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Designed and produced by ARK Creative Design (www.arkcreativedesign.com).

Front page image: Matt Tebbutt foraging wild food for his restaurant, The Foshunter, Nantyderry (www.thefoshunter.com).

Llunmynd ac ysgrifennwyd gan Iwer Coleman (www.ivi-clarity.co.uk).

Cynllunwyd a dhyborthwyd gan ARK Creative Design (www.arkcreativedesign.com).

Llun tudalen ffan: Matt Tebbutt yn chwilio am fwyd gwylt ar gyfer ei fywy, The Foshunter, Nantyderry (www.thefoshunter.com).

Ciogsg gwybodaeth 24 awr 24 hour information kiosk

Ffôn Tel 01291 623772

Canolfan Croeso Cas-gwent Chepstow Tourist Information Centre

Sir Fynwy/Dyffryn Gwy Monmouthshire/Wye Valley

www.visitmonmouthshire.com Ffôn Tel 01633 644842

Visitor information

Gwybodaeth i ymwelwyr

Cynllunwch eich taith yn Traveline Cymru

Plan your journey at Traveline Cymru

www.travelinecymru.info Ffôn Tel 0871 200 2233

Parcio: Castell Cas-gwent (talu-ac-arddangos arhosiad hir)
Castell a Pharc Gwledig Cil-y-coed (rhad ac am ddim)
Safle Picnic Craig Ddu (rhad ac am ddim)

Parking: Gwarchodfa Cors Magwyr (rhad ac am ddim)
Chepstow Castle (long stay pay-and-display)
Caldicot Castle and Country Park (free)
Black Rock Picnic Site (free)
Magor Marsh Reserve (free)

Car: M48 J2 ar gyfer Cas-gwent, M4 J23a ar gyfer Magwyr
Car: M48 J2 for Chepstow, M4 J23a for Magor.

Bus: National Express to Chepstow, including direct links with London and airports. Local services at Chepstow, Caldicot, Magor and elsewhere.

Bws: National Express i Gas-gwent, yn cynnwys cysylltiadau uniongyrchol gyda Llundain a meysydd awyr Gwasanaethau lleol yng Nghas-gwent, Cil-y-coed, Magwyr a mannau eraill

Trân: Gorsafoddd prif linell yng Nghas-gwent, Cil-y-coed a Chyffordd Twmml Hafren.

Train: Main line stations at Chepstow, Caldicot and Severn Tunnel Junction.

Cyrraedd yma Getting here

Llwybr Arfordir Cymru

Mae Llwybr Arfordir Cymru wedi'i gwneud yn haws nag erioed i ymchwilio arfordir gwych y genedl.

Yn Sir Fynwy, gallwch fwyhau'r llwybr mewn adannau byr neu gerdded ar hyd y 14 milltir (22km) cyfan. Mae'n bennaf ar dir gwastad heblaw am ychydig o rannau mwy serth yng Nghas-gwent. Cyngorir gwisgo esgidiau cryfon a dillad cymnes, sy'n dal dŵr.

Yn unmwech â'r llwybr yng Nghas-gwent, Craig Ddu, Sudbrook neu Gil-y-coed am lwybrau gyda chysylltiadau da i ddriniaethaeth gyhoeddus. Yn Matharn, man goftfws Brenin Gwent, mae Llwybr Arfordir Cymru yn cwrdd â Llwybr Tewdrig.

Hygyrchedd

Mae'r Llwybr yn hygyrch ar gyfer byrgs syrnudedd o fewn treth Cas-gwent ac ar adannau rhwng Craig Ddu a Sudbrook. Sudbrook ar M4 ac ar draws Rhosydd Rogiet. Gosodir clwydi syrnudedd llawn ar hyd y llwybr yn Sir Fynwy, gyda'r unig eithriad yn un ganfa yn Fferm Innage, Matharn.

Marchogaeth a beicio

Mae adan fer o lwybr cefylari'n cysylltu pentref Sudbrook gyda safle picnic Craig Ddu. Caniatfir marchogaeth a beicio hefyd ar Gillyrdd Cyfngriedig Rhosir Rogiet



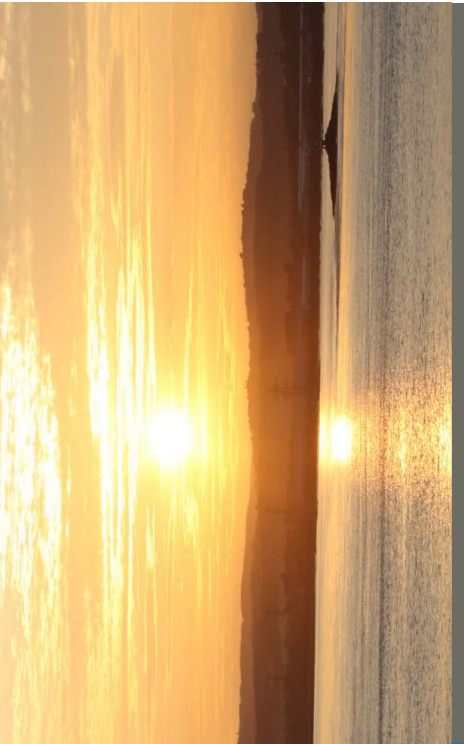
There's a strong sense of history here. Look out for Caldicot's Medieval castle and country park, the sea defences of the Gwent Levels, Chepstow heritage trail and castle, Black Rock's lave net fishing and Victorian engineering at Sudbrook.

You'll find a variety of shops and services in Magor, Caldicot and Chepstow. The Tourist Information Centre by Chepstow castle is a good starting point for your visit, providing plenty of advice on coastal places to visit, eat, drink and stay.

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With the second highest tidal range in the world, this coast is both natural wonder and special habitat. Every year thousands of migrating birds are attracted to the abundant feeding grounds of the mudflats.

This threshold of Wales has been a strategic place to cross the Severn Estuary since Roman times. Today's magnificent bridges are part of a breathtaking seascape, easily enjoyed at Black Rock viewpoint and picnic site.

Along Monmouthshire's coastline, fascinating traditional views of natural splendour, fascinating traditional views of natural splendour, fascinating traditional views of natural splendour.

Through and tide

Wales Coast Path

The Wales Coast Path has made it easier than ever to explore the nation's wonderful coastline.

In Monmouthshire you can enjoy the trail in short sections or walk the whole 14 mile (22km) length. It's mostly level going other than a few steeper parts in Chepstow. Boots and warm, waterproof clothing are advised.

Join the route at Chepstow, Black Rock, Sudbrook or Caldicot for walks with good links to public transport. At Mathern, resting place of the King of Gwent, Wales Coast Path meets the Tewdrig Trail.

Accessibility

The Path is accessible for mobility buggies within Chepstow town and on sections between Black Rock and Sudbrook. Sudbrook and the M4 and across the Rogiet Moors. Full mobility gates are installed throughout the Monmouthshire stretch, the only exception being one stile at Image Farm, Mathern.

Horse riding and cycling

There is a short section of bridleway linking Sudbrook village with Black Rock picnic site. Horse riding and cycling are also permitted on the Restricted Byways of the Rogiet Moors.

Discover Monmouthshire Coast Gateway to Wales Coast Path



Drws a llan a reserve natur

Ar hyd yr arfordir Sir Fynwy, traddodiadol, i'w gweld yn naturiol, i'w gweld yn naturiol, i'w gweld yn naturiol. Mae'r arfordir yn cynnwys nwydau naturiol, i'w gweld yn naturiol, i'w gweld yn naturiol.



Mae ymdeimlad cryf o hanes yma. Cadwch olwg am gastell canoloesol a pharc gwledig Cil-y-coed, amddiffynfeydd môr Gwastatir Gwent, llwybr trefadaeth a chastell Cas-gwent, pysgota rhyw gaff Craig Ddu a pheirianteg Fictoraidd yn Sudbrook.

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Natur yng Ngwastatir Gwent

Wedi'i ddiogelu gan waliau môr Sir Fynwy am ganrifoedd, mae'r gwastatir yn hafan ar gyfer planhigion a bywyd gwylt. Yng Ngwarchodfa Cors Magwyr mae mursen y gors, hesgen a gwelyau cors. Mae dyfrgwn, pili pala a gleisiaid y dorlan yn ffynnu yma.

Nature in the Gwent Levels

Protected by Monmouthshire's sea walls for centuries, the levels are a haven for plants and wildlife. At Magor Marsh Reserve you'll find marsh marigolds, sedges and reed beds. Otters, butterflies and kingfishers thrive here.

www.gwentwildlife.com/reserves/magormarsh.htm



GWLYPDIROEDD CASNEWYDD
NEWPORT WETLANDS



Cartref bywyd cestyll Cymru

Ymchwiliwch dyrrau o'r canol oesoedd a thir parc agored yng nghastell Cil-y-coed. Mae'r gaer, a adeiladwyd ar ôl Concwest y Rhufeiniaid ac a adferwyd fel cartref Fictoriaidd, yn dweud hanes ddiddorol tu hwnt bywyd drwy'r oesoedd. Mae rhaglen lawn o ddigwyddiadau ar gael ar wefan y castell.

Home of Welsh castle life

Explore Medieval towers and open parkland at Caldicot castle. Built after the Norman Conquest and restored as a Victorian home, the stronghold tells a fascinating story of life through the ages. A full events programme is available on the castle's website.

www.caldicotcastle.co.uk



Dilyn y llwybrau

Mwynhewch olygfeydd amrywiol a threftadaeth ddiddorol iawn yr ardal drwy ddilyn llwybrau a ddiffiniwyd yn glir. Mae mwy o wybodaeth yn: www.visitmonmouthshire.com

Take to the trails

Enjoy this area's diverse scenery and fascinating heritage by following well defined trails. Further information at: www.visitmonmouthshire.com

 LLWYBR ARFORDIR CYMRU
WALES COAST PATH

 LLWYBR TEWDRIG
TEWDRIG TRAIL

 LLWYBR CENEDLAETHOL
CLAWDD OFFA
OFFA'S DYKE PATH
NATIONAL TRAIL

 LLWYBR DYFFRYN
GWY
WYE VALLEY WALK

TYNDYRN
TINTERN



YR HEN ORSAF
OLD STATION



LLWYBR CLAWDD OFFA
OFFA'S DYKE PATH

CAS-GWENT
CHEPSTOW



MATHARN
MATHERN

CRAIG DDU
BLACK ROCK



SUDBROOK

TWNNEL RHEILFFORDD
RAILWAY TUNNEL

LLOEGR
ENGLAND



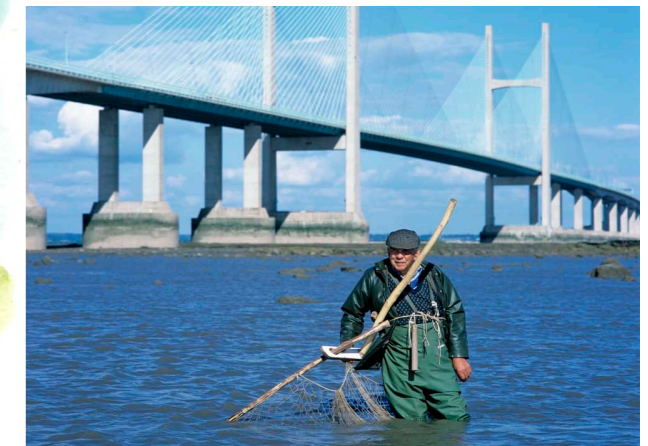
Siâp cenedl

Mae Cas-gwent yn fan cyfarfod dau lwybr hir hynod. Mae Llwybr Arfordir Cymru'n dilyn ffin morol 870 milltir y genedl (1,370km). Mae Llwybr Cenedlaethol Clawdd Offa'n dilyn y ffin mewn dirol am 177 milltir (285km). Gyda'i gilydd maent yn cwblhau cylch o amgylch Cymru.

Shape of a nation

Chepstow is the meeting place of two remarkable long distance trails. The Wales Coast Path follows the nation's 870 mile (1,370km) seaward boundary. Offa's Dyke Path tracks the inland border for 177 miles (285km). Together they complete the circuit of Wales.

www.walescoastpath.gov.uk



Safbwynt gwahanol

Ymwelwch â Chraig Ddu i gael eich ysbrydoli. Edrychwch ar banorama dramatig yr Afon Hafren a'i phontydd. Rhyfeddwch ar amrediad llanw yr aber a'r bywyd gwylt rhagorol. Darganfyddwch gampau peirianeg arbennig yn Sudbrook gerllaw, y pentref Fictoriaidd a adeiladodd y twnnel rheilffyrdd.

A different perspective

Visit Black Rock to be inspired. Experience the dramatic panorama of the River Severn and its bridges. Wonder at the estuary's tidal range and amazing birdlife. Discover remarkable engineering feats at nearby Sudbrook, the Victorian village that built the railway tunnel.

