

# Stroll-on..!

around **ABERTRIDWR**

A picturesque walk along the Aber Valley Cycleway and through quiet country lanes.

Follow our directions and avoid a steep hill!

**3½ miles (5¾ km) of healthy walking**

# Cerddwn ymlaen..!

o gwmpas **ABERTRIDWR**

Taith gerdded ddiddorol ar hyd Llwybr Beiciau Cwm Aber a lonydd tawel y wlad.

Dilynwch ein cyfarwyddiadau er mwyn osgoi rhiw serth!

**3½ filltir (5¾ km) o gerdded iachus**



## 6 EXCUSES NOT TO DO THIS WALK..!

### I HAVEN'T GOT ANY KIT..!

You don't need any specialised kit or equipment, just some sensible and most importantly, comfortable footwear. High-heels are not recommended!

### I'VE GOT A DODGY KNEE..!

No problem, walking is a low-impact exercise that doesn't put much pressure on the joints.

### I HAVEN'T GOT ENOUGH TIME..!

This walk should only take you an hour and a half at an easy pace. The fitter you are the quicker you'll go!

## 6 EXCUSES NOT TO DO THIS WALK..!

### I'M NOT FIT ENOUGH..!

Anybody, of any fitness level can do this healthy walk; it's only a matter of pacing. Don't rush yourself.

### WALKING ISN'T GOING TO DO ME ANY GOOD..!

Regular walking has superb health benefits such as a reduction in the risk of coronary heart disease, strokes, diabetes, high blood pressure, osteoporosis, anxiety and stress. It can also improve your confidence, stamina, energy, weight control and life expectancy.

### I CAN'T GET TO THE START..!

**BUS: Service BT:** Senghenydd – Caerphilly  
**Service ET:** Caerphilly – Senghenydd

## 6 ESGUS DROS BEIDIO Â MYND AR Y DAITH GERDDED HON..!

### 'D OES GEN I DDIM CIT..!

'Does dim angen cit nac offer arbenigol arnoch, dim ond esgidiau call, ac yn bwysicaf oll, cyfforddus. Ni argymhellir sodlau uchel!

### MAE GEN I BEN-GLIN GWAN..!

Dim problem, ymarfer corff effaith-isel yw cerdded, nad yw'n rhoi cymaint o bwysau ar y cymalau.

### 'D OES GEN I DDIM DIGON O AMSER..!

Dim ond awr a hanner ddylai'r daith hon ei gymryd, o gerdded yn hamddenol. Po fwyaf ffit ydych chi, gyflymaf yr ewch!

## 6 ESGUS DROS BEIDIO Â MYND AR Y DAITH GERDDED HON..!

### 'DWI DDIM YN DDIGON FFIT..!

Gall unrhyw un, pa mor ffit bynnag y mae, fynd ar y daith gerdded iachus hon; mater o fynd ar gyflymder call yw hi; peidiwch â rhuthro.

### 'DYW CERDDED DDIM YN GWNEUD DIM LLES I MI..!

Mae i gerdded fuddion ardderchog o ran iechyd, fel lleihau'r perygl o gael clefyd coronaidd y galon, strôc, clefyd y siwgr, pwysedd gwaed uchel, osteoporosis, pryder a straen. Gall hefyd wella'ch hyder, stamina, egni, rheolaeth ar bwysau a disgwylad oes.

### 'ALLAI DDIM CYRRAEDD Y MAN CYCHWYN..!

**BWS: Gwasanaeth BT:** Senghenydd – Caerffili  
**Gwasanaeth ET:** Caerffili – Senghenydd

## WHERE DOES IT START?

Our directions start from Clos Morgan Gryffydd, Abertridwr. However, you could start from Station Terrace. It is recommended that you follow our directions from wherever you start to avoid a steep uphill walk.

## WILL MY MOBILE PHONE WORK?

Your mobile phone should work as usual on this walk – coverage in the area is good.

## CAN I TAKE MY CHILDREN (including my pushchair)?

Yes you can, this route is accessible for pushchairs. Take care on the lanes.

## BLE MAE'R CYCHWYN?

Mae ein cyfarwyddiadau'n dechrau o Glos Morgan Gruffudd, Abertridwr. Fodd bynnag, gallech gychwyn o Station Terrace. Argymhellir i chi ddilyn ein cyfarwyddiadau o ble bynnag yr ydych yn cychwyn er mwyn osgoi cerdded i fyny rhiw serth.

## A FYDD FY FFÔN SYMUDOL YN GWEITHIO?

Dylai'ch ffôn symudol weithio fel arfer ar y daith hon – mae'r signal yn yr ardal hon yn dda.

## A GAF I DDOD Â'M PLANT GYDA MI (yn cynnwys fy nghadair wthio)?

Gallwch, mae'r llwybr hwn yn hygyrch i gadeiriau gwthio. Cymerwch ofal ar y lonydd.

## ABERTRIDWR DIRECTIONS

- 1 Start at the gravelled path beside Clos Morgan Gryffydd and join the Aber Valley Cycleway.  
The Aber Valley Cycleway is built on an old railway line once used to transport coal from the Windsor Colliery (1898 – 1986) in Abertridwr to Cardiff
- 2 The cycleway continues for about 1½ miles (2½ km) until you reach a gate leading to Station Terrace
- 3 Turn right onto Station Terrace. Turn right again at the traffic lights onto Hendredenny Drive
- 4 Take the next left turn onto Groeswen Drive. Follow the footpath past the school onto a country lane.  
**Warning:** Watch out for cars along the country lane
- 5 Follow the lane behind the houses and take the first right
- 6 Continue along lane for about 1½ miles (2½ km)
- 7 When you cross over the bridge, turn left and rejoin the cycleway
- 8 Turn left and return to Clos Morgan Gryffydd.

## CYFARWYDDIADAU ABERTRIDWR

- 1 Cychwynnchw ar y llwybr graean wrth ochr Clos Morgan Gruffudd ac ymunwch â Llwybr Beiciau Cwm Aber.  
Mae Llwybr Beiciau Cwm Aber wedi'i adeiladu ar hen linell rheilffordd a ddefnyddid gynt i gludo glo o Lofa Windsor (1898 – 1986) yn Abertridwr i Gaerdydd
- 2 Mae'r llwybr beiciau yn parhau am tua 1½ milltir (2½ km) nes i chi gyrraedd gât sy'n arwain at Station Terrace
- 3 Trowch i'r dde i Station Terrace. Trowch i'r dde eto wrth y goleuadau traffig i Hendredenny Drive
- 4 Cymerwch y troad nesaf i'r chwith i Groeswen Drive. Dilynwch y llwybr troed heibio i'r ysgol i lôn wledig.  
**Rhybudd:** Gwylwch rhag ceir ar hyd y lôn wledig
- 5 Dilynwch y lôn tu ôl i'r tai a chymerwch y troad cyntaf i'r dde
- 6 Ewch ar hyd y lôn am tua 1½ milltir (2½ km)
- 7 Pan fyddwch yn croesi dros y bont, trowch i'r chwith ac ailymunwch â'r llwybr beiciau
- 8 Trowch i'r chwith ac ewch yn ôl i Glos Morgan Gruffudd.

## KEY

Walk	Parking	Danger busy road	Bus stop
—	P	⚠	🚏

See overview leaflet for calorie-burn guidance  
Gweler y daflen arolygol i gael cyfarwyddyd ar losgi calorïau



## ALLWEDD

Taith Gerdded	Parcio	Perygl ffordd brysur	Arhosfan bysiau
—	P	⚠	🚏

**Cities Revealed**

© The GeoInformation® Group 2005

Awyrlun gan Cities Revealed  
© The GeoInformation® Group 2005

Welsh Assembly Government  
Llywodraeth Cymru  
Welsh Assembly Government