

# Stroll-on..!

around the ABER VALLEY

A walk with breath-taking views  
of the Aber Valley, the Brecon 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 CERDDDED 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, foddy bynnag, nid yw'r daith hon yn addas ar gyfer cadeiriau gwthio.

## ABER VALLEY DIRECTIONS

- From Senghenydd Community Centre, walk along Gwern Avenue towards Commercial street, turn left and walk up the road towards the common
- Go through the kissing gate on your right and head uphill across the field towards the house on the top of the hill. Walk around the back of the house and through the kissing gate. Then turn right and head uphill towards the common
- Turn left after you walk over the cattle grid and walk on the path that runs beside the dry stonewall

- Keep left and follow the track (with the dry stone wall on your left). You are now on the Rhymney Valley Ridgeway Walk. Follow this route until you come to the Rose and Crown pub in Eglwysilan
- Go through the kissing gate opposite the pub and walk downhill towards Eglwysilan Road. Continue downhill along this road
- Turn left onto Windsor Place, this will lead out onto a path which joins into the cycle-track, walk along the cycle-track until you get back to Westside Road, which leads out onto Gwern Avenue.

## CYFARWYDDIADAU CWM ABER

- O Ganolfan Gymunedol Senghenydd, cerddwch ar hyd Coedlan Gwern tuag at Commercial Street, trowch i'r chwith a cherddwch i fyny'r ffordd tuag at y comin
- Ewch drwy'r giât mochyn ar y dde i chi ac ewch i fyny'r rhiw ar draws y cae tuag at y tŷ ar ben y rhiw. Cerddwch o gwmpas cefn y tŷ a thrwy'r giât mochyn. Yna trowch i'r dde ac ewch i fyny'r rhiw tuag at y comin
- Trowch i'r chwith ar ôl i chi gerdded dros y grid gwartheg a cherddwch ar y llwybr sy'n rhedeg wrth ymyl y wal gerrig

- Cadwch i'r chwith a dilynwch y llwybr (gyda'r wal gerrig ar y chwith i chi). Rydych yn awr ar Daith Cefnffordd Cwm Rhymni. Dilynwch y llwybr yma tan i chi gyrraedd tafarn y Rose and Crown yn Eglwysilan
- Ewch drwy'r giât mochyn gyferbyn â'r dafarn a cherddwch i lawr y rhiw tuag at Heol Eglwysilan. Cariwch yn eich blaen i lawr y rhiw ar hyd y ffordd hon
- Trowch i'r chwith i Windsor Place, bydd hyn yn arwain allan i lwybr sy'n ymuno â'r llwybr beicio, cerddwch ar hyd y llwybr beicio yma nes i chi gyrraedd yn ôl i Heol Westside, sy'n arwain allan i Goedlan Gwern.

## KEY

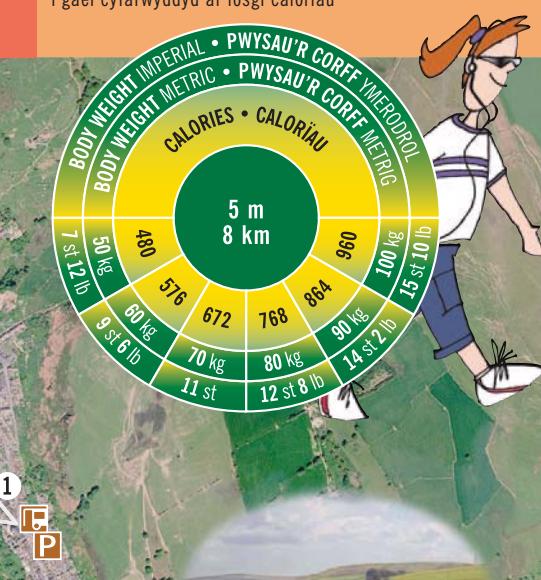
Walk

Parking

Bus stop



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



## ALLWEDD

Taith Gerdded

Parcio

Arhosfan bysiau



Coed Anstyfodd Bwrw a gefn Ddwliod  
Cofeb Dewi yn Raddol  
The European Agricultural Fund for  
Rural Areas



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