

Stroll-on..!

around ARGOED

A country walk along old railway lines and gravel paths, overlooking the Sirhowy River.

This walk is mostly flat, with one challenging, but manageable, steep hill to climb.

4 miles (6¼ km) of healthy walking

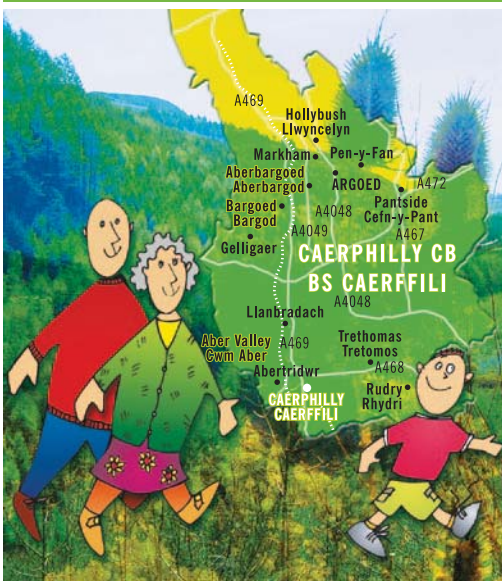
Cerddwn ymlaen..!

o gwmpas ARGOED

Taith gerdded cefn gwlad ar hyd hen linellau rheilffordd a llwybrau graean, gan edrych dros Afon Sirhywi.

Mae'r daith hon yn wastad gan fwyaf, gydag un rhiw serth i'w dringo, sy'n dipyn o her ond mae modd ei gwneud.

4 filltir (6¼ 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 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 26: Markham – Cardiff
Service 56: Blackwood – Bargoed

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 26: Markham – Caerdydd
Gwasanaeth 56: Coed-duon – Bargoed

WHERE DOES IT START?

Our directions start from Argoed High Street. However the walk can be joined from different points on the route. This walk also links into the Hollybush walk, if you feel like a longer walk (see map).

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, but pushchairs would not be recommended at the moment, until the paths are improved.

BLE MAE'R CYCHWYN?

Mae ein cyfarwyddiadau'n dechrau o Stryd Fawr Argoed. Fodd bynnag, gellir ymuno â'r daith o wahanol fannau ar hyd y llwybr. Mae'r daith hon hefyd yn cysylltu â thraith gerdded Llwyn Celyn, os ydych yn teimlo fel mynd ar daith hirach (gweler y map).

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, ond ni fyddem yn argymhell cadeiriau gwthio ar hyn o bryd, nes caiff y llwybrau eu gwella.

ARGOED DIRECTIONS

- 1 Walk along Argoed High Street until you reach a green gate leading onto the old railway track
- 2 Follow the railway track until you come to the bridge (you can join the Hollybush walk at this point if you want a longer walk)
- 3 Cross over the bridge, turn right, and follow the path along the valley edge overlooking the river
- 4 When you reach the road, bear left and head downhill.
Warning: Please take care on the steep hill!
- 5 Turn right at the bottom of the hill and cross over the bridge
- 6 Follow the road uphill back to Argoed High Street.
Warning: Steep hill, take care and pace yourself.

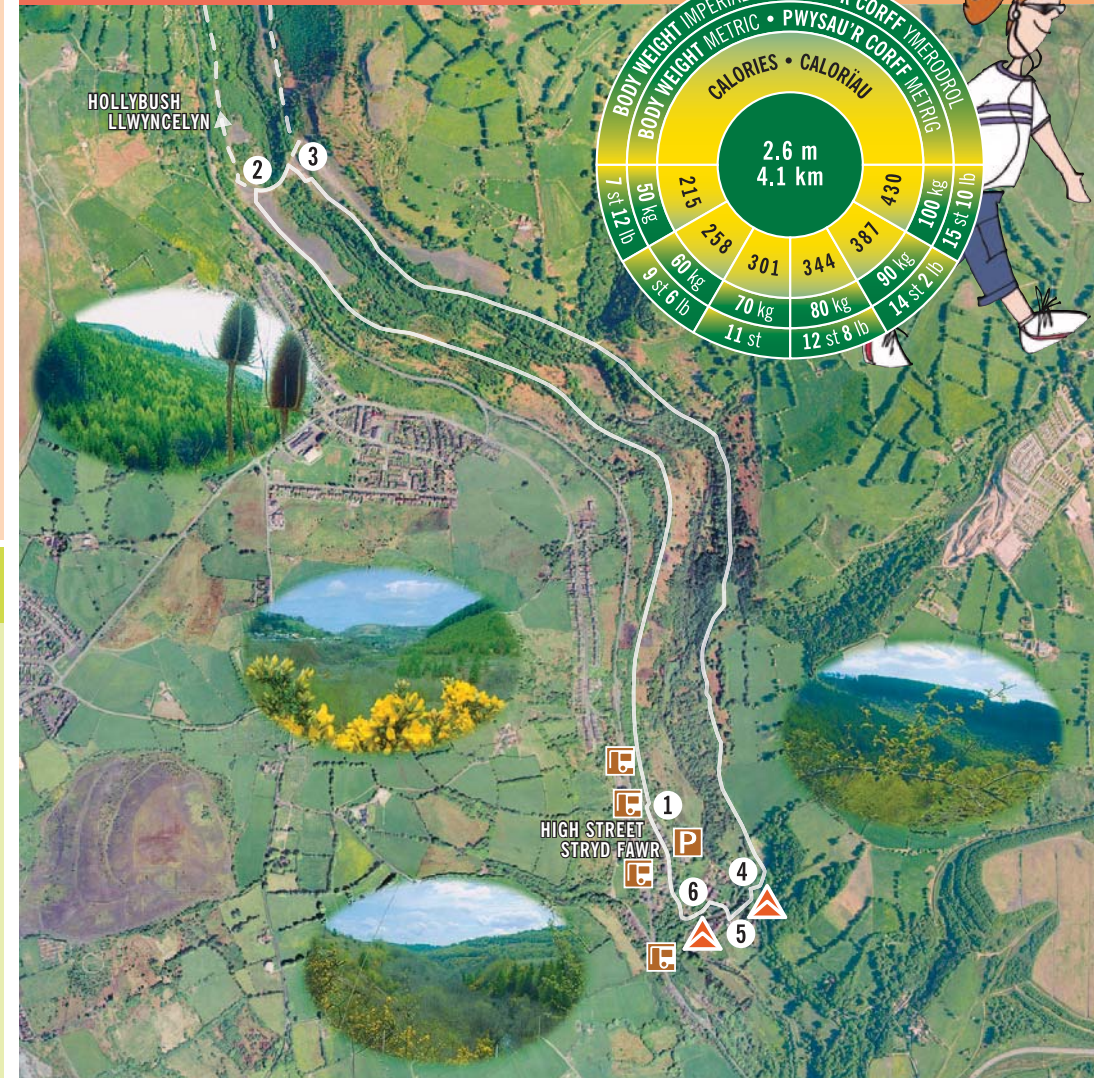
CYFARWYDDIADAU ARGOED

- 1 Cerddwch ar hyd Stryd Fawr Argoed nes i chi gyrraedd gât werdd sy'n arwain i'r hen drac rheilffordd
- 2 Dilynwch drac y rheilffordd nes i chi ddod i'r bont (gallwch ymuno â thaith gerdded Llwyn Celyn yn y fan hon os ydych eisiau taith hirach)
- 3 Croeswch dros y bont, trowch i'r dde a dilynwch y llwybr ar hyd myl y cwm gan edrych dros yr afon
- 4 Pan gyrhaeddwch y ffordd, cadwch i'r chwith ac ewch i lawr y rhiw.
Rhybudd: Cymerwch ofal ar y rhiw serth!
- 5 Trowch i'r dde ar waelod y rhiw a chroeswch dros y bont
- 6 Dilynwch y ffordd yn ôl i fyny'r rhiw i Stryd Fawr Argoed.
Rhybudd: Mae'r rhiw yn serth, cymerwch ofal ac ewch ar gyflymder sy'n gall i chi.

KEY

- Walk — Parking **P** Warning steep hill  Bus stop 

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



ALLWEDD

- Taith Gerdded — Parcio **P** Rhybudd rhiw serth  Arhosfan bysiau 