

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](https://www.facebook.com/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](https://www.facebook.com/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: Parc Natur Penglais walk 4

LLWYBRAU MEDDYGFA'R LLAN CHURCH SURGERY WALKS

Llwybrau Lles ABERYSTWYTH Wellbeing Walks





Adeiladwyd y Promenâd mewn pedwar prif gam. Mae plac yn cofnodi gosod y garreg olaf, yn y wal wrth ymyl y palmant bron gyferbyn â phen deheuol yr Hen Goleg. Cadwch lygad am y byrddau gwybodaeth ar hyd y prom. Ar ddiwrnod clir gellir gweld penrhyn Llŷn ac Ynys Enlli.

The Promenade was built in four main stages. There is a plaque recording the placing of the last stone in the wall on the edge of the pavement nearly opposite the south end of the Old College. Look out for the information boards along the prom. On a clear day the Llŷn peninsula and Bardsey Island can be seen.



Mae aeron y coed cerddin yn wych yn yr hydref. The rowan tree berries are brilliant in autumn.



Yr hen lawnt fowlio bellach yw Maes Gwenfrewi, a reolir fel man gwyrdd cymunedol. Plannwyd llawer o goed newydd a gwrych brodorol.

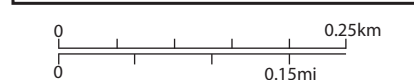
The old bowling green is now Maes Gwenfrewi, managed as a community green space. Many new trees and a native hedge have been planted.



Mwynhewch liwiau llachar y Clustog Fair a Bysedd Mair ar y glannau sy'n wynebu'r môr. Mae'r rhan fwyaf o gerrig Cylch yr Orsedd wedi'u harysgrifio mewn sgript farddol gydag enwau'r siroedd y daethant ohonynt.

Enjoy the bright colours of thrift and kidney vetch on the banks facing the sea. Most of the stones in the Gorsedd circle are inscribed in bardic script with the names of the counties from which they came.

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



LLWYBR 1

Pellter: Tua ½ milltir yno ac yn ôl
Amser: Caniatewch 20 munud
Arwyneb: Caled, addas ar gyfer bygis / cadeiriau olwyn
Graddiant: Mwy neu lai yn fflat

WALK 1

Distance: About ½ mile there and back
Time: Allow 20 mins
Surface: Hard, suitable for buggies/wheelchairs
Gradient: More or less flat

LLWYBR 2

Pellter: Tua 1½ milltir
Amser: Caniatewch tua awr
Arwyneb: Graean / llwybrau troed
Graddiant: Angen ymdrech, brynau a grisau serth

WALK 2

Distance: About 1½ miles
Time: Allow about an hour
Surface: Gravel/footpaths
Gradient: Strenuous, hills and steep steps

LLWYBR 3

Pellter: Tua 2 milltir
Amser: Caniatewch tua awr
Arwyneb: Caled, addas ar gyfer bygis / cadeiriau olwyn
Graddiant: Yn wastad yn bennaf heb lawer o rannau serth

WALK 3

Distance: About 2 miles
Time: Allow about an hour
Surface: Hard, suitable for buggies/wheelchairs *some paths in the castle grounds are unsuitable due to steps
Gradient: Mainly flat with few steep sections

LLWYBR 4

Pellter: Tua 2 filltir
Amser: Caniatewch tua awr
Arwyneb: Caled / graean / llwybrau troed (gall fod yn fwdlyd)
Graddiant: Angen ymdrech, gydag adrannau serth a grisau.

WALK 4

Distance: About 2 miles
Time: Allow about an hour
Surface: Hard/gravel/footpaths (can be muddy)
Gradient: Strenuous with steep sections & steps.