

# Stroll-on..!

around RUDRY

A lovely countryside walk, through fields, woodland, and leafy lanes with superb views throughout.

Grassy tracks, surfaced paths, some walking on lanes and a couple of steep hills.

5 miles (8 km) of healthy walking

# Cerddwn ymlaen..!

o gwmpas RHYDRI

Taith gerdded hyfryd yng nghefn gwlad, trwy gaeau, coetiroedd, a lonydd coedlog gyda golygfeydd gwych ar ei hyd.

Traciau glaswelltog, llwybrau â llain galed, peth cerdded ar ffyrdd ac un neu ddau o riwiau serth.

5 milltir (8 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 J:**  
Rudry – Caerphilly – Rudry

## 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 disgwiliad oes.

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

**BWS: Gwasanaeth J:**  
Rhydri – Caerffili – Rhydri

## WHERE DOES IT START?

Rudry Community Centre.

## 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. The route can get a bit muddy, so it might be an idea to get the wellies on.

## BLE MAE'R CYCHWYN?

Canolfan Gymunedol Rhydri.

## 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. Fe all y daith fod yn fwdlyd, felly efallai y byddai'n syniad da gwisgo esgidiau glaw.

## RUDRY DIRECTIONS

- From the Community Centre car park, walk towards Starbuck Street and onto Heol y Garth
- Turn right onto Garth lane and head down the lane until you come to a kissing gate
- Go through the gate and walk down across the fields, following the well-worn grassy track until you come to another kissing gate
- Go through the gate and follow the track through the woods, passing a couple of gates and a log bridge, until you come to another kissing gate, that leads out onto a lane
- Follow the lane as far as Waterloo, then turn right and walk uphill alongside the main road until you come to a kissing gate on the left-hand side of the road, just after the last house on the street
- Go through the gate and follow the 'Machen Forge' waymark posts until you come out onto Cwmnofydd lane. (this section is uphill so take your time!)
- Cross over the road and through the stile opposite. Bear right slightly as you come to the fields and go through a gate. Head uphill across the fields until you come to another stile beside a field gate
- Go over the stile and head down the hill towards another gate. Go through the gate and walk uphill towards the stile that leads into the forestry on your left. Penhow Farm will be on your right
- Once over the stile, follow the path that leads to your right. Continue on the forestry road until you reach the lane. Head up along the lane, past the Maen Llwyd pub towards St James Church
- Head down the path directly opposite the church, go through the kissing gate at the bottom of the path and follow the grassy tack that leads diagonally uphill towards the common
- Turn right and follow the track back to the main road, turn left and head along the lane, back to the Community Centre.

## CYFARWYDDIADAU RHYDRI

- O faes parcio'r ganolfan gymunedol, cerddwch i gyfeiriad Heol Starbuck ac i Heol y Garth
- Trowch i'r dde i Heol y Garth ac ewch i lawr y ffordd nes i chi gyrraedd giât mochyn
- Ewch drwy'r giât a cherddwch i lawr ar draws y caeau, gan ddilyn y llwybr gwair treuliedig tan y cyrhaeddwch giât mochyn arall
- Ewch drwy'r giât a dilynwch y llwybr trwy'r coed, gan basio ychydig o giatiaua a phont goed, nes i chi gyrraedd giât mochyn arall, sy'n arwain allan i lôn
- Dilynwch y ffordd hyd at Waterloo, yna trowch i'r dde a cherddwch i fyny'r rhiw ar hyd y ffordd fawr nes i chi gyrraedd giât mochyn ar ochr chwith y ffordd, yn union ar ôl y t olaf ar y stryd
- Ewch drwy'r giât a dilynwch yr arwyddion sy'n dangos y ffordd i 'Efail Machen' nes i chi ddod allan ar Ffordd Cwmnofydd. (mae'r adran hon ychydig yn serth felly cymerwch eich amser!)
- Croeswch y ffordd ac ewch dros y gamfa gyferbyn. Gwyrwch ychydig i'r dde wrth i chi ddod i'r caeau ac ewch trwy giât. Ewch i fyny'r rhiw ar draws y caeau hyd nes y cyrhaeddwch gamfa arall wrth ymyl giât cae
- Ewch dros y gamfa ac ewch i lawr y rhiw tuag at giât arall. Ewch drwy'r giât a cherddwch i fyny'r rhiw tuag at y gamfa sy'n arwain i'r gwaith coedwigaeth ar y chwith i chi. Bydd Fferm Penhow ar y dde i chi
- Unwaith yr ydych dros y gamfa, dilynwch y llwybr sy'n arwain ar y dde i chi. Ewch i fyny ffordd y goedwigaeth ar y dde i chi. Daliwch i fynd ar hyd ffordd y goedwigaeth nes i chi gyrraedd y lôn. Ewch i fyny a rhyd y lôn, heibio tafarn Maen Llwyd tuag at Eglwys Sant Iago
- Ewch i lawr y llwybr sydd union gyferbyn â'r eglwys, ewch drwy'r giât mochyn ar waelod y llwybr a dilynwch y llwybr gwair sy'n arwain ar draws ac i fyny'r rhiw tuag at y comin
- Trowch i'r dde a dilynwch y llwybr yn ôl i'r ffordd fawr, trowch i'r chwith ac ewch ar hyd y ffordd, yn ôl i'r ganolfan gymunedol.

## KEY

Walk



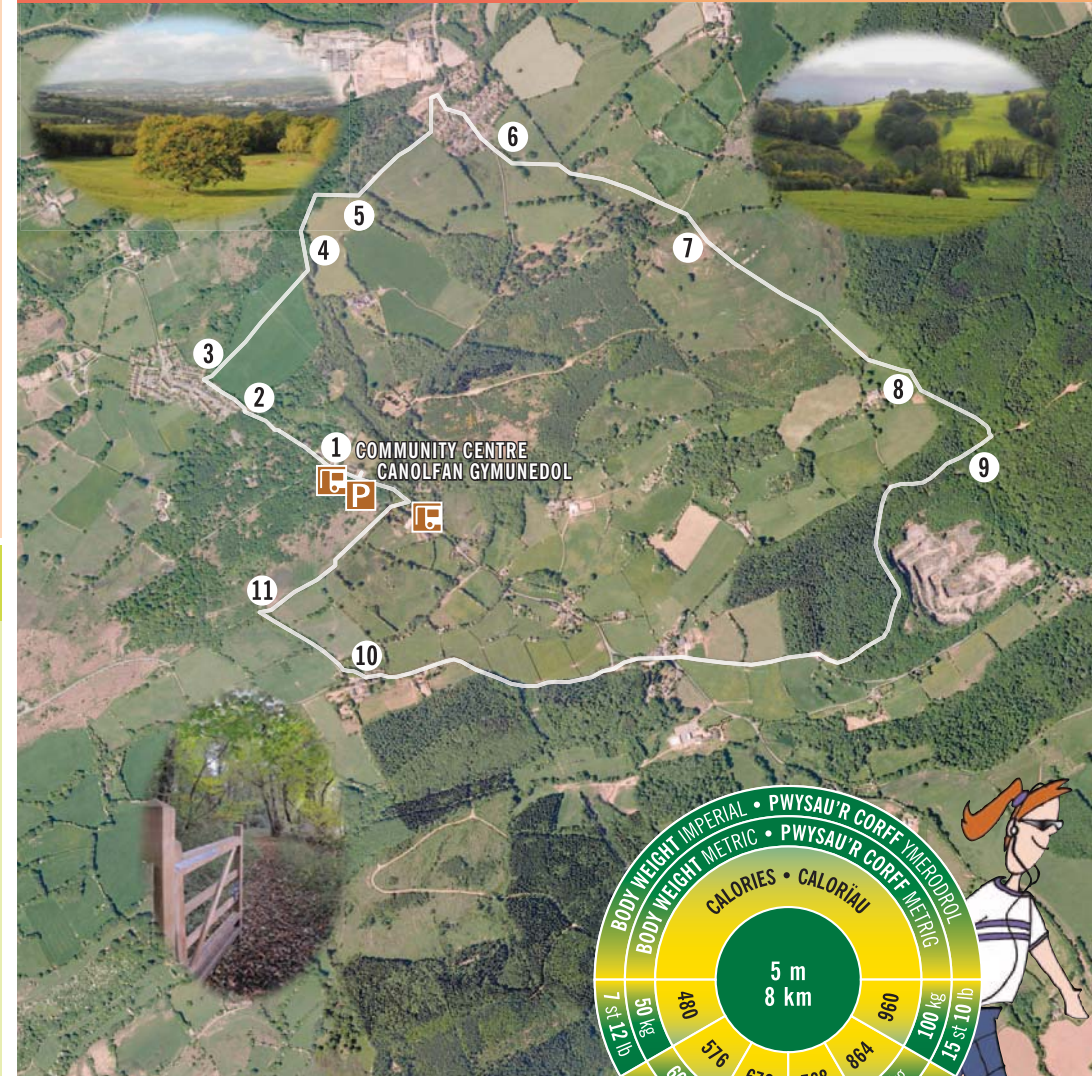
Parking



Bus stop



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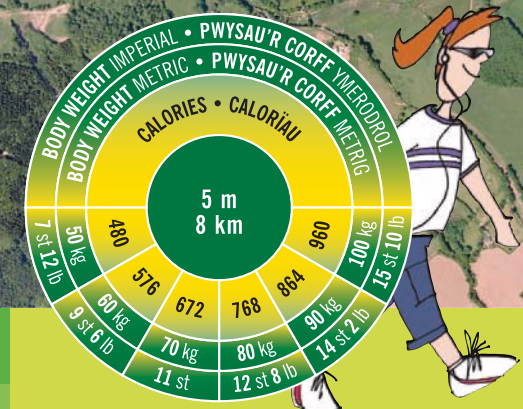


## ALLWEDD

Taith Gerdded

Parcio

Arhosfan bysiau



See overview leaflet for calorie-burn guidance

Gweler y daflen arolygol  
i gael cyfarwyddyd ar losgi calorïau