

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:

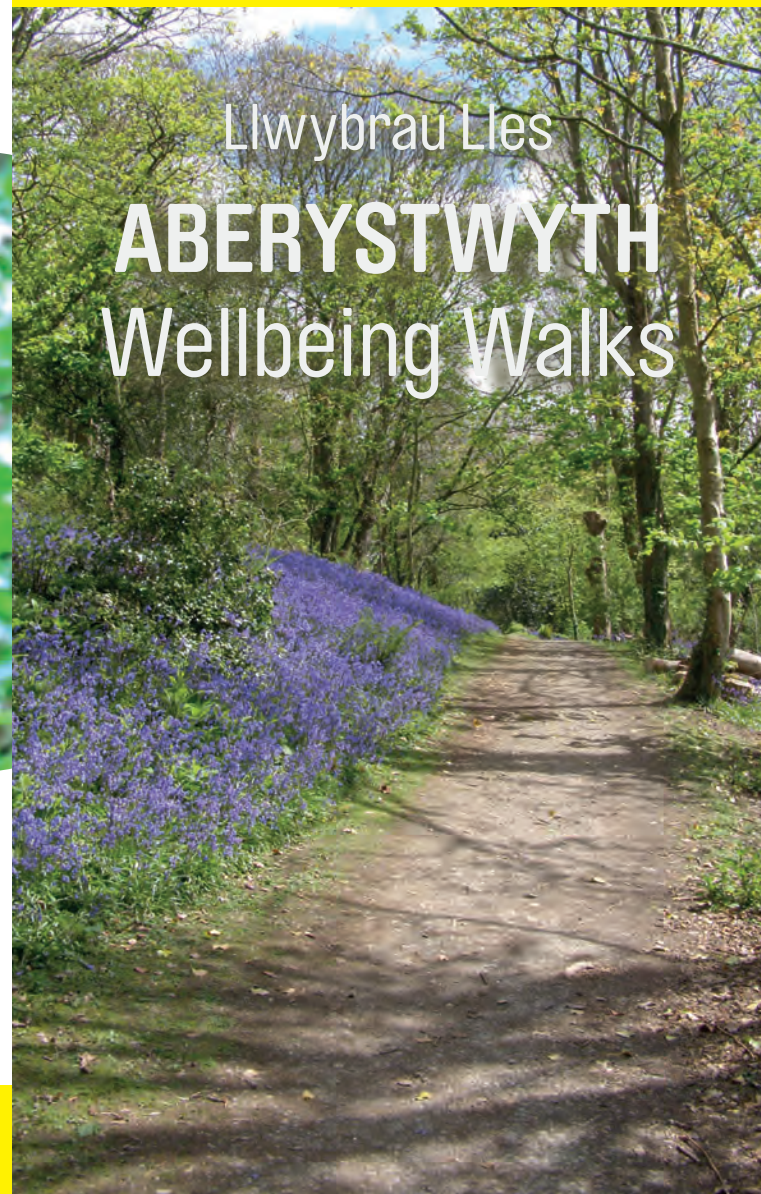
Greener Aberystwyth Group  [aber.gag](https://www.facebook.com/aber.gag)
www.ruralhealthandcare.wales
www.westwaleswalkingforwellbeing.org.uk
www.ceredigion.gov.uk/resident/caru-ceredigion

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



LLWYBRAU MEDDYGFA PADARN PADARN SURGERY WALKS

Llwybrau Lles ABERYSTWYTH Wellbeing Walks



Llun clawr/Cover photo: Parc Natur Penglais – walk 3



Mae gwarchodfa Parc Natur Penglais yn gartref i foch daear, llwynogod, cwnnogod a llawer mwy o rywogaethau o adar coetir. Gellir gweld bwnnath yn gwibio trwy'r coed. Yn y gwanwyn gellir clywed drymio dyfal cnocell y coed mawr ac mae llawr y coetir wedi'i garpedu â chlychau'r gog.

Parc Natur Penglais reserve is home to badgers, foxes, rabbits and many species of woodland birds. A buzzard may be spotted drifting through the trees. In spring great spotted woodpeckers can often be heard drumming and the woodland floor is carpeted with bluebells.



Adeiladwyd Plas Penglais gyntaf tua 1770 ar gyfer Roderick Richardes.

Penglais Mansion was first built in about 1770 for Roderick Richardes.



Cadwch lygad am y ffwng porslen sy'n tyfu ar y coed ffawydd.

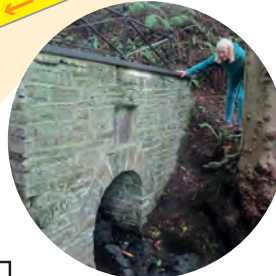
Look out for the Porcelain fungi growing on Beech trees.



Llannerch y Ffawydd
Beech glade

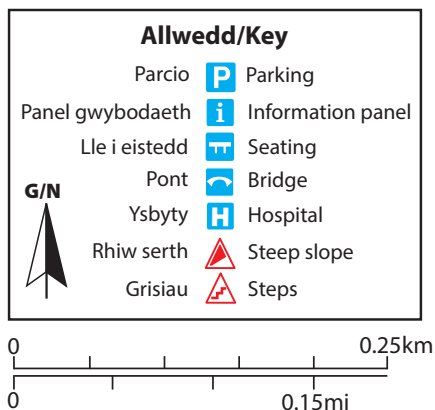
Ffrwd y Glyn: gwelwch y placiau ar y bont gerrig a ddyluniwyd gan blant y teulu Richardes.

Dingle Stream: note the stone bridges' plaques designed by the Richardes family children.



Parc Bach: arferai gael ei alw'n Llwyn Afallon (1887 - 1930) cyn i'r enw hwnnw gael ei ddefnyddio ar gyfer rhan o Cae Melyn. Roedd seddi a llwyfan pren ar gyfer cyngherddau a dawnsfeydd ar ochr bellaf y tanc a'r ffensys mwy diweddar.

Parc Bach: used to be known as Elysian Grove (1887-1930) before that name was used for part of Cae Melyn. There were seats and a wooden platform for concerts and dances on the far side of the more recent fenced-off settlement tank.



Llwybr troed y Glyn / Dingle footpath

LLWYBR 1



Pellter: Llai nag 1/2 milltir
Time: Caniatewch 10 munud
Arwyneb: Tarmac/palment/
llwybr coetir cul
Graddiant: Serth i lawr yr
allt; gogwydd cyson wrth
ddod yn ôl i fyny

WALK 1

Distance: Less than 1/2 mile
Time: Allow 10 mins
Surface: Tarmac/pavement/
narrow woodland path
Gradient: Steep downhill;
steady incline back up

LLWYBR 2



Pellter: Ychydig dros 1/2 milltir
Amser: Caniatewch 15 munud
Arwyneb: Tarmac/palment/
llwybr coetir cul a all fod yn
fwdlyd
Graddiant: Serth i lawr yr allt;
gogwydd cyson wrth ddod yn
ôl i fyny

WALK 2

Distance: Just over 1/2 mile
Time: Allow 15 mins
Surface: Tarmac/pavement/
narrow woodland path which
can be muddy
Gradient: Steep downhill;
steady incline back up

LLWYBR 3



Pellter: Tua milltir
Amser: Caniatewch tua awr
Arwyneb: Llwybr coetir yn
bennaf, gall fod yn fwdlyd
iawn
Graddiant: Dringo cyson
eithaf egniol, disgyniadau
serth, rhai grisiau

WALK 3

Distance: About a mile
Time: Allow about an hour
Surface: Mainly woodland
path, can be very muddy
Gradient: Quite strenuous,
steady climb, steep
descents, some steps