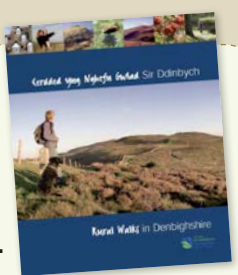


Mwy o gyfleoedd i fforio Llwybrau Milltiroedd Cymunedol

More opportunities to explore Community Miles Routes



Teithiau Cerdded Gwledig yn Sir Ddinbych – arweinlyfr cerdded ardderchog am ddim. Rural Walks in Denbighshire – a great free walking guide.



Lawrlwythwch y taflenni hyn a mwy oddi ar: Download these leaflets and more from: www.clwydianrangeanddeevalleyaonb.org.uk www.denbighshirecountryside.org.uk

Fe ddangoswyd bod mynd am dro'n rheolaidd yn gwella hunanhyder a stamina ac yn lleihau pryder a straen. Rhowch gynnig ar un o'n troeon iach rheolaidd – ewch i www.denbighshirecountryside.org.uk/dewch_i_gerdded/ i gael mwy o wybodaeth.

Regular walks have been shown to improve self confidence, stamina, weight control and to reduce anxiety and stress. Why not try one of our regular healthy walks – please visit www.denbighshirecountryside.org.uk/lets_walk/ for more information.

Llosgi calorïau wrth gerdded 30 munud y filltir neu'n gyflymach
Calorie count for the walk at a walking rate of 30 minutes a mile or faster

Pwysau Stôn Weight Stones	Pwysau kg Weight kg	Llosgi Calorïau Llwybr Coch/Glas Calories Burnt Red/Blue Route	Llosgi Calorïau Llwybr Cyfno Calories Burnt Combined Route
10	63	409	581
11	70	450	640
12	76	488	695
13	83	532	757



Mae llwybr hwn yn rhan o gyfres Milltiroedd Cymunedol a ddatblygwyd trwy Brosiect Cerdded gyda Offa. Derbyniodd y prosiect gyllid trwy'r Cynllun Datblygu Gwledig 2007-2013, a chafodd ei ariannu'n rhannol gan Lywodraeth Cymru a Chronfa Amaethyddol Ewropeaidd ar gyfer Datblygiad Gwledig.
This route is part of the Community Miles series, and was developed through the Walking with Offa Project. The project received funding through the Rural Development Plan for Wales 2007-2013, which is part-funded by Welsh Government and the European Agricultural Fund for Rural Development.

Cylichdeithiau o aneddiadau canoloesol
Circular walks of the medieval settlements
of Llangynhafal and Hendrerwydd



Llwybrau Hanes Llangynhafal a Hendrerwydd History Walks

Cysylltiadau Defnyddiol Useful Contacts

Ardal o Harddwch Naturiol Eithriadol
Bryniau Clwyd a Dyffryn Dyfrdwy
Clwydian Range and Dee Valley Area of
Outstanding Natural Beauty

01352 810614

www.clwydianrangeanddeevalleyaonb.org.uk



Mae Rhaglen Ariannu Cynllun Gwella Hawliau Tramwy'n cael ei ariannu gan Lywodraeth Cymru a'i weinyddu gan Cyfoeth Naturiol Cymru.

The Rights of Way Improvement Plan Funding Programme is funded by the Welsh Government and administered by Natural Resources Wales.

Dewis o gylchdeithiau diddorol, sydd yn cynnwys **Dyffryn Clwyd, Parc Gwledig Moel Famau a Llwybr Cenedlaethol Clawdd Offa**. Mae'r llwybrau'n mynd heibio nifer o nodweddion hanesyddol, gan gynnwys wyth ffermdy gwag, ffynnon sanctaidd hudol a'r eglwys trawiadol **Sant Cynhafal**.

A choice of interesting circular routes, which take in the **Vale of Clwyd, Moel Famau Country Park and Offa's Dyke Path National Trail**. The routes pass a number of historic features, including the sites of eight abandoned farm houses, a magical holy well and the striking **St Cynhafal's church**.

Pellter:
Llwybr Coch 7 km | 4.3 milltir
Llwybr Glas 7.7 km | 4.8 milltir
Brasamcan o amser:
Llwybr Coch 2 – 2.5 awr
Llwybr Glas 2.5 – 3 awr
OS Map: 265 Bryniau Clwyd

Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag glaw

Distance:
Red Route 7 km | 4.3 miles
Blue Route 7.7 km | 4.8 miles
Approximate duration:
Red Route 2 – 2.5 hours
Blue Route 2.5 – 3 hours
OS Map: 265 Clwydian Range

Wear stout comfortable footwear and take waterproofs

Côd Cefn Gwlad:

Parchwch – Gwarchodwch – Mwynhewch

- Byddwch yn ddiogel – cynlluniwch o flaen llaw a dilynwch unrhyw arwyddion
- Gadewch glwydi ac eiddo fel rydych chi'n eu cael nhw
- Gwarchodwch blanhigion ac anifeiliaid, ac ewch â'ch sbwriel gartref
- Cadwch eich ci dan reolaeth dynn
- Byddwch yn ystyriol o bobl eraill

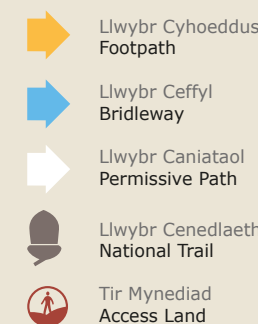


Countryside Code

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 dogs under close control
- Consider other people

Rhai o'r symbolau y gallech eu gweld yng nghefn gwlad



Some of the symbols that you may see in the countryside

Lluniaeth a mwy: Refreshments and more:

Golden Lion Inn, Llangynhafal
Tafarn, Llety a Gwersylla
Bar, Accommodation and Camping
01824 790451
www.thegoldenlioninn.com

White Horse, Hendrerwydd
Tŷ Bwyta a Thafarn
Pub and Restaurant
01824 790218
www.whitehorerestaurant.co.uk

Ewch ar y bws: Take the bus:

- Llwybr bws 76 | Bus route 76

Dinbych - Llandyrnog - Rhuthun - Pentrecelyn
Denbigh - Llandyrnog - Ruthin - Pentrecelyn

I gael amserlen ddiweddar, gwiriwch
To get an up to date timetable visit
www.traveline-cymru.info | **0871 200 22 33**

Er y gwnaethpwyd pob ymdrech i wneud y llyfr hwn mor fanwl gywir ag sydd bosib, nid yw'r awduron na'r cyhoeddwr yn derbyn unrhyw gyfrifoldeb am ganlyniadau gwallau.
Printwyd y daflen ar bapur wedi ei ailgylchu.

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● **Hendre'r-Ywydd Uchaf**

Wedi'i adeiladu ym 1508, mae Hendre'r-Ywydd Uchaf yn enghraifft o ffermdy Cymreig cyfoethocach o'r cyfnod - tŷ ffrâm nenfforch hwyr y canol oesoedd. Cafodd y tŷ ei symud i Sant Ffagan ym 1956 a nid oes hoel ohonno bellach ar y safle. Mae tŷ ffrâm nenfforch yn cynnwys pump bae. Roedd y ddau isaf ar gyfer gwartheg a cheffylau, yn yr un canol oedd ystafell weithio ac yn y dau uchaf roedd neuadd agored gydag aelwyd agored yn y canol ac ystafell wely.

Built in 1508, Hendre'r-Ywydd Uchaf is an example of the wealthier Welsh farmhouse of its time - a late-medieval cruck-framed hall-house. The house was moved to St Fagans in 1956 and nothing remains at the site. Cruck-framed hall houses comprise five bays. The lower two housed cattle and horses, the middle bay a work room, and the upper two an open hall with open hearth in the centre and a bedroom.

(h) Sain Ffagan: Amgueddfa Werin Cymru
(c) St Fagans: National History Museum



● **Y tai gwag Llangynhafal a Hendererwydd**

Mae rhannau'r llwybr yn mynd heibio safle 9 tŷ gwahanol, a gafodd eu gadael rhwng ddiwedd y bedwaredd ganrif ar bymtheg a dechrau'r ugeinfed ganrif. Mae rhesymau am eu gadawiad dal yn aneglur. Mae rhan fwyaf o'r fframweithiau wedi diflannu.

Enghraifft arall o dŷ ffrâm nenfforch yw Plas Iago, sy'n dal i sefyll yn y pentref; ond ar ôl sawl newidiad, nid yw'n edrych fel tŷ ffrâm nenfforch bellach.

● **Y tai gwag Llangynhafal a Hendererwydd**

Sections of the route pass the sites of 9 houses, which were abandoned between the late 19th and early 20th Centuries. The reasons for their abandonment are still only speculative. Most of the structures have largely disappeared.

Plas Iago is another example of a cruck-framed hall house, which still stands in the village; however numerous alterations have left it almost unrecognisable as a cruck-framed hall-house.

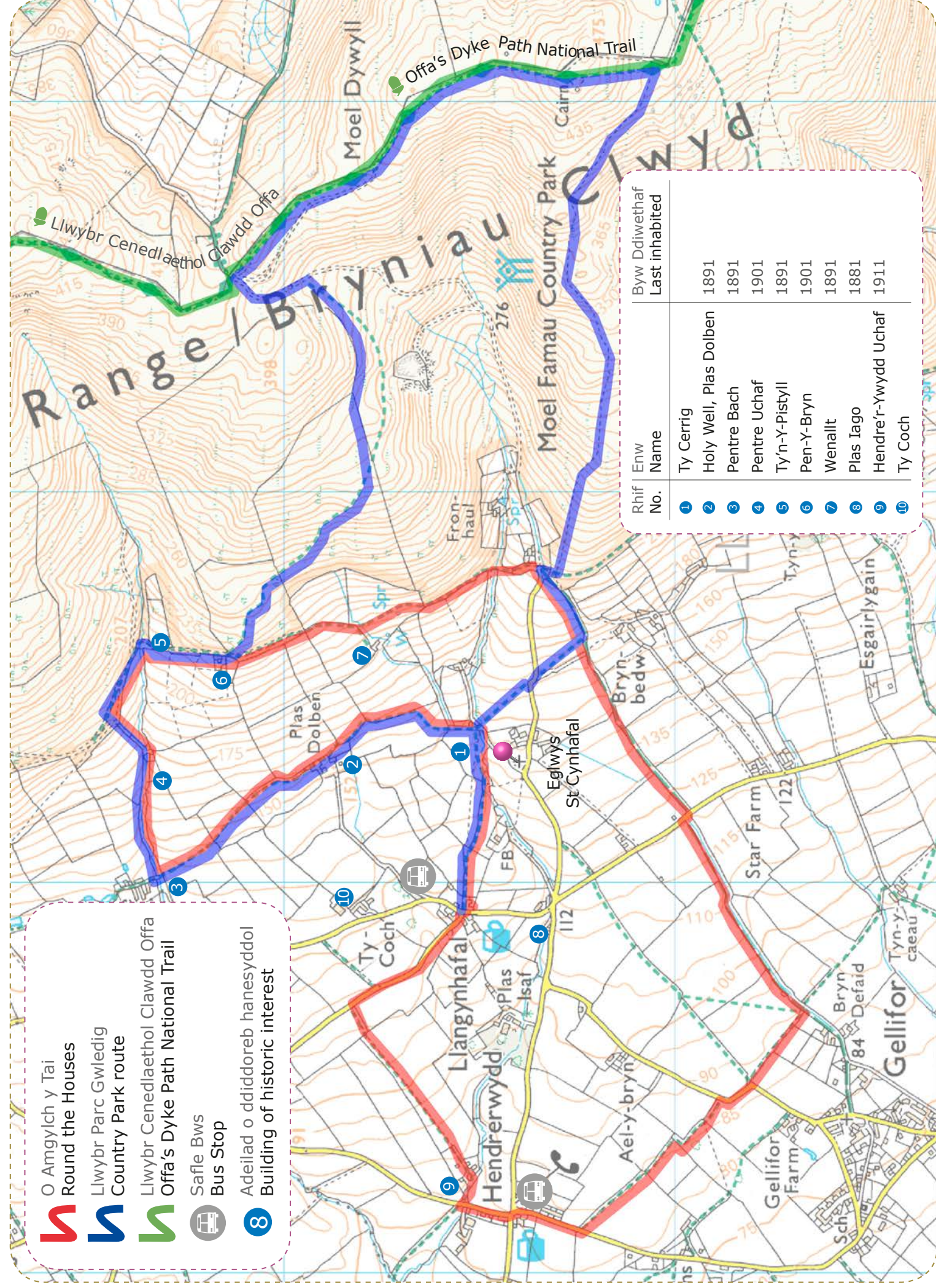
M O Amgylch y Tai Round the Houses

L Llwybr Parc Gwledig Country Park route

L Llwybr Cenedlaethol Clawdd Offa Offa's Dyke Path National Trail

B Safe Bws Bus Stop

8 Adeilad o ddiddoreb hanesyddol Building of historic interest



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● **Llwybr Cenedlaethol Clawdd Offa**

Mae llwybr Clawdd Offa yn rhedeg ar hyd Cymru, o Gas-gwent i Brestatyn trwy dirweddau godidog ac amrywiol. Y llwybr 177 milltir, a agorwyd ym 1971, yw un o Lwybrau Cenedlaethol mwyaf poblogaidd ac adnabyddus Prydain.

● **Offa's Dyke Path National Trail**

Offa's Dyke Path runs the length of Wales, from Chepstow to Prestatyn through magnificent and varied landscapes. The 177 mile long path, which opened in 1971, is one of Britain's most popular and well known National Trails.

www.nationaltrail.co.uk/offasdyke/

● **Eglwys Sant Cynhafal**

Eglwys Sant Cynhafal yw'r unig un oedd wedi cael ei chysegru i'r mynach o'r 7fed ganrif. Mae plwyf Llangynhafal dal i ddathlu'i nawddsant ar Hydref 5ed.

Mae gan yr eglwys corff dwbl, sydd yn unigryw i Ddyffryn Clwyd a Sir Gaernarfon, gydag un ochr yn cael ei defnyddio fel hostel i bererinion a'r llall am addoliad. Mae'r lliw trawiadol a chorff dwbl anarferol yn gwneud iddi sefyll allan o lawer o man yn yr ardal.

● **St Cynhafal's Church**

St Cynhafal's church is the only one dedicated to the 7th Century missionary monk who was even granted his own Saints Day (October 5th), which the Parish of Llangynhafal still celebrates.

The church has a double nave, which is unique to the Vale of Clwyd and Caernarvonshire, with one side being used as a hostel for pilgrims and the other for worship. The striking colour and unusual double nave makes it stand out from many elevated points in the area.



Llun / Picture: Ray Davies