Stroll-on..!

around PANTSIDE

A beautiful community walk that takes in some lovely woodland with scenic views.

There is one steep uphill and one steep downhill. Grassy tracks and gravelled paths on route.
After rain, some sections get muddy!

2 miles (3¼ km) of healthy walking

Cerddwn ymlaen..!

o gwmpas CEFN-Y-PANT

Taith gerdd gymunedol sy'n cynnwys coetiroedd hyfryd gyda golygfeydd trawiadol.

Mae yno un rhiw serth i fyny ac i lawr. Traciau glaswelltog a llwybrau graean ar y daith. Gall rhai rhannau fod yn fwdlyd ar ôl glaw!

2 filltir (3¼ km) o gerdded iach

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..!

BUS: Service N1:
Newbridge – Pantside – Newbridge

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..!

BWS: Gwasanaeth N1:
Trecelyn – Cefn-y-Pant – Trecelyn

WHERE DOES IT START?

The walk start from the car park next to the shops, just off Old Pant Road.

WILL MY MOBILE PHONE WORK?

Yes, coverage in the area is good.

CAN I TAKE MY CHILDREN (including my pushchair)?

Yes you can, however, this route is not suitable for pushchairs.

BLE MAE'R CYCHWYN?

Mae'r daith yn cychwyn o'r maes parcio drws nesaf i'r siopau, ychydig oddi ar Hen Heol y Pant

A FYDD FY FFÔN SYMUDOL YN GWEITHIO?

Bydd, mae signal da yn yr ardal.

A GAF I DDOD Â'M PLANT GYDA MI (yn cynnwys fy nghadair wthio)?

Gallwch, fodd bynnag, nid yw'r daith hon yn addas ar gyfer cadeiriau gwthio.

PANTSIDE DIRECTIONS

1. From the car park (next to the shops) head out onto Old Pant Road and walk towards the roundabout. Turn left at the roundabout as if you are heading towards the playing fields
2. Take your first right turn, head down the lane towards the countryside barrier. Go through this and follow the track downhill, crossing over the stream, bear right and then head back uphill on the other side (this uphill is steep and long)
3. Take a left turn through the gate and follow the grassy track that leads to a kissing gate. Go through this gate and follow the track along the ridge of the valley
4. Go through the kissing gate and follow the track downhill through the forestry. This section is very steep and uneven, so watch your footing and take your time. This will lead you out onto the forestry road
5. Follow the forestry road all the way back to the roundabout on Old Pant Road.

CYFARWYDDIADAU CEFN-Y-PANT

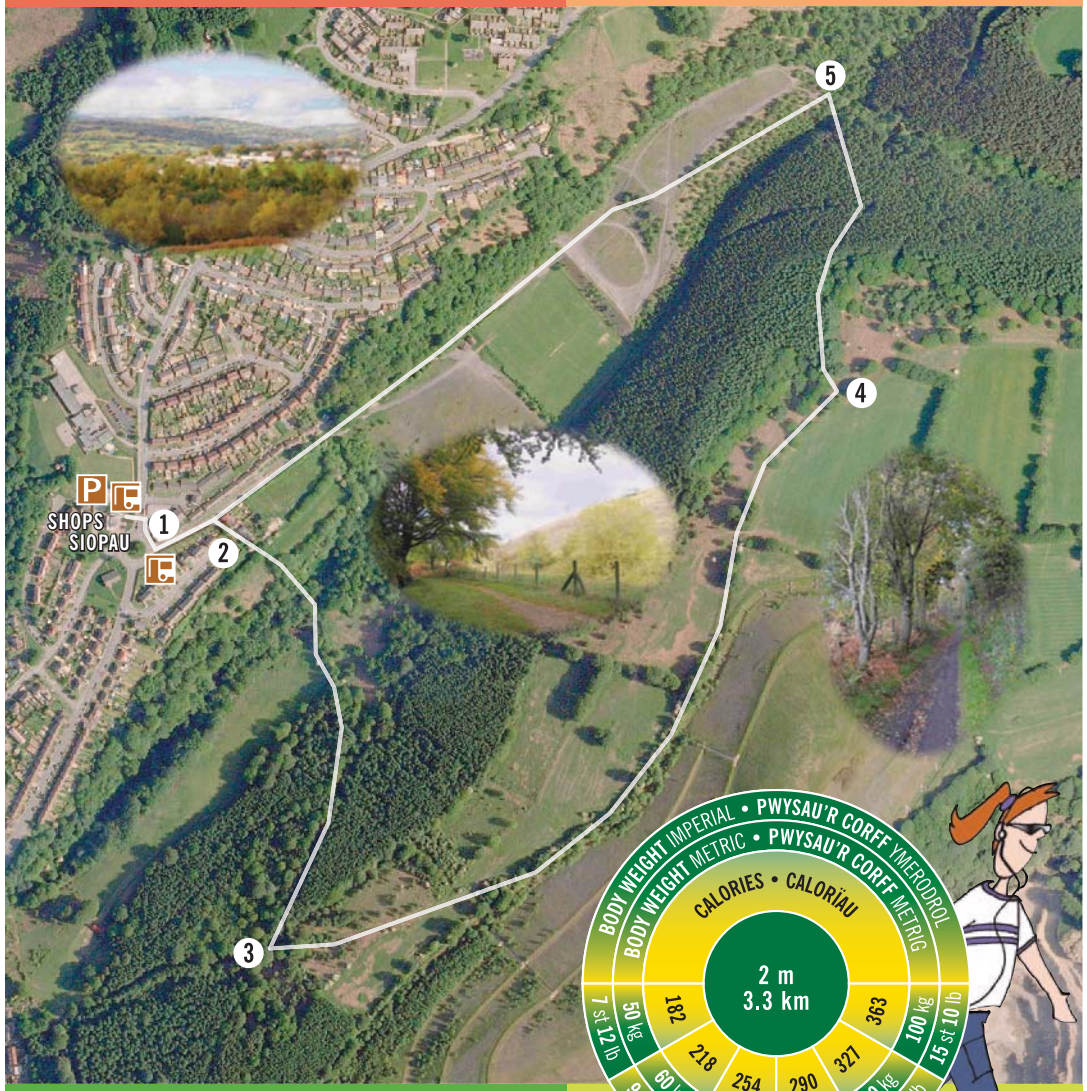
1. O'r maes parcio (drws nesaf i'r siopau) ewch allan ar hyd Hen Heol y Pant a cherdded tuag at y gylchfan. Trowch i'r chwith ar y gylchfan fel pe baech yn mynd i gyfeiriad y caeau chwarae
2. Cymerwch y tro cyntaf i'r dde, ewch i lawr y ffordd i gyfeiriad y rhwystr cefn gwlad. Ewch drwy hwn a dilynwch y llwybr i lawr y rhiw, gan groesi'r nant, a chadw i'r dde ac yna ewch yn ôl i fyny'r rhiw ar yr ochr arall (mae'r rhiw yma yn hir a serth)
3. Trowch i'r chwith trwy'r giât a dilynwch y llwybr gwair sy'n arwain i giât mochyn. Ewch drwy'r giât yma a dilynwch y llwybr ar hyd crib y dyffryn
4. Ewch drwy'r giât mochyn a dilynwch y llwybr i lawr y rhiw trwy'r gwaith coedwigaeth. Mae'r rhan yma yn serth iawn ac anwastad, felly byddwch yn ofalus a chymerwch eich amser wrth gerdded. Bydd hyn yn eich arwain allan i ffordd y goedwigaeth
5. Dilynwch y ffordd goedwigaeth yr holl ffordd yn ôl i'r gylchfan ar Hen Heol y Pant.

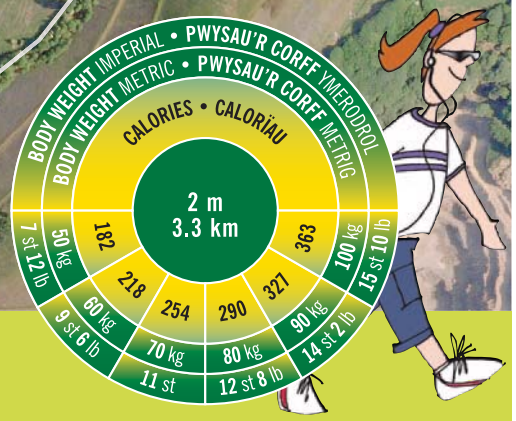
KEY

Walk	Parking	Danger busy road	Bus stop
—	P	⚠	

ALLWEDD

Taith Gerdded	Parcio	Perygl ffordd brysur	Arhosfan bysiau
—	P	⚠	





See overview leaflet for calorie-burn guidance

Gweler y daflen arolygol i gael cyfarwyddyd ar losgi calorïau

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