

Stroll-on..!

around the **ABER VALLEY**

A walk with breath-taking views of the Aber Valley, the Breacon Beacons and the Bristol Channel (on a clear day).

Country lanes, grassy tracks and gravelled paths on route.

5 miles (8 km) of healthy walking

Cerddwn ymlaen..!

o gwmpas **CWM ABER**

Taith gerdded gyda golygfeydd anhygoel o Gwm Aber, Bannau Brycheiniog a Môr Hafren (ar ddiwrnod clir).

Lonydd gwledig, traciau glaswelltog a llwybrau graean ar hyd y daith.

5 milltir (8 km) o gerdded iach



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 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 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 B: Senghenydd – Abertridwr – Trecenydd – Caerphilly – Cardiff

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 disgwyliad oes.

'ALLAI DDIM CYRRAEDD Y MAN CYCHWYN..!

BWS: Gwasanaeth B: Senghenydd – Abertridwr – Trecenydd – Caerffili – Caerdydd

WHERE DOES IT START?

The walk starts from Senghenydd Community Centre on Gwern Avenue.

WILL MY MOBILE PHONE WORK?

Yes, coverage in the area is good.

CAN I TAKE MY CHILDREN (including my pushchair)?

Yes you can, however, this route is not suitable for pushchairs.

BLE MAE'R CYCHWYN?

Mae'r daith yn cychwyn o ganolfan gymunedol Senghenydd ar Goedlan Gwern.

A FYDD FY FFÔN SYMUDOL YN GWEITHIO?

Bydd, mae signal da yn yr ardal.

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

Gallwch, fodd bynnag, nid yw'r daith hon yn addas ar gyfer cadeiriau gwthio.

