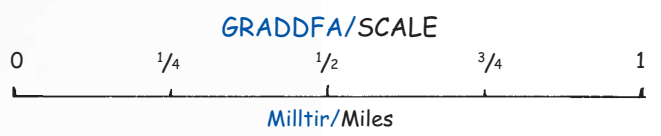
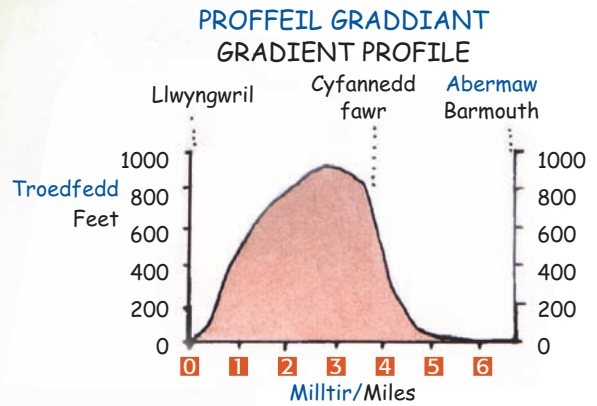




ALLWEDD/KEY

- 1** Trywydd y llwybr troed gyda'r pellter a gerddwyd o'r cychwyn mewn milltiroedd
The footpath route with distance walked from the start in miles
- Llwybr arall (ddim o reidrwydd yn dramwy cyhoeddus)
Other path (not necessarily a right of way)
- Ffordd modur gyda bont
Motor road with bridge
- Rheilffordd gyda gorsaf
Railway line with station
- Nant neu afon yn dangos cyfeiriad y llif
Stream or river with direction of flow
- Glan y môr gyda clogwyn
Shoreline with cliffs
- Clawdd neu ffens
Hedge or fence
- Mur/Wall
- Coed/Trees
- Gât/Gate
- Arwyddbost/Signpost
- Sticil/Stile
- Adeiladau pwysig
Significant buildings
- Goleudy/Lighthouse

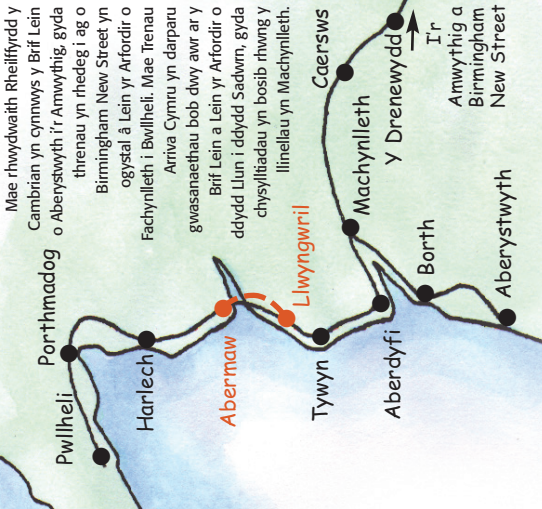
gan/by Laurence Main



Crwydrau'r Cambrian Rhif 2 Llwyngwril – Abermaw

Pellder: 6.5 milltir Math: Cymedrol Amser: 2 – 4 awr

Cyfes o dafleuni yw Crwydrau'r Cambrian sy'n hyrwyddo llwybrau hunan dywyosedig linellol rhwng gorsafoedd rheilffyrdd ar rhydwyaith y Cambrian. Wedi eu datblygu i hyrwyddo llwybrau yng Nghanolbarth Cymru sy'n hawdd eu cyrraedd heb gar, maent wir yn manteisio i'r eithaf ar y golygfeydd arbennig a bywydd gwylt amrywiol sydd gan y rhan yma o'r byd i'w gynnig.



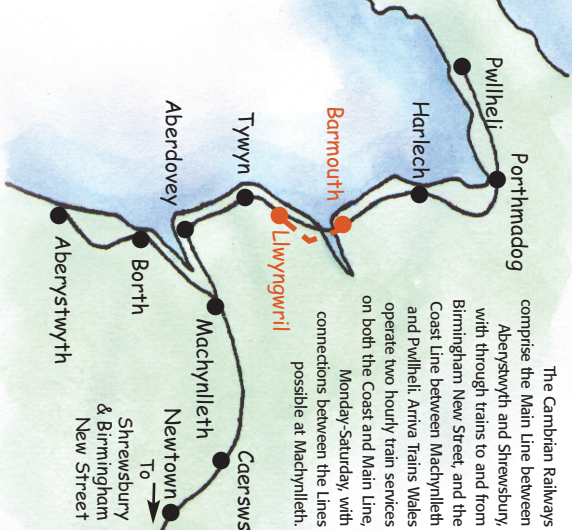
Mae rhydwyaith Rheilffyrdd y Cambrian yn cynnwys y Brif Lein o Aberystwyth i'r Amwythig, gyda threnau yn rhedeg i ag o Birmingham New Street yn Ffynonnewydd, i'r Arfordir o ogystal â Lein yr Arfordir o Ffachynlleth i Bwllheli. Mae Trenau Ariva Cymru yn darparu gwasanaethau bob dwy awr ar y Brif Lein a Lein yr Arfordir o ddydd Llun i ddydd Sadwrn, gyda chysylltiadau yn bosib rhwng y llinellau yn Machynlleth.

Pethau i'w cofio pan yn cerdded Crwydrau'r Cambrian:

1. Cwsgwch ddillad ac esgidiau priodol.
2. Ewch â dillad sbâr – mae'r tywydd yng Nghanolbarth Cymru yn gallu newid yn sydyn!
3. Ewch â digon o fwyd a dŵr.
4. Hysbyswch rhywun o le yr ydych yn mynd, ar hyd pa dramwy a phwyd yr ydych yn disgwyl dychwelyd.
5. Peidiwch dibynnu ar ffôn symudol gan fod nifer o ardaloedd Canolbarth Cymru â derbyniant gwael neu dim o gwbl.
6. Cydymffurfwch â'r Côd Cefn Gwlad drwy adael dim byd ond ôl eich traed!



- Things to remember when walking the Cambrian Trailways:**
1. Wear appropriate clothing and footwear.
 2. Take spare clothing - the weather in Mid Wales can change quickly!
 3. Take plenty of food and water.
 4. Tell someone where you're going, along which route and when you expect to return.
 5. Don't rely on a mobile phone as many areas in Mid Wales have a poor or no signal reception.
 6. Always obey the Countryside Code and leave nothing but footprints!



The Cambrian Railways comprise the Main Line between Aberystwyth and Shrewsbury, with through trains to and from Birmingham New Street, and the Coast Line between Machynlleth and Pwllheli. Ariva Trains Wales operate two hourly train services on both the Coast and Main Line, Monday-Saturday, with connections between the lines possible at Machynlleth.



Cambrian Trailway No.2 Llwyngwril - Barmouth

Distance: 6.5 miles Type: Moderate Time: 2 – 4 hours

The Cambrian Trailways are a series of leaflets promoting self guided linear walks between railway stations on the Cambrian network. These have been developed to promote car-free accessible walks in the Mid Wales area that really make the most of the wonderful, varied scenery and wildlife this unique part of the world has to offer.



Rhif 2 Llwyngwril - Abermaw

Mae'r llwybr yn cychwyn yn mhentref pictiwresg Llwyngwril sydd â'r afon Gwrlt a'i ddyfroedd ewynnog yn ymdeigo glan meini ei chanol. Mae'r llwybr yn dilyn ôl heol a farwyd gan meini hirion cynhanesyddol sy'n cynnig golygfeydd dramatig dros Aber Mawddach. Disgymwch drwy goedwch a dychwelyd i lefel y môr yn Morfa Mawddach cyn croes un o adeiladau mwyaf adnabyddus Canolbarth Cymru sef Pont Abermaw. Mae'r llwybr yn gorffen yng nghyrcrifan bywiog glan môr Abermaw a adnabyddir fel 'Brenhines Afordir y Cambrian'.

Tir: Traciau fferm gyda rhai cwympfeydd serth tny goedwig. Cadwch gŵn ar demyn bob amser.

Bywyd Gwylt: Adar yn cynnwys y Frân Coesgoch, Telor Y Coed, Tingocho Gwybedog, Hwya Fraith, Gyllfinir, Pioden Fôr, Pibydd Y Mawr, Wenol Y Môr, Gwylfan, Hwyaden Ddanheddog Fronnudd. Ystod eang o flora gan gynnwys ffwngau a ffawna megis y Dolffin Twynbwl.

Lluniaeth: Mae yna dafam, siop a chaffi ar ddechrau'r llwybr yn Llwyngwril gyda dewis helaeth ar ddiwedd y daith yn Abermaw. Does dim allfannau ar ddywydd y daith felly ewch a 'thannwyd' gyda chi – bydd yn esgus i gael seibiant a mwynhau'r golygfeydd godidog!

Nodweddion Arbennig: Bydd angen talu toll er mwyn croesi pont Abermaw. Os ydych yn rhedeg allan o amser mae modd dal y tren yn ôl o asaf Morfa Mawddach sydd wedi ei leoli ar ochr ddeheuol Pont Abermaw ger pwynt milltir 5.

Am ragor o wybodaeth ar...

Cludiant Cyhoeddus: 0871 200 22 33 www.traveline.org.uk

Rheilffyrdd y Cambrian: www.leinycambrian.co.uk

Yr ardai:
Canolfan Groeso Twristiaid Abermaw 01341 280787
Canolfan Groeso Twristiaid Tywyn 01654 710070
www.gwynedd.gov.uk

Diarddiad: Mae'r llwybrau â hywyddir yng Nghwydrau'r Cambrian yn dilyn trawm cyhoeddus adnabyddus. Nid yw Partneriaeth Rheilffyrdd y Cambrian yn derbyn unrhyw gyfrifoldeb am unrhyw niwed na difrod a achoswyd tra'n ymgymryd â'r llwybrau. Cyfrifoldeb y rhai sy'n ymgymryd â'r llwybrau yw sicrhau eu bod wedi paratoi'n briodol i wneud hynny cyn dechrau.



Partneriaeth Rheilffyrdd y Cambrian



Disclaimer: The routes promoted in the Cambrian Trailways are along recognised public rights of way. The Cambrian Railways Partnership accepts no liability for injuries sustained or damage caused in undertaking the walks. It is the responsibility of those participating in the walks to make sure that they are adequately prepared to do so before setting out.

The area: Barmouth Tourist Information Centre 01341 280787
Tywyn Tourist Information Centre 01654 710070
www.gwynedd.gov.uk

The Cambrian Railways: www.thecambrianline.co.uk

Public Transport: 0871 200 22 33 www.traveline.org.uk

For further information on...

Refreshments: There's a pub, shop and café at the start of the route in Llwyngwril with a wide choice at journeys end in Barmouth. There are no outlets offering refreshments en-route so make sure you take some 'fuel' with you – it'll be an excuse to stop and enjoy the great views!

Terrain: Firm farm track with some steep woodland descents. Always keep dogs on leads.

Wildlife: Birds including Choughs, Wood Warbler, Red Start, Pied Fly Catcher, Shelduck, Curlew, Oystercatcher, Dunlin, Terns, Ring-necked Pheasant, Red-breasted Merganser. A wide selection of flora including a variety of fungi and fauna such as the Bottlenose Dolphin.

No.2 Llwyngwril - Barmouth
The walk begins at the picturesque village of Llwyngwril through whose heart tumbles the foaming waters of the river Gwrlt. The route follows the ancient tracks marked by pre-historic standing stones gaining dramatic views over the Mawddach Estuary. Plunging through woodland, return to sea level at Morfa Mawddach before crossing one of Mid Wales's most iconic landmarks, Barmouth Bridge. The walk culminates at the bustling seaside resort of Barmouth known as the Queen of the Cambrian Coast.

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