Gair i gall

Cynllunio ymlaen llaw
Gellir ddod o hyd i fapiau manwl, teithiau undydd ac aml-ddiwrnod, teithiau cylchol, trefnwyr teithiau a chwmnïau cludo bagiau ar www.nationaltrail.co.uk

Cludiant cyhoeddus
Ystyriwch ddefnyddio cludiant cyhoeddus i gyrraedd dechrau a/neu ddiwedd eich taith gerdded. Fe welwch amserlenni cynhwysfawr ar **www.cymraeg.traveline.cymru**. Ar gyfer gwasanaethau bws arfordirol ewch i www.sir-benfro.gov.uk/llwybrau-bysiau-ac-amserlenni/llwybrau-bysiau-rhestr-y-bysiau-arfordirol.

Diogelwch llanw
Er eich diogelwch, cadwch olwg ar amserau'r llanw gan ddefnyddio'r tablau llanw perthnasol: www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times

Perchnogion cŵn
Mae croeso i gŵn ond dylech eu cadw dan reolaeth agos, yn enwedig o amgylch da byw ac ymylon clogwyni. Ewch i www.arfordirpenfro.cymru/pethau-iw-gwneud/cerdded-yn-y-parc/cerdded-eich-ci am ganllawiau pwysig ar gŵn yn y Parc Cenedlaethol.

Top Tips

Planning ahead
Detailed maps, one and multi day itineraries, circular walks, tour organisers and baggage carrying companies can be found on www.nationaltrail.co.uk

Public transport
Please consider using public transport to get to the start and/or end of your walk. You will find comprehensive timetables at www.traveline.cymru. For coastal bus services, go to www.pembrokeshire.gov.uk/bus-routes-and-timetables/bus-routes-list-coastal-buses.

Tide safety
For your safety please keep track of the tides using the relevant tide tables at www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times)

Dog owners
Dogs are welcome but please keep them under close control, especially around livestock and cliff edges. Visit www.pembrokeshirecoast.wales/things-to-do/walking-in-the-park/walking-your-dog/ for important guidance on dogs in the National Park.

www.arfordirpenfro.cymru/llwybr-cenedlaethol
www.pembrokeshirecoast.wales/national-trail

Cyfoeth Naturiol Cymru
Natural Resources Wales

Llywodraeth Cymru
Welsh Government

Llun clawr / Cover image: Goleudy Pen-caer / Strumble Head Lighthouse
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Gorffennaf / July 2020

Llwybrau Cenedlaethol

Mae'r Llwybrau Cenedlaethol yn deithiau cerdded pellter hir drwy rai o dirweddau gorau 'r DU. Gellir mynd ar rai ohonyn nhw ar gefn beic mynydd neu geffyl hefyd. Maen nhw'n arbennig – maen nhw wedi cael eu dynodi gan y Llywodraeth ac yn cael eu rheoli i set o Safonau Ansawdd sy'n eu gosod uwch law llwybrau eraill. Mae'r llwybrau wedi'u harwyddo'n dda gyda'r symbol mesen unigryw. Mae swyddog penodedig yn gofalu am bob llwybr, yn aml gyda thimau o wirfoddolwyr.

Darganfyddwch fwy ar **www.nationaltrail.co.uk**

National Trails

National Trails are long distance walks through some of the very best landscapes the UK has to offer. They are special – they have been designated by the Government and are managed to a set of Quality Standards that set them above other routes. You will find the trails well waymarked with the distinctive acorn symbol. Each trail is looked after by a dedicated officer often with teams of volunteers.

Find out more at **www.nationaltrail.co.uk**

LLWYBRAU CENEDLAETHOL
NATIONAL TRAILS

Porthgain i Abereiddi
Porthgain to Abereiddi

Parc Cenedlaethol Arfordir Cymru

Mae Arfordir Penfro yn un o'r Parciau Cenedlaethol lleiaf yn y DU, ond peidiwch â gadael i'r maint eich twyllo chi, rydych chi wrth y fynedfa i amrediad o dirweddau rhyfeddol. Mae gan yr arfordir o ansawdd gefndir o fryniau, aberoedd, dyffrynnoedd a choetiroedd sy'n eich galluogi chi i ddarganfod rhywbeth gwahanol.

Nid yw'n syndod bod pobl yn cael eu denu'n ôl dro i arfordir Penfro i fwynhau ein 80+ o draethau a childraethau, ein tywod euraidd gogoneddus a'n baeau creigiog, gwyntog pellennig. Os mai'r adar môr yn y gwanwyn, y ffrwydrad o flodau gwyllt rhwng Ebrill a Gorffennaf, neu'r profiad hudolus o weld morloi bach dan awyr syfrdanol mis Medi sy'n mynd â'ch bryd, bydd Parc Cenedlaethol Arfordir Penfro yn gadael ei farc ar eich meddwl a'ch enaid

Pembrokeshire Coast National Park

The Pembrokeshire Coast is one of the smallest of the UK's National Parks, but don't let the size fool you. While the coastline may be the headline act, it's backed by a stellar supporting cast of hills, estuaries, valleys and woodlands, which means there's far more to explore than you realise.

With more than 80 beaches and coves to discover, from glorious stretches of golden sand to lonely windswept bays, there's little wonder that people are drawn to Pembrokeshire's award-winning coastline time and time again. Whether it's the sight of sea birds in spring, the explosion of wild flowers between April and July, or the magical experience of spotting seal pups under stunning September skies, Pembrokeshire Coast National Park is a place that's guarantees to leave its imprint on both your mind and your soul.

Dilynwch Gôd Diogelwch Llwybr yr Arfordir os gwelwch yn dda

- Cadwch at y llwybr, i ffwrdd oddi wrth ymylon y clogwyni a throsgrogau
- Goruchwyliwch blant ar bob adeg, yn enwedig ger ymylon y clogwyni
- Mae arwynebau cerdded yn gallu amrywio'n sylweddol yn ôl y tywydd. Gwisgwch esgidiau cryfion gyda gafael dda a chynhalwyr pigyrnau bob amser
- Gwisgwch ddillad cynnes sy'n dal dŵr, neu dewch â hwy gyda chi
- Mae'n gallu bod yn beryglus cerdded at gopa clogwyni mewn gwyntoedd uchel
- Byddwch yn ofalus wrth dorri ar draws traethau i arbed amser – efallai y gallai'r llanw eich ynysu. Mae nofio'n gallu bod yn beryglus hefyd
- Peidiwch ag eistedd o dan glogwyni na'u dringo
- Cadwch eich cŵn o dan reolaeth agos
- Rheolir Llwybr yr Arfordir ar gyfer cerddwyr; nid yw'n ddiogel nac yn gyfreithlon marchogaeth na beicio ar hyd mwyafrif Llwybr yr Arfordir
- Gadewch y clwydi a'r eiddo fel y cawsoch nhw
- Cofiwch nad yw signal ffôn symudol yn ddibynadwy ar yr arfordir.

Lawrlwythwch ap Llwybr Arfordir Cymru i ddilyn eich taith gerdded a chael rhagor o wybodaeth. Chwiliwch am Lwybr Arfordir Cymru yn eich siop apiau. Sganiwch y cod QR hwn i fynd i'n gwefan: **www.llwybrarfordircymru.gov.uk**

Dewch am dro! 'Cerddwch' Lwybr yr Arfordir ar eich ffôn, tabled neu liniadur ar Google Street View yn **www.arfordirpenfro.cymru/llwybr-arfordir/manylion-am-y-llwybr**

Dinbych-y-pysgod
Tenby

Porth Mawr, Ynys Dewi a Charn Llidi
Whitesands, Ramsey Island and Carn Llidi

Please follow the Coast Path Safety Code

- Keep to the Path, away from cliff edges and overhangs
- Always supervise children, especially near cliff edges
- Walking surfaces can vary considerably with the weather. Always wear strong footwear with a good grip and ankle support
- Wear or carry warm and waterproof clothing
- Cliff-top walking can be dangerous in high winds
- Beware of taking shortcuts across beaches – you may be cut off by the tide. Swimming can also be dangerous
- Do not sit under cliffs or climb them
- Keep dogs under close control
- The Coast Path is managed for walkers; it is not safe or lawful to cycle or ride horses along most of the Coast Path.
- Leave the gates and property as you found them.
- Remember that a mobile phone signal is not reliable on the coast.

Download the Wales Coast Path app to track your walk and get further information. Search for Wales Coast Path in your app store. Scan this QR code to go to our website: **www.walescoastpath.gov.uk**

Try out the Trail! 'Walk' the Coast Path on your phone, tablet or laptop on Google Street View at **www.pembrokeshirecoast.wales/?s=google+trekker**

LLWYBRAU CENEDLAETHOL
NATIONAL TRAILS

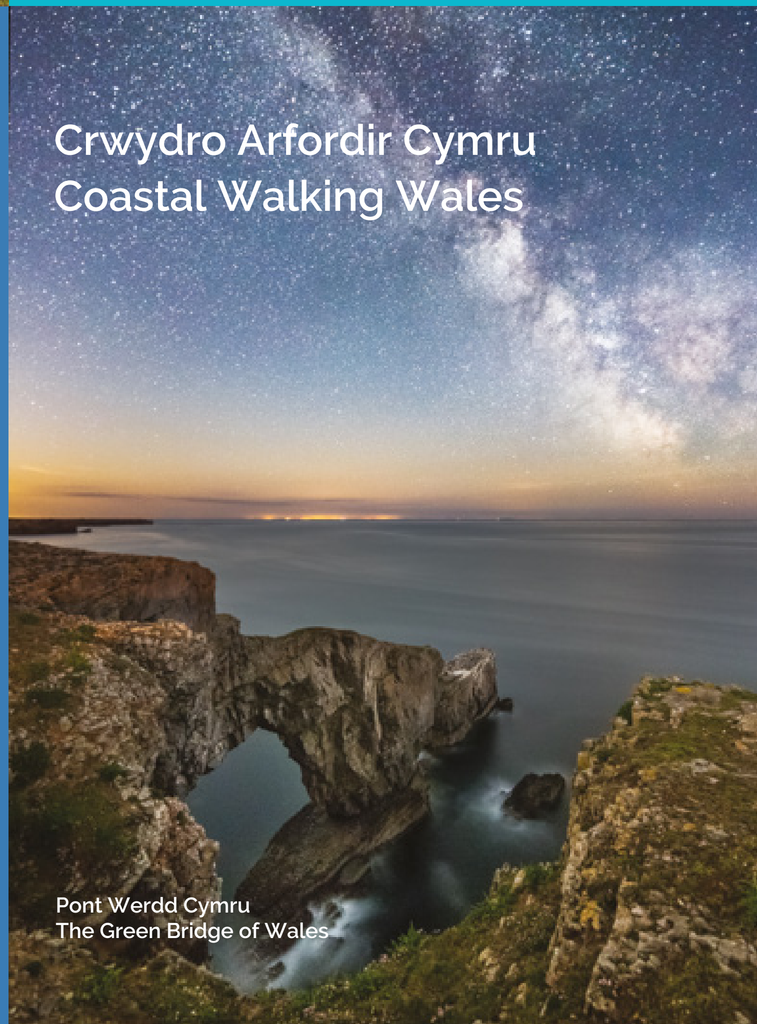
Llwybr Arfordir Cymru
Wales Coast Path

Llwybr Cenedlaethol Arfordir Sir Benfro

Rhan o Lwybr Arfordir Cymru

Pembrokeshire Coast Path National Trail

Part of the Wales Coast Path



Crwydro Arfordir Cymru
Coastal Walking Wales

Pont Werdd Cymru
The Green Bridge of Wales

Llwybr Arfordir Cymru

Gydag 870 o filltiroedd i'w troedio, mae gan Lwybr Arfordir Cymru rywbeth i'w gynnig i bawb. O archwilio ein treftadaeth a'n diwylliant i gael diwrnod llawn hwyl gyda'r teulu; o roi cynnig ar weithgaredd llawn adrenalin i ymlacio ar draeth bendigedig. Dewch draw i weld beth sy'n gwneud y Llwybr yn gyrchfan awyr agored heb ei ail ac i weld pa mor hawdd yw hi i wneud y Llwybr yn rhan o'ch bywyd bob dydd neu eich gwyliau. I gael mwy o awgrymiadau ynglŷn â'r pethau y gallwch eu gweld a'u gwneud ar y Llwybr, ewch i **www.llwybrarfordircymru.gov.uk**

Wales Coast Path

With 870 miles to explore, the Wales Coast Path has something for everyone. From exploring our heritage and culture to having a fun day out with the family, or from trying one of Wales' coastal adrenalin activities to putting your feet upon one of our gorgeous beaches. Dip your toe in and find out why this is such a fantastic outdoor destination and discover just how easy it is to fit the Wales Coast Path in to your daily life or your holiday planning. For more suggestions on what you can see and do on the Wales Coast Path, please visit **www.walescoastpath.gov.uk**

Teithiau cerdded

Maenorbŷr i Skrinkle (3.2km / 2 milltir)
Taith gerdded gyffrous ar ben y clogwyn gyda golygfeydd rhagorol o Maenorbŷr ac ehangder diarffordd Traeth Presipe.

Bae Gorllewin Angle i Bwynt Gorllewin Angle (547 llath / 500m)
Taith fer hygyrch gyda golygfeydd o'r Gaer Fictoraidd ar Ynys Thorn a goleudy Penhryn y Santes Ann.

Little Haven i Sain Ffraid (8.5km / 5.3 milltir)
Lle gwych i gerdded drwy goetir ac ar hyd copa'r clogwyni, gyda golygfeydd ar draws ehangder Bae Sain Ffraid. Archwiliwch y pyllau creigiog ar draeth Mill Haven ar hyd y ffordd.

Porth Mawr i Solfach (21km / 13 milltir)
Gellir gweld lamhidyddion yn y dyfroedd rhwng y tir mawr rhwng ac Ynys Dewi, felly mae'n werth stopio am seibiant ar hyd y darn hwn.byddwch yn cyrraedd traeth eithriadol o brydferth Marloes.

Parrog Trefdraeth i'r Bont Haearn (taith cadair olwyn: 1km / 0.6 milltir)
Archwiliwch dref ganoloesol hyfryd Trefdraeth, wedi'i lleoli ar Aber Nanhyfer.

Dinbych-y-pysgod i Saundersfoot (5.6km / 3.5 milltir)
Llwybr cerdded garw mewn coetir cysgodol yn bennaf, gyda'r opsiwn o deithio yn ôl ar fws.

Am ragor o wybodaeth am gynllunio eich taith cerdded, ewch i www.nationaltrail.co.uk. I ddarganfod mwy am y teithiau cerdded hyn a dros 200 o deithiau cerdded eraill yn Sir Benfro ewch i www.arfordirpenfro.cymru/teithiau-gwe.

Os ydych wedi mwynhau eich taith beth am barhau â'ch siwrne ar hyd Llwybr Arfordir Cymru. Ewch i'n tudalen Pasbortau www.llwybrarfordircymru.gov.uk/pasbort i gael manylion am dystysgrifau cwblhau a phethau i gofio eich taith.

Suggested walks

Manorbier to Skrinkle Haven (3.2km / 2 miles)
An exhilarating cliff top walk with outstanding views of Manorbier and the secluded expanse of Presipe Beach.

West Angle Bay to West Angle Point (547 yards / 500m)
A short accessible walk with views of the Victorian fort on Thorn Island and St Ann's Head lighthouse.

Little Haven to St Brides (8.5km / 5.3 miles)
Great woodland and clifftop walking with views across the sweep of St Brides Bay. Explore the rock pools at Mill Haven beach along the way.

Whitesands to Solva (21km / 13miles)
Porpoise can be seen in the waters between the mainland and Ramsey Island so it's worth stopping for a break along this stretch.

Newport Parrog to Iron Bridge (wheelchair walk: 1km / 0.6 miles)
Explore the lovely mediaeval town of Newport, set on the Nevern Estuary.

Tenby to Saundersfoot (5.6km / 3.5miles)
A rugged walk, mostly in sheltered woodland, with the option of taking a bus back.

For information on planning your walk, visit www.nationaltrail.co.uk. To find out more about these walks and over 200 others in Pembrokeshire, go to www.pembrokeshirecoast.wales/web-walks.

If you have enjoyed your walk why not continue your journey along the Wales Coast Path. Visit our Passport page www.walescoastpath.gov.uk/passport for details about completion certificates and mementos to commemorate your journey.

Cymerwch her Llwybr yr Arfordir   Take the Coast Path Challenge

Pasbort | Passport

Llwybr Cenedlaethol Arfordir Sir Benfro
Pembrokeshire Coast Path National Trail

Llwybrau | Paths	Pellter | Distance	
Aberteifi / Cardigan > Traeth Poppit / Poppit Sands	3m / 5km	○
Traeth Poppit / Poppit Sands > Ceibwr	6m / 10km	○
Ceibwr > Trefdraeth / Newport Sands	7m / 11km	○
Trefdraeth / Newport Sands > Pwll-Gwaelod	7.8m / 13km	○
Pwll-Gwaelod > Wdig / Goodwick	7m / 11km	○
Wdig / Goodwick > Pen Strwmbl / Strumble Head	6.4m / 10km	○
Pen Strwmbl / Strumble Head > Abermawr	6.4m / 10km	○
Abermawr > Porthgain	7.7m / 12km	○
Porthgain > Porth Mawr / Whitesands	8m / 13km	○
Porth Mawr / Whitesands > Porthstinan / St Justinian	3m / 5km	○
Porthstinan / St Justinian > Porthclais	6m / 10km	○
Porthclais > Solfach / Solva	5.4m / 9km	○
Solfach / Solva > Niwgwl / Newgale	5.4m / 9km	○
Niwgwl / Newgale > Aberllydan / Broad Haven	5.7m / 9km	○
Aberllydan / Broad Haven > Sain Ffraid/ St Brides Beach	6.2m / 10km	○
Sain Ffraid / St Brides Beach > Martin's Haven	4.2m / 7km	○
Martin's Haven > Traeth Gorllewin Dale / West Dale Beach	4.3m / 7km	○
Traeth Gorllewin Dale / West Dale Beach > Pentref Dale / Dale Village	6.1m / 10km	○
Pentref Dale / Dale Village > Gelliswick	8.2m / 13km	○
Gelliswick > Pont Cleddau / Cleddau Bridge	8.4m / 14 km	○
Pont Cleddau / Cleddau Bridge > Penfro / Pembroke	6m / 10km	○
Penfro / Pembroke > Gorsaf Bŵer / Power Station	4.4m / 7km	○
Gorsaf Bŵer / Power Station > Eglwys Angle / Angle Church	6.2m / 10km	○
Eglwys Angle / Angle Church > Gorllewin Freshwater / Freshwater West	8.4m / 14km	○
Gorllewin Freshwater / Freshwater West > Staciau'r Heligog / Stack Rocks	5.4m / 9km	○
Staciau'r Heligog / Stack Rocks > Cei Ystagbwll / Stack-pole Quay	7.3m / 12km	○
Cei Ystagbwll / Stackpole Quay > Maenorbŷr / Manorbier	6.3m / 10km	○
Maenorbŷr / Manorbier > Dinbych-y-Pysgod / Tenby	8.2m / 10km	○
Dinbych-y-Pysgod / Tenby > Amroth	7.1m / 11km	○

www.pembrokeshirecoast.wales/coast-path-challenge/
www.arfordirpenfro.cymru/her-llwybr-yr-arfordir/