

Stroll-on..!

around BARGOED

A lovely walk in Parc Coetir Bargod, through woodlands, meadows and alongside the Rhymney River.

Most paths are surfaced and there are some long and gradual hills.

2½ miles (4 km) of healthy walking

Cerddwn ymlaen..!

o gwmpas BARGOD

Taith gerdded braf ym Mharc Coetir Bargod, drwy goetiroedd, dolydd a gerllaw'r Afon Rhymni.

Mae'r mwyafrif o'r llwybrau yn arwynebog ac mae yna fryniau hir a graddol.

2½ filltir (4 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 1 & 2: Merthyr Tydfil – Bargoed
Service 3: Bargoed – Merthyr Tydfil;
Ystrad Mynach – Merthyr Tydfil
Service 4: Bargoed – Tredegar

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 1 a 2: Merthyr Tudful – Bargod
Gwasanaeth 3: Bargod – Merthyr Tudful;
Ystrad Mynach – Merthyr Tudful
Gwasanaeth 4: Bargod – Tredegar

WHERE DOES IT START?

Our directions start from the entrance to Parc Coetir Bargod at Angel Lane, Gilfach (signposted Gilfach Fargod Station) however the walk can be joined from other park entrances.

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 ideal for children and pushchairs with most of the paths being surfaced. The unsurfaced paths are bumpy.

BLE MAE'R CYCHWYN?

Mae ein cyfeiriadau yn cychwyn ger y mynediad i Barc Coetir Bargod yn Lôn yr Angel, Gilfach (dangosa arwydd Gorsaf Gilfach Fargod) ond gellir ymuno â'r daith gerdded o fynediadau eraill y parc fodd bynnag.

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 yma'n ddelfrydol i blant a chadeiriau gwthio gan fod gan y mwyafrif o'r llwybrau arwyneb. Mae'r llwybrau heb arwyneb yn anwastad.

BARGOED DIRECTIONS

- 1 From the barrier head down the hill to the footbridge. Don't cross the bridge but keep to the left and follow the unsurfaced path alongside the river
- 2 Cross the bridge and walk back along opposite bank of river
- 3 Keep on the tarmac path and take the upper path, past the first bridge. This is a long and gradual slope
- 4 As the path forks, bear left off the tarmac onto the unsurfaced path going right, through some woodland
- 5 Follow the grassy path until you reach the tarmac path. Turn left and follow the path
- 6 Turn right and follow path past another footbridge
- 7 Turn right and follow the unsurfaced path keeping the fence on your right
- 8 Follow path down to the right, over the footbridge
- 9 Turn right and follow the river
- 10 Cross the next footbridge and turn left
- 11 Bear left downhill and walk along the riverbank back to the first bridge
- 12 Return uphill to the start.

CYFARWYDDIADAU BARGOD

- 1 O ben y ffens, ewch lawr y bryn tan y bompren. Peidiwch â chroesi'r bont ond cadwch i'r chwith a dilynwch y llwybr heb arwyneb sydd gerllaw'r afon
- 2 Croeswch y bont a cherddwch yn ôl ar hyd glan arall yr afon
- 3 Cadwch ar y llwybr tarmac a chymrwch y llwybr uchaf, heibio'r bont gyntaf. Mae hwn yn llethr hir a graddol
- 4 Wrth i'r llwybr ymrannu, trowch i'r chwith oddi ar y tarmac i'r llwybr heb arwyneb sydd yn mynd i'r dde, drwy'r coetir
- 5 Dilynwch y llwybr glaswelltog tan i chi gyrraedd y llwybr tarmac. Trowch i'r chwith a dilynwch y llwybr
- 6 Trowch i'r dde a dilynwch y llwybr heibio i bompren arall
- 7 Trowch i'r dde a dilynwch y llwybr heb arwyneb gan gadw at y ffens sydd ar y dde
- 8 Dilynwch y llwybr lawr i'r dde, dros y bompren
- 9 Trowch i'r dde a dilynwch yr afon
- 10 Croeswch y bompren nesaf a throwch i'r chwith
- 11 Ewch lawr y bryn tua'r chwith a cherddwch ar hyd glan yr afon yn ôl at y bont gyntaf
- 12 Dychwelwch yn ôl i fyny'r bryn tuag at y man cychwyn.

KEY

Walk



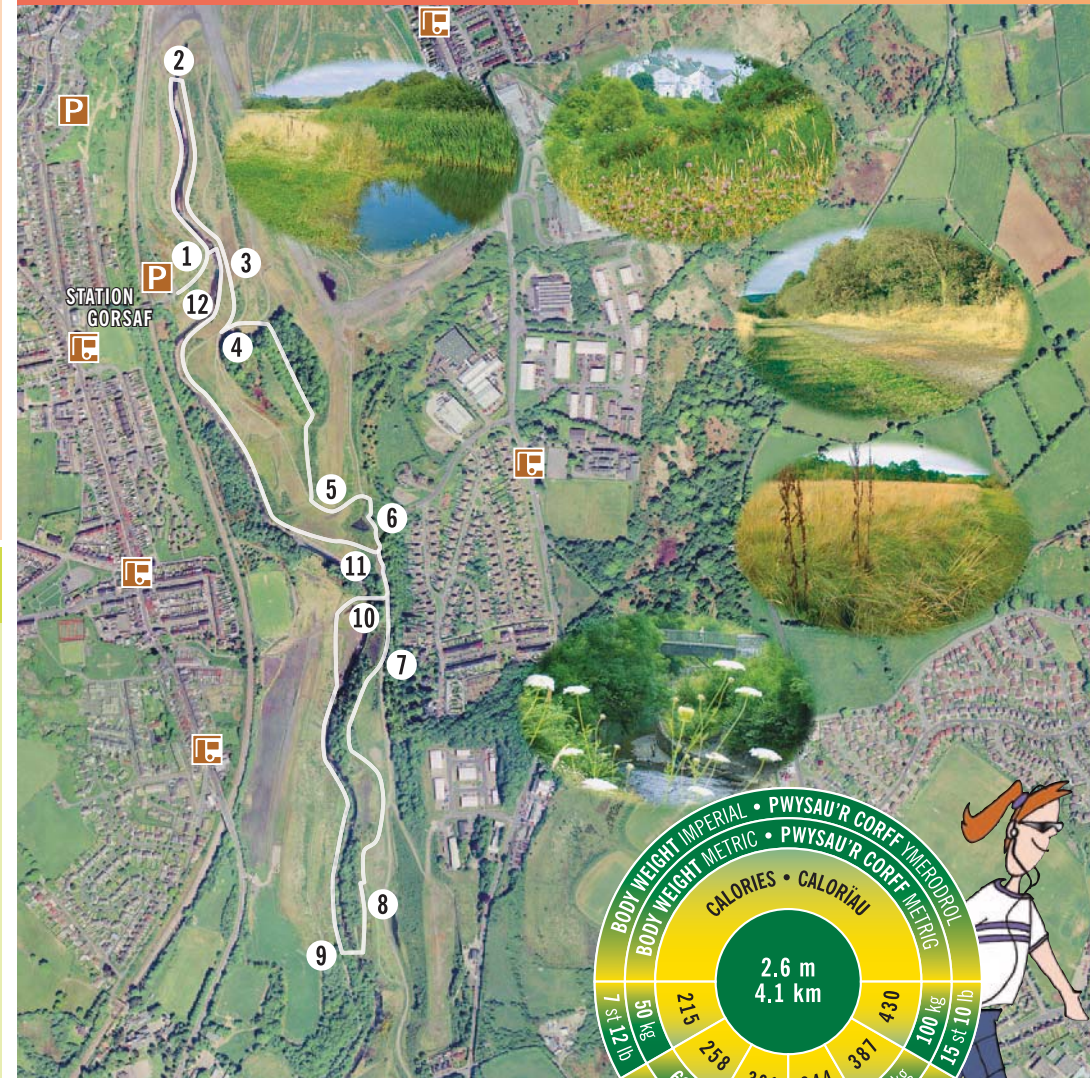
Parking



Bus stop



Cities Revealed aerial photography
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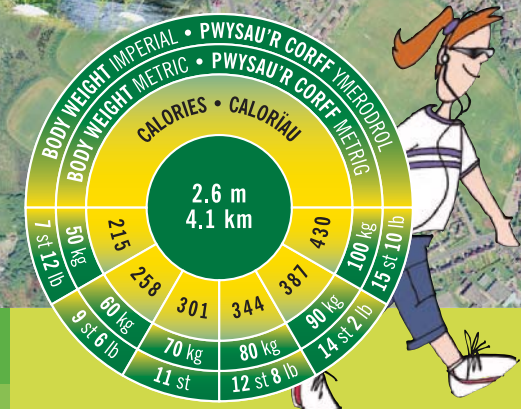


ALLWEDD

Taith Gerdded

Parcio

Arhosfan bysiau



See overview leaflet for calorie-burn guidance

Gweler y daflen arolygol
i gael cyfarwyddyd ar losgi calorïau