above the Vale of Llangollen. The castle was constructed about 1260AD within a much earlier Iron Age hillfort. The castle served as a lookout against the English but was almost certainly burnt down by the Welsh in 1277 to prevent it falling into English hands. The castle ruins and the original hillfort ramparts can still be seen today, so why not take a detour up to the castle to enjoy the remains and the magnificent views.

## Camlas Llangollen

Cafodd camlas Llangollen ei chynllunio gan William Jessop a Thomas Telford yn hwyr yn y 18fed ganrif. Roedd adeiladu y gamlas yn golygu sawl gorchest beirianyddol mewn amgylchedd daearyddol heriol. Yn 2009 bu i'r rhan rhwng Rhaeadr yr Bedol a Phont Gledrid yn yr Amwythig ei ddynodi yn Safle Treftadaeth y Byd. Pob dydd mae 12 miliwn o alwyni o ddŵr yn cael ei dynnu o Afon Dyfrdwy i'r gamlas yn Rhaeadr yr Bedol. Cwblhawyd Draphont Ddŵr Pontcysyllte yn 1805, yr hiraf ac uchaf i gael ei adeiladu.

## Llangollen Canal

The Llangollen canal was designed by William Jessop and Thomas Telford in the late 18th century. Building the canal required substantial, bold civil engineering solutions in a challenging geographical setting. In 2009 the section between Horseshoe Falls and Gledrid Bridge in Shropshire was inscribed as a World Heritage Site. Every day 12 million gallons of water from the River Dee enters the canal at the Horseshoe Falls. The Pontcysyllte Aqueduct which was completed in 1805 was the longest and highest aqueduct built.

