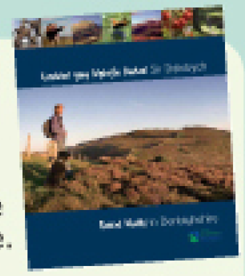
Mwy o gyfleoedd i fforio llwybrau Milltiroedd Cymunedol

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

Pwysau/Weight Stôn/Stones	Pwysau/Weight kg	Llosgi Caloriau Calories Burnt
10	63	273
11	70	300
12	76	326
13	83	355

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 Agriculture Fund for Rural Development.

Troedio CLWYD Walks

Taith gylchol 3 milltir yn Ardal o Harddwch Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy
A 3 mile circular walk in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty

Llwybr Tremeirchion Walk

4

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

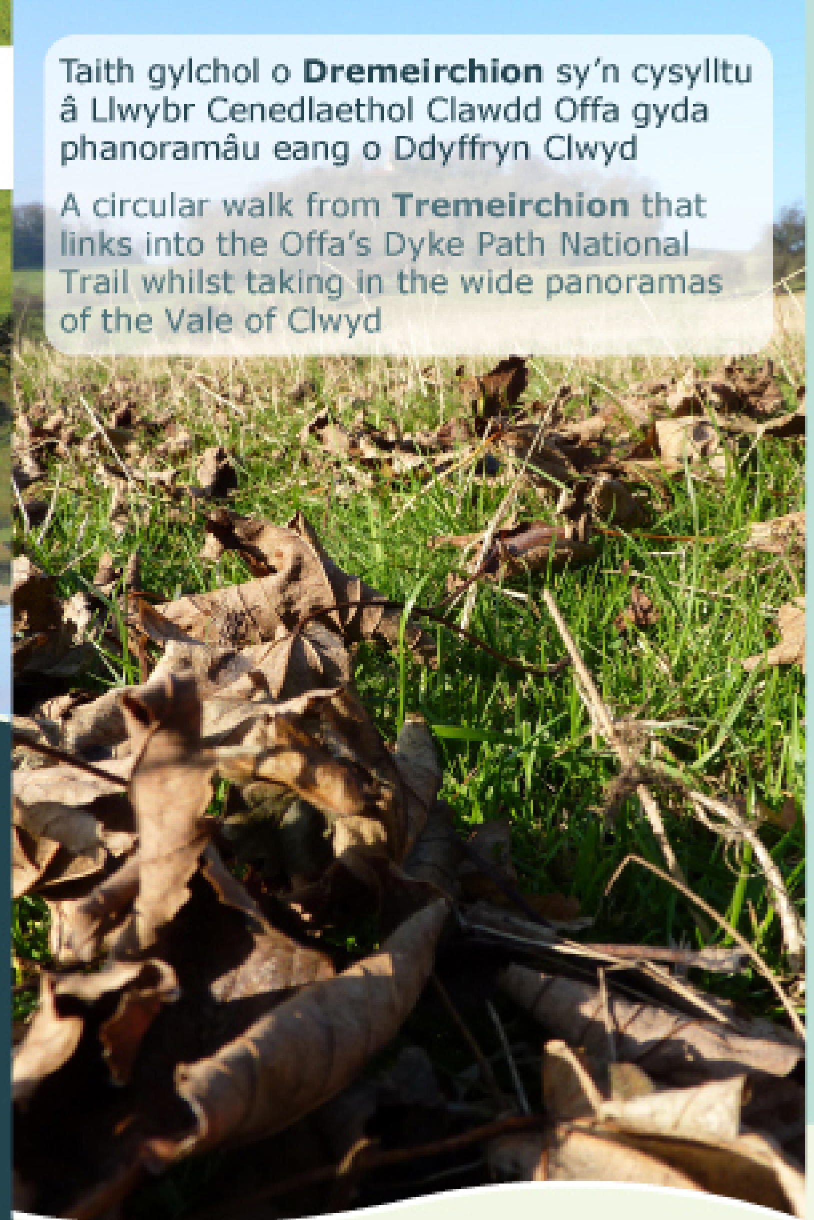
Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas

Mae rhaglen ariannu Cynllun Gwella Hawliau Tramwy'n cael ei ariannu gan Lywodraeth Cymru a'i weinyddu gan Gyfoeth Naturiol Cymru.

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

Taith gylchol o **Dremeirchion** sy'n cysylltu â Llwybr Cenedlaethol Clawdd Offa gyda phanoramâu eang o Ddyffryn Clwyd

A circular walk from **Tremeirchion** that links into the Offa's Dyke Path National Trail whilst taking in the wide panoramas of the Vale of Clwyd



Pellter: 4.8km | 3 milltiroedd
Brasamcan o amser: 1.5–2awr
Map OS: 265 Bryniau Clwyd

Gwisgwch esgidiau cryfion cyfforddus ac ewch â dillad rhag glaw

Distance: 4.8km | 3 miles
Approximate Duration: 1.5–2 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 you may see in the countryside

- Llwybr cyhoeddus / Public footpath
- Llwybr ceffyl / Bridleway
- Llwybr caniataol / Permissive path
- Llwybr cenedlaethol / National trail
- Mynediad agored / Open access

Lluniaeth a mwy: Refreshments and more:

Salusbury Arms
01745 710262

Bach y Graig
Gwely a brecwast a llety hunan gynhaliol
Bed and breakfast and self-catering accommodation
01745 730627 http://www.bachygraig.co.uk/

Marchnad Bentref Tremeirchion
Tremeirchion Village Market
Dydd Sadwrn Cyntaf bob mis o 10:30 – 12:30
1st Saturday of the month from 10:30 – 12:30

Ewch ar y bws | Take the bus:
Llwybr bws 10 | Bus route 10
(Bodfari–Gorsaf Fysiau'r Rhyl)
(Bodfari–Rhyl Bus Station)

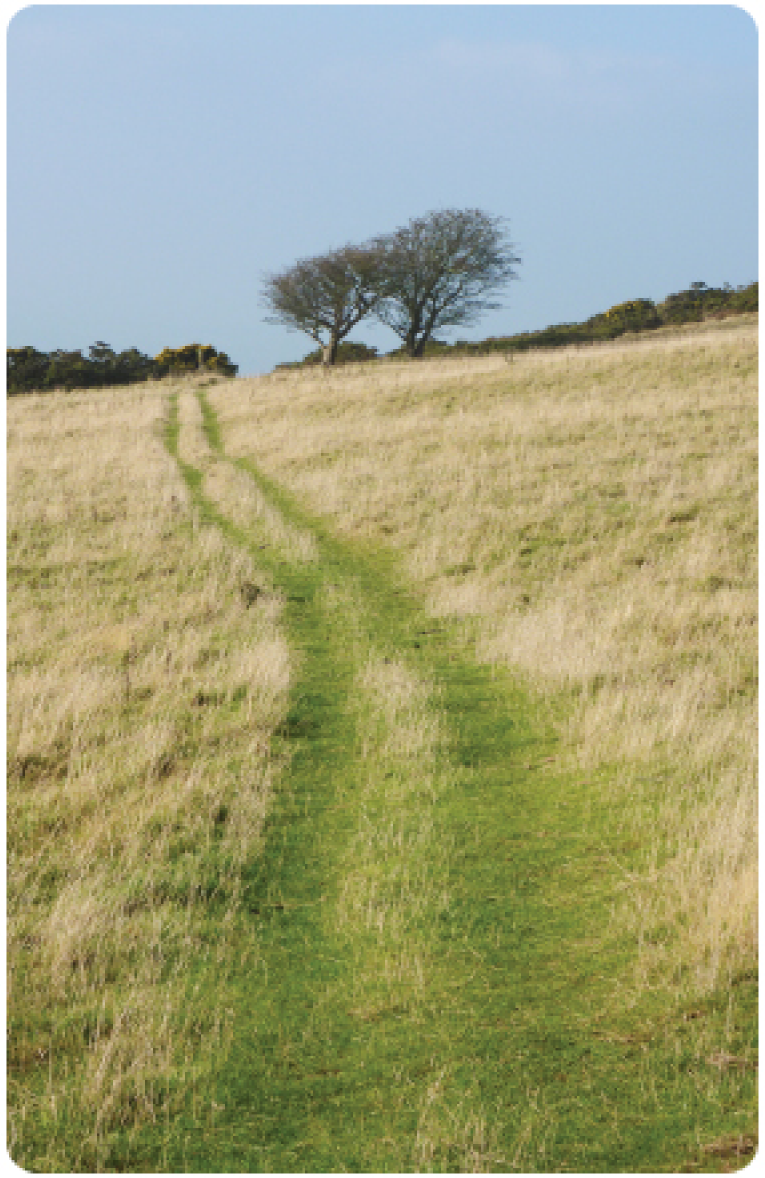
I gael amserlen ddiweddar, gwiriwch
To get an up to date timetable visit
Traveline Cymru
08712002233
www.traveline-cymru.info

Er y gwnaethpwyd pob ymdrech i wneud y daflen hwn mor fanwl gywir ag sydd bosib, nid yw'r awduron na'r cyhoeddwyr yn derbyn unrhyw gyfrifoldeb am ganlyniadau gwallau.

Whilst every effort has been made to make this leaflet as accu rate as possible, neither authors nor publishers accept any responsibility for the consequence of errors.

Mae pentref **Tremeirchion**, a enwyd yn wreiddiol yn Dinmeirchion-sef caer y Pennaeth Meirchion-yn bentref deniadol a hynafol. Y mai hi bron yn sicr i Ffynnon Beuno yn y Graig gael ei enwi ar ôl i Sant Beuno deithio drwy y pentref yn y chweched ganrif.

Tremeirchion, originally named Dinmeirchion-fortress of Meirchion the Chieftain-is an attractive village ancient in origin. Ffynon Bueno at Graig is almost certainly named after Saint Bueno who is said to have passed through the village in the sixth Century.



Marchnad Bentref Tremeirchion

Ar ddydd Sadwrn cyntaf pob mis, cynhelir marchnad bentref yn yr Hen Ysgol, Tremeirchion.
O 10:30yb – 12:30yp bydd stondinau'n gwerthu amrywiaeth o gynnyrch cartref fel cacennau, bara, crwst a chrefftau, yn ogystal ag wyau a ffrwythau a llysiau tymhorol. Mae lluniaeth ysgafn ar gael hefyd.

Tremeirchion Village Market

On the 1st Saturday of every month a village market is held in the Old School, Tremeirchion.
Running from 10:30am – 12:30pm, stalls sell a variety of homemade produce such as cakes, bread, pastries and crafts, as well as eggs and seasonal fruit and vegetables. Refreshments are also available.

Rock Chapel

Wrth edrych i fyny tuag at y Garreg Fawr, gwelir tŵr Rock Chapel yn torri drwy linell y coed. Mae'r capel bychan hwn a adeiladwyd ar lechwedd coediog yn 1866, wedi ei leoli ar ffin ddeheuol tir Coleg Jeswit Sant Beuno. Fe ddyluniwyd y capel gan fyfyriwr yn y coleg fel lle i offeiriaid Jeswit astudio ac addoli

Looking up towards Garreg Fawr, the pale spire of Rock Chapel can be seen breaking through the tree line. Built on the wooded hillside in 1866, this small chapel is situated on the southern boundary of Saint Bueno's Jesuit College grounds. The chapel was designed by a college student as a place for Jesuit priests to study and worship.

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Moel Maenefa

Bryn yng ngogledd Ardal o Harddwch Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy ydi Moel Maenefa. Fe ystyrir Ardaloedd o Harddwch Naturiol Eithriadol (AHNE) yn rhai o'r tirweddau a drysorir fwyaf ym Mhrydain ac ynghyd â Pharciau Cenedlaethol, mae eu cymeriad arbennig yn cynrychioli ein darnau cefn gwlad gwychaf a mwyaf gwerthfawr. Ucheldir, fel Moel Maenefa ydi un o nodweddion arbennig AHNE Bryniau Clwyd a Dyffryn Dyfrdwy.

Moel Maenefa is a hill situated in the north of the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty (AONB). Areas of Outstanding Natural Beauty are regarded as some of Britain's most treasured landscapes and along with National Parks, their special character represent our finest and most precious tracts of countryside. Uplands, such as Moel Maenefa are one of the special features of the Clwydian Range and Dee Valley AONB.

Llwybr Clawdd Offa

Mae Llwybr Cenedlaethol 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.
Yn Nhremeirchion mae y Llwybr Cenedlaethol yn mynd dros lethrau isaf Moel Maenefa, ac ar ddiwrnod clir gelli'r gweld tŵr Blackpool o'r brig.

Offa's Dyke Path National Trail

Offa's Dyke Path National Trail 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.
In Tremeirchion , the National Trail passes over the lower slopes of Moel Maenefa, and on a clear day, Blackpool Tower can be seen from the top.

www.nationaltrail.co.uk/offasdyke/