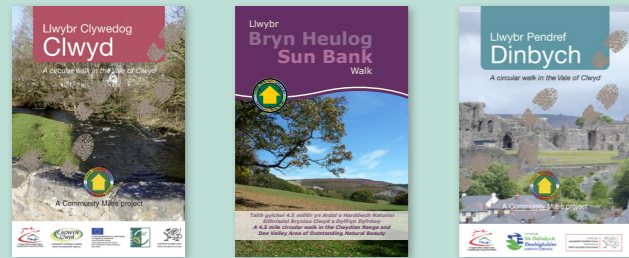
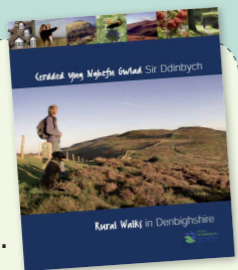


## Mwy o gyfleoedd i fforio Llwybrau Milltiroedd Cymunedol

### More opportunities to explore Community Miles Routes



Teithiau Cerdded Gwledig yn Sir Ddinbych – arweinyfr 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 yn Ardal o Harddwch Naturiol  
A circular walk in the Clwydian Range & Dee Valley Area of Outstanding Natural Beauty  
Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy  
A circular walk in the Vale of Clwyd



## Llwybr Tremeirchion Walk

### Cysylltiadau Defnyddiol Useful Contacts

Ardal o Harddwch Naturiol Bryniau Clwyd a Dyffryn Dyfrdwy  
Clwydian Range and Dee Valley Area of Outstanding Natural Beauty  
**01352 810614**  
[www.clwydianrangeaonb.org.uk](http://www.clwydianrangeaonb.org.uk)



Ardal o Harddwch Naturiol Eithriadol  
Area of Outstanding Natural Beauty



Asiantaeth Datblygu Gwledig  
Rural Development Agency



advento  
Realising rural potential



Cyngor Cefn Gwlad Cymru  
Countryside Council for 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

Taith gylchol o Dremeirchion, sy'n cysylltu â Llwybr Cenedlaethol Clawdd Offa gyda phanoramâu eang o Ddyffryn Clwyd.

A circular walk from Tremeirchion, that links into the Offa's Dyke Path National Trail whilst taking in the wide panoramas of the Vale of Clwyd.



**Pellter:** 4.8km | 3 milltir  
**Brasamcan o amser:** 1.5 – 2 awr  
**OS Map:** 265 Bryniau Clwyd

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

**Distance:** 4.8km | 3 miles  
**Approximate Duration:** 1.5 – 2 hours  
**OS Map:** 265 Clwydian Range

**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?

Salisbury Arms  
**01745 710262**

## Ewch ar y bus | Take the bus:

- Llwybr bws 10 (Bodfari–Gorsaf Fysiau'r Rhyl)
- Bus route 10 (Bodfari–Rhyl Bus Station)

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)

Y mae yn rhan o gyfres Milltiroedd Cymunedol a ddatblygwyd gan Brosiect Cerdded gyda Offa gyda arian drwy y Cynllun Datblygu Gwledig 2007-2013 sydd yn gael ei ran ariannu gan Llywodraeth Cymru a Chronfa Amaethyddol Ewropeaidd ar gyfer Datblygiad Gwledig.

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

Er y gwnaethpwyd pob ymdrech i wneud y llyfr yn 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.



### Marchnad Bentref Tremeirchion

Ar ddydd Sadwrn cyntaf pob mis cynhelir marchnad bentref yn yr Hen Ysgol Tremeirchion. O 10:30am-12:30pm bydd stondinau'n gwerthu amrywiaeth o gynnyrch cartref fel cacennau, bara, crwst a chrefftau, yn ogystal ag wyau a ffrwythau a llysiau tymhorol. Mae lluniaeth ysgafn ar gael hefyd.

### Tremeirchion Village Market

On the 1st Saturday of each month a village market is held in The Old School Tremeirchion. Running from 10:30am-12:30pm stalls sell a variety of homemade produce such as cakes, bread, pastries and crafts, as well as eggs and seasonal fruit & vegetables. Refreshments are also available.

Mae pentref **Tremeirchion** (yr enw gwreiddiol oedd Dinmeirchion sef caer, neu din-as y Pennaeth Meirchion) yn bentref deniadol ar ochrau brynau Clwyd. Mae'r pentref yn un hen iawn, ac yn ôl y sôn Beuno Sant, a ddywedwyd iddo deithio drwy'r pentref yn y chweched ganrif, a roddodd ei enw i Ffynon Beuno yn y Graig.

**Tremeirchion**, originally named Dinmeirchion – fortress of Meirchion the chieftain – is an attractive village that skirts the Clwydian Range. The village is without doubt ancient in its origin. Ffynnon Beuno at Graig is almost certainly named after St Beuno who is said to have passed through the village in the sixth century.



### Moel Maenefa

Bryn yng ngogledd Ardal o Harddwch Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy ydi Moel Maenefa. Fe ystyrir Ardaloedd o Harddwch Naturiol Eithriadol (AHNE) yn rhai o'r tirweddau a drysorir fwyaf ym Mhrydain ac ynghyd â Pharciau Cenedlaethol, mae eu cymeriad arbennig yn cynrychioli ein darnau cefn gwlad gwychaf a mwyaf gwerthfawr. Ucheldir, fel Moel Maenefa ydi un o nodweddion arbennig AHNE Bryniau Clwyd a Dyffryn Dyfrdwy. Mae llwybr Clawdd Offa'n mynd dros lethrau isaf Moel Maenefa ac ar ddiwrnod clir dywedir y gellir gweld tŵr Blackpool o'r top.

### Moel Maenefa

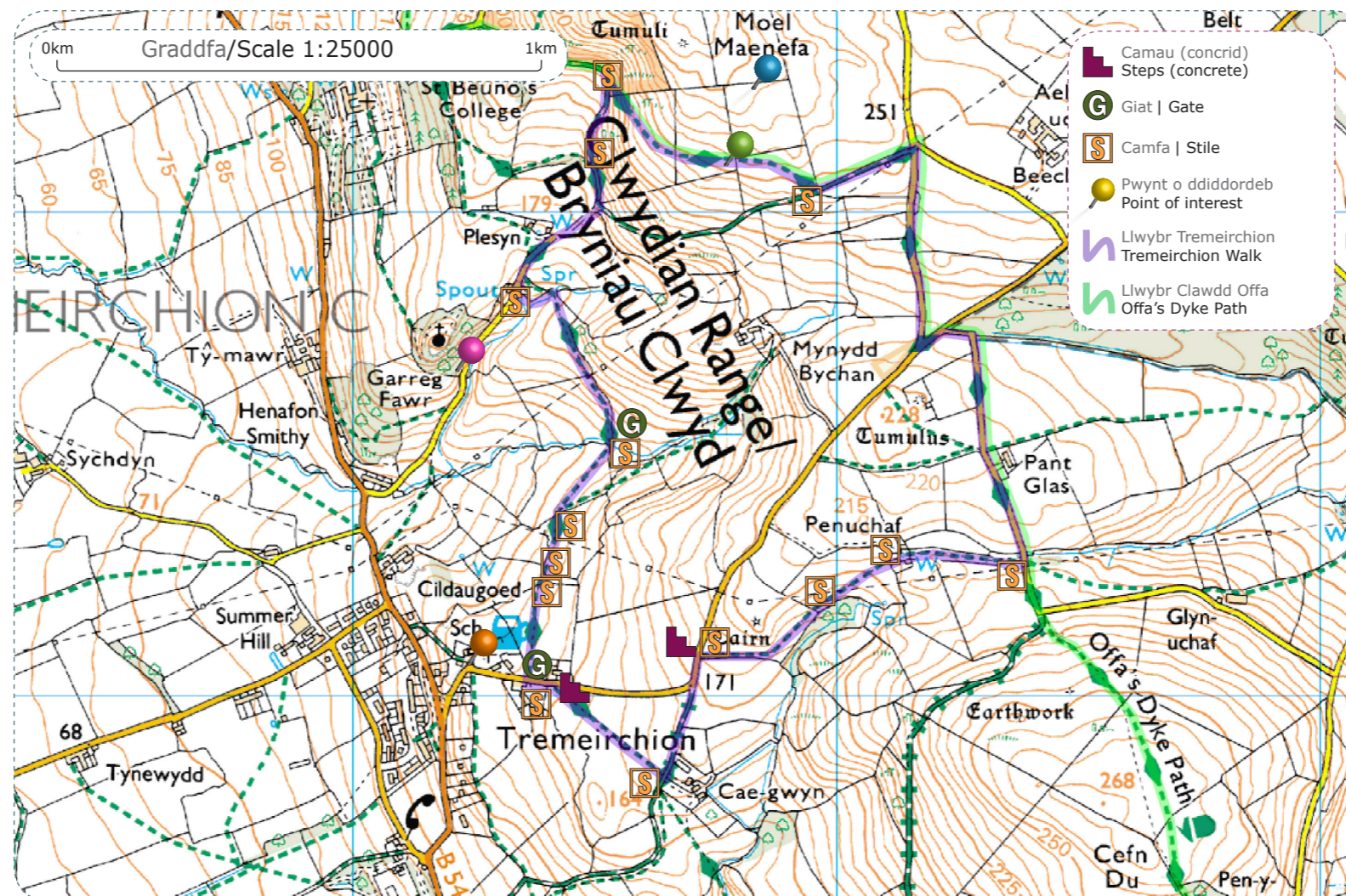
Moel Maenefa is a hill situated in the north of the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty (AONB). Areas of Outstanding Natural Beauty are regarded as some of Britain's most treasured landscapes and along with National Parks, their special character represent our finest and most precious tracts of countryside. Uplands, such as Moel Maenefa are one of the special features of the Clwydian Range and Dee Valley AONB. The Offa's Dyke path passes over the lower slopes of Moel Maenefa and on a clear day it is said that Blackpool tower can be seen from the top.

### Rock Chapel

Wrth edrych i fyny tuag at y Garreg Fawr, gellir gweld meindwr golau'r Rock Chapel yn torri drwy linell y coed. Mae'r capel bychan hwn a adeiladwyd ar lechwedd goediog yn 1866, wedi ei leoli ar ffin ddeheuol tir Coleg Jeswit Sant Beuno. Fe ddyluniwyd y capel gan fyfyrwr yn y coleg fel lle i offeiriad Jeswit astudio ac addoli.

### Rock Chapel

Looking up towards Garreg Fawr, the pale spire of Rock Chapel can be seen breaking through the tree line. Built on the wooded hillside in 1866, this small chapel is situated on the southern boundary of St Beuno's Jesuit College grounds. The chapel was designed by a college student as a place for Jesuit priests to study and worship.



© Hawlfraint y Goron a hawliau cronfa ddata 2012 Arolwg Ordnans 100023408 © Crown copyright and database rights 2012 Ordnance Survey 100023408

### Llwybr Clawdd Offa

Rhed Llwybr Cenedlaethol Clawdd Offa ar hyd Cymru o Gasgwent i Brestatyn drwy dirluniau gogoneddus a chyfnewidiol. Y llwybr, sydd yn 177 milltir o hyd, yw un o Lwybrau Cenedlaethol mwyaf adnabyddus ac enwocaf Prydain. Ers ei agor yn 1971 mae miloedd o bobl wedi mwynhau y daith dros fryniau, drwy ddyffrynnoedd, trefi marchnad a safleoedd hanesyddol.

### Offa's Dyke Path

Offa's Dyke Path National Trail runs the length of Wales from Chepstow to Prestatyn through magnificent and varied landscapes. The 177 mile long path is one of Britain's most popular and well known National trails. Opened in 1971, thousands of walkers have completed the journey over the hills, through valleys, market towns and historic sites.

[www.nationaltrail.co.uk/offasdyke/](http://www.nationaltrail.co.uk/offasdyke/)

