

Yr Eglwyseg

Cerdded ar ben creigiau, golygfeydd rhagorol

Pellter: 16km / 10 milltir

Amser: Tua 5 - 6 awr

Parcio a chychwyn: y gilfan y tu isaf i Greigiau Trefor, **Cyf. Grid:** SJ234431, neu'r maes parcio yn World's End, **Cyf. Grid:** SJ232484, Map OS Explorer 255 neu 256

Graddfa: Egniol - creigiau agored, ac mae Llwybr Clawdd Offa yn croesi llethyr o gerrig mân

Cyfleusterau: Prospect Tearooms yn ymyl (tymhorol, ffôn:01978 821602); yr holl gyfleusterau yn Llangollen www.llangollen.org

Bracing cliff-top walking with superb views

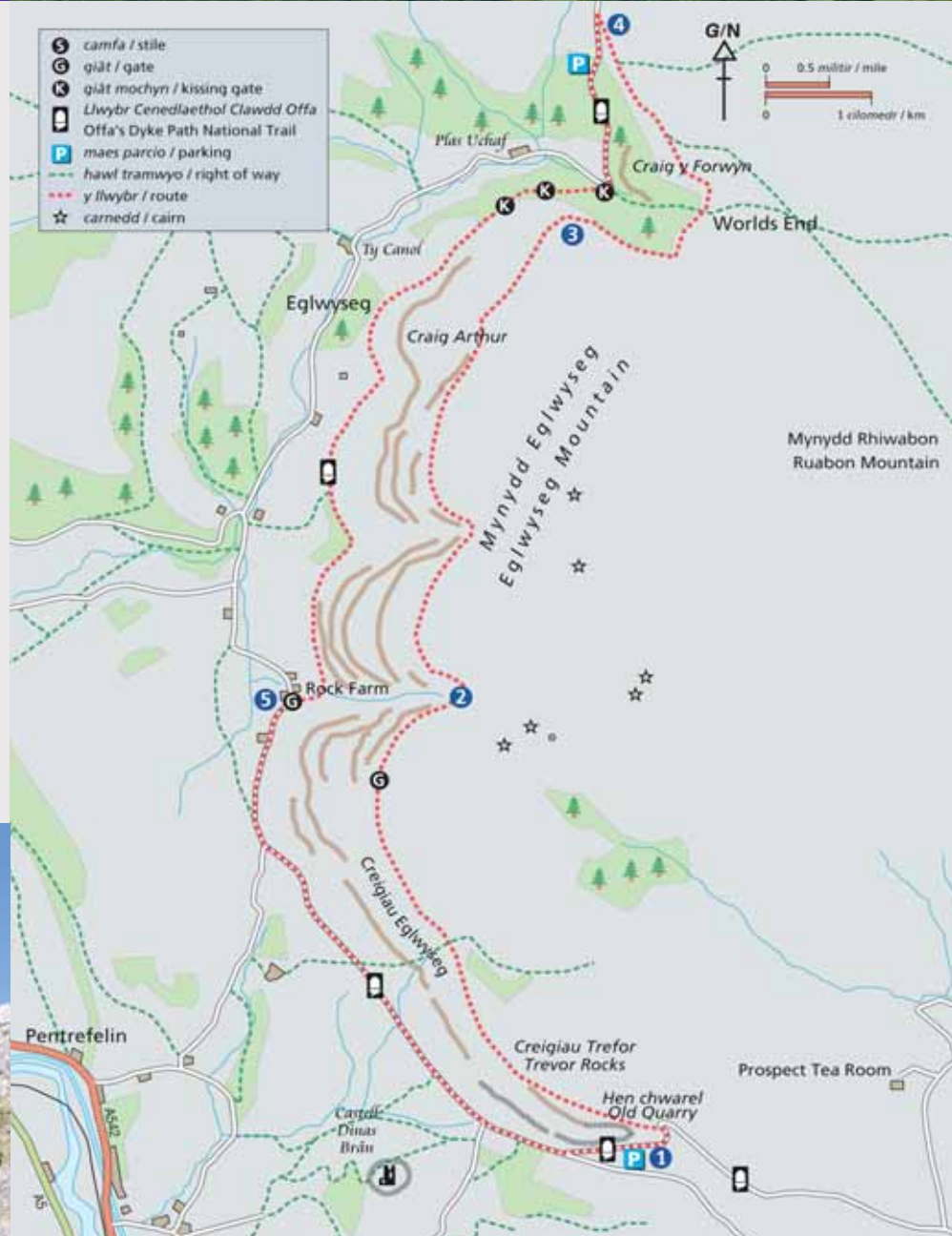
Distance: 16km / 10 miles

Time: Allow 5 - 6 hours

Parking and start: Layby below Trevor Rocks, **Grid ref:** SJ234431, or larger car park at World's End, **Grid ref:** SJ232484, Explorer map 255 or 256

Grade: Strenuous - exposed cliff-top and Offa's Dyke Path crosses rough scree

Facilities: Prospect Tearooms nearby (seasonal, tel: 01978 821602); all facilities in Llangollen www.llangollen.org



Y Daith Gerdded

1. O gilfan Creigiau Trefor, trowch i'r chwith ac ar hyd y ffordd. Ar y tro siâp 'S', ewch ar y llwybr troed ag arno saeth wen i'r chwith ar i fyny. Ewch ymlaen ar hyd y llwybr hwn gan gadw'r ffens ar y llaw dde (peidiwch â mynd drwy'r giât fetel). Pan fydd y ffens yn troi i'r dde, daliwch ati yn syth ymlaen gan ddilyn yr arwyddion ar ben y creigiau. Wrth y mynegbost,

at ôl tua 1.25km, ewch yn eich blaen gan anwybyddu'r llwybr i'r dde. Ewch drwy'r giât sydd â thomen ar y chwith (carnedd gladdu) a dal ymlaen am tua 800m.

2. Croeswch y nant a throi i'r chwith gan ddilyn y nant ar i lawr. Wrth fynd i lawr, yn ymyl tri o risiau yn yr afon, trowch i fyny i'r dde gan ddilyn llwybr garw a dringo i fyny dros y creigiau. Dilynwch yr arwyddion i fyny ochr y



Eglwyseg

bryn ac ewch ymlaen ar hyd y llwybr gwastad sy ar ben y bryn.

3. Trowch i'r dde i fyny'r bryn gan gadw'r ffens ar eich llaw chwith. Bydd y llwybr yn troi'n llwybr cerrig yn fuan. Ewch ymlaen ar hyd y llwybr llydan hwn wrth ymyl y ffens gan ddilyn yr arwyddion. Daliwch i ddilyn y llwybr llydan hwn wrth iddo adael y ffens. Ar gyffordd y llwybrau, cymerwch y llwybr sy ar y chwith gan ddilyn y saeth felen. Tueddwch i'r chwith ble mae'r llwybr yn fforchio ac ewch ymlaen i'r gyffordd nesaf yn y llwybr, gan ymuno â'r llwybr lletach.

4. Ar y ffordd, trowch i'r chwith ac ewch i lawr y bryn gan fynd heibio maes parcio a choed ar y llaw dde. Croeswch y rhyd dros y nant ac ymhen 30m trowch i'r chwith drwy'r giât mochyn ac i lwybr Clawdd Offa sydd ag arwydd 'Trefor' a'r fesen wen. Ewch ymlaen ar hyd LLCO ac ar draws y llethr o gerrig mân am 3.2km, gan fynd drwy ddwy giât mochyn. (Edrychwch islaw am 'Plas Uchaf' y plas o Oes Elisabeth, a godwyd ar safle cwt hela'r oesoedd canol). Maes o law, ewch drwy giât ac i'r ffordd.

5. Trowch i'r chwith a cherdded ar hyd y ffordd am 2.8km, gan anwybyddu dwy ffordd sy'n ymuno o'r dde. Ble mae'r ffordd yn fforchio, ewch ymlaen ar i fyny gan anwybyddu'r fforch llaw dde a dilynwch y ffordd yn ôl i'r gilfan parcio.

The Walk

1. From the Trevor Rocks layby turn left up the road. On an S bend take footpath signed left (white arrow) up the hillside. Continue on this path keeping the fence on the right (do not go through metal gate). Where fence turns right continue ahead following the waymarked path along the top of the rocks. At a fingerpost, after about 1.25km, continue ahead, ignoring the path right. Go through a gate with a mound (a cairn) on the left and

continue ahead for about 800m.

2. Cross a stream and turn left following the path downhill beside the stream. Partway down the slope, next to three big steps in the stream, turn right (NB This is currently difficult to spot and is awaiting a replacement waymarker!) and follow a rough path, clambering across rocks and slowly ascending. Follow the waymarkers up the hillside then continue ahead where the path levels out along the hilltop about 3km.

3. Turn right uphill, keeping the fence on your left. The path soon becomes a stony track. Continue on this track, alongside the fence following the waymarkers. Keep following the track where it bears away from the fence. At a path junction take the path left, following the yellow arrow. Bear left where the path forks and continue ahead at next path junction, joining a wider path.

4. At the road turn left and walk downhill, passing a car park and woodland on the right. Cross a ford and after a short distance turn left through a kissing gate onto Offa's Dyke Path (ODP), signposted Trevor and waymarked with a white acorn. Continue along ODP across the lower scree slopes for 3.2km, going through two kissing gates. (Look below for the Elizabethan mansion, 'Plas Uchaf', built on the site of an earlier medieval hunting lodge.) Eventually go through a gate onto the road.

5. Turn left and walk along the road for 2.8km, ignoring two roads joining from the right. Where the road forks continue ahead uphill, ignoring right-hand fork, and follow the road back to the layby.

Olion Oes yr Efydd

Mae creigiau calchfaen carbonifferaidd yr Eglwyseg yn frith gan olion Oes yr Efydd, tua 4000 o flynyddoedd yn ôl. Gallwch weld nifer o garneddi claddu, sef tomen o bridd oedd yn cynnwys naill ai'r corff neu arch carreg neu weddillion corfflosgi mewn llestr. Mae yma hefyd feini a chylchoedd cerrig. Nid yw archeolegwyr yn hollol sicr beth oedd pwrpas y rhain, ond credir eu bod yn gysylltiedig â chredoau pobl cynhanesyddol. Ffermwyr oedd pobl Oes yr Efydd, a'r tymhorau'n bwysig iddynt; efallai bod y cylchoedd cerrig a'r meini hir yn rhan o ddathliadau'r flwyddyn, fel dathlu troad y rhod bob haf a gaeaf.

Bronze Age remains

The Carboniferous limestone cliffs of Eglwyseg are dotted with Bronze Age remains from about 4000 years ago. You can see several burial cairns. These are mounds of earth that contained either a body in a stone coffin or cremated remains that were buried in an urn. There are also standing stones and stone circles. Archaeologists are unsure what these were used for but it is widely believed they are linked with the beliefs of prehistoric peoples. Bronze Age people were farmers so the stone circles and standing stones may have been used to celebrate important moments in the calendar, such as the summer and winter solstices, as the seasons were very important to them.

Ar wyneb Creigiau'r Eglwyseg, mae Hebogau Tramor yn nythu. Gwyliwch amdanynt yn gwibio drwy'r awyr neu'n plymio o uchder i hela'r adar mân sy'n ysglyfaeth iddynt. Dyma'r aderyn cyflymaf oll, mae'n disgyn ar gyflymder o dros 290km/awr (180mya) ac yn taro'i ysglyfaeth i lawr o'r awyr.

Peregrines nest on ledges on the cliff faces of Eglwyseg. Look for them speeding across the sky or diving from great height in pursuit of their prey of smaller birds. They are faster than any other bird, swooping down at speeds up to 290km/hr (180mph) and knocking their prey out of the sky!

