

Coedwig Crychan Forest



Croeso i Goedwig Crychan Un o Goedwigoedd Canolbarth Cymru

Croeso i goedwigoedd canolbarth Cymru sy'n gorwedd oddi mewn i drongl brau o Dregaron yn y gogledd, Llanfair-ym-Muallt yn y dwyrain, a Chaerfyrddin i'r gorllewin. Mae'r goedwigoedd yn amrywio'n fawr o ran cymeriad, o goedwigoedd Sitca Tywi sy'n cynhyrnu pren, at natur donnog coedwig Brechfa, hyd at y coetiroedd bach cymysg a hyd Afon Cothi.

Mae coedwigoedd Canolbarth Cymru yn cynnig dewis o safleoedd picnic a theithiau cerdded bryoni i'ch cynorthwyo i'w mwynhau. Mae Brechfa yn adnabyddus am ei llwybrau beicio mynydd. Gweler y map i weld ble arall y gallwch farhau i'w mwynhau a'i fywyd gwyllyd fyw ynddynt, yn ogystal â pharhau i gynhyrchu coed.

Planodd y Comisiwn Coedwigaeth y coetiroedd hyn yn wreiddiol i gynhyrchu pren. Heddiw, foddy bynnag, mae Cyfoeth Naturiol Cymru yn edrych ar eu holau er mwyn i bobl eu mwynhau ac i fywyd gwyllyd fyw ynddynt, yn ogystal â pharhau i gynhyrchu coed.

Mae'r goedwig yn safle o ddefnydd cymysg, byddwch yn ymwybodol fod yna bosiblirwyd y dewch ar draws cerddwyr, cŵn, beicio mynydd, cefyllau neu gerddau ar unrhyw adeg.



Welcome to Crychan Forest One of the Forests of Mid Wales

Welcome to the forests of Mid Wales which lie within a rough triangle from Tregaron in the north, Builth Wells in the east, and Carmarthen in the west. Other Mid Wales forests include Tywi, Irfon, Cothi, Caeo and Brechfa. The forests vary hugely in character, from the timber producing Sitka forests of Tywi, the undulating nature of Brechfa forest, down to the small mixed woodlands along the Afon Cothi.

The forests of Mid Wales offer a range of picnic sites and short walks to help you enjoy them. Brechfa is known for its mountain bike trails. See the map to see where else you can go and what you can do.

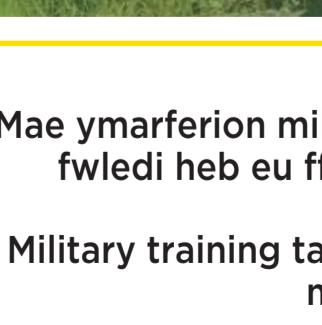
The Forestry Commission originally planted these woodlands to produce timber. Today, however, Natural Resources Wales looks after them for people to enjoy and wildlife to live in, as well as still producing timber.

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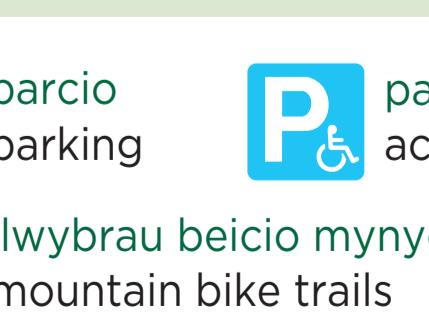
Mae'r goedwig yn safle o ddefnydd cymysg, byddwch yn ymwybodol fod yna bosiblirwyd y dewch ar draws cerddwyr, cŵn, beicio mynydd, cefyllau neu gerddau ar unrhyw adeg.

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

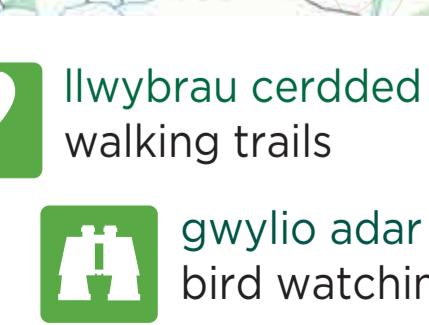
Atgynhyrchi'r map hwn o ddeunydd yr Arolwg Ordinans gyda chaniatâd Arolwg Ordinans ar ran Rheoleu Llyfrfa El Mawrhyd. © Hawlfraint yr Goron a hawliau crwneriau ddiada 2018. Arolwg Ordinans 100019741. This map is based upon Ordnance Survey data with the permission of Ordnance Survey on behalf of the controller of Her Majesty's Stationery Office © Crown copyright and database rights 2018. Ordnance Survey 100019741.



Rhybudd:
Mae ymarferion milwrol yn digwydd yn y goedwig yma. Gall ffleura neu fwledi heb eu frwydro achosi niwed dirifol os cyffyrddir â nhw.
Warning:
Military training takes place in this forest. Unexploded flares or blanks may cause serious injury if handled.



P parcio
P accessible parking
Ilwybrau beicio mynydd
mountain bike trails
Ile picnic
picnic area



Ilwybr hygyrch
accessible trails
Ilwybrau cerdded
walking trails
Ilwybr cyhoeddus
public footpath
Ilwybr marchogaeth
public bridleway
Ile gwyllo adar
bird watching
Golyfan viewpoint
Rhaeadr waterfall



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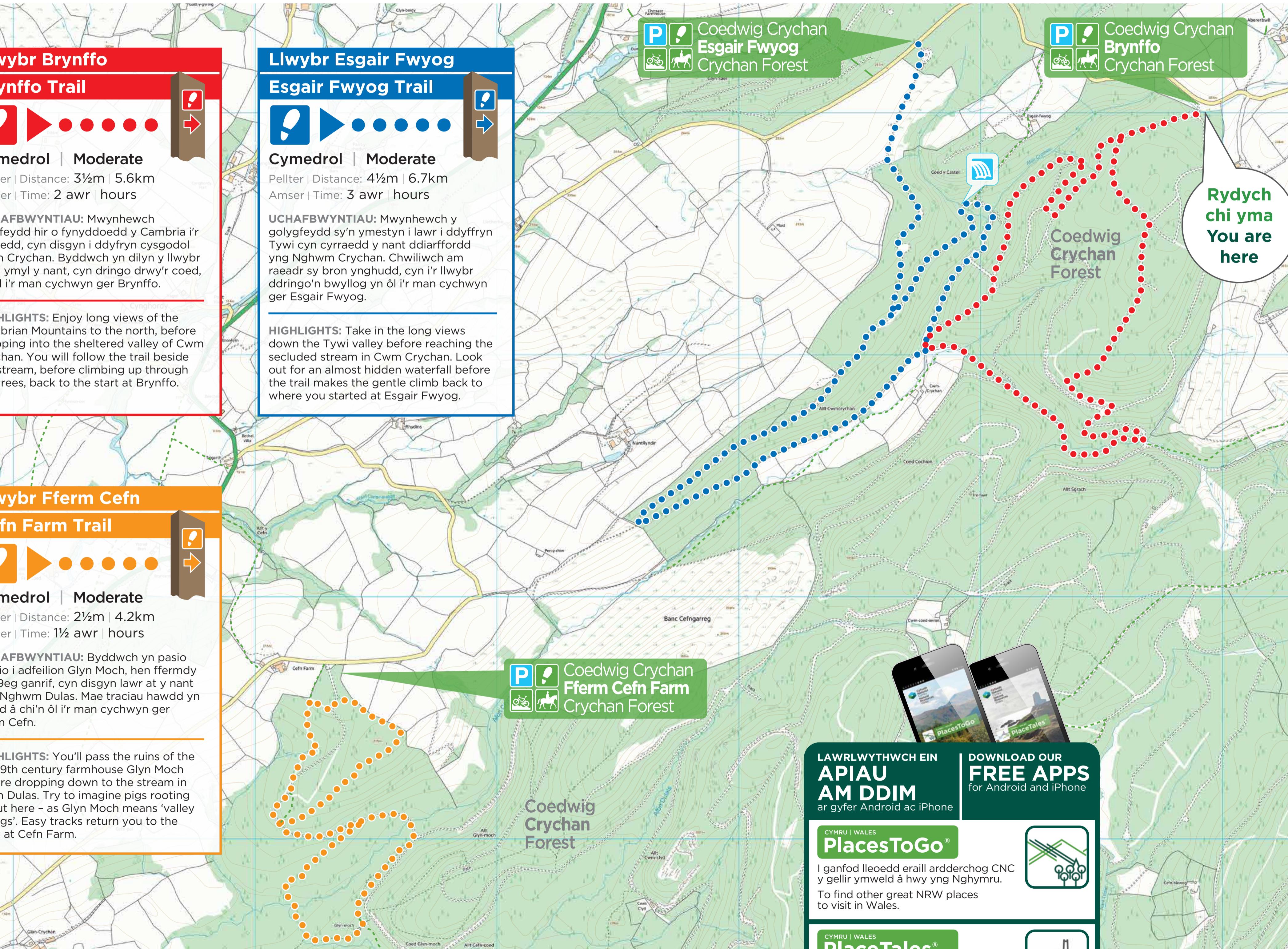


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Brynffo



From Farms to Forest

Crychan and Halfway Forests are criss-crossed with many old tracks that linked the farms which once provided a living for the people who lived and worked here.

In the 1930's, the Forestry Commission was busy buying land across the UK to plant trees on after timber stocks were run-down during the First World War. The farms and land here in what is now the forest were bought. A few ruined dwellings remain and you may come across them as you explore the forest. The adjacent Epnyt military range dates back to 1940 when the need for a training area for troops was vital in the dark days of the Second World War.

Now the woodland provides valuable timber and is home to a wide variety of wildlife: goshawks, buzzards and red kite nest here, and you may catch a glimpse of roe deer.

Walking trails are marked from the four car parks at Brynffo, Esgair Fwyog, Cefn Farm and Halfway. These are also suitable for horse riders and cyclists. You can also ride on longer routes throughout the forest, contact the Crychan Forest Association for details: www.crychanforest.org.uk

Llwybr Brynffo Brynffo Trail

Cymedrol | Moderate
Pellter | Distance: 3½m | 5.6km
Amser | Time: 2 awr | hours

UCHAFBWYNTIAU: Mwynhewch olygyfedd hir o fynyddoedd y Cambria i'r goledd, cyn disgyn i ddyffryn Tywi cyn cyrraedd y nant ddiarffordd Cwm Crychan. Byddwch yn dilyn y llwybr wrth ymwlhyd y nant, cyn dringo drwy'r coed, yn ôl i'r man cychwyn ger Brynffo.

HIGHLIGHTS: Enjoy long views of the Cambrian Mountains to the north, before dropping into the sheltered valley of Cwm Crychan. Look out for an almost hidden waterfall before the trail makes the gentle climb back to where you started at Esgair Fwyog.

Llwybr Esgair Fwyog Esgair Fwyog Trail

Cymedrol | Moderate
Pellter | Distance: 4½m | 6.7km
Amser | Time: 3 awr | hours

UCHAFBWYNTIAU: Mwynhewch olygyfedd sy'n ymestyn i lawr i ddifffryn Tywi cyn cyrraedd y nant ddiarffordd yng Nghwm Crychan. Chwiliwch am raeadr sy bron yngudd, cyn i'r llwybr ddringo'n bwyllog yn ôl i'r man cychwyn ger Esgair Fwyog.

HIGHLIGHTS: Take in the long views down the Tywi valley before reaching the secluded stream in Cwm Crychan. Look out for an almost hidden waterfall before the trail makes the gentle climb back to where you started at Esgair Fwyog.

Llwybr Ferm Cefn Cefn Farm Trail

Cymedrol | Moderate
Pellter | Distance: 2½m | 4.2km
Amser | Time: 1½ awr | hours

UCHAFBWYNTIAU: Byddwch yn pasio heibio i adfeillion Glyn Moch, hen ffermdy o'r 19eg ganrif, cyn disgyn lawr at y nant yng Nghwm Dulas. Mae tracau hawdd yn mynd â chín ôl i'r man cychwyn ger fferm Cefn.

HIGHLIGHTS: You'll pass the ruins of the old 19th century farmhouse Glyn Moch before dropping down to the stream in Cwm Dulas. Try to imagine pigs rooting about here - as Glyn Moch means 'valley of pigs'. Easy tracks return you to the start at Cefn Farm.

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