Canolfannau Croeso:

- Aberystwyth (01970) 612125
- Aberaeron (01545) 570602
- Y Borth (01970) 871174
- Aberteifi (01239) 613230
- Cei Newydd (01545) 560865

Safwe Ceredigion: www.ceredigion.gov.uk

Cludiant Cyhoeddus:
Cysylltwch â Chanolfan Croeso neu ymwelwch â gwefan Cyngor Sir Ceredigion.

Mae'r daflen yma yn un o gyfres o daflenni ar arfordir a chefn gwlad Ceredigion.

Am ragor o wybodaeth cysylltwch â Chanolfan Groeso neu ysgrifennwch i'r cyfeiriad canlynol:
Adain yr Arfordir a'r Cefn Gwlad,
Adran y Gwasanaethau Amgylcheddol a Thai, Cyngor Sir Ceredigion, Penmorfa, Aberaeron, SA46 0PA.

Gwnaed y gwelliannau i'r llwybrau sydd yn y daflen yma gan Adran y Gwasanaethau Amgylcheddol a Thai.

Dyluniwyd a chynhyrchwyd gan Gyngor Sir Ceredigion, 2001©

Cefnogwyd gan:
Cyngor Cefn Gwlad Cymru

Ariennir y cynllun yn rhannol gan Gronfa Ddatblygu Rhanbarthau Ewrop

Darperir data map 1:10,000 yr Arolwg Ordnans sydd yn y daflen hon gan Gyngor Sir Ceredigion fel y trwyddedwyd gan yr Arolwg Ordnans er mwyn dangos trywydd y daith gerdded a nodir. Ni ellir copïo'r data sydd ar y map na'i ddefnyddio mewn unrhyw gyhoeddiad arall heb ganiatâd yr Arolwg Ordnans.

Tourist Information Centres

- Aberystwyth 01970 612125
- Aberaeron 01545 570602
- Borth (Seasonal) 01970 871174
- Cardigan 01239 613230
- New Quay(Seasonal) 01545 560865

Ceredigion website: www.ceredigion.gov.uk

Public Transport:
Consult a Tourist Information Centre or visit the Ceredigion County Council website.

This is one of a series of leaflets featuring the coast and countryside of Ceredigion.

For further information contact a Tourist Information Centre or write to:
Coast and Countryside Section,
Department of Environmental Services and Housing,
Ceredigion County Council, Penmorfa, Aberaeron, SA46 0PA.

Improvements to paths included in this leaflet have been carried out by the Department of Environmental Services and Housing.

Designed and produced by Ceredigion County Council, 2001©

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Countryside Council for Wales

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CEREDIGION

ABERYSTWYTH (Constitution Hill)

Coast and woodland walk

ABERYSTWYTH (Craig Glais)

Taith gerdded ar hyd yr arfordir a thrwy'r coed

YR ARFORDIR A'R CEFN GWLAD
COAST AND COUNTRYSIDE

Y Clogwyni a'r Arfordir

Mae'r creigiau ar yr arfordir rhwng Aberystwyth a Chlarach yn dyddio o'r cyfnod Silwraidd – mwy na 400 miliwn o flynyddoedd yn ôl. Mae'r clogwyni ar y rhan hon o'r arfordir yn Safle o Ddiddordeb Gwyddonol Neilltuol (SSSI). Mae bilidowcars, gwylanod y graig, a chudyllod coch yn hedfan uwchben, ac mae'r llethrau gwelltog uwchben y clogwyni'n gartref i'r hedydd, y tinwyn a gwas y gog.

I'r gogledd mae'r Bae'n rhan o Ardal Warchod Arbennig (SAC) Pen Llŷn a'r Sarnau. Ffurfiwyd y Sarnau – pump o sarnau cerrig sy'n ymestyn allan i Fae Ceredigion - gan rewlif yn yr Oes Iâ ddiwethaf. Mae Sarn Cynfelin ychydig o filltiroedd i'r gogledd (yn y Wallog) ac mae'n werth ei gweld pan fydd y llanw'n isel.

Mae'r nodweddion hyn wedi esgor ar chwedl Cantre'r Gwaelod, tir coll ym Mae Ceredigion a warchodid gan waliau a llifddorau. Dywedir bod ceidwad y llifddorau, Seithennin, wedi meddwi ar ôl gwledd un tro ac fe adawodd y llifddorau ar agor gan foddi pawb heblaw am ddyrnaid o'r trigolion.

Coetir

I mewn ychydig o'r arfordir, â'r llwybr heibio i Goedwig Penglais a Choed Cwmcynfelyn. Mae'r ddau safle yn cael eu rheoli er mwyn sicrhau mynediad i'r cyhoedd a'u gwarchod.

Cafodd Coedwig Penglais (Parc Natur Penglais) ei dynodi'n Warchodfa Natur Leol ym 1995. Caiff y warchodfa ei rheoli gan y Cyngor Sir a'r gymuned leol. Mae'r hafan hon i fyd natur yn cynnwys coetiroedd deilgwymp a llethrau creigiog sy'n safle hen chwarel. Os ydych am fynd am dro drwy'r Warchodfa Natur chewch chi ddim eich siomi!

Mae Coedwig Cwmcynfelin, ger Clarach, yn hen goedwig lled-naturiol a fu gynt yn rhan o stad Plas Cynfelin.

Cliffs and Coast

The rocks along the coast between Aberystwyth and Clarach date back to the Silurian period – over 400 million years ago. The cliffs along this stretch of coastline are a Site of Special Scientific Interest (SSSI). Comorant, fulmar and kestrel can be seen along the cliff tops, whilst the grassy slopes above the cliffs provide a home for skylark, wheatear and meadow pipit.

Melvin Grey

Melvin Grey

To the north, the Bay forms part of the Penllyn & Sarnau Special Area of Conservation (SAC). The Sarnau – five stone causeways which extend out into Cardigan Bay - were formed by glaciers during the last Ice Age. Sarn Cynfelin is a few miles to the north (at Wallog) and can be seen at low tide.

These features have given rise to the legend of Cantre'r Gwaelod, a lost land of Cardigan Bay defended by embankments and sluices. The keeper of the embankement, Seithennin, is said to have drunk too much after a banquet and left open the sluices. The sea broke through and only a few inhabitants escaped from drowning.

Woodland

Inland, the route passes through Penglais Woods and Cwm Woods. Both sites are managed for public access and conservation.

Penglais Woods (Parc Natur Penglais) was designated as a Local Nature Reserve in 1995. The reserve is managed by the County Council and the local community. This wildlife haven includes mature deciduous woodland and rocky slopes which mark the site of an old quarry. Those wishing to take a detour through the Nature Reserve will be well rewarded!

Cwm Woods, near Clarach, is an ancient semi-natural woodland that once formed part of the Plas Cynfelin estate.

Allwedd ar Gyfer y Map

Map Key

- Trywydd wedi'i ddynodi ar gyfer cerddwyr / Promoted route for walkers
- Ffyrdd / Roads
- Maes Parcio / Car Park
- Toiled / Toilet
- Canolfan Croeso / Tourist Information Centre

Yn seiliedig a'r Fapiau 1:10,000 yr Arolwg Ordnans gyda chaniatâd Rheolwr Llyfrfa Ei Mawrhydi. ©Hawlfraint y Goron. Y mae atgynhyrchu heb awdurdod yn torri Hawlfraint y Goron a gall arwain at erlyniad neu achosion sifil. Cyngor Sir Ceredigion . Rhif Trwydded LA09006L, 2001

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Aberystwyth – Craig Glais

Cewch flas ar dref prifysgol Aberystwyth yn ogystal â chyfle i fwynhau'r golygfeydd trawiadol a'r goedwig gerllaw ar drywydd y llwybrau hyn. Hyd y daith fwyaf yw 3½ milltir / 6 km ond gallwch gwtogi ar hynny os mynnwch

Aberystwyth

Saif tref brifysgol Aberystwyth ar lannau Bae Ceredigion. Mae'r trên bach, y traeth hyfryd sydd wedi ennill gwobr arbennig, y castell sy'n dyddio o'r drydedd ganrif ar ddeg a'r harbwr wedi denu ymwelwyr yno ers tro byd. Mae'r llwybr serth i fyny Craig Glais yn dilyn rheilffordd y graig sy'n dyddio o Oes

Arolwg Ordnans Map Landranger – 135
Arolwg Ordnans Map Explorer – 213

Cofiwch ddilyn y Cod Cefn Gwlad.
Cymerwch ofal ar hyd y llwybrau ar ben y clogwyni.

Ordnance Survey Landranger Map 135
Ordnance Survey Explorer Map 213

Please remember to follow the Country Code.
Take care on cliff-top paths.

Aberystwyth - Constitution Hill

These walks offer a flavour of the university town of Aberystwyth as well as an opportunity to enjoy spectacular coastal scenery and nearby woodlands. The longest circuit is 3½ miles / 6 km although shorter routes may be taken.

Aberystwyth

Aberystwyth nestles along the shores of Cardigan Bay. Its narrow-gauge railway, award-winning beach, 13th century castle and harbour have long attracted visitors to the town. The brisk climb up Constitution Hill follows the Victorian cliff railway to the Camera Obscura. The coastal section of the route between Constitutional Hill and Clarach provides exceptional views over Cardigan Bay, whose waters provide a home for Bottlenose Dolphins and Harbour Porpoise.

Mike Bains

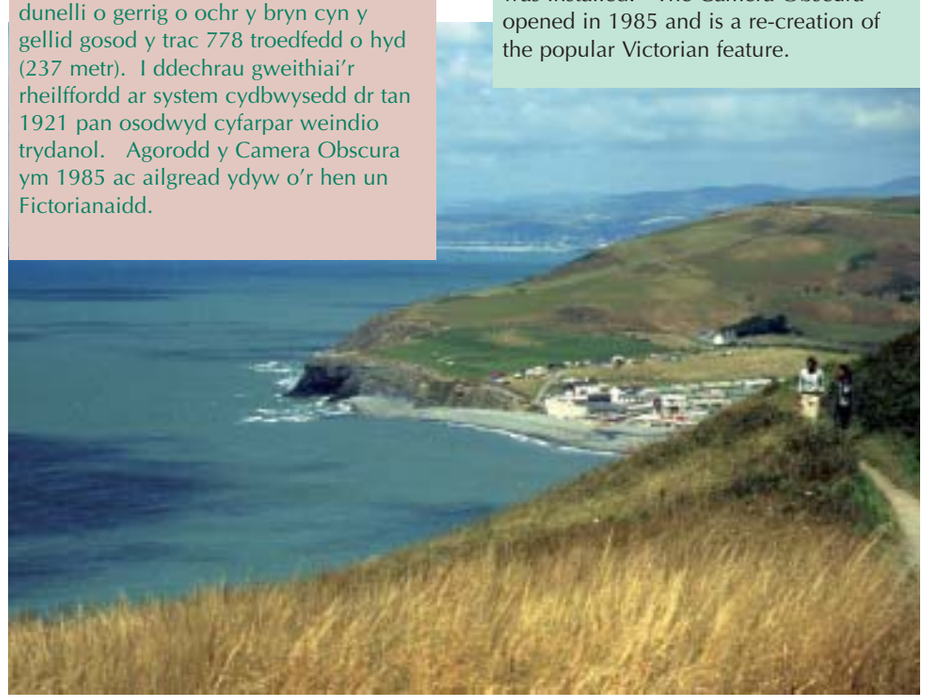
Fictoria at y Camera Obscura. Mae'r rhan o'r llwybr sy'n dilyn yr arfordir rhwng Craig Glais a Chlarach yn cynnig golygfeydd rhagorol o Fae Ceredigion sy'n gynefin i'r Dolffin Trwynbwl a Llamhidydd yr Harbwr.

Craig Glais a Rheilffordd y Graig

Lle poblogaidd ers Oes Fictoria. Mae'r copa'n 430 o droedfeddi (131 metr) o uchder gyda golygfeydd helaeth o Fae Ceredigion, yr Wyddfa a Phenrhyn Llyn.

Codwyd Rheilffordd y Graig ym 1896. Yn ystod yr adeiladu cloddiwyd 12,000 o dunelli o gerrig o ochr y bryn cyn y gellid gosod y trac 778 troedfedd o hyd (237 metr). I ddechrau gweithiai'r rheilffordd ar system cydbwysedd dr tan 1921 pan osodwyd cyfarpar weindio trydanol. Agorodd y Camera Obscura ym 1985 ac ailgread ydyw o'r hen un Fictorianaidd.

Constitution Hill and Cliff Railway

A popular haunt since Victorian times. The summit is 430 foot (131 metres) high with extensive views over Cardigan Bay, Snowdon and the Llyn Peninsula.

The cliff railway was built in 1896. During construction 12,000 tons of rock were cut from the hillside before the 778 foot-long track (237 metres) could be laid. Originally, the railway operated through a water balance system until 1921 when electric winding equipment was installed. The Camera Obscura opened in 1985 and is a re-creation of the popular Victorian feature.