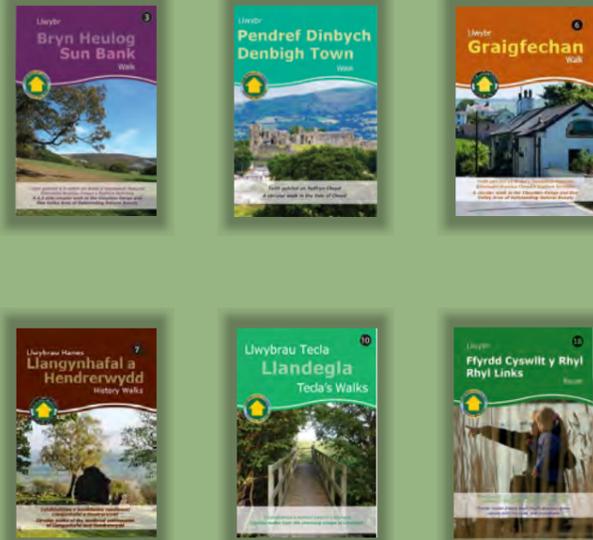
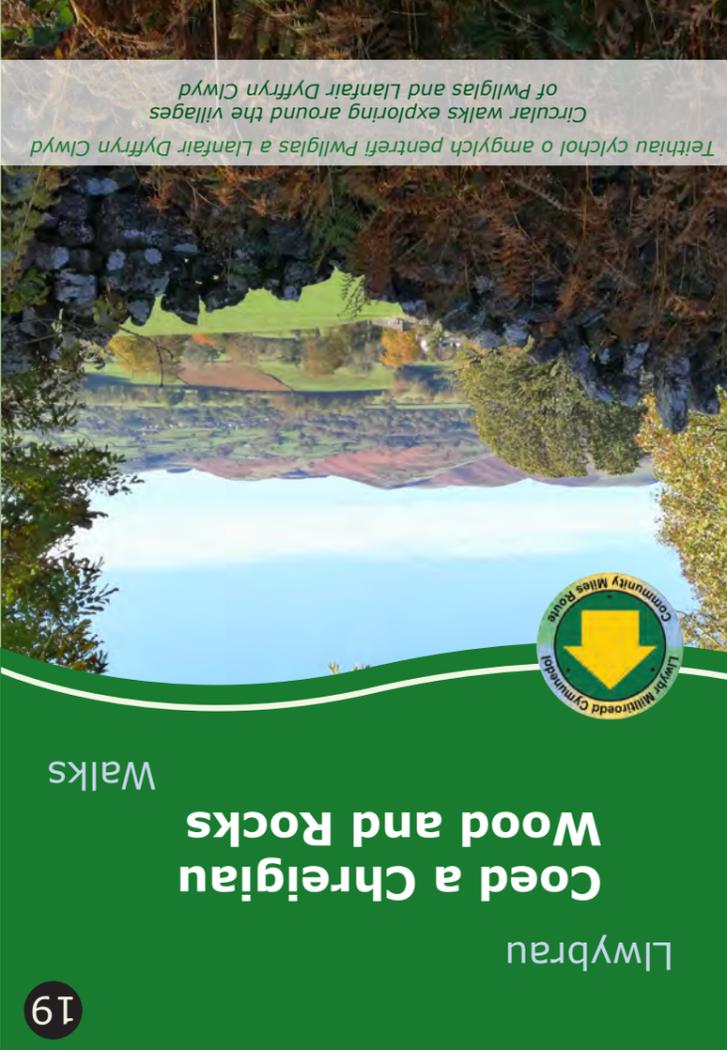


Mwy o gyfleoedd i fforio llwybrau Milltiroedd Cymunedol

More opportunities to explore Community Miles routes



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



*Tethiau cylchol o amgylch pentrefi Pwllglas a Llanfair Dyffryn Clwyd
Circular walks exploring around the villages
of Pwllglas and Llanfair Dyffryn Clwyd*

Coed a Chreigiau Wood and Rocks

Llwybrau
Walks

61

Cysylltiadau defnyddiol Useful contacts

Mae'r Gwasanaeth Cefn Gwlad yn dîm dynamig sy'n ymdrechu i wella a hyrwyddo tirwedd, bywyd gwyllt a threftadaeth arbennig y Sir.

Denbighshire Countryside Service is a dynamic team that strive to enhance and promote the special landscape, wildlife and heritage of the County.

- DenbighshireCountryside.org.uk
- Denbighshire Countryside Service
- DenbshireCside
- 01824 712757



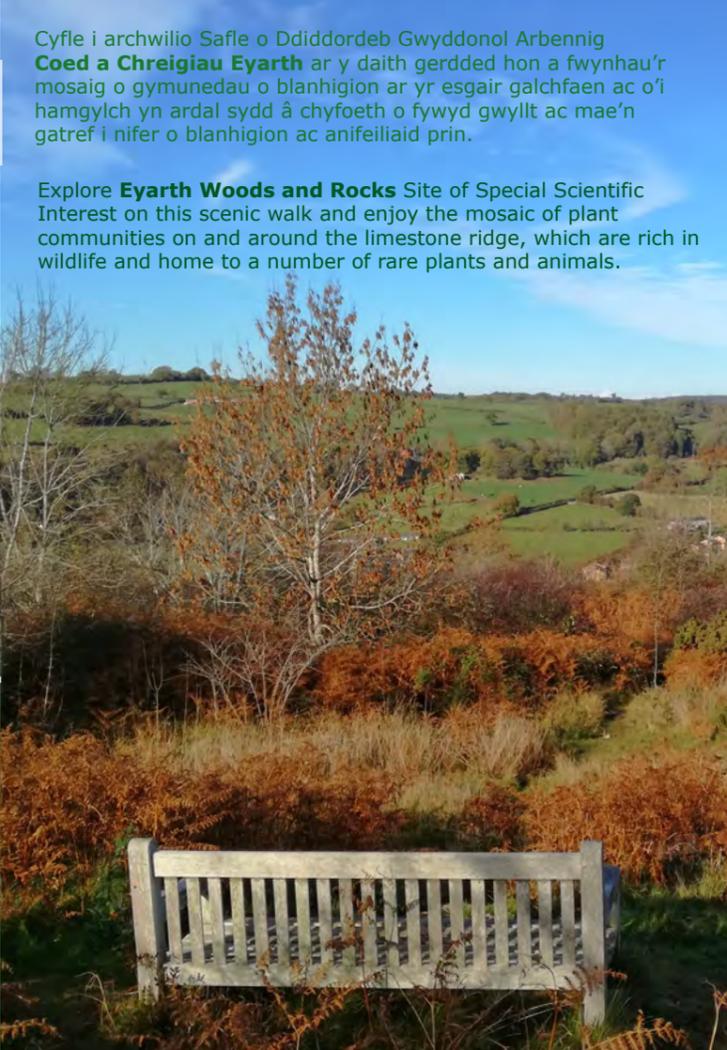
Mae'r prosiect yma wedi cael cefnogaeth gan Grant Cyfalaf Seilwath Gwyrdd Awdurdodau Lleol Llywodraeth Cymru.
This project has been supported by Welsh Government Local Authority Green Infrastructure Capital Grant.

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 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	Llosgi calorïau/Calories burnt	
	Llwybr glas Blue route	Llwybr coch Red route
8 st 51 kg	175	125
9 st 57 kg	201	144
10 st 63 kg	226	161
11 st 70 kg	251	179
12 st 76 kg	277	198
13 st 83 kg	300	214



Cyfle i archwilio Safle o Ddiddordeb Gwyddonol Arbennig
Coed a Chreigiau Eyrarth ar y daith gerdded hon a fwynhau'r mosaig o gymunedau o blanhigion ar yr esgair galchfaen ac o'i hamgylch yn ardal sydd â chyfoeth o fywyd gwyllt ac mae'n gatref i nifer o blanhigion ac anifeiliaid prin.

Explore **Eyrarth Woods and Rocks** Site of Special Scientific Interest on this scenic walk and enjoy the mosaic of plant communities on and around the limestone ridge, which are rich in wildlife and home to a number of rare plants and animals.

Pellter:
Llwybr glas 5.7km/3.5mi
Llwybr coch 4.3km/2.7mi
Cyfunol 10.8km/6.7mi
Brasamcan o amser:
Llwybr glas 1.5 – 2 awr
Llwybr coch 1 - 1.5 awr
Map OS : 256 Wrexham a Llangollen

Distance:
Blue route 5.7 km/3.5 miles
Red route 4.3km/2.7 miles
Combined 10.8km/6.7mi
Approximate duration:
Blue route 1.5 – 2 hours
Red route 1 - 1.5 hours
OS Map: 256 Wrexham and Llangollen



Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag gwlad
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 caniatool Permissive path
- Ffyrdd diddosbarth Unclassified roads
- Cilffyrdd sydd ar agor i unrhyw draffig Byways open to all traffic
- Llwybr cenedlaethol National trail
- Mynediad agored Open access

Some of the symbols you may see in the countryside

Y mae yna nifer o lefydd i aros yn ac o amgylch Pwllglas, am fwy o wybodaeth ymwelwch â:
There are lots of places to stay in and around Pwllglas, for more information visit:

- visitclwydianrange.co.uk
- discoverdenbighshire.wales
- Siop Gymunedol Pwllglas – Pwllglas Community Shop
- 01824 703730
- sioppwllglas.co.uk
- @siop.pwllglas
- The Fox and Hounds Pwllglas
- 01824 703137
- @pwllglas
- The White Horse Llanfair DC
- 01824 308418
- @whitehorsellanfair

Ewch ar y bws: Take the bus:
Llwybr bws X51 | Bus route X51
Dinbych - Rhuthin - LlanfairDC - Wrexham
Denbigh - Ruthin - LlanfairDC - Wrexham
Llwybr bws 55 | Bus route 55
Rhuthin - LlanfairDC - Pwllglas - Corwen
Ruthin - LlanfairDC - Pwllglas - Corwen
I gael amserlen ddiweddar, gwiriwch:
To get an up-to-date timetable visit:
Traveline Cymru ☎ 0871 200 22 33 🌐 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.
Whilst every effort has been made to make this leaflet as accurate as possible, neither authors nor publishers accept any responsibility for the consequence of errors.
Printiwyd y daflen ar bapur wedi ei ailgylchu. This leaflet is printed on recycled paper.

3 Craig Adwy-Wynt

Craig Adwy-Wynt, safle sy'n cael ei reoli gan y Mudiad Cadwraeth glöynnod Byw, yw un o'r safleoedd gorau i löynnod byw yng Ngogledd Cymru, gyda 32 allan o'r 34 sydd i'w gweld yn yr ardal yma wedi'u cofnodi ar yr esgair galchfaen. Mae'r safle'n cael ei reoli'n benodol ar gyfer y brith perlog, un o'n glöynnod byw sy'n wynebu'r bygythiad mwyaf. Mae pori gan ddefaid yn cadw'r prysgwydd dan reolaeth ac yn helpu fioled y cŵn i ledau o dan y rhedyn. Mae'r benywod yn dodwy eu hwyau ar y fioledau, sy'n fywyd i'r lindys.



Brith Perlog / Pearl-Bordered Fritillary

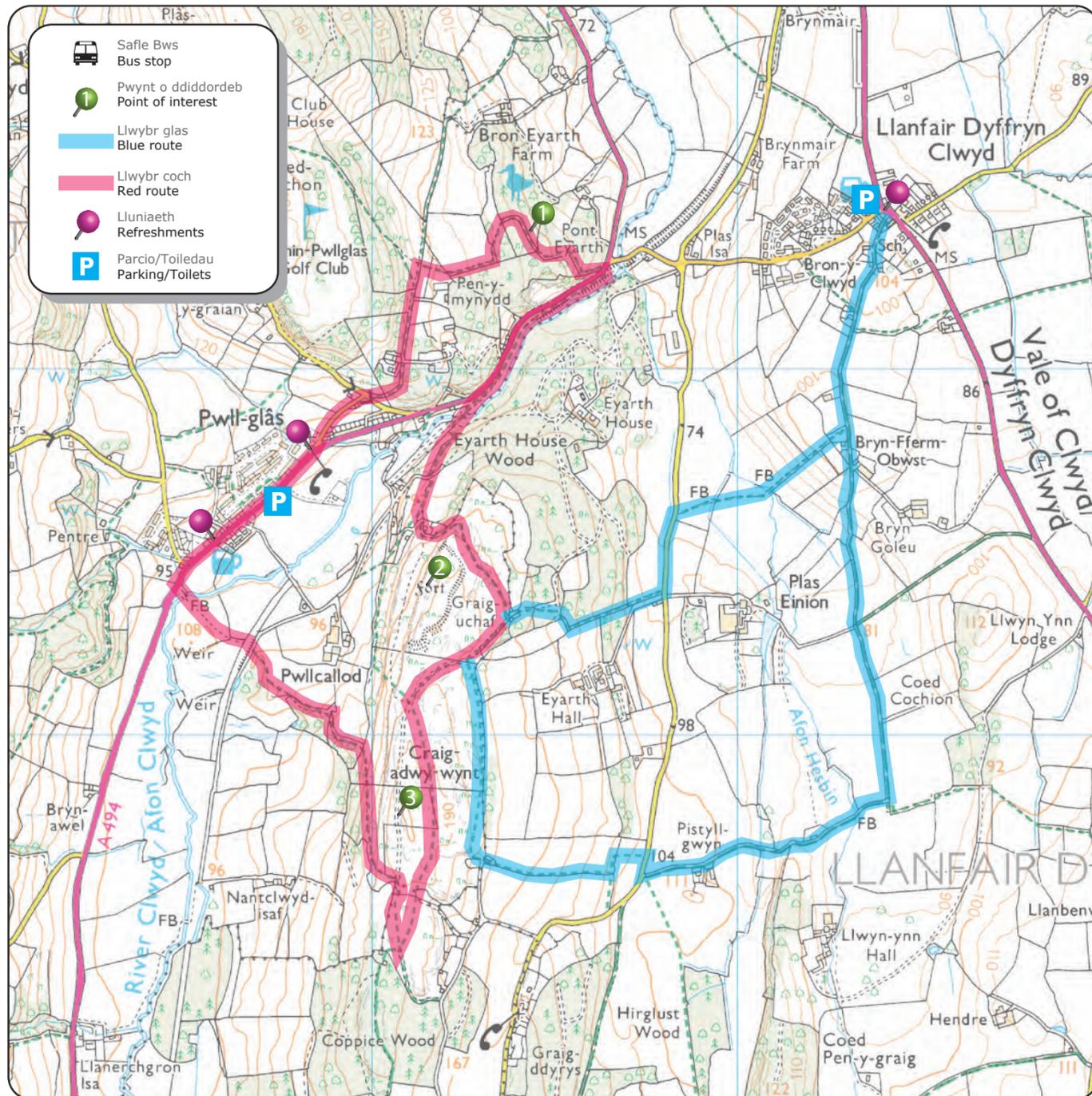
3 Eyarth Rocks

Eyarth Rocks, managed by Butterfly Conservation, is one of the richest butterfly sites in North Wales, with 32 of the 34 species found in this area recorded on the limestone ridge. It is managed particularly for the Pearl-bordered Fritillary, one of our most threatened butterflies. Sheep grazing keeps the scrub under control and helps dog-violets to spread under the bracken. Female Pearl-border Fritillaries lay their eggs on violets, the food plant of the caterpillars.

2 Bryngaer Craig Adwy Wynt Hill Fort

Mae'r gaer hon yn dra gwahanol i'r gadwyn o fryngaerau ar gopaon Bryniau Clwyd. Adeiladwyd â cherrig, fel Bryngaer Caer Drewyn yng Nghorwen, ond mae'n defnyddio clogwyni naturiol y bryn yn ei ffurfiant ac fe'i adeiladwyd ar ddau lefel clogwyn.

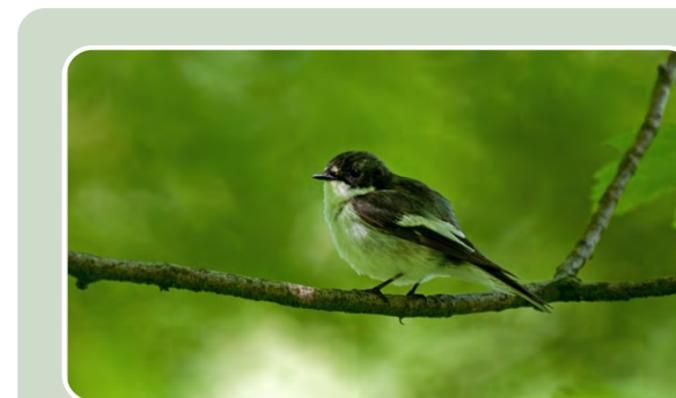
This fort is quite different to the chain of hillforts on the peaks of the Clwydian Range. It is stone built like Caer Drewyn Hillfort in Corwen but it uses the natural crags of the hillside in its formation and is built on two cliff levels.



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'Golygfa ar y Clwyd ger Eyarth' gan Edward Pugh
'View on the Clwyd near Eyarth' by Edward Pugh



Gwybedog brith / Pied Flycatcher

1 Coed Cil-y-Groeslwyd

Mae Gwarchodfa Natur Coed Cil Y Groeslwyd yn goetir hynafol o goed yw ar balmant calchfaen. Cadwch lygad am briwlys calchfaen prin yn ei flodau yn y lenyrch yn y coetir rhwng misoedd Mehefin ac Awst. Dyma flodyn sirol Sir Ddinbych a dyma un o ddim ond tri lleoliad ym Mhrydain lle mae'n tyfu.

Mae heidiau o'r gwybedog brith nodedig yn dychwelyd bob mis Ebrill i nythu yn y coetiroedd ac i fwydo ar yr holl lindys a phryfed yn y canopi. Gwnaed 50 o flychau nythu gan wirfoddolwyr o'r gymuned leol, i nodi pob un o'r 50 mlynedd mae'r Ymddiriedolaeth wedi bod yn berchen ar y warchodfa.



Briwlys y Galchfaen / Limestone Woundwort
Photo credit: Olivier Pichard

1 Coed Cil-y-groeslwyd

Coed Cil Y Groeslwyd Nature Reserve is an ancient Yew Woodland on limestone pavement. Look out for the rare Limestone Woundwort in flower in the woodland glades from June to August. It is the county flower for Denbighshire and this is one of only three places it grows in Britain.

Distinctive Pied Flycatchers return every April to nest in the woodlands and feed on the abundant caterpillars and insects in the canopy. Look out for them flying in and out of one of the fifty bird boxes which were made by volunteers from the local community, marking the 50 years the Wildlife Trust has owned the reserve.