

# Stroll-on..!

around LLANBRADACH

A refreshing community walk on river's edge, country lanes and terraced streets.

This walk is mostly flat, with one gradual incline. There are a mixture of grassy paths, country lanes and street walking.

**3¼ miles (5 km) of healthy walking**

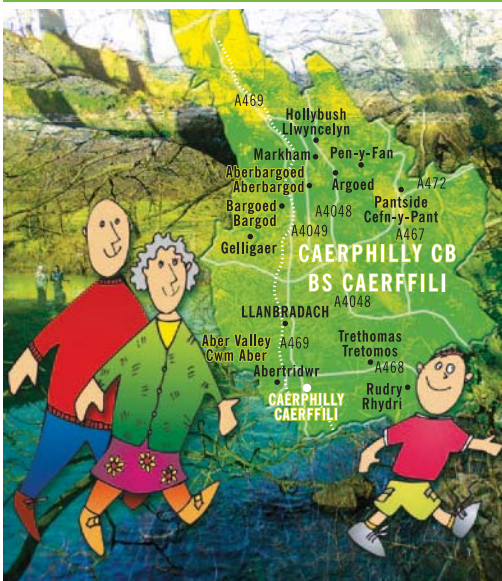
# Cerddwn ymlaen..!

o gwmpas LLANBRADACH

Taith gerdded adfywiol ar lannau afonydd, lonydd cefn gwlad a strydoedd teras.

Ar y cyfan mae'r daith yn un gwastad, gydag un gogwydd graddol. Mae yna gymysgedd o lwybrau glaswelltog, lonydd cefn gwlad a cherdded ar strydoedd.

**3¼ filltir (5 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 close to plenty of bus stops.

## 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 disgwylad oes.

### 'ALLAI DDIM CYRRAEDD Y MAN CYCHWYN..!

**Wrth gwrs gallwch:** mae'r daith cerdded yn cychwyn ger nifer o arosfannau bus

## WHERE DOES IT START?

Our directions start from Llanbradach Library on School Street, however the walk 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)?

Children should be able to manage this walk, but it's not suitable for pushchairs. Do take extra care when on the country lane and when crossing the dual carriageway.

## BLE MAE'R CYCHWYN?

Mae ein cyfeiriadau'n cychwyn o Lyfrgell Llanbradach ar Stryd yr Ysgol, ond gellir cychwyn y daith cerdded 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)?

Dylai plant medru ymdopi â'r daith cerdded hon, ond nid ydyw'n addas ar gyfer cadeiriau gwthio. Cymerwch ofal ychwanegol pan ar y lôn cefn gwlad ac wrth groesi'r ffordd ddeuol.

## LLANBRADACH DIRECTIONS

- 1 Facing the library, turn right down the lane
- 2 Take the path between the garages and the allotments. Follow this path under two road bridges to a big, open field. **Take care by the river edge**
- 3 Cross over the bridge, turn left onto the lane, at the junction turn left and follow the lane all the way to Pathway Bungalow
- 4 Turn left into Pathway Bungalow, walk across the yard, climb over the stile and head down the field towards the road
- 5 Cross over the dual carriageway, **when it is safe to do so!**
- 6 Once across, head down the steps and follow the path over the footbridge. Keep following the path by the allotments up onto the main road
- 7 Turn left and follow the road heading towards Llanbradach town centre
- 8 Opposite the pharmacy and take-away, turn left into the park. Follow the path around the play area back to the start.

## CYFARWYDDIADAU LLANBRADACH

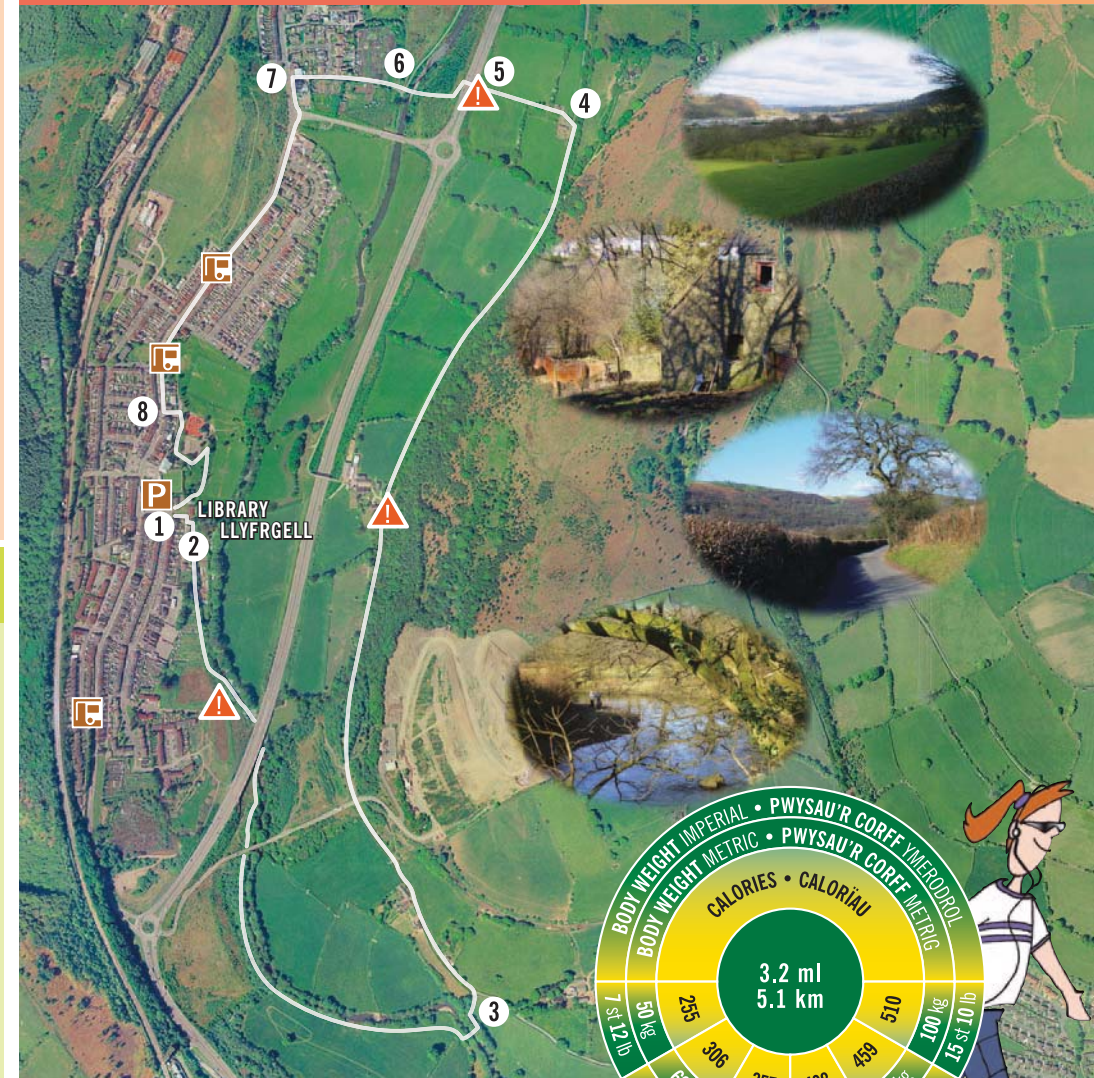
- 1 Gan wynebu'r llyfrgell, trowch i'r dde i lawr y lôn
- 2 Ewch ar y llwybr rhwng y garejys a'r rhandiroedd. Dilynwch y llwybr o dan ddwy bont i gae mawr, agored. **Cymerwch ofal ar lan yr afon**
- 3 Croeswch y bont, trowch i'r chwith gan fynd ar y lôn, trowch i'r chwith ar y gyffordd a dilynwch y llwybr yr holl ffordd tuag at Pathway Bungalow
- 4 Trowch i'r chwith i mewn i Pathway Bungalow, cerddwch ar draws yr iard, ewch dros y gamfa a cherddwch i lawr drwy'r cae tuag at yr heol
- 5 Croeswch y ffordd ddeuol, **pan fo'n saff gwneud hynny!**
- 6 Unwaith eich bod wedi croesi, ewch lawr y stepiau a dilynwch y llwybr dros y bont troed. Dilynwch y llwybr ger y rhandiroedd ac ewch ar y brif heol
- 7 Trowch i'r chwith a dilynwch y llwybr sy'n arwain tuag at ganol tref Llanbradach
- 8 Gyferbyn i'r fferyllfa a'r siop prydau parod, ewch i'r chwith i mewn i'r parc. Dilynwch y llwybr o amgylch y man chwarae gan fynd nôl i'r man cychwyn.

## KEY

- Walk —
- Parking P
- Danger busy road ⚠
- Bus stop 🚏

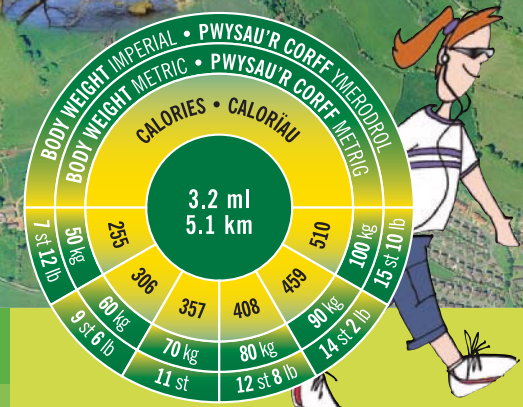


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## ALLWEDD

- Taith Gerdded —
- Parcio P
- Perygl ffordd brysur ⚠
- Arhosfan bysiau 🚏



See overview leaflet for calorie-burn guidance

Gweler y daflen arolygol i gael cyfarwyddyd ar losgi calorïau