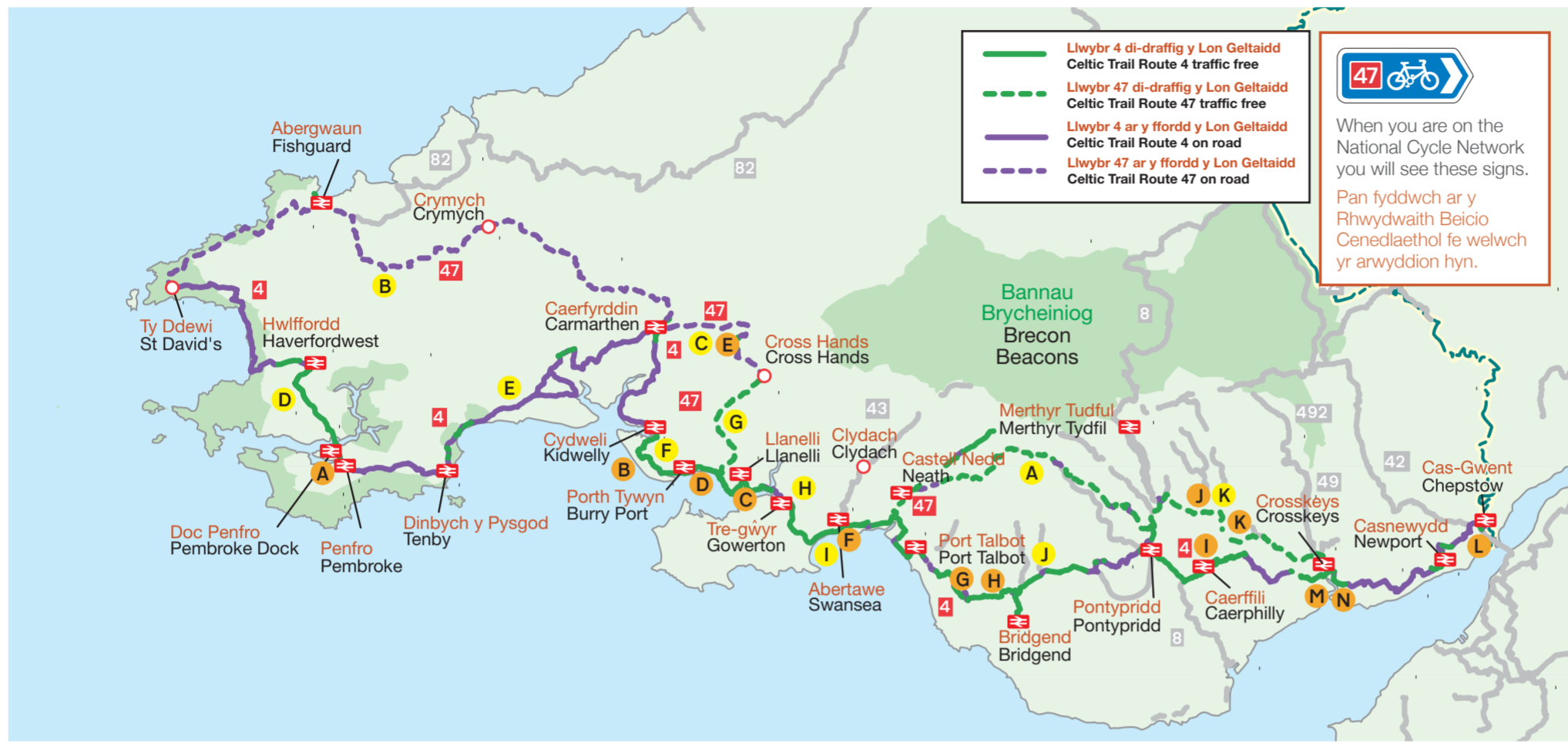


Celtic Trail

Whether you're an experienced cyclist, a family with children, or looking for new places to explore by foot, the Celtic Trail offers a fantastic variety of easy traffic-free paths and challenging rides travelling through some of the most beautiful and varied scenery in south and west Wales.



Lôn Geltaidd

Boed eich bod yn feiciwr profiadol, yn deulu â phlant, neu'n chwilio am fannau newydd i archwilio ar droed, mae'r Lôn Geltaidd yn cynnig amrywiaeth rhyfeddol o lwybrau di-draffig hawdd a reidiau heriol drwy rai o'r golygfeydd harddaf a mwyaf amrywiol yn ne a gorllewin Cymru.

Here is a selection of some of the best challenging and easy rides along the Celtic Trail:

- A Adventurous high level Valleys route (35 miles)**
Known as the High Level Route, this section between Neath and Pontypridd offers plenty of challenge, with big ascents through forest tracks and fantastic views across reservoirs, the Black Mountain and the Brecon Beacons National Park. If you're into off-road adventure, then the High Level Route section out of Neath is guaranteed to get the adrenaline racing round your body. This route is part of the loop between Newport and Neath. Mountain bike recommended
- B Challenging Pembrokeshire circular route (146 miles)**
At 146 miles, this is the longest of the three circular routes on the Celtic Trail and it's also the most spectacular, taking in the Preseli Hills and the stunning Pembrokeshire coast. Set out from Carmarthen and the route takes you to Fishguard, St David's and then back via Haverfordwest and Tenby. Make a stop at Dylan Thomas's Boathouse in Laugharne and head to Brown's Hotel for a well-earned drink.
- C Circular castles and coastline route (42 miles)**
This circular trail makes a great day or weekend ride and is a fantastic way to explore the wonderful castles and coastlines of Carmarthenshire. Head out of Carmarthen on route 47, making sure you plan a stop at the National Botanic Garden of Wales. Following a descent from Capel Sion into Llanelli through Swiss Valley, take route 4 back, following the

stunning Millennium Coastal Path through Pembrey Forest to Kidwelly and then the River Towy back into Carmarthen.

Great family routes

For families cycling with small children, and for people who enjoy exploring new places by foot, there is a fantastic variety of traffic-free paths.

- D Brunel Trail (9 miles)** – A scenic trail linking Neyland Marina to Johnston
- E The Dramway (2.5 miles)** – A spectacular coastal ride into the heart of the popular seaside resort of Saundersfoot
- F Millennium Coastal Park (12 miles)** – View the Park at it's best with this fabulous trail that hugs the coastline
- G Swiss Valley (11 miles)** – A scenic journey through the rolling hills of Llanelli
- H Gowerton to Swansea bike path (5 Miles)** – A pretty path through woodland
- I Swansea Bike Path (6 miles)** – A lovely coastal ride along Swansea seafront to Mumbles
- J Ogmere Valley (8 miles)** – An easy ride through the Ogmere Valley and pretty woodland
- K Three Parcs Trail (13 miles)** – A fantastic journey through artworks and country parks

Get more detailed route information on Routes2Ride.org.uk/wales

Highlights and attractions

Make the most of your trip by visiting some of the many attractions along the way:

- A** Pembroke Castle
- B** Pembrey Forest
- C** Wildfowl and Wetlands Centre Llanelli
- D** Millennium Coastal Park
- E** National Botanic Garden of Wales
- F** Swansea Marina and National Industrial Museum
- G** Margam Park
- H** Parc Slip Nature Reserve
- I** Caerphilly Castle
- J** Parc Penalta
- K** Sirhowy Valley Country Parc
- L** Chepstow Castle
- M** Transporter Bridge
- N** Wetland Centre Newport

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Dyma ddetholiad o rai o'r teithiau heriol a hawdd gorau ar hyd y Lôn Geltaidd:

- A Llwybr mentrus lefel uchel y Cymoedd (35 milltir)**
Mae'r adran hon rhwng Castell-nedd a Phontypridd, a adwaenir fel y Llwybr Lefel Uchel, yn cynnig digonedd o her gyda disgyniadau mawr ar draciau coedwigoedd a golygfeydd gwych ar draws cronfeydd d r, y Mynydd Du a Pharc Cenedlaethol Bannau Brycheiniog. Os ydych yn un am antur oddi ar y ffordd, yna mae'r adran Llwybr Lefel Uchel allan o Gastell-nedd yn sicr o gael yr adrenalin i lifo drwy eich corff. Mae'r llwybr hwn yn rhan o'r ddolen rhwng Casnewydd a Chastell-nedd. Argymhellir beic mynydd.
- B Taith gylchol heriol Sir Benfro (146 milltir)**
Yn 146 milltir, hwn yw'r hwyaf o dri llwybr cylchol y Lôn Geltaidd a hwn hefyd yw'r mwyaf trawiadol, yn cynnwys Bryniau'r Preseli ac arfordir godidog Sir Benfro. Gan gychwyn o Gaerfyrddin, bydd y llwybr yn mynd â chi i Abergwaun, Tyddewi ac yna drwy Hwlfordd a Dinbych y Pysgod. Arhoswch am ychydig yn y Boathouse, cartref Dylan Thomas yn Nhalacharn a bwriwch am Westy Brown ar gyfer peint cwbl haeddiannol.
- C Taith gylchol Cestyll a'r Arfordir (42 milltir)**
Mae'r daith gylchol hon yn reid dwrnod neu benwythnos gwych ac yn ffordd ardderchog i archwilio cestyll ac arfordir Sir Gaerfyrddin. Gadewch Gaerfyrddin ar Lwybr 47, gan wneud yn si r eich bod yn cynllunio i alw yng Ngardd Fotaneg Genedlaethol Cymru. Wedi dod i lawr o Gapel Seion i Llanelli drwy

Swiss Valley, ewch yn ôl ar Lwybr 4, gan ddilyn Llwybr Arfordirol y Mileniwm drwy Forest Pen-bre i Gydwelli ac yna dilyn afon Tywi yn ôl i Gaerfyrddin.

Teithiau gwych i'r teulu

Ar gyfer teuluoedd â phlant bach, ac ar gyfer pobl sy'n mwynhau archwilio lleoedd newydd ar droed, ceir amrywiaeth rhyfeddol o lwybrau di-draffig.

- D** Llwybr Brunel (9 milltir) – Llwybr gwledig yn cysylltu Marina Neyland i Johnston
- E** Y Dramffordd (2.5 milltir) - Taith arfordirol drawiadol i ganol tref glan môr boblogaidd Saundersfoot
- F** Parc Arfordirol y Mileniwm (12 milltir) - Cyfle i weld y Parc ar ei orau gyda'r daith ardderchog hon sy'n glynu wrth yr arfordir
- G** Swiss Valley (11 milltir) – Taith wledig drwy fryniau tonnog Llanelli
- H** Llwybr Beiciau Tre-gyr i Abertawe (5 Milltir) - Llwybr hardd drwy goedwigoedd
- I** Llwybr Beiciau Abertawe (6 milltir) – Taith arfordirol hyfryd ar hyd glan môr Abertawe
- J** Cwm Ogwr (8 milltir) – Taith hawdd drwy Gwm Ogwr a choetir hardd
- K** Taith Tri Pharc (13 milltir) – Taith ardderchog drwy weithiau celf a pharciau gwledig

Gallwch gael gwybodaeth fwy manwl am y teithiau ar wefan Routes2Ride.org.uk/wales

Uchafbwyntiau ac atyniadau

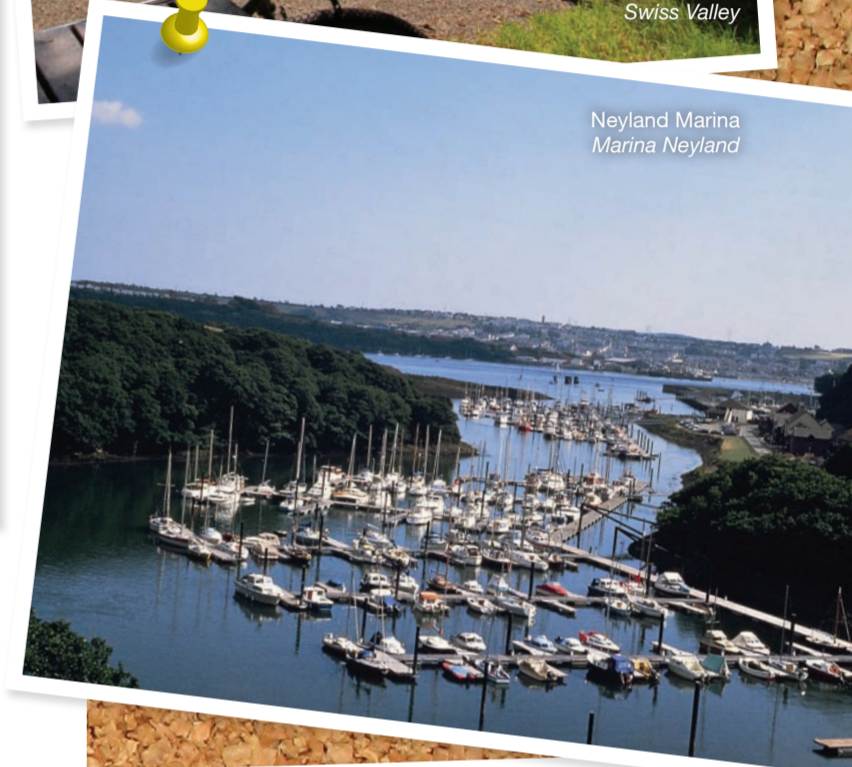
Manteisiwch i'r eithaf ar eich taith drwy ymweld â'r nifer o atyniadau sydd ar hyd y ffordd:

- A** Castell Penfro
- B** Fforest Pen-bre
- C** Canolfan Adar D r a Gwlyptiroedd Llanelli
- D** Parc Arfordirol y Mileniwm
- E** Gardd Fotaneg Genedlaethol Cymru
- F** Marina Abertawe ac Amgueddfa'r Glannau
- G** Parc Margam
- H** Gwarchodfa Natur Parc Slip
- I** Castell Caerffili
- J** Parc Penalta
- K** Parc Gwledig Dyffryn Sirhywy
- L** Castell Cas-gwent
- M** Pont Gludo
- N** Canolfan Gwlyptiroedd Casnewydd

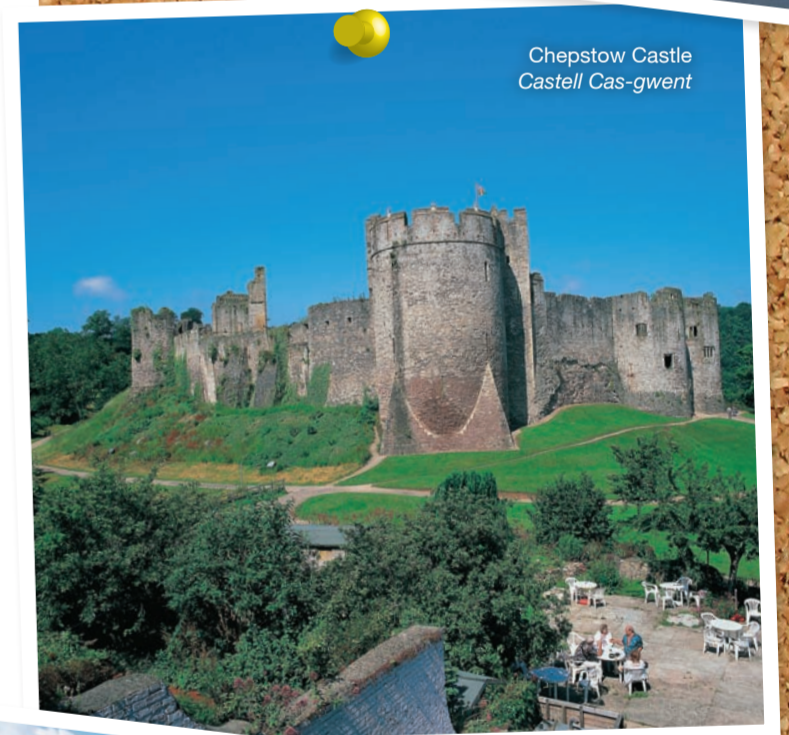
Mae Sustrans yn Elusen Gofrestredig Rhif 326550 (Cymru a Lloegr) SCO39263 (Yr Alban).



Swiss Valley
Swiss Valley



Neyland Marina
Marina Neyland



Chepstow Castle
Castell Cas-gwent



The Dramway
Y Dramffordd