## Gair i gall

Gellir dod o hyd i fapiau manwl, teithiau undydd ac aml-ddiwrnod, teithiau cylchol, trefnwyr teithiau a chwmnïau cludo bagiau ar www.llwybrarfordircymru.gov.uk

Fe welwch amserlenni cynhwysfawr ar www.cymraeg.traveline.cymru. Rydym yn argymell eich bod yn defnyddio trafnidiaeth gyhoeddus i gyrraedd man cychwyn eich taith gerdded a'ch bod yn cerdded i'ch llety/car, yn lle gwneud fel arall.

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

Lawrlwythwch ap Llwybr Arfordir Cymru i ddilyn eich taith gerdded a chael rhagor o wybodaeth. Chwiliwch am Lwybr Arfordir Cymru yn eich siop apiau.

## Top Tips

Detailed maps, one and multi day itineraries, circular walks, tour organisers and baggage carrying companies can be found on www.walescoastpath.gov.uk

You will find comprehensive timetables at www.traveline.cymru. We recommend that you use public transport to get you to the start of your walk and walk to your accommodation/car instead of the other way round.

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

Download the Wales Coast Path App to track your walk and get further information. Search for Wales Coast Path in your app store.

*Sganiwch y cod QR hwn i fynd i'n gwefan*
*Scan this QR code to go to our website*

**www.llwybrarfordircymru.gov.uk**
**www.walescoastpath.gov.uk**

Cyfoeth Naturiol Cymru Natural Resources Wales
Llywodraeth Cymru Welsh Government

Llun clawr / Cover image:
Traeth Talacre Twyni Gronant / Talacre Beach and Gronant Dunes
Delweddau © Hawlfraint y Goron (2020) Croeso Cymru Images
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Gorffennaf / July 2020

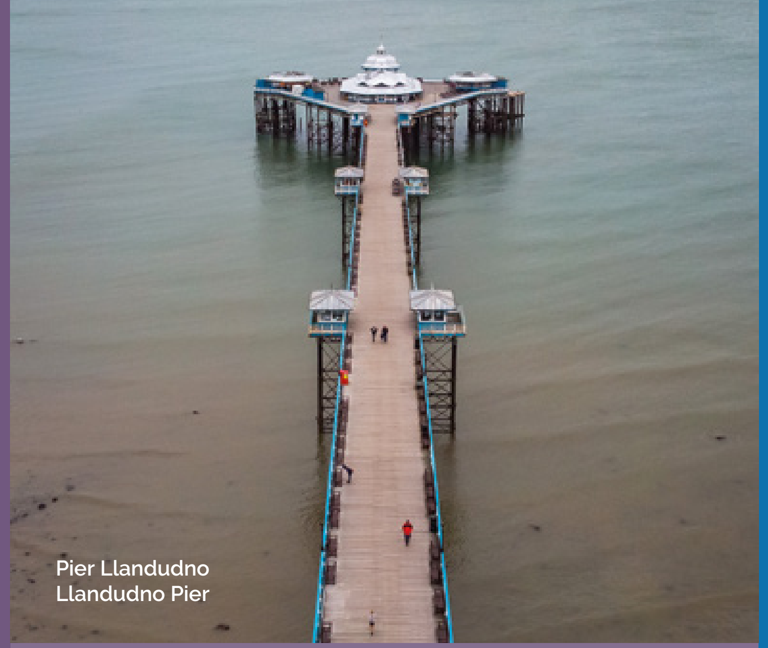
## Arfordir y Gogledd ac Aber Afon Dyfrdwy

Cyfuniad o lwybrau hamddenol ar lan yr afon, ar draethau tywodlyd bendigedig, ac mewn trefi a phentrefi sy'n croesawu teuluoedd – ynghyd a dewis mwy egnïol ymhellach i mewn i'r tir.

### Uchafbwyntiau

- **Aber Afon Dyfrdwy**
  Dewch i ddarganfod cynefinoedd bendigedig a threftadaeth Aber Dyfrdwy tra'n gwerthfawrogi y tirwedd unigryw.
- **Llwybr Cenedlaethol Clawdd Offa**
  O Brestatyn cymerwch y trywydd i Gas-gwent ar hyd y llwybr 177 milltir yma. Mewn mannau mae'r llwybr yn dilyn Clawdd Offa, sef clawdd hynafol o'r wythfed ganrif a adeiladwyd ar hyd y ffin.
- **Ardaloedd gwyliau Gogledd Cymru**
  Dewch â bwced a rhaw i fwynhau holl brofiadau trefi a phentrefi traddodiadol glan môr. Maen nhw'n addas i'r teulu ac mae mynediad ardderchog i gadeiriau gwthio a phobl sy'n defnyddio cadeiriau olwyn.
- **Castell Conwy a Castell Fflint**
  Adeiladwyd y cestyll hyn gan Edward I, brenin Lloegr. Mae Castell Conwy a'i dref gaerog yn un o Safleoedd Treftadaeth y Byd; Castell Fflint oedd un o gestyll cyntaf Edward I wrth iddo ormesu'r Cymry yng ngogledd Cymru.

Goleudy Parlwr Du
Point of Ayr Lighthouse


Pier Llandudno
Llandudno Pier

## North Wales Coast & Dee Estuary

A mixture of gentle riverside walking, wonderful sandy beaches, and family friendly towns and villages – with a more challenging alternative option available for the more energetic.

### Highlights

- **The Dee Estuary**
  Discover the wonderful habitats and heritage of the Dee Estuary and immerse yourself in its unique landscape.
- **Offa's Dyke Path National Trail**
  From Prestatyn head down to Chepstow on this 177 mile long trail. In places, the route follows Offa's Dyke - an ancient earthworks constructed along the border in the 8th century.
- **North Wales Resorts**
  Bring a bucket and spade for a traditional seaside experience in family friendly resorts, with great access for pushchair and wheelchair users.
- **Conwy Castle and Flint Castle**
  These castles were constructed by the English monarch Edward 1. Conwy Castle and its walled town is a World Heritage Site; Flint Castle was one of Edward 1's first castle in his conquest over the Welsh people in North Wales.

## Y Codau Cefn Gwlad

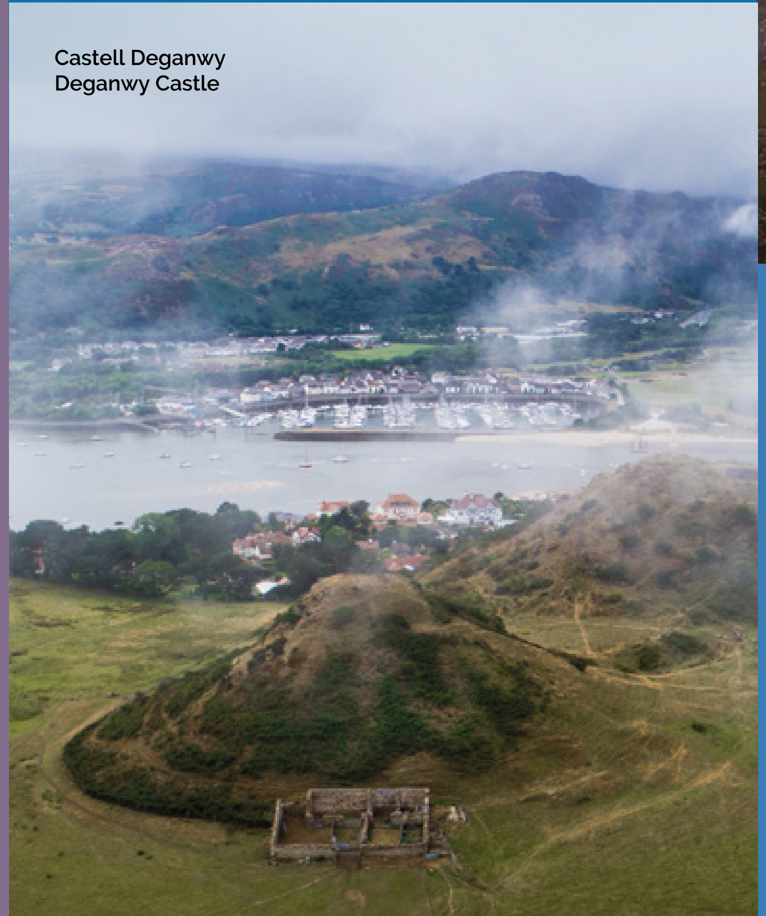
Yn dilyn cyngor yn y Codau Cefn Gwlad i fanteisio'n llawn ar eich ymweliad:
- parchwch bobl eraill
- diogelwch yr amgylchedd naturiol
- mwynhewch yr awyr agored a chadwch yn ddiogel

Darllenwch y Codau Cefn Gwlad yn www.naturalresources.wales/countryside-codes?lang=cy

## Mwynhewch eich taith gerdded

Ewch i wefan Mentro'n Gall Cymru i ganfod awgrymiadau defnyddiol ynglŷn â sut i fwynhau antur yr arfordir yn ddiogel. www.adventuresmart.uk/cy/home-cy/

Gallwch ail-lenwi eich potel ddŵr 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. refill.org.uk


Castell Deganwy
Deganwy Castle

Aber Afon Dyfrdwy
Dee Estuary
© Dee Conservancy

## 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/countryside-codes

## Enjoy your walk

Visit the Adventure Smart Wales website for some useful hints and tips on how to enjoy coastal adventure safely. www.adventuresmart.uk

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

Llwybr Arfordir Cymru
Wales Coast Path

# Arfordir Gogledd Cymru ac Aber Afon Dyfrdwy
# North Wales Coast & Dee Estuary

Crwydro Arfordir Cymru
Coastal Walking Wales

## Teithiau cerdded

### Aber Afon Dyfrdwy – Castell y Fflint i Abaty Dinas Basing (10km / 6 milltir)

Taith gerdded wych yn cychwyn ger Castell y Fflint, sef y castell cyntaf a adeiladwyd yng Nghymru ar ôl i'r Brenin Edward I oresgyn y wlad yn y drydedd ganrif ar ddeg, ac yn gorffen ger Abaty Dinas Basing, abaty o'r ddeuddegfed ganrif.

### Traeth Talacre i Brestatyn (drwy Dwyni Gronant) (7km / 4.5 milltir)

Archwiliwch y rhan hardd yma o'r arfordir sy'n cynnwys goleudy'r Parlwr Du. Byddwch yn teithio ar hyd traeth poblogaidd Talacre drwy gyfoeth y cynefinoedd yn y twyni cyn cyrraedd Prestatyn lle mae traethau rhyfeddol a holl bleserau traddodiadol glan y môr.

### Y Rhyl i Draeth Pensarn (8km / 5 milltir)

Mwynhewch hwyl a sbri byd glan y môr yn nhref y Rhyl gyda'i thraethau tywodlyd sydd bron yn ddi-ben-draw, cyn mynd ymlaen ar hyd yr arfordir i Bensarn, ger Abergele. Byddwch yn teithio drwy Fae Cinmel sy'n fan poblogaidd i wneud chwaraeon dŵr.

### Bae Colwyn i Landudno ar hyd Trwyn y Fuwch (9km / 5.5 milltir)

Taith gerdded egniol a phoblogaidd ar lannau'r môr sy'n cynnig cyfleoedd gwych yn Nhrwyn y Fuwch i weld bywyd gwyllt. Ewch ymlaen i Landudno i ddarganfod cyfareddau'r dref wyliau hardd yma o oes Fictoria. Mae gan Drwyn y Fuwch lwybrau serth, anwastad.

### Llwybrau i Ben y Gogarth — gwahanol bellteroedd

Mwynhewch y golygfeydd ardderchog dros dref hardd Llandudno ac arfordir gogledd Cymru. Mae'r llwybrau'n serth mewn mannau ac os yn haws, gallwch ddefnyddio gwasanaethau'r dramffordd neu'r ceir cebl i fynd i'r copa. Mae'r amryw flodau yn cynnal y cymylau o löynnod byw a chofiwch chwilio hefyd am y geifr sy'n byw yno.

### Mynydd Tref Conwy — gwahanol bellteroedd

Mae mynydd Tref Conwy yn ddewis gwych os am fynd mewn i'r tir gan fod yno rhwydwaith da o lwybrau'n cynnig digon o gyfle i chi archwilio'r mynydd yn hamddenol. Mae'r bryn yn troi'n borffor yn yr haf dan garped o rug. Ac mae golygfeydd gwych o'r copa lle mae safle bryngaer o'r Oes Haearn.

## Suggested walks

### Dee Estuary – Flint Castle to Basingwerk Abbey (10km / 6 miles)

A magnificent walk along the Dee Estuary between the 13th century Flint Castle, the first to be built when King Edward I invaded Wales, and the 12th century Basingwerk Abbey (which lies approximately half a mile inland from the Coast Path at Greenfield).

### Talacre Beach to Prestatyn (via Gronant Dunes) (7km / 4.5 miles)

Explore this beautiful section of the coast which takes in the Point of Ayr lighthouse. You will travel along the popular Talacre Beach and through a rich dune habitat before arriving at Prestatyn with its wonderful beaches and traditional seaside delights.

### Rhyl to Pensarn Beach (8km / 5 miles)

Enjoy the fun-filled seaside town of Rhyl with its seemingly endless sands before continuing along the coast to Pensarn, near Abergele. You'll travel through Kinmel Bay, which is a popular spot for watersports enthusiasts.

### Colwyn Bay to Llandudno via Little Orme (9km / 5.5 miles)

A lively and popular seafront walk with great wildlife spotting opportunities at the Little Orme. Continue on towards Llandudno and discover the charms of this well preserved Victorian seaside holiday resort. The Little Orme has steep uneven paths.

### Great Orme Summit Trails — various distances

Scenic summit trails take in wonderful views over Llandudno and the north Wales coast. The paths are steep in places, so if easier, you can reach the top by tram or cable car. The wide range of flowers provides food for the clouds of butterflies – and look out for the resident goats.

### Conwy Mountain — various distances

Conwy Mountain makes for a great upland option going inland, it stands proud to the west of Conwy and is served by a good network of paths which you can explore at your leisure. In summer the hill turns purple with bell heather. The summit has fine views and is the site of an Iron Age hill fort.

Beth am gofnodi eich taith ar hyd Llwybr Arfordir Cymru?

Why not record your Wales Coast Path journey!

## Pasbort | Passport

Arfordir Gogledd Cymru ac Aber Afon Dyfrdwy

North Wales Coast & Dee Estuary

| Llwybrau Paths | Milltir Miles | km | Dyddiad Date |
|---|---|---|---|
| 'The Cop' maes hamdden Caer / Cop park Chester > Shotton | 6 | 10 | ○ |
| Shotton > Y Fflint / Flint | 6 | 10 | ○ |
| Y Fflint / Flint > Bagillt | 3 | 5 | ○ |
| Bagillt > Greenfield | 3 | 5 | ○ |
| Greenfield > Mostyn | 3 | 5 | ○ |
| Mostyn > Talacre | 4 | 6 | ○ |
| Talacre > Prestatyn | 5 | 8 | ○ |
| Prestatyn > Rhyl | 4 | 6 | ○ |
| Rhyl > Pensarn | 5 | 8 | ○ |
| Pensarn > Bae Colwyn Bay | 6 | 10 | ○ |
| Bae Colwyn Bay > Traeth y Gogledd / Llandudno North Shore | 6 | 10 | ○ |
| Traeth y Gogledd / Llandudno North Shore > Pen Morfa / Llandudno West Shore | 5 | 8 | ○ |
| Pen Morfa / Llandudno West Shore > Conwy | 4 | 6 | ○ |
| Conwy > Penmaenmawr | 6 | 10 | ○ |
| Penmaenmawr > Llanfairfechan | 3 | 5 | ○ |
| Llanfairfechan > Talybont | 6 | 10 | ○ |
| Talybont > Pier Bangor pier | 3 | 5 | ○ |
| Pier Bangor Pier > Pont Grog y Borth (ochr Bangor) / Menai Suspension Bridge (Bangor side) | 3 | 5 | ○ |

Ewch i'n tudalen Pasbortau **www.walescoastpath.gov.uk/passport** i gael manylion am dystysgrifau cwblhau a phethau i gofio eich taith.

Visit our Passport page **www.llwybrarfordircymru.gov.uk/pasbort** for details about completion certificates and mementos to commemorate your journey.

- Llwybr Arfordir Cymru / Wales Coast Path
- Ffyrdd / Roads
- Rheilffordd / Railway
- Gorsaf Drenau / Railway Station
- Uchafbwyntiau (gweler drosodd) / Highlights (see overleaf)
- Llwybr Arfordir Llŷn ac Arfordir Eryri / Llŷn and Snowdonia Coast Path
- Llwybr amgen / Alternate route
- Llwybr Clawdd Offa / Offa's Dyke Path

LLWYBRAU CENEDLAETHOL NATIONAL TRAILS

## 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**