

Stroll-on..!

around HOLLYBUSH

A scenic valley-side walk with magnificent views of the Sirhowy River below.

This walk is mostly flat on a mixture of gravel, grass and unsurfaced paths.

2½ miles (4 km) of healthy walking

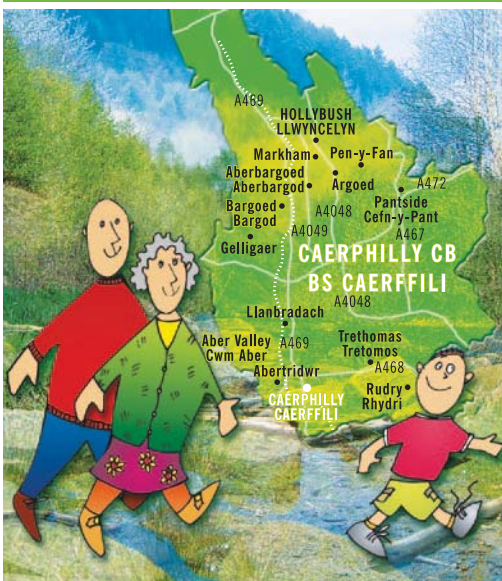
Cerddwn ymlaen..!

o gwmpas LLWYNCELYN

Taith gerdded ar hyd ochr cwm gyda golygfeydd godidog o Afon Sirhywi islaw.

Mae'r daith hon yn wastad gan fwyaf gyda chyfuniad o lwybrau graean, glaswellt a llwybrau heb arwyneb.

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 56: Tredegar – Newport

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 56: Tredegar – Casnewydd

WHERE DOES IT START?

Our directions start from Railway Terrace by the Hollybush Inn, however the walk can be started from anywhere on the route. This walk also links into the Argoed walk, if you feel like a longer stroll (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)?

Children can manage this walk but it's not suitable for pushchairs.

BLE MAE'R CYCHWYN?

Mae ein cyfarwyddiadau'n dechrau o Teras y Rheilffordd wrth ymyl Tafarn Llwyncelyn. Fodd bynnag, gellir cychwyn ar y daith o unrhyw fan ar y llwybr. Mae'r daith hon hefyd yn cysylltu â thaith gerdded Argoed, 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)?

Gall plant ymdopi â'r daith hon ond nid yw'n addas i gadeiriau gwthio.

HOLLYBUSH DIRECTIONS

- 1 Walk starts on Railway Terrace near the Hollybush Inn.
The railway line running through Hollybush was used to transport iron and coal from the Tredegar Ironworks to the banks of the River Usk at Pill
- 2 Follow the path past the houses, go down the steps onto a gravel path, towards the river
- 3 Cross over the footbridge and bear left up a steep hill for about 30m
- 4 As the path forks bear right and follow the path above the river
- 5 Continue to the next bridge. You can join the Argoed walk here if you want a longer walk
- 6 Cross the bridge and turn right following the unsurfaced path
- 7 This path leads all the way back to the Hollybush Inn.

CYFARWYDDIADAU LLWYNCelyn

- 1 Mae'r daith yn cychwyn yn Teras y Rheilffordd yn agos i Dafarn Llwyncelyn. Defnyddid y llinell rheilffordd sy'n rhedeg trwy Llwyncelyn i gludo haearn a glo o Waith Haearn Tredegar i lannau Afon Wysg yn y Pil
- 2 Dilynwch y llwybr heibio i'r tai, i lawr y grisiau i lwybr graean, tuag at yr afon
- 3 Croeswch dros y bont troed a chadw i'r chwith i fyny rhiw serth am tua 30m
- 4 Wrth i'r llwybr ymrannu cadwch i'r dde a dilynwch y llwybr uwchlaw'r afon
- 5 Ewch ymlaen at y bont nesaf. Gallwch ymuno â thaith gerdded Argoed yma os ydych eisiau taith hirach
- 6 Croeswch y bont a throwch i'r dde, gan ddilyn y llwybr heb arwyneb
- 7 Mae'r llwybr hwn yn mynd yr holl ffordd yn ôl i Dafarn Llwyncelyn.

KEY

Walk



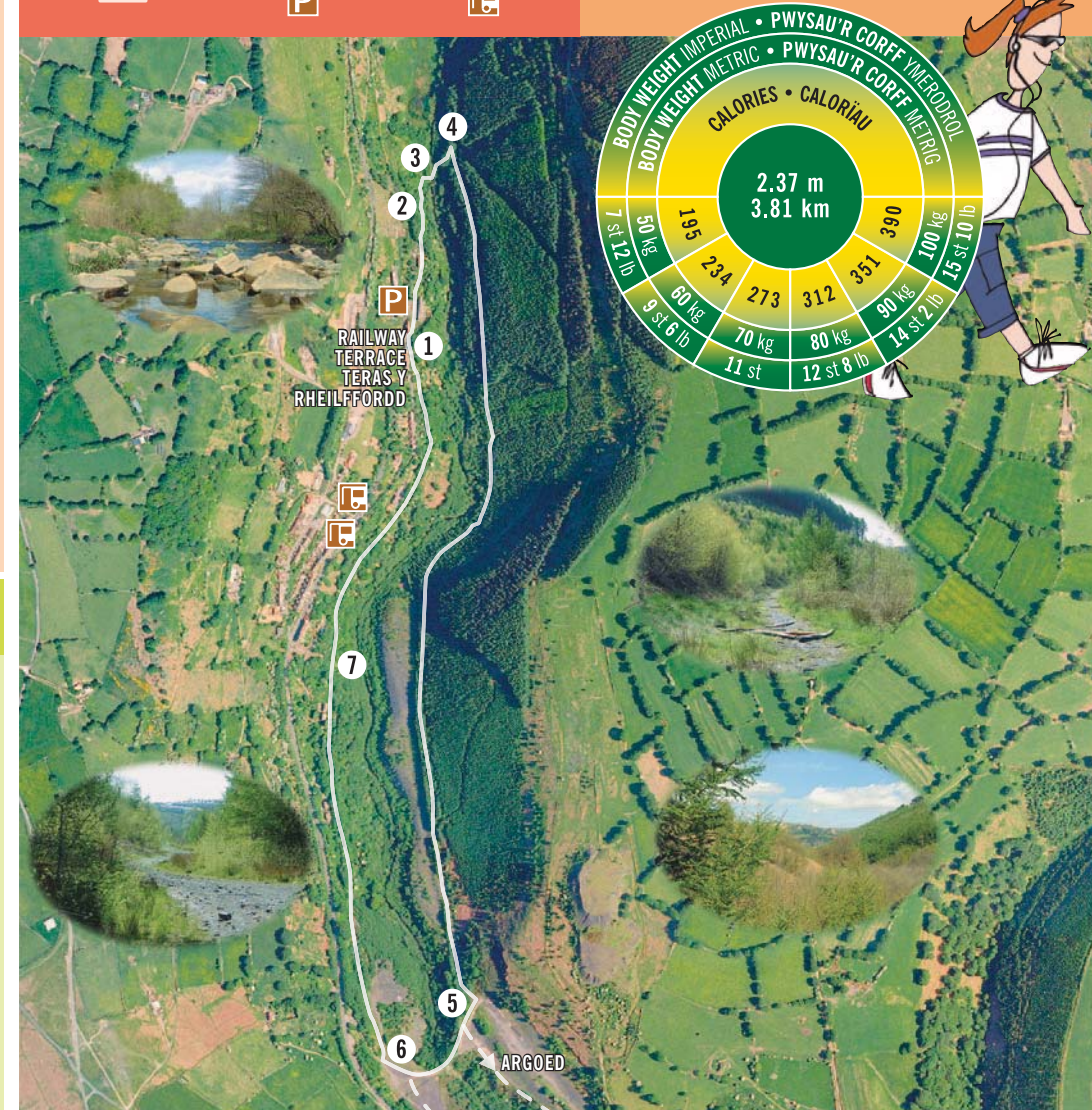
Parking



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



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