

Eryri | Snowdonia

Mynyddoedd a Môr
Mountains and Coast



LONYDD GLAS

GWYNEDD

RECREATIONAL ROUTES



Llwybrau di-draffig i gerdded a beicio
Traffic-free paths for walking and cycling





Hen adeilad gorsaf Y Groeslon // Former station building at Y Groeslon

YR OES A FU

Ceisiwch ddychmygu'r ardal ganrif yn ôl, gyda rhwydwaith o reilffyrdd yn rhedeg ble nawr ceir gwyrddni a llonyddwch y Lonydd Glas. Byddai unrhyw dyfiant ar ochr y trac yn cael ei dorri i leihau perygl tân, a fyddai yn cynnau pan boerai lludw poeth o simdde'r trenau stêm. Erbyn heddiw, mae'r trenau trwm a'u mwg taglyd wedi diflannu, yn ogystal â bywyd unigryw 'Oes y Trên'.

Sefydlwyd y llinellau isod i wasanaethu cymunedau lleol:

- Abermaw – Rhiwabon 1869 – 1964
- Bangor – Bethesda (lein gul) 1801 – 1962
- Bangor – Bethesda (LNWR) 1884 – 1963
- Bangor – Caernarfon 1851 – 1972
- Caernarfon – Afonwen 1867 – 1964
- Caernarfon – Llanberis 1869 – 1964

Gyda cherbydau modur ar gynydd a gwellhad yn ffyrdd yr ardal, bu gostyngiad yn nefnydd y rheilffyrdd. Caewyd nifer o linellau gwledig yn yr 1960au, gyda'r lein rhwng Caernarfon a Bangor y diwethaf i gael ei gau yn yr ardal yma ar ddiwrnod o eira ym mis Ionawr 1972. Yn dilyn cynnydd ym mhoblogrwydd beicio a cherdded fel gweithgareddau hamdden, dechreuwyd sefydlu'r Lonydd Glas yn yr 1980au. Dyma'r sylfaen sy'n ffurfio rhwydwaith Lonydd Glas Gwynedd heddiw.

Ceir eto dro ar fyd gyda dychweliad trenau lein gul Rheilffordd Ucheldir Cymru, sydd nawr yn rhedeg yn gyfochrog â Lôn Eifion rhwng Caernarfon a gorsaf Dinas.



Cegin - un o drenau Chwarel y Penrhyn // Cegin - one of the Penrhyn Quarry trains

A BYGONE ERA

Try and imagine what the region would have looked like a century ago, when railway lines used to run along the now green and quiet Lonydd Glas. Most of the plant growth you see today has grown since the closure of the railways, since all verges were kept clear of vegetation to lessen the risk of fire from hot ash billowing out of the steam engines. Today, the rumble of approaching trains and the smell of smoke has gone, so has the hustle and bustle of what used to be a way of life in the railway era.

The following railway lines were established to serve local communities:

- Barmouth – Rhiwabon 1869 – 1964
- Bangor – Bethesda (narrow gauge) 1801 – 1962
- Bangor – Bethesda (LNWR) 1884 – 1963
- Bangor – Caernarfon 1851 – 1972
- Caernarfon – Afonwen 1867 – 1964
- Caernarfon – Llanberis 1869 – 1964

As you can imagine, with motor vehicles becoming popular and roads being improved earlier this century, demand for railway travel declined. Many rural lines were closed in the 1960s, with the line between Caernarfon and Bangor the last in this region to close on a snowy January day in 1972. With the increase in demand for cycling and walking opportunities in recent years, construction of the Lonydd Glas began in the 1980s. These paths were the foundation for the Lonydd Glas network we have today.

Today we have the return of the Welsh Highland Railway, which runs parallel with Lôn Eifion between Caernarfon and Dinas station.



Cefnffordd ar daith Lôn Ardudwy // Road along the Lôn Ardudwy route

TEITHIAU BEICIO AR FFYRDD GWYNEDD

Llwybrau oddi ar y ffordd yw'r Lonydd Glas, ond mae nifer o ffordd cefn gwlad Gwynedd hefyd yn cynnig lluo o gyfleon ar gyfer beicio hamddenol a darganfod y Sir. Adeiladwyd hefyd llwybrau pwrpasol sy'n gyfochrog â rhai o'r priffyrdd prysuraf, er mwyn gwella mynediad a'ch diogelwch.

Dyma grynodeb o'r teithiau sy'n bennaf ar ffordd.

RHWYDWAITH BEICIO CENEDLAETHOL

- Lôn Las Cymru (rhif 8) - mae'r daith yn dilyn cyfuniad o ffordd a llwybrau oddi ar y ffordd rhwng Caergybi a Chaerdydd a Chas-gwent.
- Taith 5 - taith o Fangor i Gaer yn bennaf ar ffordd a llwybrau ymyl ffordd.

Gellir cael rhagor o wybodaeth am y Rhwydwaith Beicio Cenedlaethol gan fudiad Sustrans Cymru trwy ffonio 02920 650 602.

LÔN ARDUDWY

Taith 35 cilometr ar y ffordd o'r Cob ym Mhorthmadog i'r promenâd yn Abermaw. Gallwch deithio'r hyd i gyd neu mewn darnau hawdd. Cewch olygfeydd ysblennydd o'r mynyddoedd a thros Fae Ceredigion. Mae rhai o'r gelltydd yn arbennig o serth, a rhaid cymryd gofal ar rai rhannau o'r daith sy'n dilyn y prif ffordd.

LÔN DYSYNNI

Dyma daith drwy ddyffryn hardd Dysynni. Prif nodwedd yr ardal yw Craig yr Aderyn, clogwyn 250m o uchder sy'n gartref i amrywiaeth eang o adar gwyllt. Gellir cysylltu gyda Lôn Ardudwy a'r Llwybr Beicio Cenedlaethol.

HYBIAU BEICIO - Pen Llŷn a Dolgellau

Amrywiaeth o deithiau, yn bennaf ar ffordd cefn gwlad, rhai byr, ysgafn yn ogystal â theithiau hwy ac amrywiol. Pa un bynnag ddewiswch, cewch fwynhau diwrnod gwych yn yr awyr iach. Ceir pedair taith ym Mhen Llŷn a 5 yn ardal Dolgellau. Gwybodaeth ar gael yn y canolfannau twristiaeth.



Bryniau'r Moelwyn // The Moelwyn mountains

ON-ROAD ROUTES IN GWYNEDD

In Gwynedd there are a number of quiet country lanes that complement the mainly off-road Recreational Routes network. These offer excellent leisurely cycling opportunities, and open up secluded corners of the countryside. Paths have also been built alongside some of the county's busiest roads to improve access and hence your safety.

Here is a summary of routes which are mainly on-road.

NATIONAL CYCLE NETWORK

- Lôn Las Cymru (route 8) – this established route follows a combination of on and off-road paths between Holyhead in the north and either Cardiff or Chepstow to the south.
- Route 5 – a mainly on-road and pavement route between Bangor and Chester.

Further information about the National Cycle Network can be gained by contacting Sustrans Cymru on 02920 650 602.

LÔN ARDUDWY

This 35-kilometre on-road route links the Cob at Porthmadog with the promenade at Barmouth. With stunning views across Cardigan Bay and the Rhinogydd mountain range, the path has been designed so that it is easy to ride it in its entirety or in smaller manageable sections. Take note that some of the hills are very steep, and that extra care should be taken along sections that follow highways.

LÔN DYSYNNI

Here is a route that will lead you into the scenic Dysynni Valley. One of the valley's main features is Bird Rock, a rocky outcrop some 250m in height that provides excellent roosting and nesting for a wide range of wild birds. This route can be linked to Lôn Ardudwy and the National Cycle Network.

CYCLE HUBS - Llŷn Peninsula and Dolgellau

Varied cycle rides, mostly on country lanes, some short, gentle rides mixed with longer more varied rides. Whichever route you choose, enjoy a great day out. Four rides are available on the Llŷn Peninsula and 5 in the Dolgellau area. Information available in the Tourist Information Centres.



Cerdded y Lonydd Glas // Walking the Lonydd Glas routes

ER LLES EICH IECHYD

Gall cerdded neu feicio rheolaidd a chymedrol:

- Ostwng pwysau gwaed.
- Gostwng lefel cholesterol.
- Cryfhau cyhyrau a'r esgyrn.
- Helpu i reoli'ch pwysau.

Mae'r uchod i gyd yn cyfrannu tuag at broblemau iechyd yn enwedig clefyd coronaidd y galon. Gall cerdded a beicio hefyd leihau y risg o strôc, clefyd siwgr, osteoporosis a gordewdra. Os nad ydych yn arfer cerdded neu feicio mae'r Lonydd Glas gwastad a di-draffig yn cynnig cyfle i chi ddod yn ôl i'r arferiad.

Gallwch gael rhagor o wybodaeth a chyngor am gerdded a beicio er lles eich iechyd gan eich meddyg teulu neu'r Gwasanaeth Hybu Iechyd.

HEALTH BENEFITS

Regular and moderate cycling or walking can:

- Lower blood pressure.
- Lower cholesterol levels.
- Strengthen bones and muscles.
- Help to control your weight.

All the above contribute to a wide range of health problems, including coronary heart disease. Walking and cycling can reduce the risk of a stroke, diabetes, osteoporosis and obesity. If you're out of practice for walking or cycling, the mainly flat and traffic free Lonydd Glas routes can offer you an excellent place to get back into the habit.

You can obtain further information and advice on walking and cycling as a way of improving your health from you family doctor or Health Awareness Service.



Tylluan wen // Barn owl

CÔD BEICIO DA

Darllenwch Reolau'r Ffordd Fawr; dilynwch nhw bob amser.

Ystyriwch eraill; yn arbennig ar lwybrau lle rhennir defnydd.

Byddwch yn ymwybodol o gerddwyr; canwch y gloch neu galwch arnynt yn gwrtais i'w rhybuddio.

Sicrhewch fod eich beic mewn cyflwr da.

Cymerwch ofal wrth gysylltannau ffyrdd ar ellydd serth, ac ar dywydd gwlyb.

Gwisgwch helmed beic a defnyddiwch ddillad adlewyrchydion llachar.

Y CÔD CEFN GWLAD

Parchwch - Diogelwch - Mwynhewch

Byddwch yn ddiogel - cynlluniwch o flaen llaw a dilynwch unrhyw arwyddion.

Gadewch glwydi ac eiddo fel rydych chi'n eu cael nhw.

Ewch â'ch sbwriel gartref, a gofalwch warchod bywyd gwyllt.

Cadwch eich ci dan reolaeth dynn.

Byddwch yn ystyriol o bobl eraill.

GOOD CYCLING CODE

Read the Highway Code; always follow it.

Act considerately; particularly on shared use paths.

Beware of pedestrians; ring your bell or politely call out to them.

Make sure your bicycle is roadworthy.

Take extra care at road junctions, on steep hills and in damp conditions.

Wear a cycle helmet and bright reflective clothing.

THE COUNTRYSIDE CODE

Respect - Protect - Enjoy

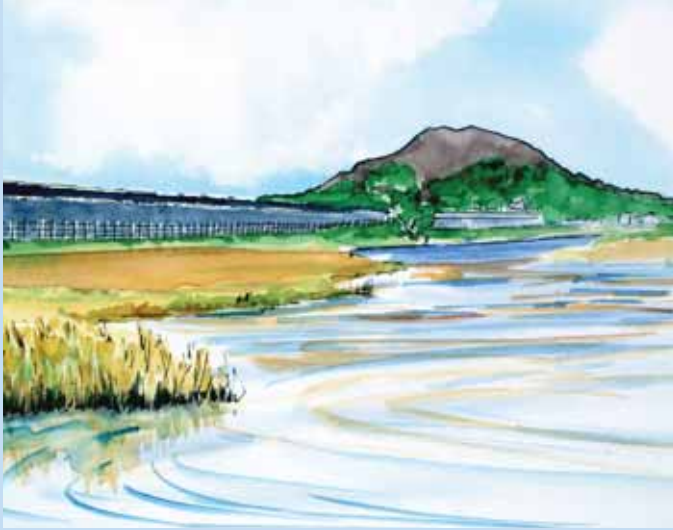
Be safe - plan ahead and follow any signs.

Leave gates and property as you find them.

Protect plants and animals, and take your litter home.

Keep your dog under close control.

Consider other people.



Y Cob a Moel y Gest // Y Cob and Moel y Gest

Y COB

Dros y canrifoedd breuddwydiodd sawl un am ddarparu llwybr diogel dros wastadedd Traeth Mawr, ond William Alexander Maddocks, brodor o Sir Ddinbych a wireddodd y freuddwyd. Cychwynnodd ar waith i adeiladu'r Cob yn 1807, gan ei gwblhau yn 1811 am gost o tua £160,000.

'Roedd y cynllun hefyd yn gyfrifol am adennill erwa o dir amaethyddol o'r gwlyptir a'r corysdd, ac ar y tir yma yr adeiladodd Maddocks bentref Tremadog, ac y sefydlwyd y rhan helaeth o dref Porthmadog. Sefydlwyd Rheilffordd Ffestiniog ar y Cob gwreiddiol yn 1830 i gludo llechi o Flaenau Ffestiniog i'w hallforio o Borthmadog, ac adeiladwyd ffordd newydd ar y morglawdd.

Yn y flwyddyn 2001 daeth cyfle i ehangu a chyfnerthu'r Cob trwy ledu'r briffordd ac adeiladu llwybr i feicwyr a cherddwyr ar yr ochr ddwyreiniol. Nid yn unig y mae'n fan ardderchog i wylu'r amrywiaeth o fywyd gwyllt a geir ar forfa'r Glaslyn, ond mae'r llwybr bellach yn rhan o rwydwaith Lonydd Glas Gwynedd a'r Rhwydwaith Beicio Cenedlaethol.

Y COB

Over the centuries many had dreamed of providing a safe way to cross over the treacherous sands of Traeth Mawr, but it was William Alexander Maddocks of Denbighshire who eventually realised this dream. Construction work on the Cob embankment began in 1807, and was eventually completed in 1811 at a cost of £160,000.

The Cob project also reclaimed acres of agricultural land from the wetlands and marshes, and it was on this land that Maddocks built Tremadog, and on which most of the town of Porthmadog was also built. In 1830 the Ffestiniog Railway was established along the Cob to transport slate from the quarries at Blaenau Ffestiniog for export at Porthmadog.

In 2001 the Cob was strengthened, the roadway widened and a new embankment built to carry a pathway for walkers and cyclists on the landward side. Apart from being an excellent viewing area for watching/observing the wide variety of wildlife that can be found on the Glaslyn salt marshes, the path is also part of the Lonydd Glas Gwynedd network, and the National Cycle Network.



Moch daear // Badgers

RHEOLAETH A CHADWRAETH

Amcanion Cyngor Gwynedd ac Awdurdod Parc Cenedlaethol Eryri wrth reoli'r Lonydd Glas yw sicrhau eich bod yn mwynhau eu defnyddio, yn ogystal â gwarchod y bywyd gwyllt sydd i'w gael y naill ochr i'r llwybrau. Byddwn yn darparu gwahanol offer megis adnoddau parcio beiciau, byrddau picnic a phaneli gwybodaeth yn y mannau mwyaf poblogaidd ar y teithiau, ond eto yn gwarchod rhag gor-ddatblygu llwybrau yng nghefn gwlad.

Cewch weld bod y Lonydd Glas yn gartref i nifer fawr o wahanol blanhigion, adar ac anifeiliaid, gyda rhai o'r rhain yn brin neu yn warchoddedig fel y mochyn daear cuddiedig. Mae'r llwybrau yn bwysig i'r rhywogaethau hyn gan eu bod yn ymddwyn fel coridorau ble gall y bywyd gwyllt symud yn ddi-sylw o gwmpas cefn gwlad. Ceir yma nifer fawr o wahanol gynefinoedd sydd yn gartref i'r anifeiliaid hyn, megis coedlannau, gwlyptir a glaswelltir, maent i gyd yn cyfrannu at gymeriad unigryw y Lonydd Glas.

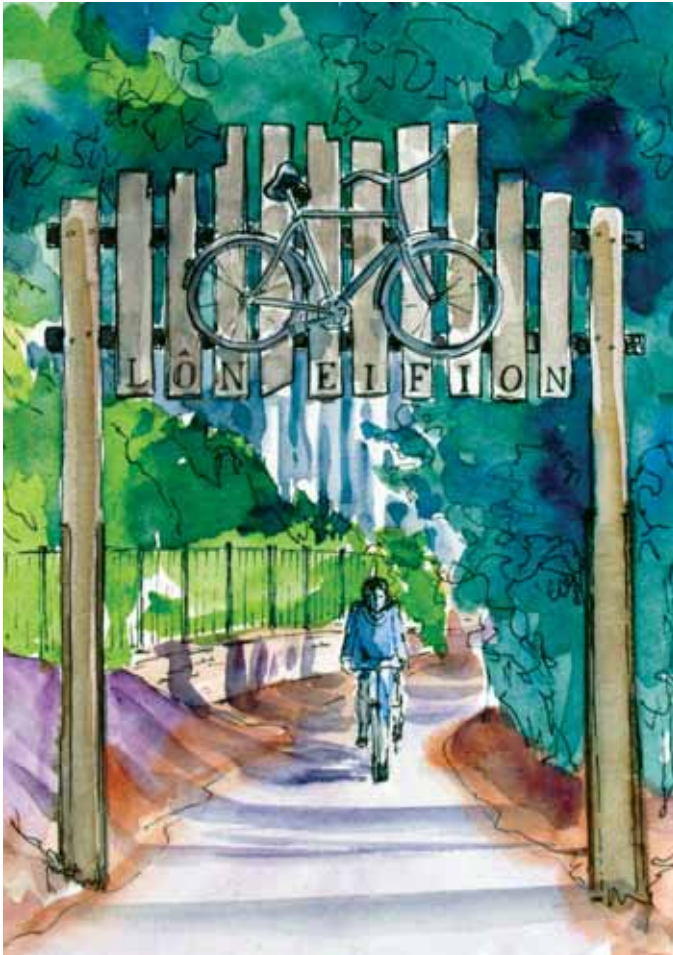
Byddwn yn gwerthfawrogi unrhyw gymorth a chydweithrediad gennych tuag at reoli'r Lonydd Glas.

MANAGEMENT & CONSERVATION

Whilst managing the Lonydd Glas network, Gwynedd Council and the Snowdonia National Park Authority keep two main aims in mind – to enhance your enjoyment of the routes, and to protect the wildlife which can be seen on either side of the paths. We try and meet the first aim by maintaining the path surfaces, and providing bicycle racks, picnic tables and information panels at the more popular sites.

Countless numbers of different plant, bird and animal species have settled along the routes, with many of these being quite rare or are protected by law, such as the elusive badger. The paths act as natural corridors along which wildlife can travel under cover through the countryside. The many different habitats that we manage along the path verges such as woodland, wet pastures and scrub land, all contribute towards making the Lonydd Glas network a world of its own.

We appreciate any help or co-operation from you towards managing the Lonydd Glas.



Mynedfa i Lôn Eifion yng Nghaernarfon // Entrance to Lôn Eifion at Caernarfon

LONYDD GLAS GWYNEDD

Chwilio am le diogel, di-draffig i gerdded neu feicio?

Eisiau awyr iach neu ddianc o sŵn y byd o'ch cwmpas?

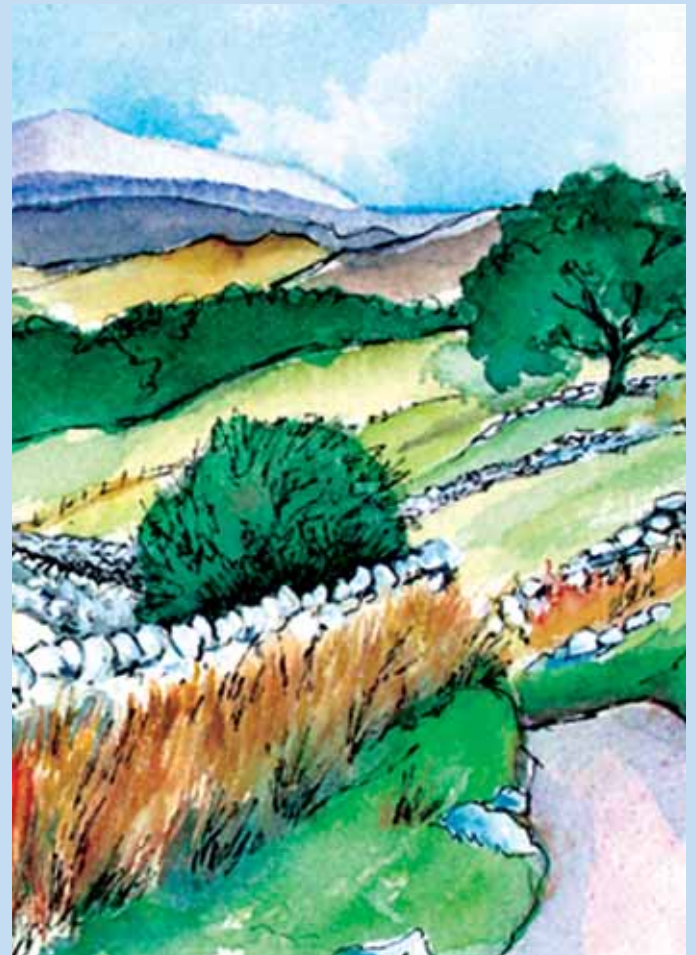
Pam na ewch am dro ar hyd eich Lonydd Glas?

Wedi eu darparu yn arbennig ar gyfer cerdded a beicio, fe geir tros 50.5 cilomedr (31.5 milltir) o'r llwybrau pwrpasol yma yng Ngwynedd, lle cewch ymlacio ymysg natur ac anghofio am broblemau'r byd tu allan.

Teithiau gwledig a thawel yw'r rhain a sefydlwyd yn bennaf ar hyd hen reilffyrdd yng nghanol gwyrddni cefn gwlad Gwynedd; ardal yn unigryw o ran ei thirlun, ei diwylliant a'i phobl, ac yn gryf yn ei Chymraeg.

Llwybrau drwy ganiatâd Cyngor Gwynedd ac Awdurdod Parc Cenedlaethol Eryri yw'r llwybrau hyn. Darparwyd y rhwydwaith ar eich cyfer chi, a disgywylir ymddygiad priodol gennych bob amser fyddwch yn ymweld.

Diolch yn fawr.



Lôn Arudwy // The Lôn Arudwy route

GWYNEDD RECREATIONAL ROUTES

Looking for a safe, traffic-free location for a spot of walking or cycling?

Want to get away from the hustle and bustle of everyday life?

Why not pay a visit to your local Lonydd Glas (Recreational Routes) network?

Designed especially for walking and cycling, there are over 50.5 kilometres (31.5 miles) of these purpose-built paths in Gwynedd, where you can relax amid nature and forget about the outside world.

Established along disused railway lines, these are quiet rural paths that lazily meander into the picturesque Gwynedd countryside; a region that is unique as regards to its landscape, its culture and people, and is also a stronghold for the Welsh language.

This network is based on paths that are used by permission of Gwynedd Council and the Snowdonia National Park Authority. The Lonydd Glas are there for your enjoyment, therefore your respect and good behaviour is sought at all times.

Thank you.



LÔN LAS OGWEN

Uned Gweithredu Gwledig
Cyngor Gwynedd: 01286 672 255

Dyffryn yr Afon Cegin yw un o fannau tawelaf yr ardal, lle'n aml nid oes dim ond sŵn yr afon. Gelwir y rhan hon o'r llwybr sy'n rhedeg drwy'r dyffryn cysgodol rhwng Porth Penrhyn a phentref Glasinfryn yn Lôn Bach. Adeiladwyd Lôn Bach yn yr 1980au ar gyn reilffordd gul Stad y Penrhyn, a sefydlwyd i gludo llechi o chwarel Bethesda i'w hallforio o Borth Penrhyn. Erbyn heddiw, mae Lôn Bach yn rhan o Lôn Las Ogwen, sy'n ymlusgo'n ddiog ar ei thait tros y bont odidog ger Glasinfryn i Dregarth, a heibio Chwarel Penrhyn i Nant Ffrancon.

Nid yw cynllun Lôn Las Ogwen wedi ei gwblhau, a gobeithiwn gysylltu'r daith â Bethesda.

LÔN LAS OGWEN

Rural Operations Unit
Gwynedd Council: 01286 672 255

To walk this path south from Porth Penrhyn is like walking hand in hand with the River Cegin. This part of the route which runs between Porth Penrhyn and the village of Glasinfryn, was developed in the 1980's and is also known as Lôn Bach. The disused narrow gauge railway upon which the path was built, was constructed by the Penrhyn Estate to transport slate from the quarries at Bethesda for export at Porth Penrhyn. By today, Lôn Bach is part of Lôn Las Ogwen which continues south on its journey, stretching lazily over the viaduct at Glasinfryn to Tregarth, and past Penrhyn Quarry into the Ffrancon Valley.

Lôn Las Ogwen is an on-going project, which aims to complete the Bangor to Bethesda link.



LÔN LAS MENAI

Uned Gweithredu Gwledig
Cyngor Gwynedd: 01286 672 255

Mae Lôn Las Menai yn llwybr 6.5km (4.5milltir) o hyd sy'n rhedeg rhwng tref hanesyddol Caernarfon a phentref Y Felinheli.

O Gaernarfon mae'r llwybr wyneb tarmac yn dilyn y cyn reilffordd gyfochrog a'r afon Menai, o'r llwybr cewch fwynhau golygfeydd ar draws i Ynys Môn. Cyn cyrraedd Y Felinheli byddwch yn mynd heibio'n agos i'r Ganolfan Chwaraeon Dŵr Genedlaethol ym Mhlas Menai.

Yn Y Felinheli rhaid dilyn y ffordd sy'n arwain i mewn i'r pentref am ychydig cyn mynd oddi ar y ffordd a heibio i adeilad cyn stesion Y Felinheli.

Mae Lôn Las Menai yn rhan o Lôn Las Cymru, taith rhif 8 ar y Rhwydwaith Beicio Cenedlaethol.

LÔN LAS MENAI

Rural Operations Unit
Gwynedd Council: 01286 672 255

Lôn Las Menai is a 6.5km (4.5mile) path which runs between the historic town of Caernarfon and the village of Y Felinheli.

From Caernarfon, the tarmac path follows the former railway alongside the Menai Straits, enjoy the views across to the Isle of Anglesey. Before entering Y Felinheli, you will pass near to the National Water Sports Centre at Plas Menai.

At Y Felinheli, for a short distance the route follows the main road into the village before continuing off road past the former station building.

Lôn Las Menai is part of Lôn Las Cymru, route number 8 on the National Cycle Network.



LÔN LAS PERIS

Uned Forwrol a Pharciau Gwledig
 Gwynedd Council: 01286 672 255

O bentref poblogaidd Llanberis, yr adwy i Eryri, gallwch ddilyn Lôn Las Peris ar hyd lan cysgodol Llyn Padarn. Wedi'r twnnel, ac ar ben y daith mae'r llwybr yn cysylltu i'r rhwydwaith ffyrdd cyhoeddus lleol, o ble gallwch feicio neu gerdded heibio Cwm y Glo a Llanrug, i lawr dyffryn yr Afon Seiont i gyfeiriad tref brysur Caernarfon. Pam na archwiliwch gefn gwlad hanesyddol ardal y lechen ymhellach drwy ddilyn ffyrdd gwledig i ymweld â phentrefi Deiniolen a Phenisarwaun, neu feicio i fyny'r dyffryn i gyfeiriad Nant Peris?

LÔN LAS PERIS

Maritime and Country Parks Unit
 Gwynedd Council: 01286 672 255

From the popular village of Llanberis, Lôn Las Peris meanders lazily along the sheltered shore of Llyn Padarn. Shortly after the tunnel, the path connects onto the public road network from where you can walk or cycle through the villages of Cwm y Glo and Llanrug, and follow the Seiont River valley towards the busy town of Caernarfon. Alternatively, why not further explore the historic countryside of this slate valley known as the gateway to Snowdonia, by following country lanes to Deiniolen or Phenisarwaun, or by cycling up the valley towards Nant Peris?



LÔN GWYRFAI

Uned Gweithredu Gwledig
Cyngor Gwynedd: 01286 672 255

Mae Lôn Gwyrfai yn daith ar hyd ffyrdd tawel sy'n cysylltu Caernarfon a Waunfawr. Cychwynnir y daith ger Pont Seiont, Caernarfon gan ymlwybro heibio dŷ Plas Glanrafon ag yna ar hyd traciau a lonydd sy'n dyddio'n ôl i ddyddiau'r Rhufeiniaid hyd nes cyrraedd pentref Waunfawr.

LÔN GWYRFAI

Rural Operations Unit
Gwynedd Council: 01286 672 255

Lôn Gwyrfai is a cycling and walking route linking Caernarfon to Waunfawr. The journey starts on Pont Seiont, Caernarfon towards Glanrafon House and along lanes and tracks that date to the time of the Romans until you reach the village of Waunfawr.



LÔN EIFION

Uned Gweithredu Gwledig
Cyngor Gwynedd: 01286 672 255

Byddai rhai yn dweud mai Lôn Eifion yw'r daith fwyaf adnabyddus ar y rhwydwaith. Yn sicr, mae'n ddigon hawdd gweld pam fod y llwybr yn boblogaidd, gyda'i lecynnau tawel cysgodol, a'i olygfeydd godidog. Pam na ewch i weld y panorama o'ch cwmpas o Ben Llŷn, Bae Caernarfon, Ynys Môn ac Eryri?

Dilynwch Lôn Eifion trwy goridorau gwyrdd o goed a phlanhigion cynhenid sydd yn ymestyn rhwng tref brysur Caernarfon a phentref gwledig Bryncir i'r de.

Mae gan y cyfan o Lôn Eifion wyneb tarmac ac mae'n rhan o Lôn Las Cymru, taith rhif 8 ar y Rhwydwaith Beicio Cenedlaethol.

LÔN EIFION

Rural Operations Unit
Gwynedd Council: 01286 672 255

Some people might say that Lôn Eifion is the most well known and well used cycle route on the network. Certainly it is worth a visit, if only to feast your eyes on the breathtaking views. Indulge yourself in the blues and greens of the Llŷn Peninsula to the south west, Caernarfon Bay and Anglesey to the west and north, and the impressive mountains of Snowdonia to the east.

Lôn Eifion is a green avenue of native trees and plants which stretches between the busy historical town of Caernarfon and the rural village of Bryncir to the south.

The entire length of Lôn Eifion has a tarmac surface and is part of Lôn Las Cymru, route number 8 on the National Cycle Network.



LLWYBR TRAWSFYNYDD

Trawsnewid (asiantaeth adfywio leol) 01766 540 400

Mae'r llwybr yn dilyn glan ddwyreiniol Llyn Trawsfynydd, drwy goedlannau a thir amaethyddol agored.

Adeiladwyd y llwybr yn bennaf ar dir Pwerdy Ynni Niwclear Trawsfynydd, sydd bellach yn cael ei ddad-gomisiynu. Yng nghyffiniau'r Pwerdy a'r ganolfan ymwelwyr mae'r llwybr yn croesi ffyrdd a ddefnyddir gan gerbydau.

Gellir defnyddio llwybr cyfocrog a'r A470 er mwyn beicio i bentref Trawsfynydd.

TRAWSFYNYDD ROUTE

Trawsnewid (local regeneration agency) 01766 540 400

The path follows the eastern shore of Trawsfynydd Lake through woodlands and open country.

Much of the path was built on land owned by the Trawsfynydd Nuclear Power Station, which is currently being decommissioned. Be aware that in the vicinity of the power station and its visitor centre, the route crosses roads used by vehicles.

A cycle path provides a link along the A470 to Trawsfynydd village.



LLWYBR MAWDDACH

Awdurdod Parc Cenedlaethol Eryri, 01766 770 274

Yn ymlusgo'n ddiog ar hyd cyn reilffordd ger aber y Fawddach, mae Llwybr Mawddach, sy'n berchen i Awdurdod Parc Cenedlaethol Eryri ac a reolir ganddo, yn rhedeg o Abermaw i Ddolgellau. Mae gan y llwybr wyneb o lwch cywasgedig, gyda'r rhan o Lynpenmaen i Ddolgellau wedi'i addasu'n arbennig ar gyfer pobl anabl.

Wrth gerdded neu feicio ar hyd y llwybr, cewch olygfeydd gwych o'r ardal, yn ogystal â'r aber a phont fawreddog Abermaw. Mae yma hefyd amrywiaeth cyfoethog o gynefinoedd gwlyptir a choetir, er enghraifft Coedydd Abergwynnant, sy'n gyfochrog â'r llwybr ac yn berchen i'r Awdurdod.

Mae Llwybr Mawddach yn rhan o Lôn Las Cymru, taith rhif 8 ar y Rhwydwaith Beicio Cenedlaethol.

MAWDDACH TRAIL

Snowdonia National Park Authority, 01766 770 274

Winding lazily along a disused railway track, the Mawddach Trail which is owned and managed by the Snowdonia National Park Authority, follows the Mawddach estuary from Barmouth to Dolgellau. The path, having been surfaced using compacted dust, has further been developed between Penmaenpool and Dolgellau to cater for disabled users.

Awe inspiring views can be seen whilst walking and cycling the path, especially of the estuary and the spectacular Barmouth bridge. Also, hidden along the path verges and outlying land are species rich habitats such as wetland and forestry, for example Coedydd Abergwynnant, a woodland adjacent to the path which is owned by the Authority.

The Mawddach Trail is part of Lôn Las Cymru, route number 8 on the National Cycle Network.

CANOLFANNAU TWRISTIAETH / TOURIST INFORMATION

Abermaw	barmouth.tic@gwynedd.gov.uk	01341 280 787
Caernarfon	caernarfon.tic@gwynedd.gov.uk	01286 672 232
Llanberis	llanberis.tic@gwynedd.gov.uk	01286 870 765
Porthmadog	porthmadog.tic@gwynedd.gov.uk	01766 512 981

Dim ond yn ystod y prif dymor
gwyliau mae rhai o'r canolfannau yn
agored - cysylltwch o flaen llaw

Some centres operate only during the
main holiday season - please check
prior to visiting

Eryri Mynyddoedd a Môr Mwynhau'r Awyr Iach

- Beicio yn Eryri
- Cerdded yn Eryri
- Gweithgareddau a Digwyddiadau

Am gopïau o'r llyfryn neu ffoniwch
(01341) 281485 neu ymwelwch â
www.ymweldageryri.info

Snowdonia Mountains and Coast: The Great Outdoors

- Cycling in Snowdonia
- Walking in Snowdonia
- Activities and Events

To receive copies of the brochures
please telephone (01341) 281485 or
visit
www.visitsnowdonia.info

Gwybodath am Gludiant
Cyhoeddus:

Public Transport
Information:



traveline cymru
public transport info
gwybodaeth cludiant
0871 200 22 33
www.traveline.org.uk
txt  **84268**

Bws Gwynedd: 01286 679 535
www.gwynedd.gov.uk

Uned Gweithredu Gwledig, Cyngor Gwynedd, Caernarfon, Gwynedd LL55 1SH
Ffôn: 01286 672 255 ● Ffacs: 01286 673 324 ● www.gwynedd.gov.uk ● cefngwlad@gwynedd.gov.uk

Adran Gyfathrebu, Awdurdod Parc Cenedlaethol Eryri, Penrhyndeudraeth, Gwynedd, LL48 6LF
Ffôn: 01766 770 274 ● Ffacs: 01766 771 211 ● www.eryri-npa.gov.uk ● parc@eryri-npa.gov.uk

Rural Operations Unit, Gwynedd Council, Caernarfon, Gwynedd LL55 1SH
Tel: 01286 672 255 ● Fax: 01286 673 324 ● www.gwynedd.gov.uk ● cefngwlad@gwynedd.gov.uk

Communication Section, Snowdonia National Park Authority, Penrhyndeudraeth, Gwynedd, LL48 6LF
Tel: 01766 770 274 ● Fax: 01766 771 211 ● www.eryri-npa.gov.uk ● parc@eryri-npa.gov.uk

Mae'r oll fapiau ar y daflen hon yn seiliedig ar ddeunydd Ordnance Survey gyda chaniatâd Ordnance Survey ar ran Rheolwr Llyfrfa Ei Mawrhydi © Hawlfraint y Goron. Mae atgynhyrchu'r deunydd hwn heb awdurdod yn torri hawlfraint y Goron a gall arwain at erlyniad neu achos sifil. © Hawlfraint y Goron. Pob hawl wedi ei gadw. Cyngor Gwynedd rhif trwydded LA09010L.

All maps on this leaflet are based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes © Crown copyright and may lead to prosecution or civil proceedings. All rights reserved. Cyngor Gwynedd Council licence number LA09010L.

