

Moel Llys-y-coed

Cefnfen o fynydd, bryngaer a golygfeydd eang

Pellter: 7.2km / 4.5 milltir

Amser: Caniatáu 2.5 - 3 awr

Parcio a chychwyn: Maes parcio Moel Arthur

Cyf. Grid: SJ147658, Map OS Explorer 265

Graddfa: Egniol (dringo serth)

Cyfleusterau: The Golden Lion, Llangynhafal; Y Ceffyl Gwyn, Hendrerwydd

Ridge walking, hillfort and panoramic views

Distance: 7.2km / 4.5 miles

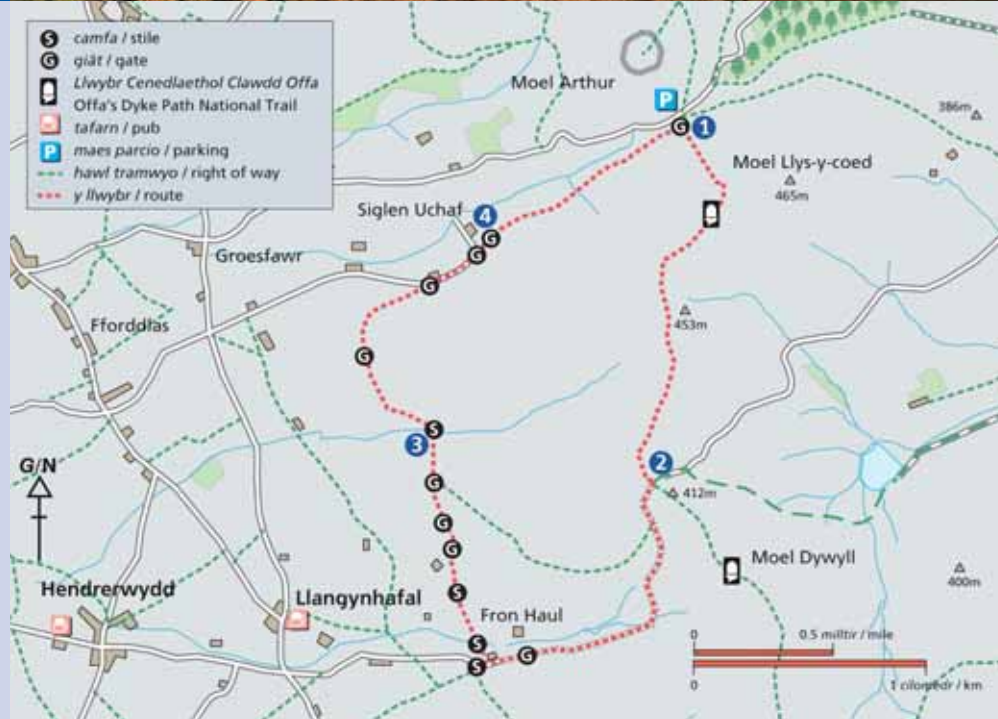
Time: 2.5 - 3 hours

Parking and start: Moel Arthur car park

Grid ref: SJ147658, Explorer map 265

Grade: Strenuous (steep ascent)

Facilities: The Golden Lion pub, Llangynhafal; The White Horse, Hendrerwydd



Y Daith Gerdded

1. O faes parcio Moel Arthur, croeswch y ffordd ac ewch drwy'r giât mochyn sy ar y dde wrth ochr y giât arwyddedig 'Moel Llys y coed'. Rydych ar Llwybr Clawdd Offa (LICO, arwydd y fesen wen). Dilynwch hwn am tua 2km. Dringwch yn serth i fyny'r bryn a pharhau ar y gefnfen gan gadw'r ffens ar eich llaw chwith a Dyffryn Clwyd ar y dde. Ar ôl tua 45 munud, ewch i lawr i groesffordd llwybrau sy mewn pant wrth arwydd Parc Gwledig Moel Famau.

2. Trowch i'r dde yma gan adael LICO, arwyddwyd 'Llangynhafal'. Parhau ar i lawr ar y llwybr caregog am tua 1.2km. Ar waelod y llwybr llydan, ewch drwy'r giât a dros y llwybr y tu hwnt i Fron Haul gan barhau i fynd i lawr y ffordd (*neu, ewch ymlaen i lawr y ffordd i ymweld â'r tafarndai, - gweler y map am y lleoliad*). Yn syth ar ôl y tŷ ar y llaw dde, Dol y Caeau, croeswch y gamfa ar y llaw dde a dilyn y llwybr ar ymyl cae bychan. Croeswch y gamfa nesaf i goedlan a cherddwch i lawr i'r nant. Croeswch y nant a dal ymlaen ar draws y cae gan ddilyn yr arwyddion. Ewch drwy'r giât ac ar draws y cae nesaf gan anelu at y giât sy yn y gornel uchaf ar y dde. Dal ar y llwybr sydd â'r arwyddion gan goesi dau gae arall a chadw'r ffens ar eich llaw chwith.

3. Ewch i lawr i'r nant a dros y gamfa sy ar y lan bellaf. Trowch i'r chwith a cherdded ar draws cae mawr iawn, gan gadw'r ffens ar y chwith a gan

ddilyn yr arwyddion. Anwybyddwch y llwybr llydan a'r giât sy ar eich llaw chwith. Parhewch ar y llwybr amlwg hwn wrth iddo fynd o gwmpas y bryn. Ewch drwy'r giât a dal i ddilyn y llwybr i lawr i'r ffordd.

4. Trowch i'r dde a dringo i fyny'r ffordd i'r giât lle mae'r tarmac yn dod i ben. Ewch drwy'r giât hon ac ymlaen ar llwybr llydan amlwg. Dilynwch hwn am tua 15 mun wrth ochr wal gerrig gyda choed ar ei phen. Ewch drwy giât/camfa arall a dringo'n raddol. Parhewch ar y llwybr llydan ar draws mwy o dir agored nes cyrraedd y giât a'r gamfa y tu hwnt, yn ymyl maes parcio Moel Arthur. Croeswch y gamfa a dychwelyd i'r man cychwyn.

The Walk

1. From Moel Arthur car park cross the road and go through kissing gate on the right beside the gate, signed Moel Llys y coed. You are now on Offa's Dyke Path (marked with white acorns) and will follow this for almost 2km. Climb steeply up the hillside and continue along the ridge, with the fence on the left and wide views across the Vale of Clwyd to the right. After walking for approximately 45 minutes descend to a path crossroads in the dip, beside a sign for Moel Famau Country Park.

2. Turn right here leaving Offa's Dyke Path, signed Llangynhafal. Continue downhill on this clear stony track for 1.2km. At the bottom of the





track go through the gate across the track beyond Fron Haul and continue downhill on the road (or to visit either pub continue down the road- see map for locations). Just beyond a house on the right, Dol y Caeau, cross a stile on the right and follow the footpath alongside a small field. Cross the next stile into woodland and walk downhill to a stream. Cross the stream and continue on the path to the left. Cross next stile and continue across the field following the waymarkers. Go through a gate and cross the next field heading for the gate in the top right corner of the field. Continue to follow the waymarked path across the next two fields keeping the fence on the left.

3. Descend to a stream and cross the stile on the opposite bank. Turn left and walk across a very large field, keeping the fence on the left and following the waymarkers and ignoring a track and gate on the left. Continue along the clear path as it contours around the hillside. Go through a gate and continue to follow the path down to the road.

4. Turn right up the road and follow it uphill to a gate where the tarmac road ends. Go through the gate and continue ahead on a clear track. Follow this track for approximately 1km alongside a tree-topped stonewall, going through another gate/stile and gradually climbing. Continue on the track across more open land until you reach the gate and stile beside Moel Arthur car park. Cross over the stile to return to your starting point.



crec yr eithin / whinchat

Mae'r mynydd grug yn gynefin sy'n prnhau'n gyflym ledled y byd. Ceir dros hanner rhostiroedd grug y byd yn Ynysoedd Prydain ac mae Bryniau Clwyd yn ardal bwysig dros ben iddynt. Ffynna bywyd gwyllt arbennig yn yr amrywiaeth o rug, llus ac eithin- yn enwedig adar sy'n nythu ar y ddaear fel clochdar y cerrig, crec yr eithin, grugiar ddu a grugiar goch. Mae'n Dir Comin sy'n golygu bod yr hawl gan nifer o ffermwyr i osod eu hanifeiliaid yma i bori- arferiad sy'n angenrheidiol o ran rheolaeth y dirwedd. Erbyn hyn, caiff y rhostiroedd eu rheoli mewn partneriaeth â ffermwyr sy'n eu cadw mewn cyflwr da drwy losgi'r grug a rheoli'r rhedyn.

Heather moorland is an increasingly rare habitat. Over half the world's remaining moorland is found in the British Isles, so the moorland of the Clwydian Range is of great importance. A distinct range of wildlife thrives in the mix of heather, bilberry and gorse particularly ground nesting birds such as stonechat, whinchat, black grouse and red grouse. It is Common Land, which means that a number of farmers share rights to graze the land, and this is essential to its management. The moorland is now managed in partnership with the farmers to keep it in good condition, through a combination of heather burning and bracken control.

Mae Ceffyl Gwyn, Henderwydd yn enwog am y fwydlen greadigol sy'n defnyddio cynnyrch lleol. Ceir pryd llawn neu fyrbryd bob dydd ar amser cinio a gyda'r hwyr. Ffôn: 01824 790218; gwefan www.white-horse-inn.co.uk



The White Horse, Henderwydd, is renowned for its imaginative menu using local Welsh produce, served in the restaurant, informal bistro or outside on the decking. Full meals or bar snacks are served every day at lunchtime and evenings. Tel: 01824 790218; www.white-horse-inn.co.uk

Mae tafarndy'r Golden Lion, adeiladwyd yn y 18fed ganrif, yn enwog am gwrw go iawn. Ceir bwyd ar y penwythnos ac o nos Fawrth i nos Wener. Mae gwely a brecwast a gwersylla ar gael hefyd. Ffôn: 01824 790451; gwefan www.thegoldenlioninn.com

The 18th century Golden Lion Inn is renowned for its real ales, awarded Vale of Clwyd CAMRA pub of the year and Regional Runner-Up. Food is served at weekends and on Tuesday - Friday evenings. Bed and breakfast and camping is also available. Tel: 01824 790451; www.thegoldenlioninn.com

