

Mwy o gyfleoedd i fforio llwybrau Milltiroedd Cymunedol

More opportunities to explore Community Miles routes



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.

Llogi calorïau wrth gerdded 30 munud y filltir neu'n gyflymach
Calorie count for this walk at a walking pace of 30 minutes a mile or faster

Pwysau/Weight Stôn/Stones	Pwysau/Weight kg	Llogi calorïau Calories burnt
10	63	391
11	70	430
12	76	467
13	83	509



Taith syfrdanol 4.3 milltir yn Ardal o Harddwch Naturiol
A 4.3 mile circular walk in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty



Bryn Henlog Sun Bank Walk

Llwybr

5

Cysylltiadau defnyddiol Useful contacts

Ardal o Harddwch Naturion Bryniau Clwyd a Dyffryn Dyfrdwy
Clwydian Range and Dee Valley Area of Outstanding Natural Beauty
www.clwydianrangeanddeevalleyaonb.org.uk
01352 810614

Canolfan Groeso Llangollen
Llangollen Tourist Information Centre
01978 860828



Bryniau Clwyd a Dyffryn Dyfrdwy
Clwydian Range and Dee Valley

Ardal o Harddwch Naturiol Eithriadol
Area of Outstanding Natural Beauty



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



Aidantwrth Datblygu Gwledig
Rural Development Agency



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 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: 8.0 km | 4.3 milltiroedd
Brasamcan o amser: 2.5 – 3 awr
Map OS : 256 Wreccsam/Llangollen

Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag glaw

Distance: 8.0 km | 4.3 miles
Approximate duration: 2.5 – 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
- 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

- Llwybr cyhoeddus
Public footpath
- Llwybr ceffyl
Bridleway
- Llwybr caniatol
Permissive path
- Llwybr cenedlaethol
National trail
- Mynediad agored
Open access

Some of the symbols you may see in the countryside

Lluniaeth a mwy: Refreshments and more:

Y mae yna nifer o lefydd i fwyta, yfed ac i aros yn ac o amgylch **Llangollen**. Am fwy o wybodaeth cysylltwch â'r Canolfan Groeso Llangollen.

There are lots of places to eat, drink and stay in and around **Llangollen**. For more information contact the Llangollen Tourist Information Centre.

Lluniaeth ar y llwybr | Refreshments on the route
Bar a Bwyty Sun Trevor | The Sun Trevor Bar and Restaurant
www.suntrevor.co.uk
01978 860651
Ystafell Te Glanfa Llangollen | Llangollen Wharf Tea Rooms
www.horsedrawnboats.co.uk/tea-room
01978 860702

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)
- T3 (Wreccsam – Llangollen – Abermaw)
- T3 (Wrexham – Llangollen – Barmouth)

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

Traveline Cymru | 0871 200 2233 |
www.traveline-cymru.info

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

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1 Castell Dinas Brân

Castell Cymreig sydd ar safle amlwg uwchlaw Dyffryn Llangollen yw 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 cafodd ei losgi gan y Cymry yn 1277 i atal iddo ddisgyn i ddwylo Seisnig. Mae adfeilion y castell a rhagfuriau'r fryngaer wreiddiol i'w gweld hyd heddiw, beth am ddargyfeirio i fyny i'r castell?



1 Castell Dinas Brân

Situated in a prominent position above the Vale of Llangollen, this Welsh castle was constructed circa 1260AD, within a much earlier Iron Age hillfort. The castle served as a lookout against the English, but was burnt down by the Welsh in 1277 to prevent it falling into English hands. Castle ruins and the original hillfort ramparts can still be seen today, why not take a detour up to the castle?

2 Afon Dyfrdwy

Mae Afon Dyfrdwy wedi bod yn bwysig am ganrifoedd, gyda lluo 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. Mae'r Ddyfrdwy'n rhyngwladol bwysig oherwydd presenoldeb rhywogaethau fel eog yr Iwerydd a chregyn gleision perlog dŵr croyw.



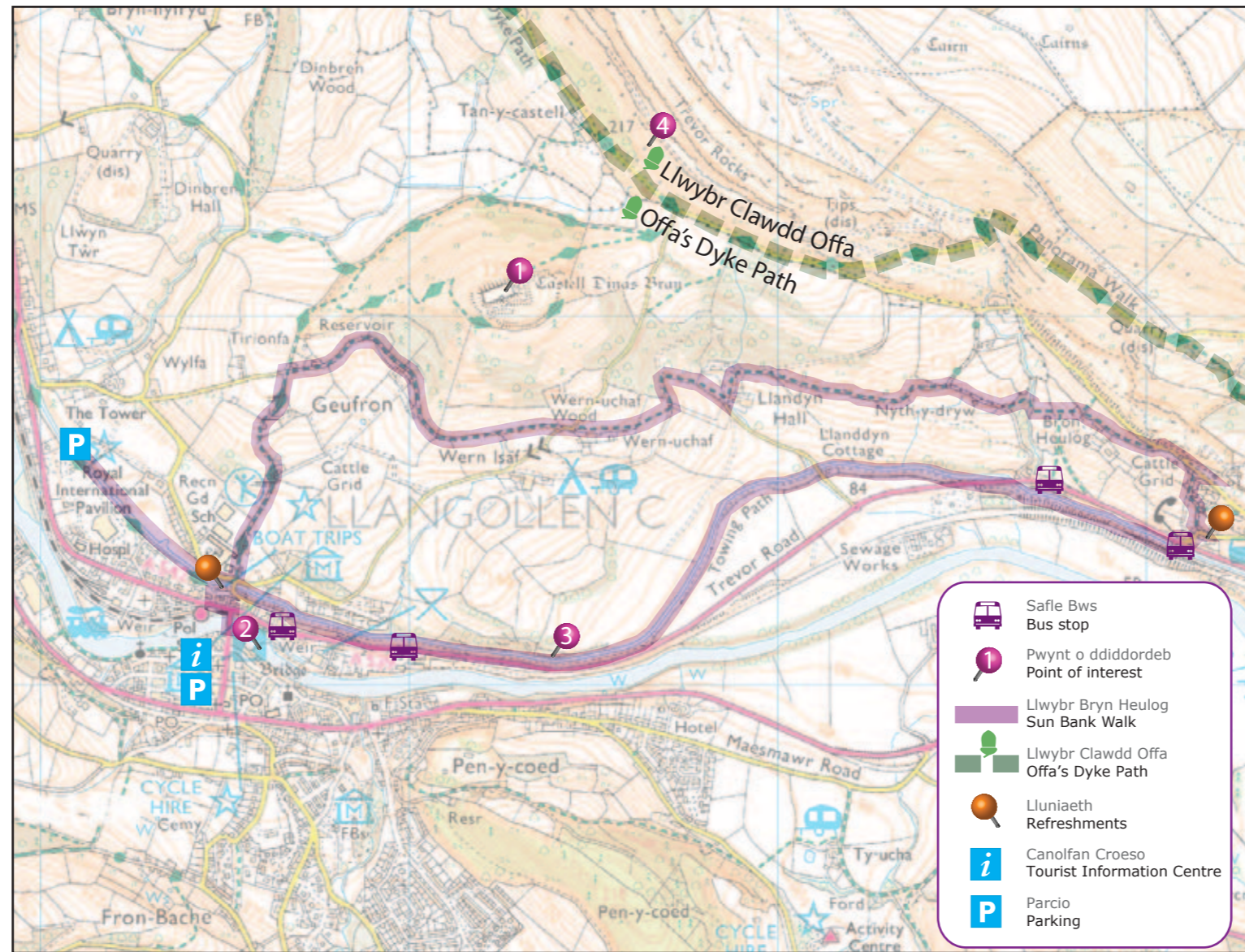
3 Camlas Llangollen

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 Rhoadr yr Bedol a Phont Gledrid yn yr Amwythig ei ddynodi yn Safle Treftadaeth y Byd.



3 Llangollen Canal

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. The section between Horseshoe Falls and Gledrid Bridge in Shropshire was inscribed as a World Heritage Site in 2009.



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2 River Dee

An important feature for centuries, with many myths and legends entwined in its past, the Dee has become the most regulated river in Europe, with water flow controlled from several lakes. The presence of species such as Atlantic salmon and fresh water pearl mussel make these waters internationally important.



4 Sgarp Eglwyseg Escarpment

Gellir gweld Sgarp Eglwyseg o 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 llawn bywyd. 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.

Visible 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 be seen as fossil corals and brachiopods. Along much of the escarpment are the most impressive screes in Britain.