

Stroll-on..!

around PEN Y FAN

A fantastic country walk with great views over the Ebbw Valley.

There are two long, gradual climbs. Don't wear your best shoes – the paths can get quite muddy after wet weather.

4¼ miles (7 km) of healthy walking

Cerddwn ymlaen..!

o gwmpas PEN-Y-FAN

Taith gerdded wych yng nghefn gwlad gyda golygfeydd gwych dros Gwm Ebwy.

Mae yna ddau fan dringo hir a graddol. Peidiwch â gwisgo eich esgidiau gorau – gall y llwybrau troi'n fwdlyd iawn ar ôl tywydd gwlyb.

4¼ milltir (7 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 52: Blackwood – Abertillery

CAR: The entrance is to the north of Pen y Fan Industrial estate, signposted from Oakdale on the B4251.

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 52: Coed Duon – Abertillery

CAR: Mae'r mynediad i'r gogledd o ystâd ddiwydiannol Pen-y-fan, sydd ag arwyddbyst o Oakdale ar y B4251.

WHERE DOES IT START?

Our walk starts from the car park in Pen y Fan Country Park.

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 would love this walk, although it is not suitable for pushchairs.

BLE MAE'R CYCHWYN?

Mae ein taith gerdded yn cychwyn o'r maes parcio ym Mharc Gwledig Pen-y-fan.

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)?

Byddai plant yn caru'r daith gerdded hon, er nid yw'n addas ar gyfer cadeiriau gwthio.

PEN Y FAN DIRECTIONS

- From the far corner of the car park, go through the gap and follow the grassy track; first skirt the edge of the field, then cut across beside the oak tree to the stile in the far corner
- Climb over the stile, cross the stream and follow the track beside the stream, through the woods, as far as the next stile
- Head uphill along the lane, over the stile, and continue forward as far as the signpost. Turn right at the signpost (Ebbw Valley Walk) and head towards the yellow way markers
- Drop down the dip and over the stile
- Follow the track into the woods. Once out of the woods, keep heading forward over the numerous stiles, until you come to the next signpost. Climb over the stile and turn right, heading towards Pen y Fan
- Follow the lane out onto the road and back uphill to Pen y Fan Country Park
- Walk around the outside of the pond and head back to the car park.

CYFARWYDDIADAU PEN-Y-FAN

- O gornel pellaf y maes parcio, ewch drwy'r gwagle a dilynwch y llwybr glaswelltrog; yn gyntaf dilynwch ymyl y cae, ac yna croeswch ar draws ger y dderwen tuag at y gamfa yn y gornel bellaf
- Ewch dros y gamfa, croeswch y nant a dilynwch y llwybr ger y nant, drwy'r coed hyd at y gamfa nesaf
- Ewch lan-y-bryn ar hyd y lôn, dros y gamfa, a pharhewch nes i chi gyrraedd yr arwyddbost. Trowch i'r dde ger yr arwyddbost (Rhodfa Cwm Ebwy) ac ewch tuag at y nodwyr llwybr melyn
- Ewch drwy'r pant ac yna dros y gamfa
- Dilynwch y llwybr i mewn i'r coed. Unwaith i chi ddod allan o'r coed, parhewch ymlaen gan fynd dros nifer o gamfeydd, nes i chi gyrraedd yr arwyddbost nesaf. Ewch dros y gamfa a throwch i'r dde, gan fynd tuag at Pen-y-fan
- Dilynwch y lôn at yr heol ac ewch lan-y-bryn eto tuag at Barc Gwledig Pen-y-fan
- Cerddwch o amgylch y pwll ac ewch nôl tuag at y maes parcio.

KEY

Walk

Parking

Bus stop



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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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