Mae'r gylchdaith hon yn cynnwys llwybr ar hyd yr arfordir sy'n edrych draw dros Draeth Lafan am Fôn ac yna'n dringo llechweddau Moel Wnion ar droed mynyddoedd y Carneddau. Mae sawl rhywogaeth o Rhydwyr i'w gweld ar hyd y glannau, a golygfeydd panoramig ysblennydd o Afon Menai a'r ynys o rannau uwch ar y daith. Dyma daith werth chweil o safbwynt diddordeb naturiaethol a hanesyddol.

Manylion y daith

Amcan o hyd: 10km/6.3 milltir.

Amcan o'r amser: 4 awr.

Map AO: graddfa 1:25 000 Explorer OL17.

Man cychwyn/gorffen: Maes parcio Gwarchodfa Natur Aber, SH653 726.

Mynediad a chyfleusterau

Parcio: Maes parcio Gwarchodfa Natur Aber, LL33 0LB.

Bws: mae rhif 5 ac X5 yn dilyn amserlen reolaidd i Landudno ac o Gaernarfon.

Toiledau: ym mhentref Aber.

Lluniaeth: Caffi'r Hen Felin yn y pentref.

Nodwch

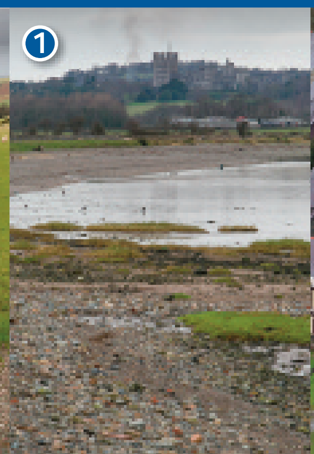
- Mae **rhan serth iawn** ar i fyny ar y daith hon, er ei bod yn ffordd darmac, rhyw 1km o hyd. Mae **rhan serth fyrrach** hefyd ar y llwybr garw yn ôl i Aber.
- Braslun yw'r map hwn. Argymhellir defnyddio'r **map AO** uchod.
- Cofier gadw at y Côd Cefn Gwlad:
  Parchwch, Diogelwch, Mwynhewch
  naturalresources.wales/media/3598/cod-cefn-gwlad.pdf

Cylchdaith

1 Abergwyngregyn

Cyfarwyddiadau'r gylchdaith

Gadael y Warchodfa Natur gan ddilyn Llwybr yr Arfordir ar hyd y glannau nes bydd y llwybr yn troi am y tir ac yn mynd drwy fuarth fferm Glan y Môr. Dilyn ffin y cae nes bydd y llwybr yn torri ar draws y caeau at arglawdd y rheilffordd ac ymlaen ar hyd y llwybr nes cyrraedd ffordd yr A55 wrth gyffordd 12. Croesi'r bont dros yr A55 ac ymlaen heibio Hendre Hall. Mae'r daith yn dringo'n serth yma, gan basio arwydd Llwybr Dyffrynnoedd Llechi, ac ymlaen ar hyd y llwybr dros lechweddau Moel Wnion gyda'i olygfeydd rhyfeddol o Draeth Lafan ag Ynys Môn. Ymlaen ar hyd y llwybr ac yna bydd yn dechrau ar y ddisgynfa yn ôl i lawr i bentref Abergwyngregyn.



Mannau o ddiddordeb

Mae Morfa Aber yn warchodfa natur leol sy'n cael ei rheoli gan Gyngor Gwynedd ac mae'n rhan o **Draeth Lafan** ①, ehangder 9.5km o dywod a mwd sy'n ymestyn o Lanfairfechan i Fangor. Mae'n hafan i adar dŵr a rhydwyr. Gellir gweld sawl rhywogaeth, megis y gwyach fawr gopog a'r hwyaden ddanheddog fronrudd yno drwy'r flwyddyn ac yn niwedd yr haf bydd y niferoedd yn codi wrth i adar sy'n bwrw'u plu ymgynnull. Mae'r awr oboptu pen llanw yn adeg da i weld pïod y môr, gylfinirod, chwiwellau a hwyaid eraill. Mae cuddfan gwylio adar wrth y maes parcio. Gellir edrych draw ar hyd yr arfordir at Gastell y Penrhyn, a godwyd ar y cyfoeth a enillwyd ar gefn chwarelwyr llechi (**www.nationaltrust.org.uk/penrhyn-castle**). Ynys Seiriol a welir draw oddi ar drwyn Penmon – roedd sefydliad mynachaidd cynnar yno dan arweiniad Seiriol Sant.

Mae **Mynyddoedd y Carneddau** ② yn ymestyn dros 200 kilomedr sgwâr ac yn cynnwys chwech o'r mynyddoedd uchaf yng Nghymru. Mae saith copa dros 3000 troedfedd o uchder yma, gan gynnwys Carnedd Llywelyn, yr ail fynydd uchaf yng Nghymru. Mae nifer o olion archaeolegol yma gan gynnwys llawer o safleoedd defodau a chladdu o'r Oes Efydd ac anheddau cyn-hanes a diweddarach.

Llys Abergwyngregyn ③ oedd hoff lys tywysogion Gwynedd ac roedd porfeydd helaeth ar gyfer gwartheg y llys brenhinol ar y llethrau uwch ben y pentref. Yn ystod y drydedd ganrif ar ddeg roedd gan Aber ran amlwg mewn nifer o ddigwyddiadau pwysig a ddigwyddodd yn ystod y cyfnod allweddol hwnnw yn hanes Cymru. Bu farw Siwan, gwraig Llywelyn Fawr a merch y Brenin John o Loegr yn Llys Aber a dyna fu hanes Dafydd, mab ac etifedd Llywelyn yn ogystal. Lleolwyd y llys o amgylch mwnt y castell yn y pentref – gellir ei weld yn glir wrth ddod i lawr y llwybr ar ddiwedd y daith hon. Daeth olion adeiladau'r llys i'r golwg mewn archwiliad archaeolegol diweddar.

This walk through the historic landscape of Abergwyngregyn includes a stretch of coast overlooking the Lavan Sands and Anglesey, and climbs the slopes of Moel Wnion on the edge of the Carneddau mountain range. Many species of wading birds can be seen on the shoreline, with spectacular panoramic views of the Menai Strait and Anglesey on the higher part of the route. This is a rewarding walk with natural and historic interest.

Walk details

Approx. Distance: 10km/6.3 miles.
Approx Time: 4hrs.
OS Map: 1:25 000 scale Explorer Map OL17.
Start/Finish: Aber Nature Reserve car park, SH653 726.

Access and amenities

Parking: Aber Nature Reserve car park, LL33 0LB.
Bus: 5 and X5 regular schedule to Llandudno and from Caernarfon.
Public Toilets: in Aber village.
Refreshments: Yr Hen Felin Café in the village.

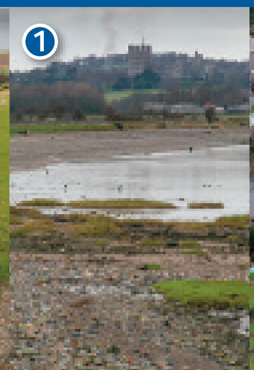
Please note

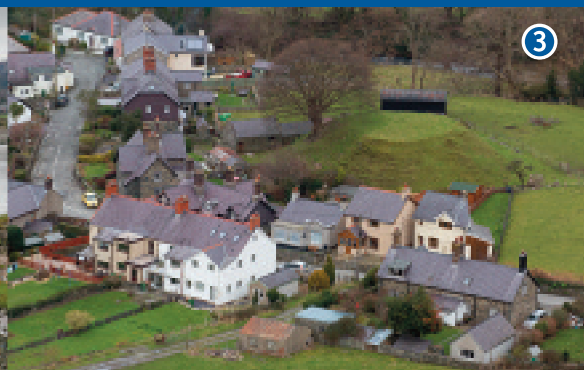
- There is a **very steep uphill part** to this walk, albeit on a tarmac road, approx. 1km long. There's also a shorter **very steep descent** down a rough footpath into Aber village.
- This map is a rough guide only. We recommend you use the above **OS map**.
- Remember to adhere to the Countryside Code: ***Respect, Protect, Enjoy*** naturalresources.wales/media/1369/the-countryside-code.pdf

1 Abergwyngregyn Circular walk

Walk directions

Begin from the nature reserve car park and follow the Coast Path westwards along the foreshore until the path goes inland and through the farmyard at Glan y Môr farm. Follow the field boundary until the route goes diagonally across the fields to the railway embankment and continue along the path until you reach the road near junction 12 of the A55. Take the bridge and cross over the A55 continuing past Hendre Hall. With the route climbing steeply here, continue past the signage for the Slate Valley Path route, continue along the road and follow the path across the slopes of Moel Wnion with its breath-taking views of the Lavan Sands and Anglesey. Continue along the path until you begin the descent back to the village of Abergwyngregyn.





Points of interest

Morfa Aber is a local nature reserve managed by Gwynedd Council and forms part of **Traeth Lafan / Lavan Sands** ①, the 9.5km-long expanse of intertidal sand and mud-flats stretching from Llanfairfechan to Bangor. It is a haven for waterfowl and waders. Several species such as the Great Crested Grebe and Red-breasted Merganser can be seen throughout the year and at the end of summer numbers rise as moulting birds begin to congregate. An hour either side of high tide is a good time to see oyster catchers, curlew, widgeon, and other ducks. There is a public bird hide near the car park where you can birdwatch. Views along this stretch of the path include opulent Penrhyn Castle, built on the fortune made from quarrying slate **(www.national trust.org.uk/penrhyn-castle)**, and Ynys Seiriol, an island off the coast of Anglesey which was the location of an early Christian monastery.

The **Carneddau mountain range** ② covers an area of over 200 square kilometres and includes six of the highest mountains in Wales. Seven peaks are over 3000ft high, including the second highest mountain in Wales, Carnedd Llywelyn. The area contains a large number of well preserved archaeological remains with numerous Bronze Age ritual and burial sites and a large number of settlements from the prehistoric period and later.

The **Manor of Aber** ③ was a favoured manor of the princes of Gwynedd, and there were extensive royal pastures for grazing cattle on the slopes above the village. In the thirteenth century Aber was at the centre of many important events in this crucial period of Welsh history. Joan, wife of Llywelyn the great (Llywelyn Fawr) and daughter of King John of England, died at the court of Aber, as did Llywelyn's son and heir Dafydd. The court was located around the castle mound in the village, which can be clearly seen as you descend the path towards the village. Recent excavations have uncovered some of the buildings of the court.