MYNYDDOEDD CAMBRIAN MOUNTAINS

CROESO I SYFRDANOL / WELCOME TO ASTOUNDING

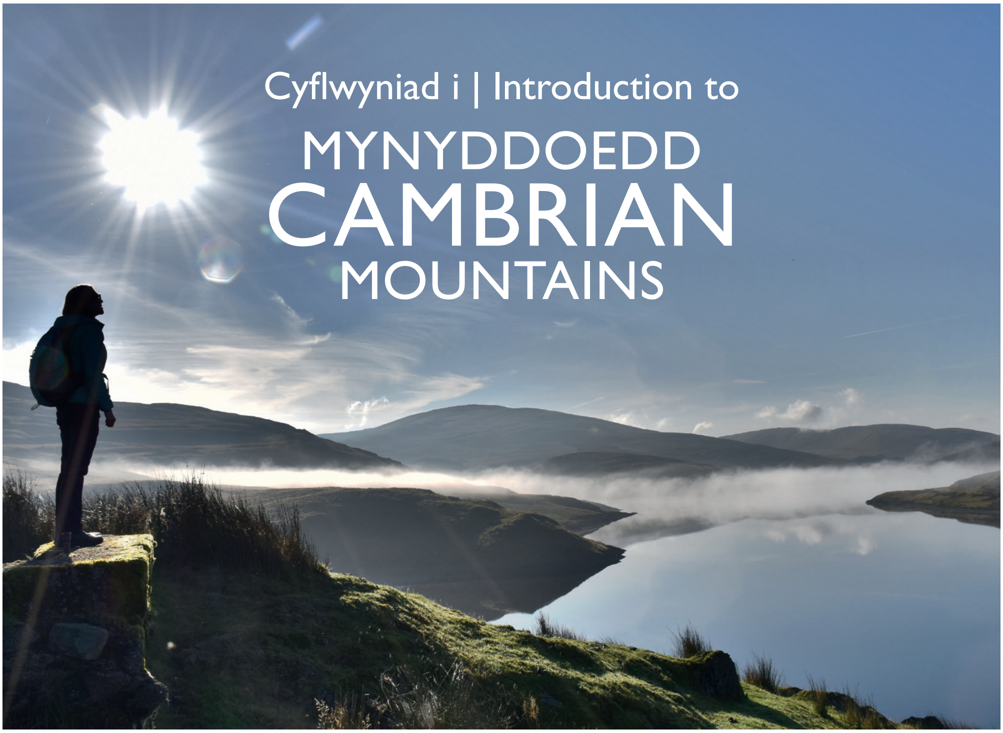
MYNYDDOEDD CAMBRIAN MOUNTAINS

NATUR • TREFTADAETH • LLWYBRAU

NATURE • HERITAGE • TRAILS

thecambrianmountains.co.uk

Cyflwyniad i | Introduction to MYNYDDOEDD CAMBRIAN MOUNTAINS



Croeso i Fynyddoedd Cambrian

Ynghudd yng nghalon Cymru, mae lle o harddwch syfrdanol. Yma, gall teithwyr llawn antur ddod o hyd i olygfeydd gwyllt a gwefreiddiol. Gydag ehangder o dir agored a llecynnau sy'n llawn croeso. Dyma ucheldir Cymru, lle mae pobl a natur yn cyd-fyw'n gytûn ers canrifoedd maith. Heddiw, gallwch gerdded, seiclo a merlota ar lwybrau a thraciau a theithio ar ffyrdd a grëwyd gan fwynwyr, mynachod neu borthmyn. Un o'r teithiau diweddaraf yw Llwybr Seryddol Mynyddoedd Cambrian. Felly, aiff pob diwrnod â chi yn nes at natur, a phob nos yn nes at y sêr. Yn ein barn ni, darn o nefoedd ar y ddaear. Mae'n le arbennig sy'n gwneud i chi deimlo'n arbennig.

Dyma Fynyddoedd Cambrian.
Ardal o Harddwch Naturiol Syfrdanol.

Welcome to the Cambrian Mountains

Hidden at the heart of Wales, is a place of astounding beauty. Here, adventurous travellers will discover wild & wonderful landscapes. With open spaces, and welcoming places.
This is upland Wales, where people and nature have lived in harmony for centuries.
Today, you can walk, cycle and ride paths, trails and travel roads, created by miners, monks and drovers. One of our newest trails is the Cambrian Mountains Astro Trail.
So, each day will take you closer to nature and each night you can feel closer to the stars.
We think this is a little bit of heaven on earth.
It's special because it makes you feel special.

This is the Cambrian Mountains.
Area of Astounding Natural Beauty.

Ceir amrywiaeth eang o fyd natur gan gynnwys adar, mamaliaid, blodau a phlanhigion yng nghoedtiroedd a glannau llynnoedd. Ymwelwch â'r gwarchodfeydd natur a darganfyddwch fywyd gwyllt yr ardal.

The Cambrian Mountains are brimming with nature from birds, mammals, flowers and plants in woodlands and lakesides. Visit as many of the nature reserves as you can and you'll be amazed at what you'll discover.

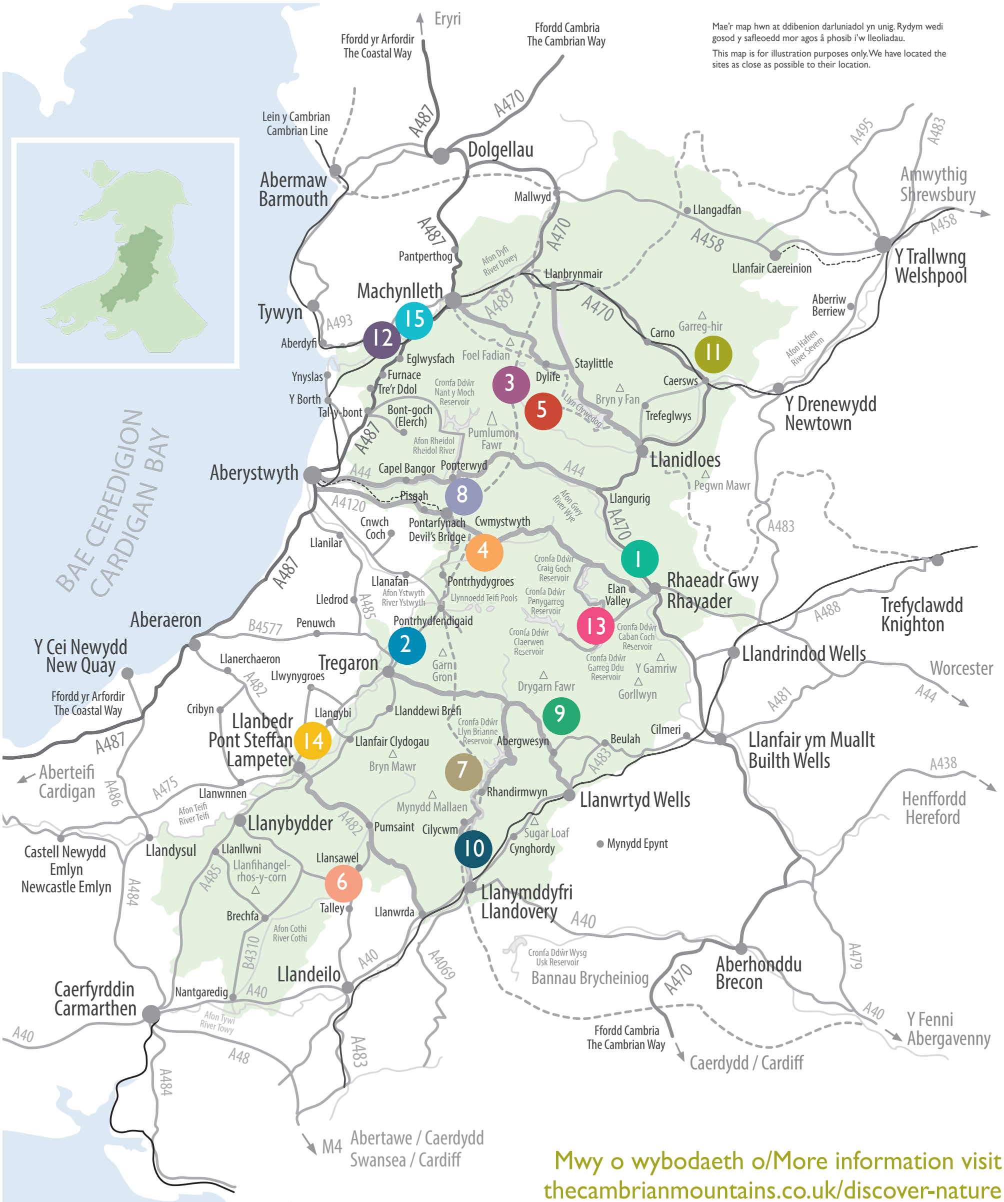
Cewch glywed y Gymraeg mewn canu corawl, eisteddfodau, treialon cŵn defaid, sioeau amaethyddol ac yn y cymunedau. Mae gennym hefyd eglwysi a chapeli gan gynnwys Abaty Ystrad Fflur. Mae diwydiannu'r oes a fu dal gennym drwy leoliadau mwyngloddio plwm, arian ac aur sy'n frith dros y tir.

Hear the Welsh language sung in choirs, eisteddfodau, at sheep dog trials, agricultural shows and in the communities. There are churches and chapels, including Strata Florida, the 'Westminster Abbey of Wales'. Journey through the landscape and you'll discover remains of lead, silver and gold mines too.

Cewch yma lwybrau diri. I'r rheiny sydd â map a chwmpawd, bydd cyfle i ddarganfod Mynyddoedd Cambrian a gwerthfawrogi'r ehangder mynyddig. Prin y gwelwch neb ar eich taith. Cerdded, seiclo, beicio mynydd, merlota a gyrru ceffyl.

Follow the waymarked trails. For those who are confident enough take a map and compass, discover the delights of the upland mountainsides where you're not likely to meet a soul all day. Walking, cycling, mountain biking, horse-riding and horse & carriage driving.

NATUR SYFRDANOL ym Mynyddoedd Cambrian | ASTOUNDING NATURE in the Cambrian Mountains



Mae'r map hwn at ddibenion darluniadol yn unig. Rydym wedi gosod y safleoedd mor agos â phosib i'w lleoliadau.

This map is for illustration purposes only. We have located the sites as close as possible to their location.

Mwy o wybodaeth o/More information visit
thecambrianmountains.co.uk/discover-nature

1 Gilfach Nature Reserve, Rhaeadr Gwy/Rhayader
Bronwen y dŵr, y gog, gwybedog brith, pili pala, ffyngau cap cwyr,cen y cerrig, naid yr eog.
Dipper, cuckoo, pied flycatcher, butterfly, waxcap fungi, lichen, leaping salmon.
rwtwales.org/reserves/gilfach-farm

2 Cors Caron Nature Reserve, Tregaron
Dwrgwn, madfall, y gog, tylluan wen, bod tinwen, yr ymwerawdwr, gwrid y gors. Otter, common lizard, cuckoo, barn owl, hen harrier, dragonfly, rosy marsh moth.
naturalresources.wales/days-out

3 Glaslyn Nature Reserve, Dylife
Grug, ymerawdwr, cwtiad aur, corhedydd y waun.
Very large nature reserve with heather, emperor moth, golden plover, meadow pipit.
montwt.co.uk/nature-reserves/glaslyn

4 Stâd yr Hafod/Hafod Estate, Pontrhydygroes
Mwsog, cen, madarch, y gog, brych y coed, siglen felen, gwybedog mannog, barcud coch, boda, hebog yr ehedydd, hebog tramor, gwalch marth, llygoden bengron y dŵr, bele'r coed, dwrgwn. Moss, lichen, mushroom, cuckoo, mistle thrush, yellow wagtail,
spotted flycatcher, red kite, buzzard, hobby, peregrine falcon, goshawk, water vole, pine marten, otter.
naturalresources.wales/days-out

5 Coedwig Hafren Forest, Llanidloes
Bronwen y dŵr, gwalch marth, gwalch y môr, mwsog a glaswellt, tresgl y moch, llafn y bladur, gylfingroes, eog.
Dipper, goshawk, osprey, mosses and grasses, tormentil, bog asphodel, crossbill, salmon.
naturalresources.wales/days-out

6 Talley Lakes Nature Reserve, Talyllychau/Talley
Hwyaid, trochydd, elyrch, gwyddau, lili, yr ymerawdwr.
Duck, grebe, swan, geese, white and yellow lily, Emperor Dragonfly.
welshwildlife.org/nature-reserves

7 Gwenffrwd-Dinas RSPB, Rhandirmwyn
Barcud coch, gwybedog brith, tingoch, bronwen y dŵr, siglen lwyd, cen.
Red kite, pied flycatcher, redstart, dipper, grey wagtail, lichen.
rspb.org.uk

8 Coed Simdde Llwyd, Cwm Rheidol Valley
Clychau'r gog, eglyn cyferbynddail, gwybedog brith, telor y coed, ysgyfarnog. Bluebell, golden saxifrage, pied flycatcher, wood warbler, brown hare.
welshwildlife.org/nature-reserves

9 Vicarage Meadows Nature Reserve, Abergwesyn
Clychau'r gog, tegeirian, llafn y bladur, glöynnod byw, madfall, broga/llyffant melyn. Bluebell, orchid, bog asphodel, butterfly, common lizard, common frog.
welshwildlife.org/nature-reserves

10 Gallt Y Tlodion/Poor Man's Wood Nature Reserve, Llanymddyfri/Llandovery
Coetir derw, llus, mwsog, clychau'r gog, gludlys, telor penddu, delor y cnau, gwybedog brith.
Oak wood, bilberry, mosses, bluebells, campion, blackcap, nuthatch, pied flycatcher.
welshwildlife.org/nature-reserves

11 Llyn Mawr Nature Reserve, Caersws
Sgimiwr llinell ddu, mursen las gyffredin, broga/llyffant melyn, giach, hwyaden gopog.
Black-tailed skimmer, common blue damselfly, common frog, snipe, tufted duck.
montwt.co.uk/nature-reserves/llyn-mawr

12 Ynyshir RSPB, Eglwysfach
Cornchwiglen, y ganwraidd goesgoch, gŵydd dalcenwyn, telor y coed, gwalch y pysgod. Lapwing, redshank, white fronted goose, wood warbler, osprey.
rspb.org.uk

13 Cwm Elan/Elan Valley
Gwybedog brith, mochyn daear, bronwen/gwenci, llwynog/cadno, llygoden y coed, dwrgi, broga/llyfant melyn, gwyfyn bwrned pum smotyn, ystlymod. Pied flycatcher, badger, weasel, fox, woodmouse, otter, common frog, six spot burnet moth, bat.
elanvalley.org.uk/discover/nature

14 Denmark Farm Conservation Centre, Lampeter
Ysgyfarnog, tylluan wen, gwybedog brith, tegeirian y gors deheuol, pili pala, gwas y neidr. Hare, barn owl, pied fly-catcher, southern marsh orchids, butterflies, dragonflies.
denmarkfarm.org.uk/what-to-see-monthly/

15 Cors Dyfi Nature Reserve, Derwenlas
Gwalch y pysgod, madfall, telor y cyrs.
Osprey, common lizard, reed warbler.
montwt.co.uk/nature-reserves/cors-dyfi

TREFTADAETH SYFRDANOL ym Mynyddoedd Cambrian | ASTOUNDING HERITAGE in the Cambrian Mountains

1 Pontrhydygroes/Cwmystwyth
Ar lethrau Cwmystwyth mae canolbwynt Cymru, yn ôl yr Arolwg Ordnans. Mae olion ar y tirwedd yn dyst i ddiwydiant gychwynodd cyn hanes, ddaeth i ben ond yn yr 20fed ganrif. Yma ceir Ystad Bictiwrèsg yr Hafod. *According to the Ordnance Survey, the centre of Wales is on the slopes of Cwmystwyth. A dramatic landscape, testimony to the search for minerals from prehistory to the 20th century. Picturesque Hafod Estate nearby.*

2 Cwm Elan/Elan Valley/Yr Elenydd
Cyfres o gronfeydd dŵr gosgeiddig Fictoraidd, lle bu'r 'Dambusters' yn ymarfer. Olion cynhanesyddol i'w darganfod yn y tirwedd. Un ymwelydd â Stâd Elan oedd y bardd Shelley. *A series of elegant Victorian reservoir dams, where the 'Dambusters' used Nant y Gro Dam to test the bouncing bomb. Prehistoric cairns scattered across the landscape. Lyric poet Shelley visited the Elan Estate.*

3 Rhaeadr Gwy/Rhayader
Cofeb ryfel yw cloc y dref. Chwiliwch Eglwys Sant Ffraid am gofeb i Emmeline Lewis Lloyd - dringwr mynyddoedd a'r fenyw gyntaf o Gymru i ddringo Mont Blanc. Cewch gelf a hanes yng Nghanolfan CARAD. *Rhayader's town clock is also its war memorial. Find a memorial to alpinist and first Welsh woman to climb Mont Blanc, Emmeline Lewis Lloyd at St Bride's Church. Discover craft and history at CARAD.*

4 Llanwrtyd/Llanwrtyd Wells/Cilmeri
Cyfansoddwyd y gân adnabyddus "Sosban Fach" yma. Galwch heibio'r Ganolfan Treftadaeth am yr hanes. Lleoliad digwyddiadau amgen iawn. Cilmeri: cofeb i Lywelyn ap Gruffydd. *The popular song "Sosban Fach" was composed at Llanwrtyd. Call at the Heritage Centre for the story. Quirky 'World Alternative Games'. Memorial at Cilmeri to Llywelyn ap Gruffydd.*

5 Llanymddyfri/Llandovery/Cynghordy
Castell â hanes cythryblus. Cofeb Llywelyn ap Gruffydd Fychan. Tref porthmyn a Banc yr Eidion Du. Gerllaw mae cartref yr emynydd William Williams, Pantycelyn, a phont rheilffordd Cynghordy. *A castle steeped in history. Poignant memorial to Llywelyn ap Gruffydd Fychan. Inns recall the droving trade. Bank of the Black Ox. Nearby is the home of the hymnist William Williams, Pantycelyn; also the Cynghordy railway viaduct.*

6 Pumsaint & Dolaucothi
Archwiliwch diroedd Stâd Dolaucothi a chloddfa aur Rhufeinig i weld carreg y pum sant. Gerllaw mae Sarn Helen, ffordd Rufeinig sy'n cysylltu Llanymddyfri a Llanddewi Brefi. *Explore the Estate of Dolaucothi, its Roman goldmines and find the legendary stone of the 'five saints'. Nearby is Sarn Helen Roman road linking Llandovery to Llanddewi Brefi.*

Mwy o wybodaeth o/More information visit
thecambrianmountains.co.uk/discover-heritage

7 Cilycwm/Mynydd Mallaen/Rhandirmwyn/Llyn Brianne
Cymuned y mwyngloddio. Yma mae derwen a enillodd wobr genedlaethol yn ddiweddar. Mae ogof Twm Siôn Cati a chronfa ddŵr Llyn Brianne gerllaw. A proud lead-mining community. Here a local oak recently won a national award. Find Twm Siôn Cati's cave and Llyn Brianne reservoir nearby.

8 Talyllychau/Talley
Abaty sydd werth ymweld ag ef. Ger y llyn eglwys digyffro St. Michael ac ynddi eisteddleoedd 'bocs'. Mae un o goed onnen mwyaf Prydain i'r gogledd-ddwyrain o'r abaty. Superb abbey that is worthy of a visit. Lakeside church of St Michael including its original box pews. One of the largest ash trees in Britain stands north-east of the abbey.

9 Brechfa Forest/Mynydd Llanllwni a Llanfihangel Rhos-y-Corn
Coedwig hela frenhinol; eglwys pererinion yn Llanfihangel Rhos-y-Corn gerllaw; man geni'r ymgyrchwr Gwilym Marles - hen ewyrth Dylan Thomas; Bob y gigfran gellweirus. Norman Royal Forest; Pilgrim church at Llanfihangel Rhos-y-Corn; birthplace of Gwilym Marles, preacher and social campaigner-Dylan Thomas' great uncle. Mischievous raven called Bob at the pub.

10 Llanybydder
Tref farchnad hanesyddol ar yr Afon Teifi. Yn enwog yn rhyngwladol am ei farchnad geffylau. Safle bryngaer Oes Cerrig Pen y gaer yn agos i'r dref. Historic market town on the River Teifi. Known internationally for its monthly horse fair. Site of an Iron Age hillfort, Pen y gaer.

11 Llanbedr Pont Steffan/Lampeter
Man geni rygbi yng Nghymru yn ei Choleg Prifysgol hynaf. Sail Normanaidd. Bu Dylan Thomas yma. Canolfan Gwiltiau yn Neuadd y Dref. Amgueddfa gerllaw. Birthplace of Welsh rugby at the oldest University College in Wales. Norman foundations, elegant Georgian and Victorian buildings. Dylan Thomas came here. Quilt Centre at the Town Hall. Visit the Museum.

12 Llanddewi Brefi/Llanio
Chwedloniaeth gyfoethog. Tirwedd yr Ychen Bannog; gwyrth enwocaf Dewi Sant; llwybrau porthmyn y 19eg ganrif a safle caer Rhufeinig Bremia gerllaw yn Llanio. Rich in history and legend. The landscape of mythical beasts; St David's most famous miracle; 19th century drovers' routes and nearby Bremia Roman Fort at Llanio.

13 Tregaron/Soar y Mynydd
Man geni Thomas Jones (Twm Siôn Cati) a Henry Richard AS. Cewch yr hanes yn Amgueddfa a Chanolfan Y Barcud. Gerllaw, Soar y Mynydd. Claddwyd eliffant tu ôl i'r gwesty. Birthplace of Thomas Jones alias Twm Siôn Cati, outlaw and genealogist, and Henry Richard MP. Nearby Soar y Mynydd chapel. Visit the Kite Centre and Museum. An elephant is buried behind hotel.

14 Pontrhydfendigaid/Abaty Ystrad Fflur Abbey
Adfeilion abaty Sistersiaidd. Heddiw mae technoleg archaeoleg newydd yn datgelu gorffennol. Bryngaer Pen y Bannau. Bro mebyd Caradoc Jones, y Cymro cyntaf i ddringo Everest. Romantic ruins of a great Cistercian Abbey the 'Westminster Abbey of Wales'. Modern archaeological digs unearthing abbey's history. Pen y Bannau hillfort. Childhood home of Caradoc Jones, first Welshman to climb Everest.

15 Ponterwyd/Pontarfynach/Devil's Bridge
Olion mwyngloddio arian a phlwm. Argae Nant y Moch ger Pumlumon Fawr. Chwedl y pontydd dros yr Afon Mynach. Trên stem Rheilffordd Dyffryn Rheidol. Gerllaw mae'r Bwa. Remains of lead and silver mining. Nant y Moch reservoir and Pumlumon Fawr nearby. Legend of the three bridges. Vale of Rheidol steam train. Woodland landscape at the Arch.

16 Talybont/Tre'r ddôl/Ffwrnais
Mwyngloddio o'r cyfnod Neolithig a Rhufeinig. Ffwrnais Dyfi o'r 18fed ganrif. Bedd Taliesin, bardd chwedlonol y 6ed ganrif. Cartref gwasg Y Lolfa. Mining dating back to Neolithic and Roman times. 18th century furnace and waterwheel. Hilltop cairn linked to 6th century poet, Taliesin. Home of Welsh printing press, y Lolfa.

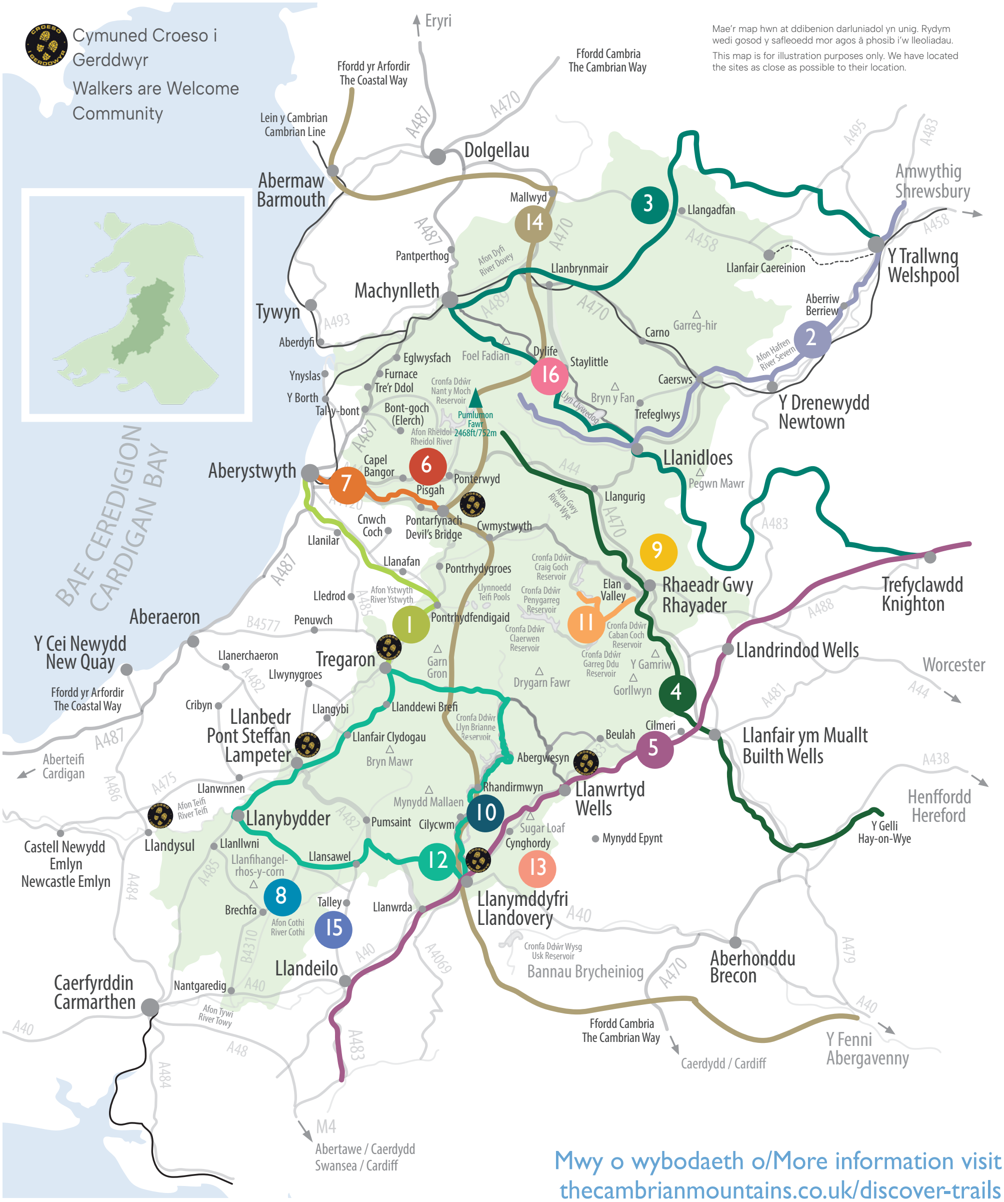
17 Dylife/Penffordd Las/Staylittle
Caer Rufeinig uwchlaw gweithfeydd mwyn yw Pen y Crocbren – atgof o ffawd greulon Siôn y Gof. Ym Mhenffordd Las ganwyd Sir David Brunt, sylfaenydd astudiaethau tywydd. A Roman fortlet overlooks the mining remains. The hill's name, Pen y Crocbren, recalls the gruesome fate of Siôn y Gof. Distinguished meteorologist, Sir David Brunt was born in Staylittle.

18 Llanbrynmair
Bro mebyd Iorwerth C Peate, sylfaenydd Amgueddfa Werin Cymru-Sain Ffagan. Samuel Roberts (S.R.) yr heddychwr. Welwch chi'r ddraig yn y tŵr? Birthplace of Iorwerth C Peate, founder of the Welsh Folk Museum-St Fagan's; also of Samuel Roberts (S.R.), pacifist. Can you see the dragon in the tower?

19 Caersws
Caerau yn gwarchod yr Afon Hafren a sawl ffordd Rhufeinig. Saif gorsaf y rheilffordd, lle bu Ceiriog yn orsaf-feistr, yng nghanol un o'r caerau. Two forts guard the River Severn and several Roman road routes. The railway station, where poet Ceiriog was once stationmaster, lies at the centre of one of the forts.

20 Llanidloes
Tref gyntaf yr Afon Hafren. Marchnad a'r diwydiant gwlan yn ganolog i'w thwf; neuadd farchnad unigryw; casgliad arbennig o gwiltiau yng Nghanolfan Minerva. Gerllaw mae adfeilion mwynglawdd Bryn Tail a chronfa ddŵr Clywedog. First town on the River Severn. Historical market place building. HQ of the Quilt Association at Minerva Arts Centre. Remains of 18th century Bryn Tail mine at Clywedog Reservoir.

LLWYBRAU SYFRDANOL ym Mynyddoedd Cambrian | ASTOUNDING TRAILS in the Cambrian Mountains



Mwy o wybodaeth o/More information visit thecambrianmountains.co.uk/discover-trails

1. Llwybr Ystwyth | Ystwyth Trail
   discoverceredigion.wales
2. Llwybr Hafren | Severn Way
   ldwa.org.uk
3. Llwybr Glyndwr | Glyndwr's Way
   nationaltrail.co.uk/glyndwrs-way
4. Llwybr Y Gwy | Wye Valley Walk
   wyevalleywalk.org
5. Llwybr Lein Calon Cymru | Heart of Wales Trail
   heart-of-wales.co.uk/experiences
6. Parc Sgiliau + Llwybrau Nant yr Arian |
   Bwlch Nant Yr Arian Skills Park + Trails
   naturalresources.wales/days-out
7. Llwybr Feicio Rheidol | Rheidol Cycling Trail
   discoverceredigion.wales
8. Llwybrau Brechfa | Brechfa Trails
   naturalresources.wales/days-out
9. Pump Track Wales, Rhayader
   pumptrackwales.co.uk
10. Llwybrau Cwm Rhaeadr | Cwm Rhaeadr Trails, Cilycwm
    naturalresources.wales/days-out
11. Llwybr Cwm Elan | Elan Valley Cycle Trail
    elanvalley.org.uk/explore
12. Taith Feicio Gwylltir y Gorllewin | Big Wilderness Adventure, Llandovery
    discovercarmarthenshire.com/explore/road-cycling/big-wilderness-adventure/
13. Coedwig Crychan Forest, Cynghordy
    crychanforest.org.uk neu/or
    naturalresources.wales/days-out
14. Taith Cambria | The Cambrian Way
    cambrianway.org.uk
15. Coedtiroedd Talyllychau | Talley Woodlands
    naturalresources.wales/days-out
16. Coedwig Hafren Forest ger/near Llanidloes
    naturalresources.wales/days-out

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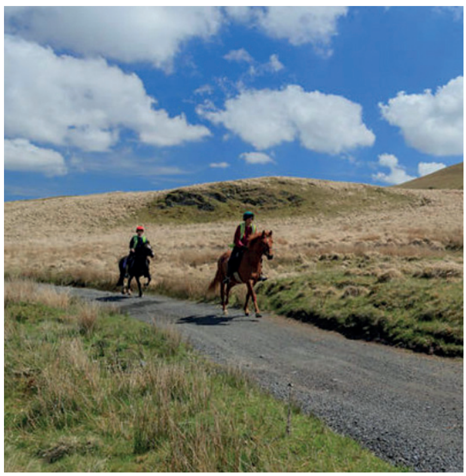


Darganfod yr Wybren Dywyll/Discover the Dark Skies

Lleoliadau Darganfod yr Wybren Dywyll a Pharc Rhyngwladol yr Wybren Dywyll/Dark Sky Discovery Sites and the International Dark Sky Park.

Top 10
Star gazing
locations

1. Pont ar Elan, Cwm Elan Valley International Dark Sky Park SN 902715
2. Y Star Inn, Dylife SN 863940
3. Y Bwa/The Arch, Cwmystwyth SN 765755
4. Coed y Bont, Pontrhydfendigaid SN 737659
5. Hostel Dolgoch, Tregaron SN 805562
6. Ty'n y cornel Hostel, Tregaron SN 750534
7. Llanerchaeron National Trust, Ciliau Aeron SN 480602
8. Llyn Brianne reservoir car park SN 793484
9. Viewpoint Mynydd Llanllwni Mountain SN 507389
10. Bwlch Nant yr Arian, Ponterwyd SN 717813

A wyddoch chi?
Did you know?

1 Beth yw uchder Pumlumon Fawr?
How high is Pumlumon Fawr?

2 Lle oedd cartref plentyndod y Cymro cyntaf i ddringo Everest?
Where was the childhood home of the first Welshman to climb Everest?

3 Pa eglwys sy'n fan gorffwys ar gyfer yr wythfed fenyw i ddringo Mont Blanc?
Which church is the resting place of the eighth woman to climb Mont Blanc?

4 Beth yw new cronfa ddŵr talaf Y Ddeyrnas Unedig?
What is the name of the UK's tallest dam?

5 Ffrindiau o ba wlad gwnaeth ein cynorthwyo i ddiogelu'r pâr olaf o farcutiaid yn yr 1980au?
Friends from which mountainous country helped protect the last pair of red kites in the 1980s?

6 Beth yw enw'r tref gyntaf ar yr Afon Hafren?
What is the name of the first town on the River Severn?

7 Enwch dri metel sydd wedi'u mwyngloddio ym Mynyddoedd Cambrian?
Name three metals that have been mined in the Cambrian Mountains?

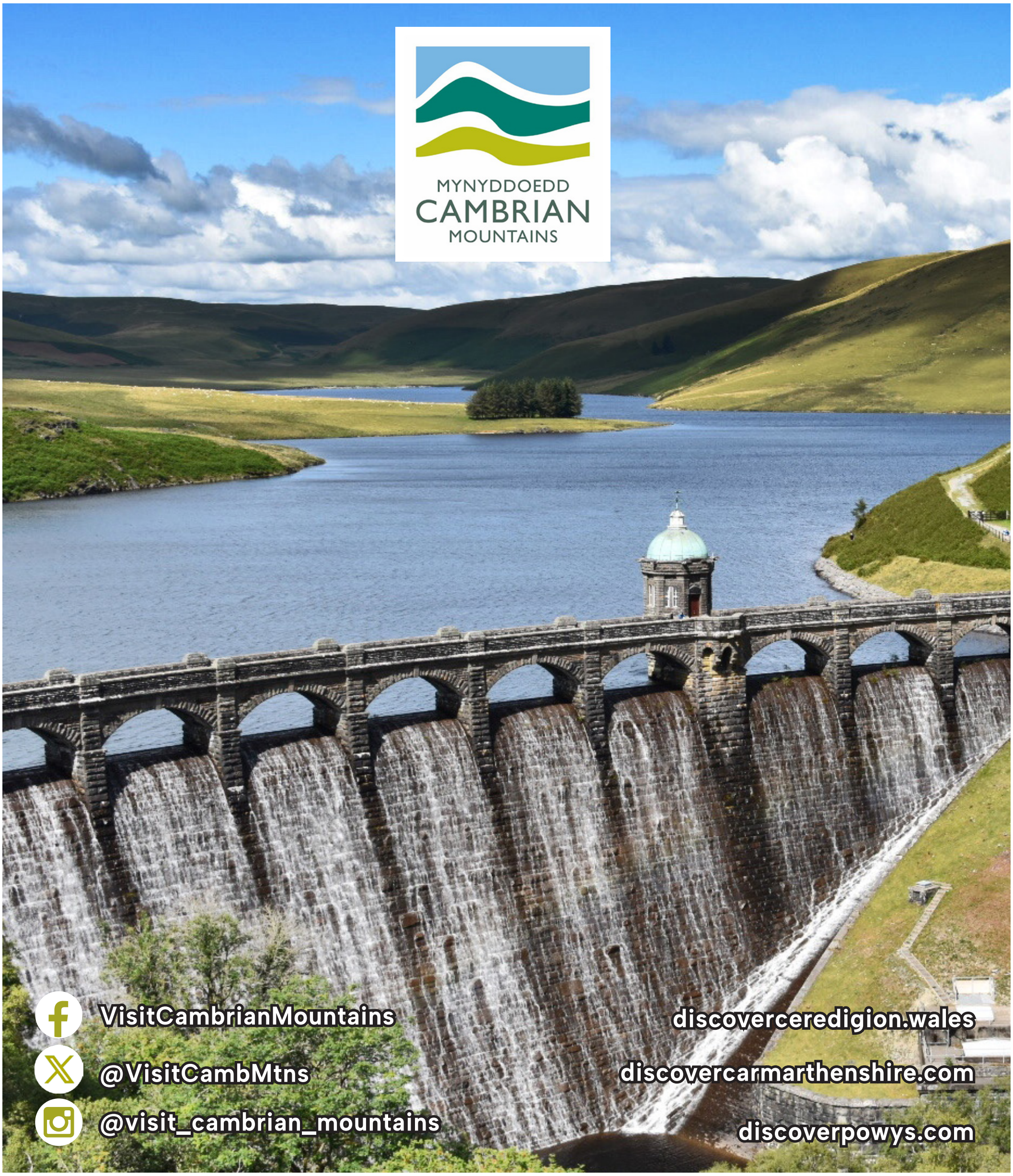
8 Heddiw yn Llanelwedd, Llanfair ym Muallt, ond ble oedd cartref cyntaf Sioe Frenhinol Cymru?
Today located in Llanelwedd, Builth Wells, where was the first Royal Welsh Show held?

9 Tua sawl rhithwybedynod mae'r ystlum lleiaf yn ei fwyta mewn noson?
About how many midges does a pipistrelle bat eat in one night?

10 Ymha dref sefydlwyd Banc Yr Eidion Du?
In which town was the Black Ox Bank established?

Atebion i'r cwestiynau o:
Answers to the questions available from:

thecambrianmountains.co.uk/pocket-guide



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Rhannwch a thagiwch eich lluniau gan ddefnyddio **#mynyddoeddcambrian**

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Wedi ei ariannu gan Llywodraeth y DU

Powys

Tyfu Canolbarth Cymru
Growing Mid Wales