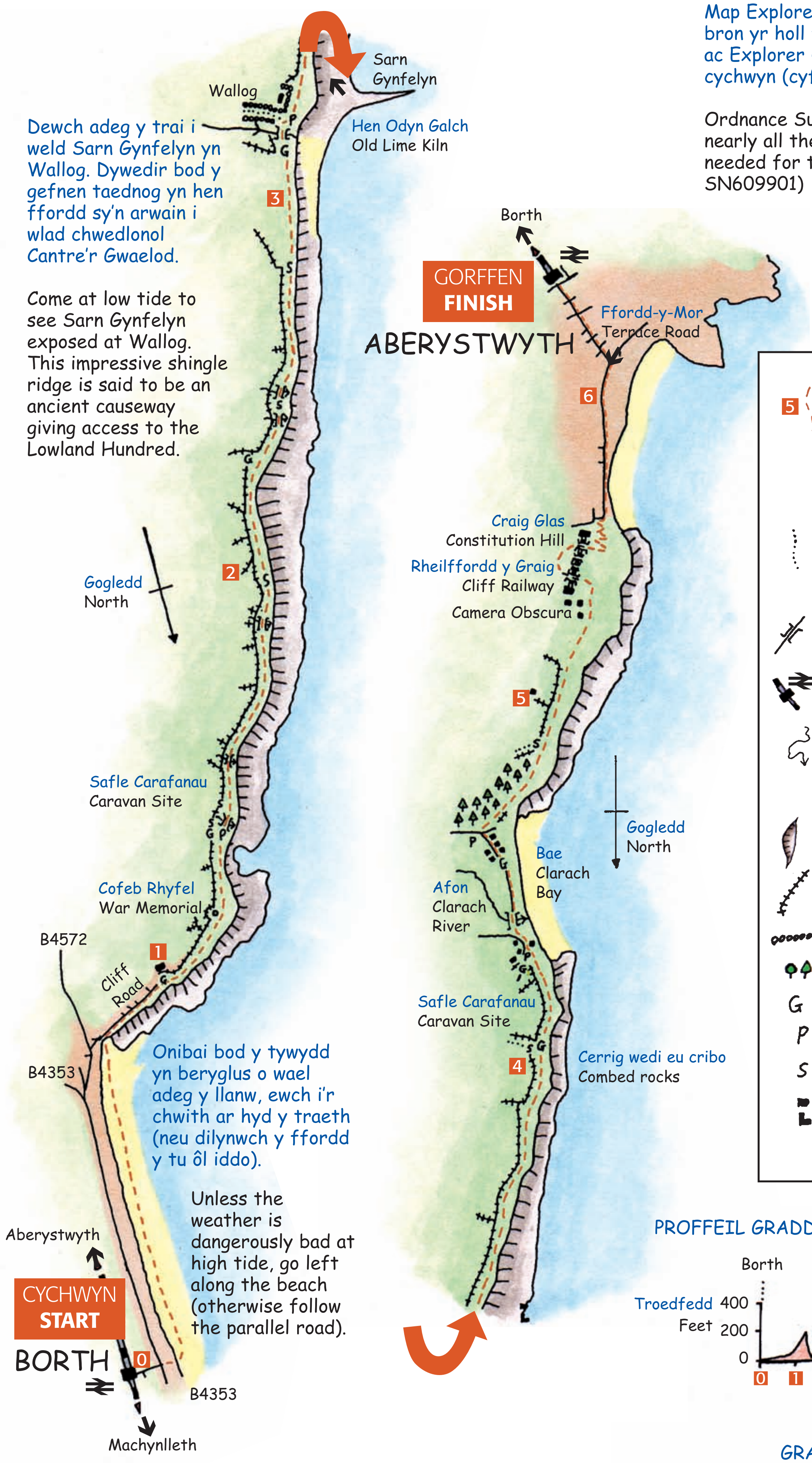
Map Explorer 213 yr Arolwg Ordnans am bron yr holl ffordd, ac Explorer OL23 yn angenrheidial am y cychwyn (cyf. grid SN609901).

Ordnance Survey Explorer 213 for nearly all the way, with Explorer OL23 needed for the start (grid ref: SN609901)

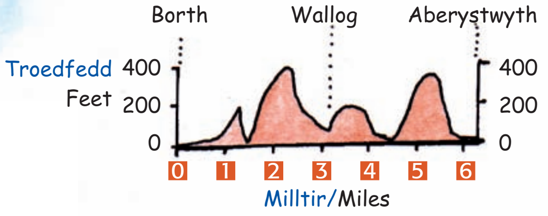


ALLWEDD/KEY

- 5 — Trywydd y llwybr troed gyda'r pellter a gerddwyd o'r cychwyn mewn milltiroedd / The footpath route with distance walked from the start in miles
- Llwybr arall (ddim o reidrwydd yn dramwy cyhoeddus) / Other path (not necessarily a right of way)
- Ffordd modur gyda bont / Motor road with bridge
- Rheilffordd gyda gorsaf / Railway line with station
- Nant neu afon yn dangos cyfeiriad y llif / Stream or river with direction of flow
- Glan y môr gyda clogwyn / Shoreline with cliffs
- Clawdd neu ffens / Hedge or fence
- Mur/Wall
- Coed/Trees
- G — Gât/Gate
- P — Arwyddbost/Signpost
- S — Sticil/Stile
- Adeiladau pwysig / Significant buildings

gan/by Laurence Main

PROFFEIL GRADDIANT/GRADIENT PROFILE



GRADDFA/SCALE

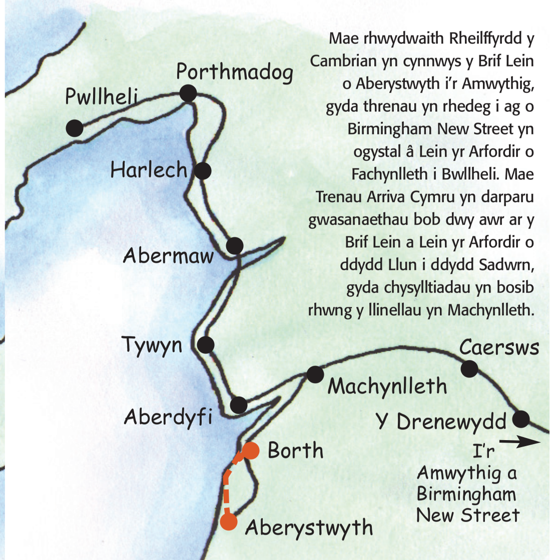
0 — 1/4 — 1/2 — 3/4 — 1

Milltir/Miles

Crwydrau'r Cambrian Rhif 1 Borth - Aberystwyth

Pellter: 6 milltir Math: Cymedrol Amser: 2 – 4 awr

Cyfres o dafleni yw Crwydrau'r Cambrian sy'n hyrwyddo llwybrau hunan dywysedig linellol rhwng gorsafoedd rheilffyrdd ar rhwydwaith y Cambrian. Wedi eu datblygu i hyrwyddo llwybrau yng Nghanolbarth Cymru sy'n hawdd eu cyrraedd heb gar, maent wir yn manteisio i'r eithaf ar y golygfeydd arbennig a bywyd gwyllt amrywiol sydd gan y rhan yma o'r byd i'w gynnig.



Mae rhwydwaith Rheilffyrdd y Cambrian yn cynnwys y Brif Lein o Aberystwyth i'r Amwythig, gyda threnau yn rhedeg i ag o Birmingham New Street yn ogystal â Lein yr Arfordir o Fachynlleth i Bwllheli. Mae Trenau Arriva Cymru yn darparu gwasanaethau bob dwy awr ar y Brif Lein a Lein yr Arfordir o ddydd Llun i ddydd Sadwrn, gyda chysylltiadau yn bosib rhwng y llinellau yn Machynlleth.

Rhif 1 Borth - Aberystwyth

Mae'r llwybr yma yn cysylltu y gyrchfan lan-môr traddodiadol Borth gyda Aberystwyth, prifddinas answyddogol Canolbarth Cymru, ar hyd ffordd arfordirol hardd sydd â golygfeydd dramatig a garw. Mae'r llwybr yn ffurfio un rhan o lwybr hirach Arfordir Ceredigion – cadwch lygad ar agor am y logo ar arwyddbyst ar hyd y ffordd.

Tir: Llwybr arfordirol gyda rhai llethrau a chwympfeydd serth. Clogwyni serth gyferbyn â'r llwybr felly cadwch lygad barcud ar blant a chŵn.

Bywyd gwyllt: Dolffin Trwynbwl, Morloi Llwyd, Llamhidydd, Madfall Cyffredin, Iâr Fach Y Rhos a Iâr Fach Las. Ystod eang o adar gan gynnwys Brân Goesgoch, Tinwen Y Graig, Drycin y Graig, Planhigion gan gynnwys Gludlys Arfor a Blodau Gorffennaf.

Lluniaeth: Dewis o siopau, caffis, 'tec-aways' a thafarndai ym Morth, Clarach ac Aberystwyth. Mae'r caffi ar gopa Craig Glais yn darparu amrywiaeth eang o luniaeth haeddiannol i gerddwyr yn ogystal â golygfeydd panoramig godidog o Aberystwyth a Bae Ceredigion.

Pethau i'w cofio pan yn cerdded Crwydrau'r Cambrian:

1. Gwisgwch ddillad ac esgidiau priodol.
2. Ewch â dillad sbâr – mae'r tywydd yng Nghanolbarth Cymru yn gallu newid yn sydyn!
3. Ewch â digon o fwyd a dŵr.
4. Hysbyswch rhywun o le yr ydych yn mynd, ar hyd pa dramwy a phryd yr ydych yn disgwyl dychwelyd.
5. Peidiwch dibynnu ar ffôn symudol gan fod nifer o ardaloedd Canolbarth Cymru â derbyniad gwael neu dim o gwbl.
6. Cydymffurfiwch â'r Côd Cefn Gwlad drwy adael dim byd ond ôl eich traed!

ARRIVA Trains Wales Trenau Arriva Cymru

Am ragor o wybodaeth ar...

Cludiant Cyhoeddus:
0871 200 22 33 www.traveline.org.uk

Rheilffyrdd y Cambrian:
www.leinycambrianline.co.uk

Llwybr Arfordir Ceredigion:
www.ceredigioncoastpath.org.uk

Yr ardal: Canolfan Groeso Twristiaid Aberystwyth 01970 612125
Canolfan Groeso Twristiaid Borth 01970 871174
www.ceredigion.gov.uk

Partneriaeth Rheilffyrdd Y Cambrian

Diarddeliad: Mae'r llwybrau â hyrwyddir yng Nghrwydrau'r Cambrian yn dilyn tramwy cyhoeddus adnabyddus. Nid yw Partneriaeth Rheilffyrdd y Cambrian yn derbyn unrhyw gyfrifoldeb am unrhyw niwed na difrod a achoswyd tra'n ymgymeryd â'r llwybrau. Cyfrifoldeb y rhai sy'n ymgymeryd â'r llwybrau yw sicrhau eu bod wedi paratoi'n briodol i wneud hynny cyn dechrau.

Cambrian Trailway No.1 Borth - Aberystwyth

Distance: 6 miles Type: Moderate Time: 2 – 4 hours

The Cambrian Trailways are a series of leaflets promoting self guided linear walks between railway stations on the Cambrian network. These have been developed to promote car-free accessible walks in the Mid Wales area that really make the most of the wonderful, varied scenery and wildlife this unique part of the world has to offer.

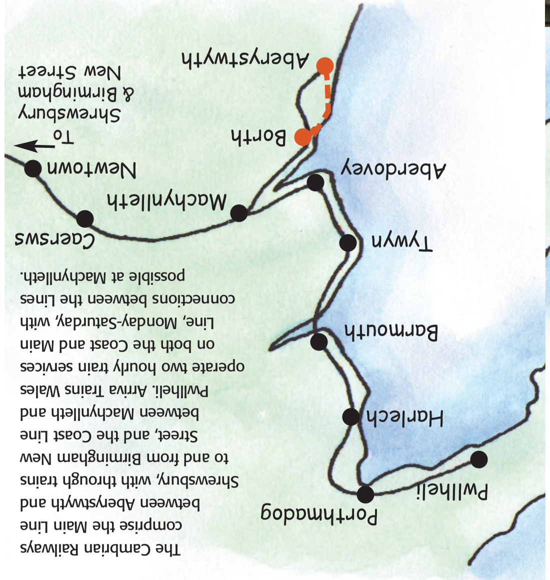
No.1 Borth - Aberystwyth

This route links the traditional seaside resort of Borth with Aberystwyth, the unofficial capital of Mid Wales, along a beautiful coastal path with rugged and dramatic vistas. The route forms part of the longer Ceredigion Coastal Path - keep an eye out for the logo on signposts on the route.

Terrain: Coastal path with some steep inclines and descents. Steep cliffs adjacent to the path so keep a close eye on children and dogs.

Wildlife: Bottlenose Dolphins, Atlantic Grey Seals, Harbour Porpoises, Common Lizards, Common Blue and Small Heath Butterflies. A wide variety of birds including the Chough, Stonechat and Fulmar, plants including Sea Campion and Thrift.

Refreshments: A selection of shops, cafes, take-aways and pubs at Borth, Clarach and Aberystwyth. The café at the summit of Constitution Hill provides a wide range of well deserved refreshments and wonderful panoramic views of Cardigan Bay and Aberystwyth.



The Cambrian Railways comprise the Main Line between Aberystwyth and Shrewsbury, with through trains to and from Birmingham New Street, and the Coast Line between Machynlleth and Pwllheli. Arriva Trains Wales operate two hourly train services on both the Coast and Main Line, Monday-Saturday, with connections between the Lines possible at Machynlleth.

Things to remember when walking the Cambrian Trailways:

1. Wear appropriate clothing and footwear.
2. Take spare clothing - the weather in Mid Wales can change quickly!
3. Take plenty of food and water.
4. Tell someone where you're going, along which route and when you expect to return.
5. Don't rely on a mobile phone as many areas in Mid Wales have a poor or no signal reception.
6. Always obey the Countryside Code and leave nothing but footprints!

For further information on...

Public Transport:
0871 200 22 33 www.traveline.org.uk

The Cambrian Railways: www.thecambrianline.co.uk

The Ceredigion Coastal Path:
www.ceredigioncoastpath.org.uk

The area: Aberystwyth Tourist Information Centre
01970 612125 Borth Tourist Information Centre
01970 871174 www.ceredigion.gov.uk

Disclaimer: The routes promoted in the Cambrian Trailways are along recognised public rights of way. The Cambrian Railways Partnership accepts no liability for injuries sustained or damage caused in undertaking the walks. It is the responsibility of those partaking in the walks to make sure that they are adequately prepared to do so before setting out.

ARRIVA Trains Wales Trenau Arriva Cymru

Cambrian Railways Partnership