Gair i gall

Yr amgylchedd

Wrth i Lwybr Glyndŵr ymdroelli drwy dirwedd wledig weithiol Canolbarth Cymru, cofiwch byddwch yn dod ar draws gweithleoedd, eiddo a chartrefi pobl ar hyd y ffordd – parchwch yr amgylchedd hwn, os gwelwch yn dda.

Er bod y Llwybr wedi ei arwyddo'n dda, unwaith i chi adael y trefi a'r pentrefi, gall deimlo'n anghysbell iawn. Felly, mae angen sgiliau darllen map da a dillad ac esgidiau awyr agored addas arnoch chi.

Er mai ar gyfer cerddwyr yn bennaf y caiff ei reoli, mae'r Llwybr hefyd yn croesawu beicwyr a rhai ar gefn ceffyl ar rai o'i rannau hirach – mae'r rhain wedi'u dynodi ar y map rhyngweithiol.
www.nationaltrail.co.uk/cy_GB/trails/glyndwrs-way/trail-information

Cynllunio ymlaen llaw

Mae rhestr lawn o'r llety sydd ar gael ar hyd pob rhan o Lwybr Glyndŵr i'w gweld yma
www.nationaltrail.co.uk/cy_GB/trails/glyndwrs-way/accommodation

Cludiant cyhoeddus

Ystyriwch ddefnyddio cludiant cyhoeddus i gyrraedd dechrau a/neu ddiwedd eich taith gerdded.
Fe welwch amserlenni cynhwysfawr ar
www.traveline.info a **www.cymraeg.traveline.cymru**

Top tips

The environment

As Glyndŵr's Way winds through the working rural landscape of Mid Wales, please be mindful that you will encounter workplaces, properties and homes along the way – please respect this environment.

While the Trail is well signed, once away from the towns and villages, it can feel very remote. Therefore, good map-reading skills and suitable outdoor clothing and footwear are necessary.

Although mainly managed for walkers, the Trail also welcomes cyclists and horse riders on some of its longer sections – these are denoted on the interactive map.
www.nationaltrail.co.uk/en_GB/trails/glyndwrs-way/trail-information

Planning ahead

A full list of accommodation available along each section of Glyndŵr's Way can be found here
www.nationaltrail.co.uk/en_GB/trails/glyndwrs-way/accommodation

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.info** and **www.traveline.cymru**

Cyfoeth Naturiol Cymru Natural Resources Wales
Llywodraeth Cymru Welsh Government
Powys

Lluniau / Images: Mother Goose Photography
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Mawrth / March 2021

Llwybrau Cenedlaethol

Mae'r Llwybrau Cenedlaethol yn deithiau pellter hir drwy rai o dirweddau gorau'r DU a gellir mwynhau rhai ohonynt ar gefn beic mynydd neu geffyl. Maen nhw'n arbennig – 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 swyddog penodedig yn gofalu am bob llwybr, yn aml gyda thimau o wirfoddolwyr, a pheidiwch â phoeni am fynd ar goll - edrychwch am y symbol mesen unigryw all arwain y ffordd.

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

National Trails

National Trails are long distance journeys through some of the very best landscapes the UK has to offer and you can enjoy some of them on a mountain bike or on horseback. They are special – having been designated by the Government and are managed to a set of Quality Standards that set them above other routes. Each trail is looked after by a dedicated officer, often with teams of volunteers, and don't worry about losing your way as the trails are well waymarked with the distinctive acorn symbol.

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

LLWYBRAU CENEDLAETHOL
NATIONAL TRAILS

Eglwys Abaty Cwm Hir
Abbeycwmhir Church

Owain Glyndŵr

Rhyfelwr. Arwr. Arweinydd ysbrydoledig. Mae pob un o'r geiriau hyn yn dwyn i gof yr enw Owain Glyndŵr, ond y geiriau ddaw i'r brig yw 'Tywysog Cymru'. Ganwyd tua 1354 i deulu Eingl-Gymreig llewyrchus yng ngogledd ddwyrain Cymru a fe oedd y Cymro olaf mewn hanes i hawlio'r teitl.

Bu Glyndŵr, a astudiodd y Gyfraith yn Llundain, yn arwain y gwrthryfel Cymreig yn erbyn rheolaeth Harri IV ym 1400. Yn anffodus, oherwydd diffyg arfau, roedd ei ymgyrch yn aflwyddiannus. Er gwaethaf y golled hon, mae gwaddol yr eicon Cymreig ysbrydoledig i'w weld o hyd ledled Cymru ar gofgolofnau, enwau strydoedd, enwau tafarndai ac yng nghalonnau'r genedl.

Er nad all pob un ohonynt hawlio cysylltiad uniongyrchol ag ef, ar hyd Llwybr Glyndŵr y bu'n hela, gorymdeithio ac arwain ei wrthryfel.

Owain Glyndŵr

Warrior. Hero. Inspirational leader. These words are synonymous with Owain Glyndŵr's name, but none as eminent as 'Prince of Wales'. Born around 1354 to prosperous Anglo-Welsh gentry in north east Wales, he was the last Welshman in history to claim this title.

Glyndŵr, who studied Law in London, later initiated the Welsh Revolt against the rule of Henry IV in 1400. However, due to lack of weaponry, his campaign proved unsuccessful. Despite this defeat, the inspirational Welsh icon's legacy lives on throughout Wales in monuments, street names, pub names and the nation's hearts.

While some namesakes cannot claim direct links to him, Glyndŵr's Way is where he hunted, marched and masterminded his rebellion.

Y Codau Cefn Gwlad

Dilynwch gyngor y Codau Cefn Gwlad i fanteisio'n llawn ar eich ymweliad:

- parchwch bobl eraill
- diogelwch yr amgylchedd naturiol
- mwynhewch yr awyr agored a chadwch yn ddiogel

Darllenwch y Codau Cefn Gwlad yn
www.cyfoethnaturiol.cymru/codcefngwlad

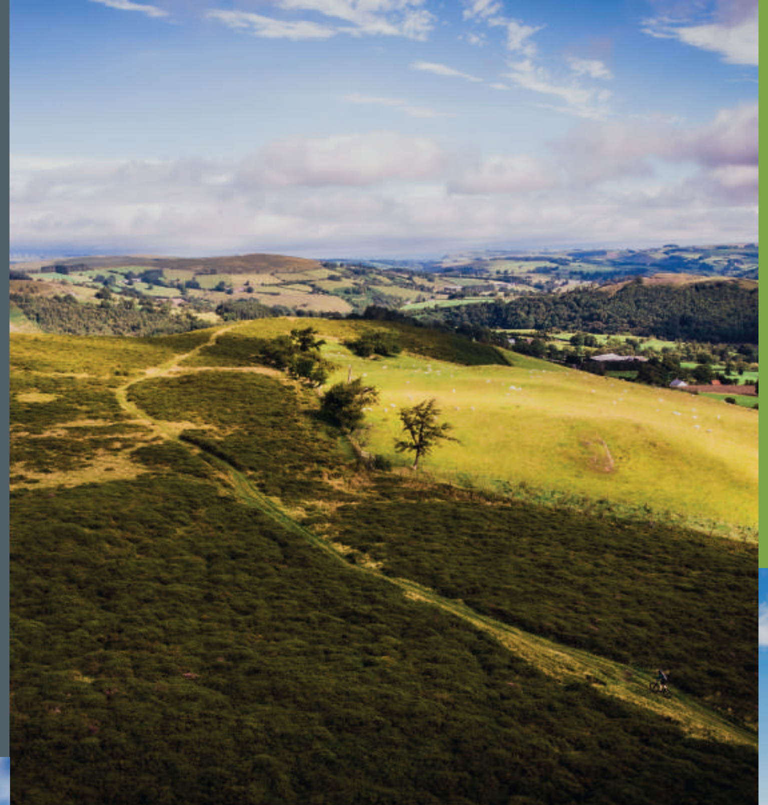
Perchnogion cŵn

Mae croeso i gŵn ond dylech eu cadw dan reolaeth agos, yn enwedig o amgylch da byw. Ewch i
www.cyfoethnaturiol.cymru/codcefngwlad

Mwynhewch eich taith gerdded

Gallwch ail-lenwi eich potel ddŵr mewn rhai mannau yn ystod eich taith. Lawrlwythwch Ap Refill i ddod o hyd i'ch Gorsaf Ail-lenwi leol, gan gael dŵr yfed ffres yn ystod eich taith. **www.refill.org.uk**

Ysgwd-ffordd



Rhwng Llanbadarn Fynydd ac Abaty Cwm Hir
Between Llanbadarn Fynydd and Abbeycwmhir

Countryside Codes

Follow the advice in the Countryside Codes to get the most out of your visit:

- respect other people
- protect the natural environment
- enjoy the outdoors and stay safe

Read the Countryside Codes at
www.naturalresources.wales/countrysidecode

Dog owners

Dogs are welcome but please keep them under close control, especially around livestock. Visit
www.naturalresources.wales/countrysidecode

Enjoy your walk

You can refill your water bottle in some places along the way. Download the Refill App to find your local Refill Station and get fresh drinking water on the go. **www.refill.org.uk**

LLWYBRAU CENEDLAETHOL
NATIONAL TRAILS

Llwybr Glyndŵr
Glyndŵr's Way

Calon gudd cenedl Cymru
Hidden heartland of Wales

LLWYBR GLYNDWR
GLYNDWR'S WAY

Uwchben Abaty Cwm Hir
Above Abbeycwmhir

Clywedog

Llwybr Glyndŵr

Un o dri Llwybr Cenedlaethol yng Nghymru yw Llwybr Glyndŵr, yn 135 milltir o hyd o Dref-y-clawdd i'r Trallwng trwy Fachynlleth, a gellir ei gwblhau fel taith gerdded gylchol, gan gynnwys rhannau o Lwybr Clawdd Offa.

Mae'r llwybr hwn yn cynnig golygfeydd anhygoel sy'n newid yn gyson – dyffrynnoedd dyfrllyd, llynnoedd a chronfeydd dŵr llonydd; coedwigoedd a fforestydd cysgodol; mynyddoedd urddasol; glannau afon yn llawn o fyd natur, rhostiroedd agored a thiroedd fferm.

Heblaw am ddyrnaid o ffermydd, pentrefi bach cyfeillgar, adfeilion mwyngloddiau ac argae eiconig Llyn Efyrnwy, mae'n bosib i chi gael eich twyllo i feddwl eich bod yn ôl mewn amser. A'r sŵn anesboniadwy yn y goedwig… ai Glyndŵr sydd yno?

Glyndŵr's Way

One of three National Trails in Wales, Glyndŵr's Way is a 135 mile route from Knighton to Welshpool via Machynlleth, and can be completed as a circular walk, taking in sections of Offa's Dyke Path.

This route guarantees ever-changing breath-taking scenery - deep watery valleys, tranquil lakes and reservoirs; secluded woodlands and forests; majestic mountains; nature-rich riversides, pastureland, open moorland and farmland.

Apart from the smattering of farms, friendly rural villages, ruined mines and the iconic Lake Vyrnwy dam, you could be mistaken that you had travelled back in time. The mysterious rustle heard in the woodland… could it be the elusive Glyndŵr?

Rhannau'r Llwybr

Rhan 1 Tref-y-clawdd i Felindre (15 milltir/24km)
Ar ôl dringo'n sydyn o Dref-y-clawdd, mae'r Llwybr yn parhau drwy goetir a thir pori tawel, gan arwain at rostir Mynydd Disglair, lle mae'r grug yn doreithiog yn yr haf, cyn disgyn i Felindre.

Rhan 2 Felindre i Abaty Cwm Hir (15.5 milltir/25km)
Mae'r Llwybr yn codi i dir pori uchel, heibio fferm wynt sylweddol, gwaith cloddio hynafol (Castell y Blaidd), yna dros rostir agored llydan (Ysgwd-Ffordd) (440m), gan orffen gyda chrwydr tawel trwy'r goetir i Abaty Cwm Hir.

Rhan 3 Abaty Cwm Hir i Lanidloes (15.5 milltir/25km)
Diwrnod o bantiau a bryniau. Mae'r Llwybr yn gyfuniad o ucheldir fferm, coedwigaeth, dyffrynnoedd dyfrllyd a hen goetir ar hyd y daith fryniog i dref hyfryd, Llanidloes.

Rhan 4 Llanidloes i Ddylife (14.5 milltir/23.5km)
Ar ôl croesi'r afon Hafren, mae'r Llwybr yn parhau drwy goetir a thir pori i fwynglawdd Bryntail ac argae Clywedog, gan ddringo'n uchel uwchben y gronfa ddŵr, ac wedyn ar hyd yr hen ffordd Rufeinig i ardal fwyngloddio hanesyddol ac anghysbell Dylife.

Rhan 5 Dylife i Fachynlleth (14.5 milltir/23.5km)
Mae'r Llwybr yn parhau ar yr hen ffordd Rufeinig, ar rostir uchel, heibio llyn rhyfeddol Glaslyn (golygfeydd sy'n ymestyn i'r môr), i dref hanesyddol Machynlleth lle coronwyd Glyndŵr yn Dywysog Cymru.

Rhan 6 Machynlleth i Lanbrynmair (16 milltir/25.5km)
Mae'r Llwybr, sy'n dechrau'n gymedrol o Fachynlleth, yn arwain at grib cain gyda golygfa o Ddyffryn Dyfi. Crwydr dros fryniau uwchben Afan Twymyn, cyn y disgyniad hir i Lanbrynmair.

Rhan 7 Llanbrynmair i Lanwddyn (18 milltir/29km)
Aiff y Llwybr trwy goedwigaeth uchel, dros Pen Coed (yma mae merlod gwyllt yn byw), yna i goedwigaeth enfawr Dyfnant, ac yn olaf i Lanwddyn gyda golygfeydd anhygoel o Lyn Efyrnwy a'r argae anferth.

Rhan 8 Llanwddyn i Feifod (15 milltir/24km)
Gan adael y gronfa ddŵr, mae'r Llwybr yn dwyn thema ddyfrllyd gan ymweld â rhannau syfrdanol Afon Efyrnwy. Aiff y Llwybr trwy dri pentref hyfryd ar y ffordd cyn gorffen ym Meifod.

Rhan 9 Meifod i Y Trallwng (11 milltir/17.5km)
Gan ddechrau mewn coetir, mae'r Llwybr yn crwydro'n dawel tua'r piler triongli ar fryn mawr Y Golfa (golygfeydd anhygoel 360˚). Yna'n disgyn yn hawdd ac yn hir i'r Trallwng, trwy dir parc Neuadd Llanerchydol.

Trail sections

Section 1 Knighton to Felindre (15 miles/24km)
After an immediate climb out of Knighton, the Trail continues through woodland and quiet pasture, leading to Beacon Hill's moorland where the heather is superb in summer, before dropping into Felindre.

Section 2 Felindre to Abbeycwmhir (15.5 miles/25km)
The Trail ascends to high pastureland, passing a sizeable wind farm, the ancient earthwork (Castell y Blaidd), then to wide open moorland (Ysgwd-Ffordd) (440m), ending with a quiet meander through woodland to Abbeycwmhir.

Section 3 Abbeycwmhir to Llanidloes (15.5 miles/25km)
A day of dips and rises. The Trail covers a combination of high farmland, forestry, watery valleys and old woodland on the hilly route to the lovely town of Llanidloes.

Section 4 Llanidloes to Dylife (14.5 miles/23.5km)
After crossing the river Severn, the Trail continues through woodland and pasture to Bryntail mine and Clywedog dam, climbing high above the reservoir, and later onto the old Roman road to the historic, remote mining area of Dylife.

Section 5 Dylife to Machynlleth (14.5 miles/23.5km)
The Trail continues on the old Roman road, onto high moorland, past mysterious Llyn Glaslyn (with long views to the sea), leading to historic Machynlleth where Glyndŵr was crowned Prince of Wales.

Section 6 Machynlleth to Llanbrynmair (16 miles/25.5km)
A gentle start from Machynlleth, the Trail leads to a fine ridge route with a view of the Dyfi Valley. A meander over hills above Afon Twymyn, before the long descent to Llanbrynmair.

Section 7 Llanbrynmair to Llanwddyn (18 miles/29km)
The Trail passes through high forestry, over wild Pen Coed (home to untamed ponies), then into the great Dyfnant Forest, finally into Llanwddyn with spectacular views of Lake Vyrnwy and the massive dam.

Section 8 Llanwddyn to Meifod (15 miles/24km)
Leaving the reservoir behind, the Trail continues on a watery theme, visiting wonderful sections of the River Vyrnwy. It passes through three lovely villages on the way before stopping in Meifod.

Section 9 Meifod to Welshpool (11 miles/17.5km)
The Trail starts in woodland and meanders quietly towards the trig point on the great hill of Y Golfa (spectacular 360˚ views). Then a long, easy descent through Llanerchydol Hall's fine parkland to Welshpool.

Pasbort | Passport

Beth am gofnodi eich taith ar hyd Llwybr Glyndŵr?

Why not record your Glyndŵr's Way journey!

Rhannau'r Llwybr Trail sections	Milltir Miles	km	Dyddiad Date
Tref-y-clawdd/Knighton > Felindre	15	24	○
Felindre > Abaty Cwm Hir/Abbeycwmhir	15.5	25	○
Abaty Cwm Hir/Abbeycwmhir > Llanidloes	15.5	25	○
Llanidloes > Dylife	14.5	23.5	○
Dylife > Machynlleth	14.5	23.5	○
Machynlleth > Llanbrynmair	16	25.5	○
Llanbrynmair > Llanwddyn	18	29	○
Llanwddyn > Meifod	15	24	○
Meifod > Y Trallwng/Welshpool	11	17.5	○

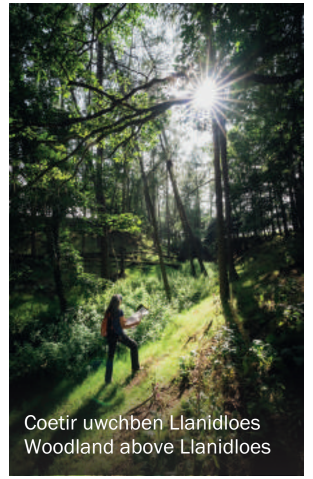
I gael gwybodaeth am gynllunio'ch taith gerdded ac am deithiau byrrach ewch i:
www.nationaltrail.co.uk/cy_GB/trails/glyndwrs-way

For information on planning your walk and for shorter itineraries visit:
www.nationaltrail.co.uk/en_GB/trails/glyndwrs-way

Mynydd Disglair
Beacon Hill

Dilynwch y Fesen!
Follow the Acorn!

- Llwybr Clawdd Offa / Offa's Dyke Path
- Cofgolofn Clawdd Offa / Offa's Dyke monument
- Llwybr Glyndŵr / Glyndŵr's Way
- Llwybr Arfordir Sir Benfro / Pembrokeshire Coast Path
- Llwybr Arfordir Cymru / Wales Coast Path
- Ffin Cymru/Lloegr / England/Wales border
- Parciau Cenedlaethol / National Parks
- Ardaloedd o Harddwch Naturiol Eithriadol / Areas of Outstanding Natural Beauty



Coetir uwchben Llanidloes
Woodland above Llanidloes

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