

# Stroll-on..!

## around TRETOMAS

A community walk along old railway lines, leafy lanes and riverbanks.

There are no steep hills and most of the paths are surfaced.

2 miles (3¼ km) of healthy walking

# Cerddwn ymlaen..!

## o gwmpas TRETOMOS

Taith gerdded gymunedol ar hyd hen linellau rheilffordd, lonydd coedog a glannau'r afon.

Nid oes dim rhiwiau serth ac mae arwyneb ar y rhan fwyaf o'r llwybrau.

2 filltir (3¼ 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 H:** Caerphilly – Graig-y-rhacca  
**Service J:** Caerphilly – Rudry

## 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..!

**BUS: Service H:** Caerphilly – Graig-y-rhacca  
**Service J:** Caerphilly – Rudry

## WHERE DOES IT START?

Our directions start from Graig -y-rhacca Community Centre near Trethomas. However, you can start the walk anywhere along 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 okay for pushchairs although some of the tracks are bumpy and muddy. If you are taking children, please take care when crossing roads.

## BLE MAE'R CYCHWYN?

Mae ein cyfarwyddiadau'n dechrau o Ganolfan Gymunedol Graig-y-rhacca ger Trethomas. Fodd bynnag, gallwch gychwyn ar y daith o unrhyw fan ar hyd y llwybr.

## 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 llwybr hwn yn iawn i gadeiriau gwthio er bod rhai o'r traciau'n anwastad ac yn lleidiog. Os ydych yn mynd â phlant, cymerwch ofal wrth groesi ffyrdd.

## TRETHOMAS DIRECTIONS

- From the Community Centre car park, turn left onto a tarmac path next to the school. At the gate turn right and follow the cyclepath to the next set of gates.  
This cyclepath was once a railway line, connecting Merthyr and Bedwas, Diamond Llantwit and Cwm-y-Glo collieries. Artworks along the path celebrate this heritage
- Turn left into Upper Glyn Gwyn Street and follow this all the way down to Newport Road
- Cross Newport Road and turn right. Walk along the pavement until you come to the second bus shelter
- Turn left, behind the shelter and follow the path around the edge of the park. This path takes you onto the Rhymney Riverside Walk
- Cross the footbridge and continue down to the river
- Turn left and follow the Rhymney Riverside Walk along the river
- Follow path until you come to a gate. Bear right along an unsurfaced track through the woods back to Newport Road
- Turn right and walk past the garage. Cross Newport Road and proceed along Redbrook Lane
- Redbrook Lane leads onto Ridgeway which takes you back to the Community Centre.

## CYFARWYDDIADAU TRETOMOS

- O faes parcio'r Ganolfan Gymunedol trowch i'r chwith ar llwybr tarmac wrth ymyl yr ysgol. Wrth y gât trowch i'r dde a dilynwch y llwybr beiciau nes i chi gyrraedd y set nesaf o gatiâu.  
Bu'r llwybr beiciau hwn gynt yn llinell rheilffordd yn cysylltu glofeydd Merthyr a Bedwas, Diamond Llantwit a Cwm-y-Glo. Mae gweithiau celf ar hyd y llwybr yn dathlu'r dreftadaeth hon
- Trowch i'r chwith i Upper Glyn Gwyn Street a dilynwch hon yr holl ffordd i lawr i Ffordd Casnewydd
- Croeswch Ffordd Casnewydd a throwch i'r dde. Cerddwch ar hyd y pafin nes i chi gyrraedd yr ail gysgodfa bysiau
- Trowch i'r chwith, tu ôl i'r gysgodfa, a dilynwch y llwybr ar hyd ymyl y parc. Mae'r llwybr hwn yn mynd â chi i Rodfa Glan Afon Rhymni
- Croeswch y bont troed ac ewch ymlaen i lawr at yr afon
- Trowch i'r chwith a dilynwch Rodfa Glan Afon Rhymni ar hyd yr afon
- Dilynwch y llwybr nes i chi ddod i gât. Cadwch i'r dde ar hyd trac heb arwyneb trwy'r coed yn ôl i Ffordd Casnewydd
- Trowch i'r dde a cherddwch heibio'r garej. Croeswch Ffordd Casnewydd ac ewch ar hyd Redbrook Lane
- Mae Redbrook Lane yn arwain at Ridgeway sydd yn ei thro yn mynd â chi yn ôl i'r Ganolfan Gymunedol.

## KEY

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

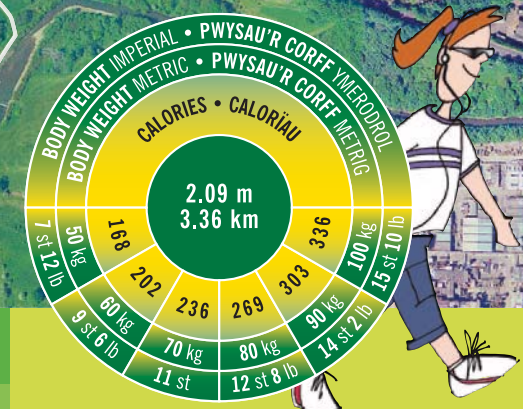


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## ALLWEDD

- 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