

Nod y daflen hon yw annog pobl i gerdded a threulio amser ym myd natur, rhywbeth sy'n cael ei gydnabod fwyfwy fel modd i wella iechyd a lles corfforol a meddyliol. Gobeithio y bydd cysylltu cerdded â safleoedd iechyd traddodiadol, fel meddygfeydd ac ysbytai, yn cryfhau'r cysylltiad rhwng y ddau. At hynny, mae gweithwyr iechyd proffesiynol yn awyddus i integreiddio "presgripsiynau gwyrdd" fel ymyriadau iechyd a lles pwysig y gall pawb eu cofleidio.

Y manau cychwyn ar gyfer y Llwybrau Lles yw tair meddygfa (meddygfeydd Padarn, Ystwyth a'r Eglwys) ac Ysbyty Cyffredinol Bronglais yn Aberystwyth. Gellir cyrraedd neu adael pob llwybr ar unrhyw bwynt cyfleus.

Dewiswyd y llwybrau yn ofalus i weddu i ystod eang o alluoedd - mae rhai yn fyr ac yn wastad, mae eraill yn hirach, gyda llethrau mwy serth ac weithiau grisiau i'w dringo. Mae'r mapiau'n dangos lleoliad seddi, caffis a thoiledau. Ceir nodiadau am hanes lleol a pha fywyd gwyllt y gallwch ei weld wrth i chi fwynhau'ch taith gerdded.

Rydym yn awgrymu eich bod yn dilyn llwybr a argymhellir gan eich meddyg neu penderfynwch drosoch eich hun ac anelu at gynyddu'r pellter yn raddol dros amser. Mae rhai llwybrau cerdded yn gysylltiedig â'i gilydd, ac felly'n rhoi dewis i chi o daith gerdded fyrrach neu hirach.



Dolenni defnyddiol:

Grŵp Aberystwyth Gwyrddach  [aber.gag](#)
[www.iechydagofalgwledig.cymru](#)
[www.westwaleswalkingforwellbeing.org.uk/cy](#)
[www.ceredigion.gov.uk/preswylwr/caru-ceredigion](#)

Gellir cael gwybodaeth am lwybrau cerdded eraill yn yr ardal o'r Ganolfan Croeso yn yr Amgueddfa ar Ffordd y Môr, Aberystwyth SY23 2AG.

The aim of the leaflet is to encourage people to walk and spend time in nature, something that is increasingly recognised as a means to improve physical and mental health and wellbeing. Linking walking with traditional health sites, such as GP surgeries and hospitals, will hopefully strengthen the association between the two. Furthermore, health professionals are keen to integrate social or "green prescriptions" as important health and wellbeing interventions that everyone can embrace.

The starting points for the Wellbeing Walks are three GP surgeries (Church, Padarn and Ystwyth surgeries) and Bronglais General Hospital in Aberystwyth. All routes can be accessed or exited at any convenient point.

The routes have been carefully selected to suit a wide range of abilities - some are short and level, others are longer, with steeper slopes and sometimes steps to climb. The maps show the location of seats, cafes and toilets. Notes are included about local history and what wildlife you may see as you enjoy your walk.

We suggest you follow a route recommended by your doctor or decide for yourself and aim to gradually increase the distance over time. Some walks are interlinked, thus providing you with a choice of a shorter or longer walk.

Useful links:

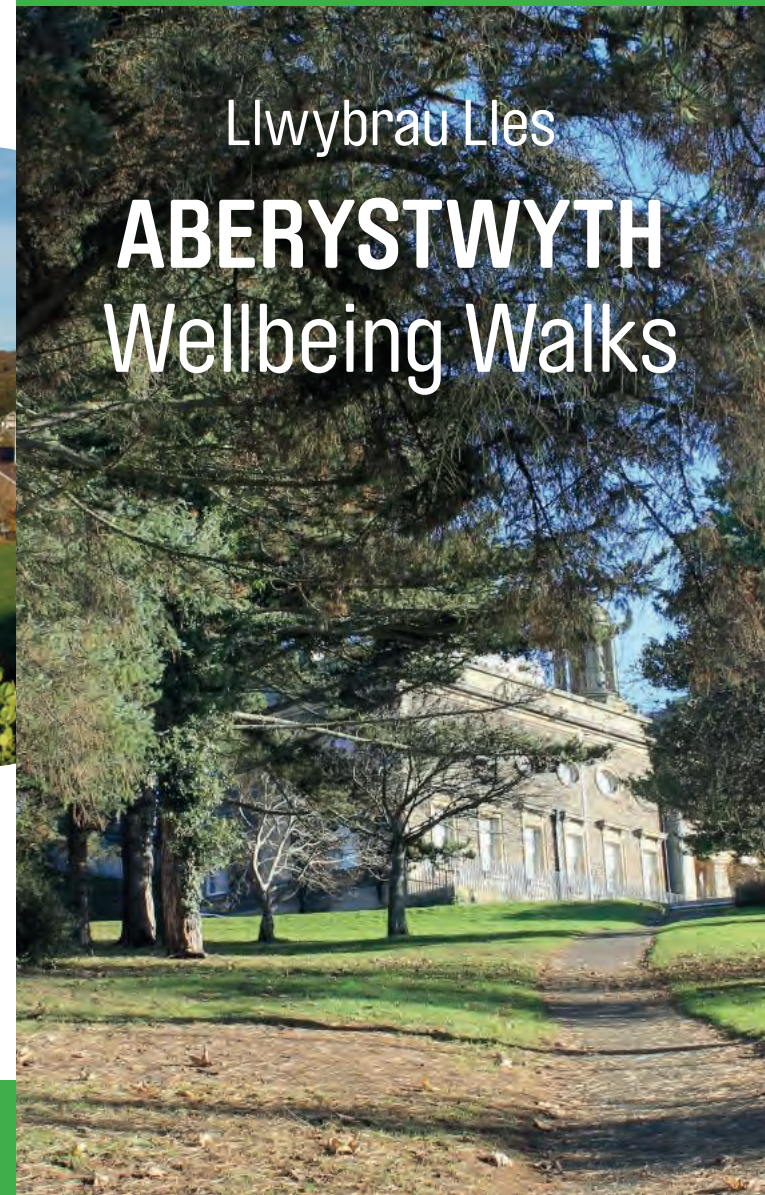
Greener Aberystwyth Group  [aber.gag](#)
[www.ruralhealthandcare.wales](#)
[www.westwaleswalkingforwellbeing.org.uk](#)
[www.ceredigion.gov.uk/resident/caru-ceredigion](#)

Information about other walks in the area can be found at the Tourist Information Centre at the Museum in Terrace Road, Aberystwyth SY23 2AG.

Llun clawr/Cover photo: University School of Art walk 3

LLWYBRAU YSBYTY BRONGLAIS BRONGLAIS HOSPITAL WALKS

Llwybrau Lles ABERYSTWYTH Wellbeing Walks





Gardd i'r Synhwyr: lafant, rhosmari a pherlysiau eraill i'w mwynhau. Cadwch lygad am y blychau ystludod yn uchel ar y wal.

Sensory garden: lavender, rosemary and other herbs to enjoy. Look out for the bat boxes high on the wall.

Mae labordai cemeg Edward Davies bellach yn cael eu defnyddio fel Adran Gelf y Brifysgol.

Edward Davies chemistry labs now used as the University Art department.



Rhodfa Plascrug: Plannwyd rhodfa ddwbl o goed ar hyd y llwybr erbyn diwedd y 19eg ganrif. Mae llawer wedi cael eu newid dros y blynyddoedd ac erbyn hyn mae dros 20 o wahanol rywogaethau o goed i'w gweld yma; edrychwch am y labeli enw.

Plascrug Avenue: A double avenue of trees was planted along the pathway by the end of the 19th century. Many have been replaced over the years and now over 20 different species of tree can be found here; look out for the name labels.



Cofnodwyd llawer o wyfynod, infertebratau a blodau gwyllt. Cadwch lygad am flodau gwyllt a gloynnod byw lliwgar; blychau nythu mewn coed.

Many moths, invertebrates and wildflowers recorded. Look out for colourful wild flowers and butterflies; nest boxes in trees.

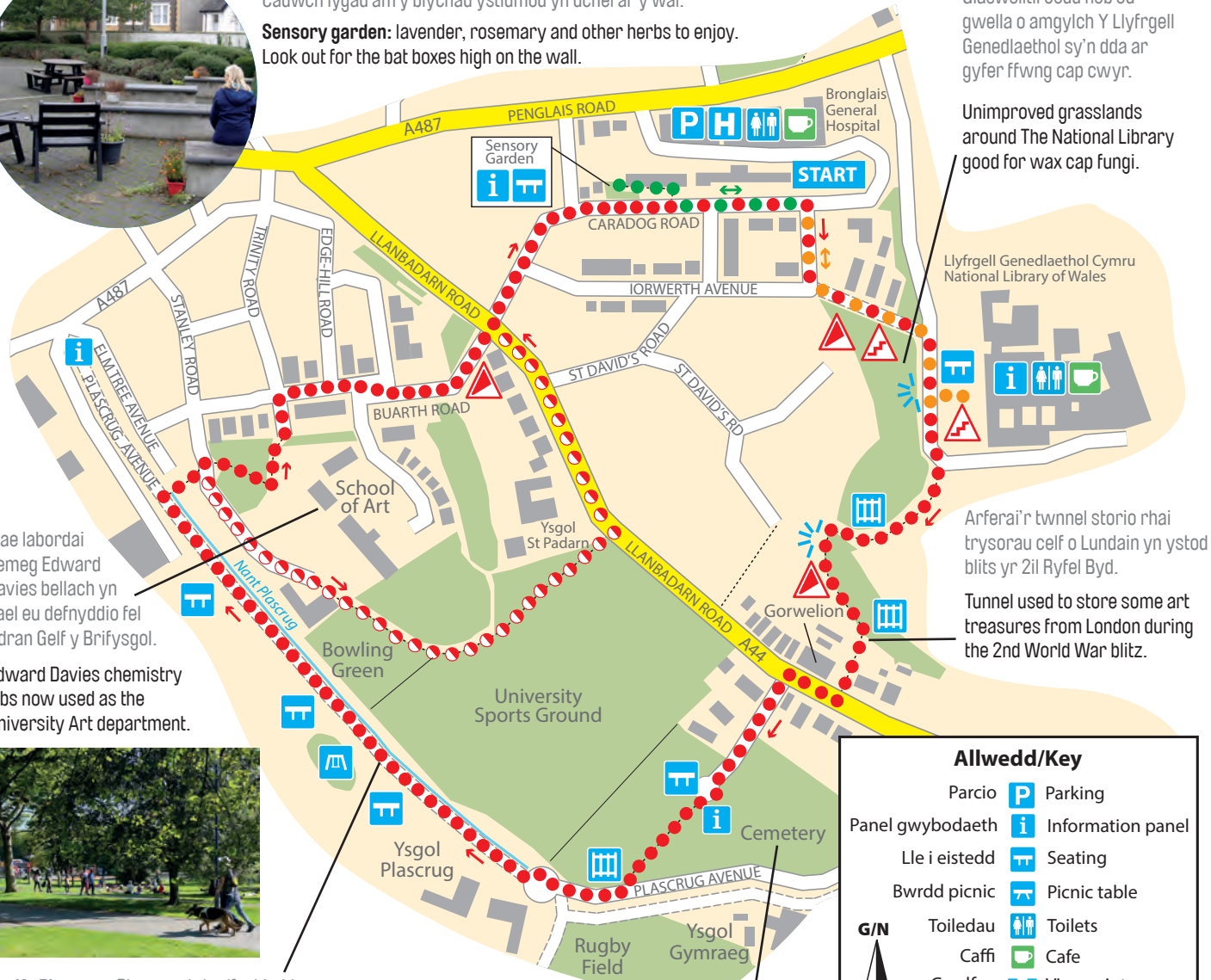
Glaswelltiroedd heb eu gwella o amgylch Y Llyfrgell Genedlaethol sy'n dda ar gyfer ffwng cap cwyr.

Unimproved grasslands around The National Library good for wax cap fungi.

Llyfrgell Genedlaethol Cymru National Library of Wales

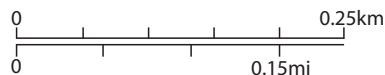
Arferai'r twnnel storio rhai trysorau celf o Lundain yn ystod blits yr 2il Ryfel Byd.

Tunnel used to store some art treasures from London during the 2nd World War blitz.



Allwedd/Key

Parcio		Parking
Panel gwybodaeth		Information panel
Lle i eistedd		Seating
Bwrdd picnic		Picnic table
Toileddau		Toilets
Caffi		Cafe
Gwylfan		Viewpoint
Ysbyty		Hospital
Lle chwarae		Playground
Gât		Gate
Rhiw serth		Steep slope
Grisiau		Steps



LLWYBR 1



Pellter: Taith fer iawn yno ac yn ôl

Amser: Caniatewch 10 munud

Arwyneb: Caled, addas ar gyfer bygis / cadeiriau olwyn

Graddiant: Llethr ysgafn

WALK 1

Distance: Very short walk there and back

Time: Allow 10 mins

Surface: Hard, suitable for buggies/wheelchairs

Gradient: Gentle slope

LLWYBR 2



Pellter: Taith fer yno ac yn ôl

Amser: Caniatewch 20 munud

Arwyneb: Caled

Graddiant: Bryn serth a grisiau

WALK 2

Distance: Short walk there and back

Time: Allow 20 mins

Surface: Hard

Gradient: Steep hill and flight of steps

LLWYBR 3



Pellter: 0 dan 2 filltir

Amser: Tua 50 munud

Arwyneb: Caled, rhywfaint o raeau

Graddiant: Angen ymdrech; rhannau serth i fyny ac i lawr allt

WALK 3

Distance: Under 2 miles

Time: About 50 mins

Surface: Hard, some gravel

Gradient: Strenuous; steep up and downhill sections

(llwybr amgen)



Pellter: Ychydig yn ychwanegol

Amser: Caniatewch ychydig yn fwy o amser

Arwyneb: Caled

Graddiant: Fflat

(alt. route)

Distance: A little extra

Time: Allow a little extra

Surface: Hard

Gradient: Flat