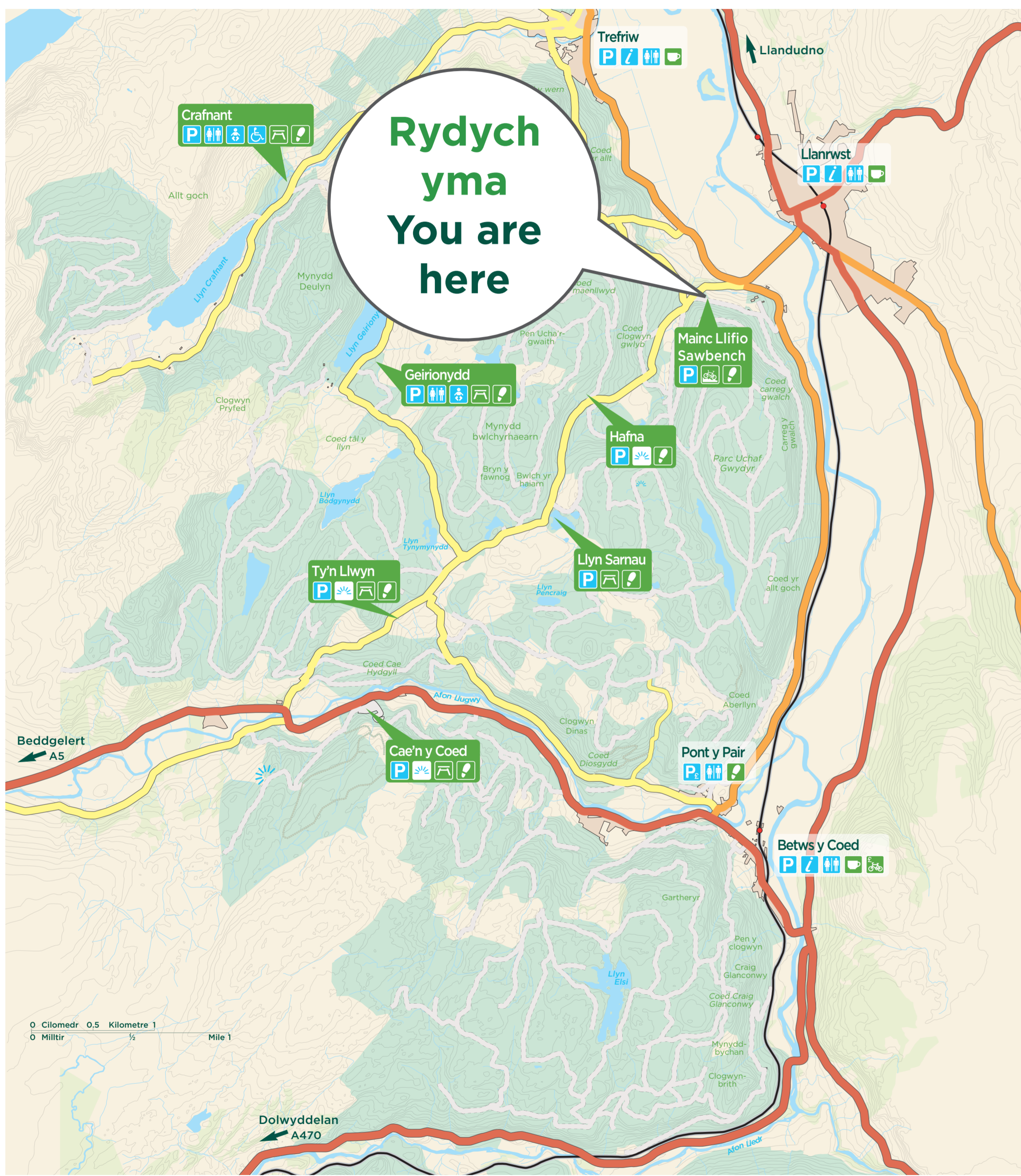




## Parc Coedwig Gwydyr Forest Park

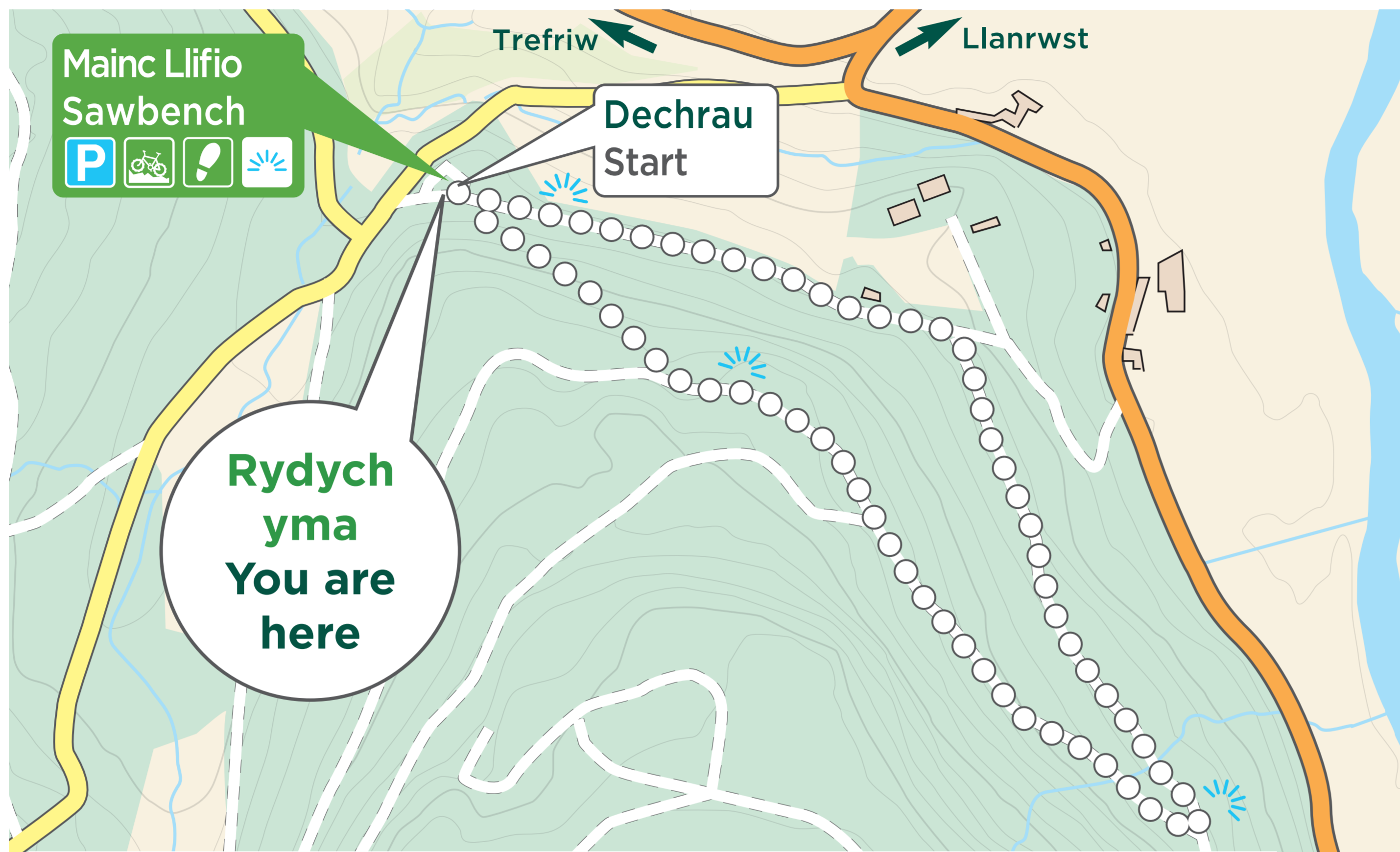


Mae'r parc coedwig yn safle o ddefnydd cymysg, byddwch yn ymwybodol fod yna bosiblwydd y dewch ar draws cerddwyr, cŵn, beiciau mynydd, ceffylau neu gerbydau ar unrhyw adeg.

The forest park is a mixed-use site, please be aware that you may come across walkers, dogs, mountain bikes, horses or vehicles at any time.

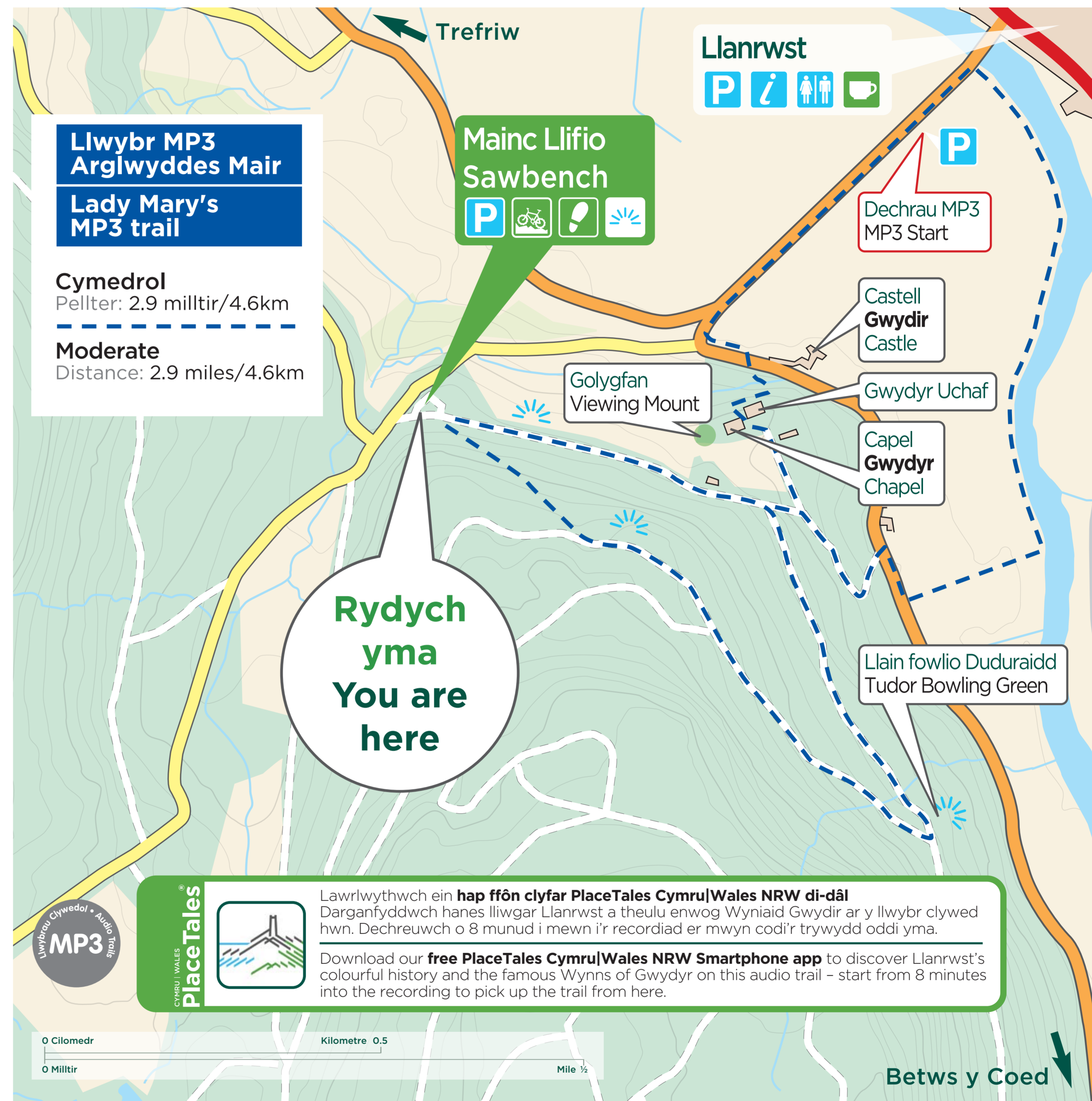
Atgynhychir y map hwn o Ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi. © Hawffraint y Goron a hawliau cronfa ddata 2015 Arolwg Ordnans 100019741. 2015

## Llwybrau Cerdded Mainc Llifio | Sawbench Walking Trails



<p><b>Llwybr yr Arglwyddes Fair</b></p> <p> Dilynwch yr arwyddion gwyn</p> <p> Follow the white waymarker symbol</p> <p> ○ ○ ○ ○ ○ ○</p> <p><b>UCHAFBWYNTIAU:</b> Golygfeydd godidog sy'n frith o hanes.</p> <p><b>DISGRIFIAD:</b> Mae'r daith hon yn dilyn ffyrdd coedwig a llwybrau culion, gydag allt serth o'r maes parcio a dau rwystr gosod.</p>	<p><b>Lady Mary's Walk</b></p> <p><b>Cymedrol</b> Pellter: 1.3 milltir/2.1km Amser: 1 awr Dringo: 360tr/109m</p> <p><b>Moderate</b> Distance: 1.3 miles/2.1km Time: 1 hour Climb: 360ft/109m</p> <p><b>HIGHLIGHTS:</b> Amazing views steeped in history.</p> <p><b>DESCRIPTION:</b> The trail follows forest roads and narrow forest paths, with a steep climb from the car park with two chicanes.</p>
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### Croeso i'r Fainc Llifio

Gallwch ymuno â Llwybr coedwig yr Arglwyddes Fair yma neu'r llwybr beicio mynydd Marin eiconig (gweler y panel beicio mynydd ar wahan). Os ydych eisoes wedi lawrlwytho mp3 Taith Sain yr Arglwyddes Fair ar mp3, y prif fan cychwyn yw'r maes parcio yn union cyn y bont i Lanrws, ac mae'n dilyn llwybr estynedig: ond gallwch ymuno â'r llwybr ym maes parcio Sawbench, 8 munud ar ôl dechrau'r recordiad. Gwch eich tywys gan y Foneddigs Fair, ysbrydion ei hynafiaid a Dafydd ap Siencyn a'i saethyddion wrth i chi gerdded. Cynhwysir y llwybr clywed, map a gwybodaeth yn ein hap PlaceTales rhad ac am ddim.

### Welcome to Sawbench

You can join Lady Mary's forest walk from here or the iconic Marin mountain bike trail (see separate mountain bike panels). If you have already downloaded the Lady Mary's Walk mp3 Audio Trail, the main start is from the car park just before the bridge into Lanrws and follows an extended route, but you can join the trail at Sawbench car park, 8 minutes into the recording. You will be accompanied by Lady Mary, the ghosts of her ancestors and Dafydd ap Siencyn and his bowmen as you walk. The audio trail, map and information are included in our free PlaceTales app.



- parcio parking
- gwybodaeth information
- mynediad rhywdd easy access
- toiledau toilets
- caffi café
- lle picnic picnic area
- llogi beic bike hire
- llwybrau beicio mynydd mountain bike trails
- llwybrau cerdded walking trails
- golygfan viewpoint