

Stroll-on..!

around CAERPHILLY

A walk which takes you past the castle, along a stream and through parks.

Surfaced paths, no steep hills with some street walking.

In summertime, enjoy stunning floral displays around this award-winning **Best Town**.

2½ miles (4 km) of healthy walking

Cerddwn ymlaen..!

o gwmpas CAERFFILI

Mae'r daith cerdded yn eich cymryd heibio'r castell, ger nant a thrwy barciau.

Llwybrau arwynebog, dim brynau serth gydag ychydig o gerdded drwy strydoedd.

Yn ystod yr haf, mwynhewch arddangosfeydd trawiadol o amgylch Y Dref Orau.

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 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..!

Of course you can:
the walk starts at the bus/train station!

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 disgwyliad oes.

'ALLAI DDIM CYRRAEDD Y MAN CYCHWYN..!

Wrth gwrs gallwch! Mae'r daith gerdded yn dechrau yn yr orsaf fysiau/drenau!

WHERE DOES IT START?

Our walk starts from the bus/train station by Station Terrace, but it can be started from anywhere on the route.

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 to pushchairs with plenty for kids to see. This walk does involve some street walking and crossing of busy roads – so do take care.

BLE MAE'R CYCHWYN?

Mae ein taith yn cychwyn o'r Orsaf Fysiau/Drenau ger Teras yr Orsaf, ond gellir ei gychwyn unrhyw le ar y ffordd.

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 ffordd yn hygyrch i gadeiriau gwthio gyda digonedd o bethau i blant eu gweld. Mae'r daith cerdded yn cynnwys cerdded ar strydoedd a chroesi heolydd prysur – felly cymrwch ofal.

CAERPHELLY DIRECTIONS

- 1 From Station Terrace head down White Street
- 2 Cross Castle Street at the zebra crossing. Follow the pavement up to the gravel path around Caerphilly Castle. In summer look out for the hanging baskets on your right
- 3 At the traffic lights, cross over and walk down Pontygwindy Road. (If you would like a shorter walk cross over and turn left, follow the dotted line on the map to the park. Follow directions from number 8)
- 4 Turn left at Asda, bear left and follow the gravel path beside Nant yr Aber
- 5 Follow the stream until you reach Celyn Avenue – turn right
- 6 Cross Mill Road and turn right
- 7 Turn left into Morgan Jones Park. Walk through the park, pass the memorial and out onto Nantgarw Road
- 8 Cross Nantgarw Road, turn left and follow the pavement, beside the flowerbeds, around onto Crescent Road
- 9 Cross Crescent Road and follow the path through David Williams Park, alongside the moat, over a footbridge, and back to Castle Street
- 10 Head up Cardiff Road back to the station.

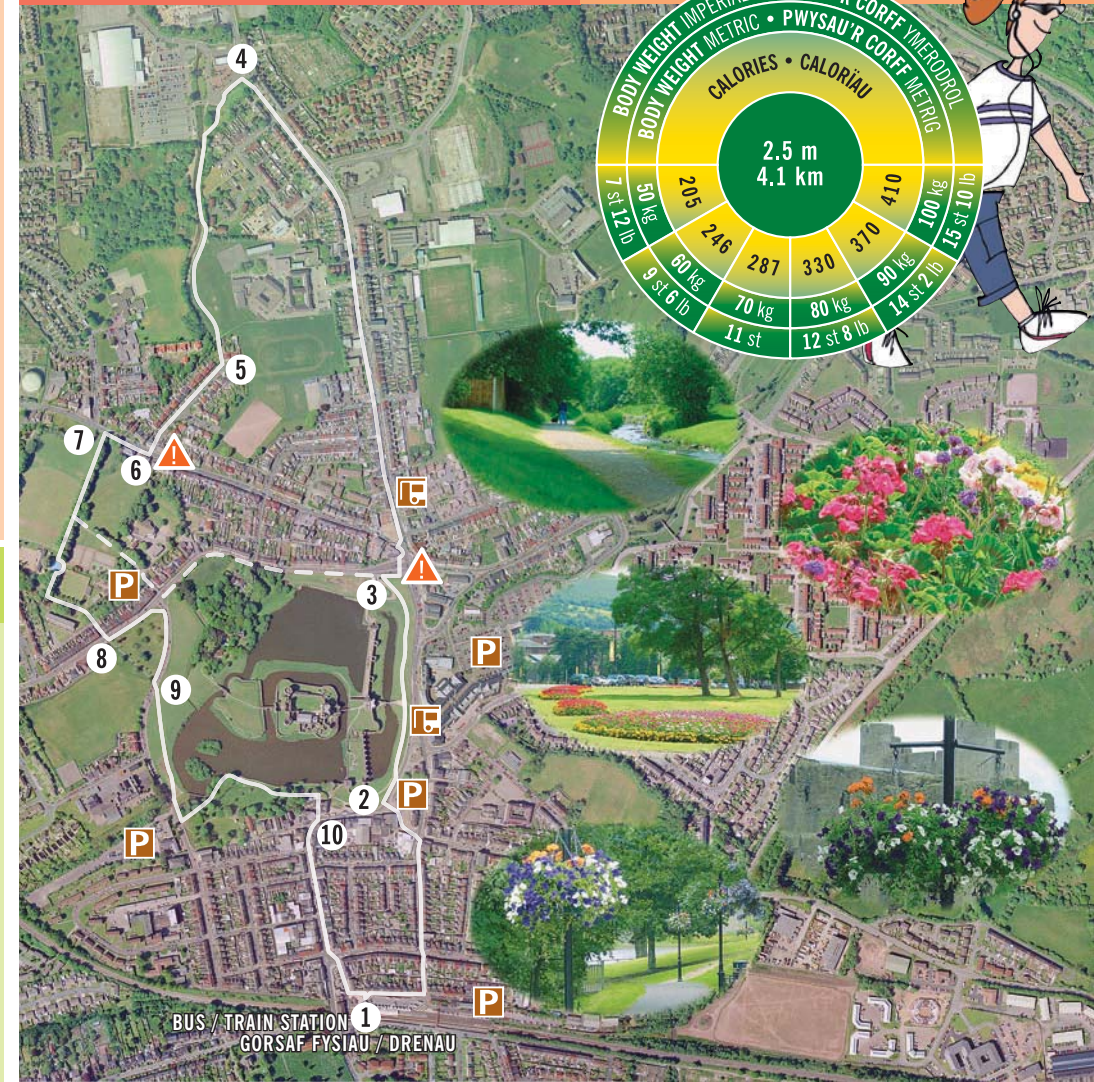
CYFARWYDDIADAU CAERFFILI

- 1 Cerddwch i lawr Y Stryd Wen o Deras yr Orsaf
- 2 Croeswch Stryd y Castell ger y groesfan resog. Dilynwch y palmant i'r llwybr graean o amgylch Castell Caerffili. Yn ystod yr haf edrychwch ar y basgedi crog ar eich dde
- 3 Ger y goleuadau traffig, croeswch a cherddwch i lawr Heol Pontygwindy. (Os hoffech daith gerdded byrrach croeswch a throwch i'r chwith, dilynwch y llinell ddotiog ar y map tuag at y parc. Dilynwch y cyfarwyddiadau o rif 8)
- 4 Trowch i'r chwith ger Asda, cadwch i'r chwith a dilynwch y llwybr graean ger Nant yr Aber
- 5 Dilynwch y nant nes i chi gyrraedd Coedlan Celyn – trowch i'r dde
- 6 Croeswch Heol Groes y Felin a throwch i'r dde
- 7 Trowch i'r chwith mewn i Barc Morgan Jones. Cerddwch drwy'r parc, heibio'r gofeb ac allan i Heol Nantgarw
- 8 Croeswch Heol Nantgarw, trowch i'r chwith a dilynwch y palmant, heibio'r gwelyau blodau, ac o amgylch nes i chi ddod ar Heol y Cilgant
- 9 Croeswch Heol y Cilgant a dilynwch y llwybr drwy Barc David Williams, ger y ffos, dros bont troed ac yn ôl i Stryd y Castell
- 10 Cerddwch ar hyd Heol Caerdydd yn ôl tuag at yr orsaf.

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	⚠	🚏



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