

arweiniad i ardal

Pumlumon area guide

Os ydych am ddilyn olion traed hanesyddol George Borrow wrth frasgamu dros fynydd Pumlumon, neu os ydych eisiau mynd am dro ar diroedd hudol ystad yr Hafod, bwydo'r Barcud Coch ysblennydd ynteu ymlacio a chael saib mewn tirwedd heb ei ail, yna dylech ymweld ag ardal Pumlumon.

Pumlumon yw'r mynydd uchaf yn y Canolbarth. Mae ei gopaon gwyllt, ei odreon tonnog a'i ddyffrnynoedd dwfn wedi creu atalfa i deithwyr ers canrifoedd; golyga hyn erbyn heddiw bod yr ardal hon, Gogledd Ceredigion, yn un o'r lleiaf adnabyddus yng Nghymru. Heddiw, mae'r awyrgylch pellafol, heddychlon a'r golygféydd digyffwrdd yn un o'i rinweddau mwyaf gwerthfawr.

Mae ardal Pumlumon yn gyblethiad o haenau hanesyddol wedi eu gosod ar sylfaen naturiol llawn rhyfeddod. Gallwch ymweld â Phontarfynach a mwynhau'r llwybrau trwy'r ceunant, lle nad yw'r golygféydd wedi newid rhyw lawer ers i'r twristiaid cyntaf gyrraedd yn y 18ed ganrif. Lleolir murddun hardd abaty Ystrad Fflur mewn powlen naturiol wedi'i hamgylchynnu gan fryniau; mae gwarchodfa natur Cors Caron gerllaw ar rostir yr ucheldir yn oroesiad o Oes y Rhew.

Mae tirlun hanesyddol yr Hafod wedi ei adfer, yma gallwch ddilyn llwybrau hardd i'ch harwain at raeadrau a chlogwyni, adeiladau a phontydd hynod a golygféydd gwych o afonydd, meysydd, coetiroedd a mynyddoedd. Mae yna nifer o lwybrau wedi eu harwyddo o amgylch Pwllpeiran a thiroedd eraill gerllaw, ac mae yna ddigon o lwybrau troed cyhoeddus trwy dirwedd amrywiol iawn i lenwi'ch hamser hyd Ddydd y Farn.

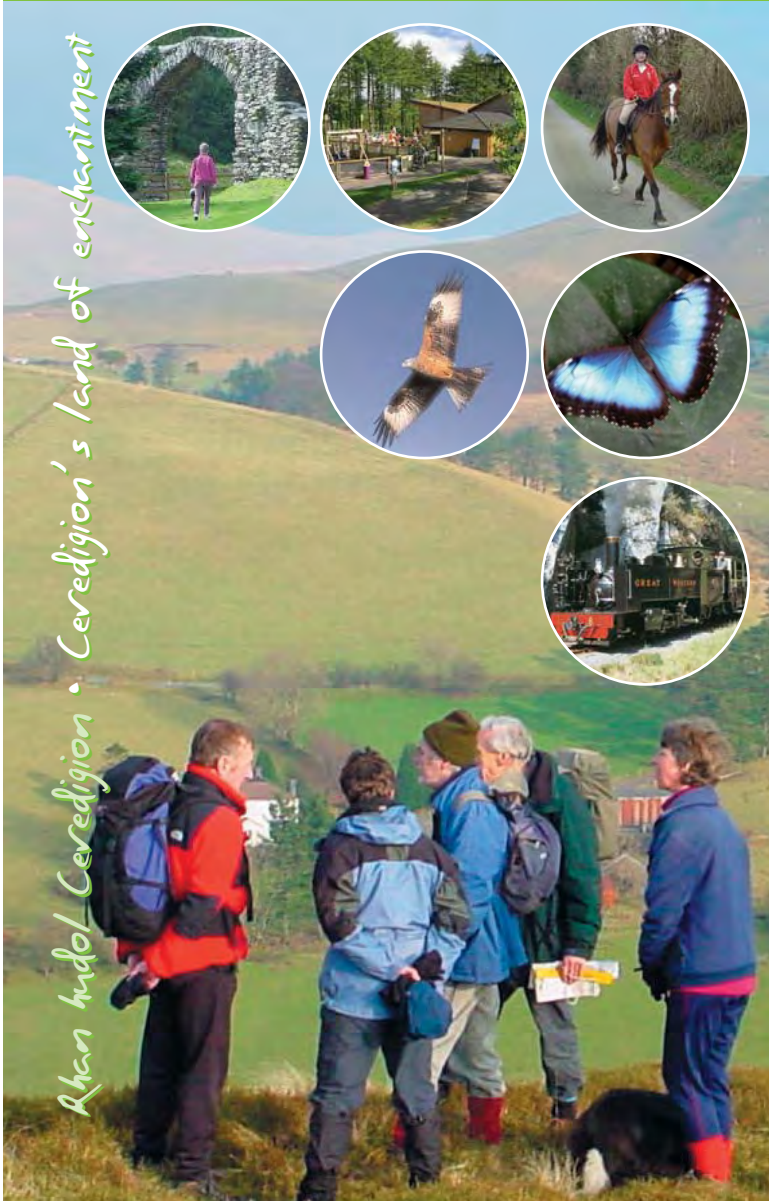
Whether you want to stride out over Plynlimon Mountain in the historic footsteps of George Borrow, stroll through the enchanted Hafod Forest, get close enough to feed the majestic Red Kite or just relax in the breath taking countryside, the Pumlumon area is the place for you.

Pumlumon, (*pronounced 'Pimlimmon'*) is the highest mountain in Mid Wales. Its wild summits, rolling foothills and deep valleys have for centuries acted as a formidable barrier, making this area, North Ceredigion, one of the least-known parts of Wales. Today, the remote, peaceful atmosphere and dramatic unspoilt scenery are among its greatest assets.

The Pumlumon area is a sum of historical layers in a wonderful natural setting. You can visit Devil's Bridge and enjoy the walks down into the gorge, where the views of the falls have changed little since the first tourists arrived in the 18th century. The ruins of Strata Florida abbey are beautifully situated in a bowl in the midst of hills, with nearby the nature reserve of Cors Caron, an upland bog relict of the Ice Age.

The historic landscape at Hafod has been restored, and here you can follow scenic walks that lead you to cascades and crags, picturesque buildings and bridges, and splendid views of rivers, meadows, woods and mountains. At nearby Pwllpeiran and at a number of other sites in the area way-marked trails can be enjoyed, and there is an inexhaustible supply of public footpaths through hugely varied scenery.

Rhan hudol Ceredigion • Ceredigion's land of enchantment



Cerdded

Mae ardal Pumlumon yn baradwys i gerddwyr, yn cynnig nifer fawr o lwybrau difyr a hefyd teithiau cerdded ag elfen o sialens ar gyfer cerddwyr mwy anturus.

Y Bwa a Pwllpeiran

Dechrau-Diwedd: Maes picnic Y Bwa, cyfeirnod grid SN765755. Tri Llwybr Coedwig wedi'u harwyddo (yr hyraf 1.5 milltir) drwy goedwig cymysg yn cynnig golygfeydd godidog dros Fynyddoedd y Cambria a Chwm Rheidol. Dechreu Llwybr Pwllpeiran o'r Bwa hefyd, mae'n lwybr caniatâol arwyddedig, 4.5 milltir o hyd drwy dir fferm yn bennaf â golygfeydd gwych o ystad yr Hafod a Chwm Ystwyth uchaf. Tuedda'r llwybr i oledu tuag i fyny ac mae ardaloedd serth arno. Mae pamffled ar gael.



Black Covert Hyd at 1.5 milltir ag amryw byr-doriad.

Dechreubwynt: Maes picnic Black Covert, cyfeirnod grid SN667728. Llwybr gwastad wedi ei arwyddo, yn dilyn yr afon Ystwyth ac yn dychwelyd drwy goetir agored. Ceir llawer o glychau'r gôg yn eu tymor. Parcio di-dâl.

Llwybr Maenarthur Llwybr 2.5 milltir â 500 troedfedd o ddringo. Dechreubwynt: Ym mhentref Pontrhydygroes cyfeirnod grid SN738722. Llwybr wedi'i arwyddo drwy coetiroedd cymysg yn cynnig golygfeydd gwych i fyny ac i lawr Cwm yr Ystwyth, rhaeadr uchel a cheuant prydferth. Yn dechrau ac yn gorffen ar Bont y Mwynwyr.

Pumlumon yw'r mynydd uchaf yn y Canolbarth (2468' / 752m), o'i gopa gellir gweld ucheldir Eryri a Bannau Brycheiniog ac arfordir Bae Ceredigion yn ei gyfanrwydd godidog. Does dim llwybrau arwyddedig ar Bumlumon ac mae map, cwmpawd a sgiliau trywyddu yn hanfodol, hefyd dylid gwisgo dillad ac esgidiau addas. Mae'r llwybrau gorau i'r copa yn dechrau ar ddiwedd y ffordd gul ger cronfa Nant-y-Moch (cyfeirnod grid 775880) ac o westy'r Dyffryn Castell ar yr A44 (CG 775817).

Beicio

Beicio Ffordd - Mae **Lôn Cambria** a **Lôn Teifi** yn croesi'n uniongyrchol drwy ardal Pumlumon ac yn cynnig golygfeydd di-ail. Mae **Llwybr Rheidol** yn lwybr prydferth ac yn dilyn Cwm Rheidol. Mae yna lwybrau i'r teulu cyfan, gan gynnwys **Llwybr Ystwyth** â'i arwyneb gwastad wedi ei greu i deuluoedd. **Beicio Mynydd** - mae yna nifer o lwybrau yn Nant yr Arian a nifer o safleoedd eraill. Am fwy o wybodaeth, ffoniwch Pentir Pumlumon.

Walking

The Pumlumon area is a paradise for walkers offering numerous paths as well as more challenging routes for more extreme walkers.

The Arch and Pwllpeiran

Start/Finish: The Arch picnic site, grid reference SN765755. Three short waymarked Forest Trails (longest 1.5 miles) through mixed woodland with excellent views over the Cambrian Mountains and Rheidol valley. The Arch is also the start point for the Pwllpeiran Trail, a 4.5 mile waymarked permissive route, mostly through farmland, with superb views over the Hafod Estate and the Upper Ystwyth Valley. The trail includes a good deal of uphill walking, some of it steep. Leaflet available.

Black Covert Up to 1.5 miles with various short-cuts.

Start: Black Covert picnic site, grid reference SN667728. A flat waymarked route, the outward half beside the Ystwyth river, returning through open woodland. Many bluebells in season. Free parking.

Maenarthur Trail a 2.5 miles trail with 500 foot of climbing.

Start: In Pontrhydygroes village at grid reference SN738722. Waymarked walk through attractive mixed woodland with superb views up and down the Ystwyth valley, a big waterfall, and a beautiful gorge. Starts and finishes over the spectacular Miners' Bridge.

Plynlimon (Pumlumon) is the highest mountain in Mid Wales (2468' / 752m) and from its summit can be seen the peaks of Snowdonia and the Brecon Beacons, as well as the whole sweep of Cardigan Bay. There are no waymarked routes up Plynlimon, and a map, compass, and navigational skills are essential, as well as suitable clothing and footwear. The best routes up are from the end of the minor road by Nant-y-moch reservoir (grid reference 775880) and from the Dyffryn Castell hotel on the A44 (GR 775817).

Cycling

Road Biking - Lôn Cambria and **Lôn Teifi** both pass directly through the Pumlumon area taking in breathtaking scenery.

The **Rheidol Trail** also runs through the Rheidol Valley and is a beautiful route. Family friendly trails include the traffic free **Ystwyth Trail** with its gentle terrain and family friendly surfacing.

Mountain Biking - there are numerous trails at Nant yr arian and further afield. Please ring Pentir Pumlumon for more details.



Sut i gyrraedd

Trên: Mwynhewch y golygfeydd gorau posib o'n tirwedd ac o foryd yr afon Dyfi wrth i chwi nesáu tuag at Aberystwyth ar y rheilffordd. Mae rheilffordd Arfordir y Cambria yn atyniad twristaidd ar wahân â'r rheilffordd rhwng Aberystwyth a Phwllheli yn cynnig golygfeydd heb ei ail o Fae Ceredigion. Ymwelwch â www.arrivatrainswales.co.uk

Bws: Ymwelwch â www.arrivabus.co.uk er mwyn cynllunio'ch siwrne fws.

Car: Wrth yrru ar yr A44 neu'r A487 byddwch yn mwynhau golygfeydd prydferth ac amrywiol wrth i chwi groesi Mynyddoedd y Cambria neu ddilyn yr arfordir. Efallai gallech ddilyn Ffordd y Mynydd drwy Cwm Elan i Gwmystwyth - fe'i ddisgrifwyd unwaith yn 'un o'r 10 ffordd mwyaf prydferth' gan yr AA.

Beic: Os ydych yn feicwr brwd, gallech deithio ar lwybr hir Lon Cambria. Mae'n daith 113 milltir (182km) o hŷd, yn tramwyo lonydd cefn gwlad, cymoedd afonydd, llwybrau a ffyrdd mynydd â golygfeydd panoramig o dirwedd Cymru.

How to get here

Train: Come by rail and get the best possible views of the countryside and as you near Aberystwyth the beautiful Dyfi estuary. The Cambrian Coast line is in itself a tourist attraction with the line between Aberystwyth and Pwllheli offering unparalleled views of Cardigan Bay. See www.arrivatrainswales.co.uk

Bus: See www.arrivabus.co.uk to plan your journey to the area by bus.

Car: Come by road on the A44 or A487 and you will enjoy varied and stunning scenery as you cross the Cambrian mountains or follow the coast. Why not take the Mountain road through the Elan Valley to Cwmystwyth, once described as one of the top 10 most scenic drives in the UK by the AA.

Bike: If you are a cycling enthusiast then why not opt to travel on the Lon Cambria long distance route? 113 miles long (182km) this journey takes you along country lanes, river valleys, trails and mountain roads with panoramic views of the Welsh countryside.

Am wybodaeth bellach
cysylltwch â:
Pentir Pumlumon
01974 282581
www.pumlumon.org.uk

For further information
contact:
Pentir Pumlumon
01974 282581
www.pumlumon.org.uk

Os ydych wedi mwynhau ymweld ag ardal Pumlumon, efallai byddai diddordeb gennych ymweld â Castlecomer Co. Kilkenny, Eire. Mae'n ardal tebyg yn ddaearyddol ac yn hanesyddol ag iddo dreftadaeth geolegol diddorol. Am fwy o wybodaeth ar yr ardal hon, ymwelwch â www.cdem.ie neu ffoniwch +353 (0) 56 444 0707

If you have enjoyed your visit to the Pumlumon area you may be interested to visit Castlecomer Co. Kilkenny, Eire. This is a similar area geographically and historically and has a fascinating geological heritage. For further information on the area please see www.cdem.ie or contact +353 (0) 56 444 0707

Mae Pentir Pumlumon wedi ei hymrwymio â phrosiect marchnata ar y cyd a ariennir yn rannol gan y Gronfa Ddatblygu Rhanbarthol Ewropeidd drwy Raglen INTERREG IIIA Iwerddon/Cymru. Pentir Pumlumon is engaged in a joint marketing project part funded by The European Regional Development Fund through the Ireland/Wales INTERREG IIIA Programme.

Prif Atyniadau

Main attractions

1 Rheilffordd Cwm Rheidol
01970 625819 www.rheidolrailway.co.uk
 Siwrnai anghofiadwy ar drên stêm trac cul drwy Cwm Rheidol.
 Ar agor 3ydd Ebrill – 27ain Hydref

2 Cwrs Golf Capel Bangor
01970 880741
 Mwynhewch gêm o golf yng nghanol tirwedd prydfarth cyn ymgilio i'n tŷ clwb sydd newydd ei estynu am luniaeth.

3 Ysgol Farchogaeth Rheidol
01970 880863 www.rheidol-riding-centre.co.uk
 Marchogaeth ym mhrydferthwch Cwm Rheidol. Rydym yn cynnig teithiau marchogaeth 1 neu 2 awr, teithiau tafarn 3 awr yn yr haf. Rydym hefyd yn cynnig hyfforddiant ar gyfer bobl o bob oed a gallu. Ydych chi'n ansicr o'ch gallu? Pam na geiswch sesiwn hanner a hanner yn cynnwys peth hyfforddiant ac yna taith allan. Fe'n cymeradwyr gan Gymdeithas Ceffylau Prydain.

4 Cynllun Hydro-electrig EON
01970 880667 www.eon-uk.com/483.aspx
 Ymwelwch â Cynllun Hydro-electrig Rheidol i fwynhau unigedd prydfarth Cwm Rheidol, 10 milltir o Aberystwyth. Mae teithiau wedi eu tywys ar gael o 11yb-3.30yh â mynediad di-dâl i'n canolfan ymwelwyr â'i ystafell fideo a'i arddangosfa. Hygyrchedd Anabl. Ceir lluniau ysgaf yn ein bwytŷ. Penwythnos Pasg, Mai 1af – Medi 30ain.

5 'The Magic of Life Butterfly House'
01970 880928 www.magicoflife.org
 Ieir bach yr haf trofanol yn hedfan yn rhydd ymysg planhigion ecsotig ac anarferol o'u cynhefin
 Ar agor yn ddyddiol rhwng 10yb-5yh Pasg – Hydref 31ain

6 Canolfan Ymwelwyr Bwlch Nant yr Arian
01970 890 694 www.nantyrarian.co.uk
 Bwydo Barcutiaid Coch yn ddyddiol am 3yh (2yh yn y gaeaf). Llwybrau coedwig hardd i gerddwyr a llwybrau beicio mynydd llawn sielens, golygfeydd godidog a mannau picnic. 10 milltir i'r Dwyrain o Aberystwyth ar yr A44. Canolfan Ymwelwyr a'r Caffi ar agor 10yb – 5yh yn yr haf, 10yb tan iddi dywyllu yn y Gaeaf.

7 Amgueddfa Mwyngloddio Arian a Phlwm Llywernog (ger Ponterwyd)
01970 890620 www.silverminetours.co.uk
 Teithiau wedi eu tywys i ymweld â siambrau tanddaearol yng ngolau cannyll. Offer mwyngloddio a pheiriannau i'w gweld, rhwch dro ar olchu arian drwy badell. Cerrig ac anrhegion ar werth yn y siop. Lluniaueth ar gael yn yr ystafell dde. Ar agor yn hwyr ym mis Mawrth tan yn gynnar ym mis Tachwedd, ffoniwch am fanylion, ar agor ar benwythnos y Pasg.

8 Rhaeadrau Pontarfynach
01970 890233
 Ewch am dro drwy'r ceunant coediog prydfarth. Gwelwch y dair bont a'r rhaeadr 300 troedfedd byd-enwog. Mae yna dâl mynediad, ar agor drwy gydol y flwyddyn.

9 Hafod (ger Pontrhydygroes)
01974 282568 www.hafod.org
 Darganfyddwch y pictiwresg ar ystad hanesyddol yr Hafod. Dewisiwch rhwng 9 milltir o lwybrau prydfarth yng nghwm yr Ystwyth. Mynediad yn rhad ac am ddim, ar agor drwy gydol y flwyddyn.

10 Ystrad Fflur (Pontrhydfendigaid)
01974 831261
 Ymwelwch â'r adeilion sydd yn dyddio yn ôl i 1197. Roedd Urdd y Mynaich Gwynion (Y Sistersiaid) yn gefnogwyr brŵd o Dywysogion Cymru. Man claddu traddodiadol bardd mwyaf Cymru'r canol oesoedd, Dafydd ap Gwilym. Safle ac arddangosfa ar agor Ebrill-Hydref, mae yna dâl am fynediad i'r arddangosfa a'r amgueddfa.

1 Vale of Rheidol Railway
01970 625819 www.rheidolrailway.co.uk
 An unforgettable journey through the Rheidol Valley by narrow gauge steam train.
 Open 3rd April – 27th October

2 Capel Bangor Golf Club
01970 880741
 Enjoy a round of golf in stunning countryside before retiring to our recently extended clubhouse for refreshments.

3 Rheidol Riding School
01970 880863 www.rheidol-riding-centre.co.uk
 Riding within the beautiful Rheidol Valley. Besides 1 or 2 hour hacks and 3 hour pub rides in summer, we offer tuition for all ages and abilities. Unsure of your riding skills? Why not have half and half, some instruction and then out for a ride. British Horse Society approved.

4 EON Hydro Electric Scheme
01970 880667 www.eon-uk.com/483.aspx
 Come and visit Rheidol Hydro-Electric Scheme for a day out in the beautiful, secluded Rheidol valley, 10 miles from Aberystwyth. Guided tours operate from 11am – 3.30pm with free admission to the Visitor Centre with its video room and exhibition. Disabled accessible. Light refreshments are available in the cafeteria. Easter Weekend, 1st May- 30th Sept

5 The Magic of Life Butterfly House
01970 880928 www.magicoflife.org
 Free-flying tropical butterflies in a luxuriant tropical setting of exotic and unusual plants from the world's warmer regions.
 Open daily between 10am-5pm Easter – 31st October

6 Bwlch Nant yr Arian Visitor Centre
01970 890 694 www.nantyrarian.co.uk
 Red Kite feeding daily at 3pm (2pm winter) Scenic forest trails for walkers and challenging routes for mountain bikers, breathtaking views and picnic areas. Just 10 miles East of Aberystwyth on A44 Visitor Centre and Café open 10am – 5pm Summer 10am – dusk Winter.

7 Llywernog Silver-Lead Mine Museum (near Ponterwyd)
01970 890620 www.silverminetours.co.uk
 Guided tours into candle-lit caverns. Mining artefacts and machinery on display, try your hand at silver panning. Rocks and gifts for sale in the shop. Refreshments available in the tearoom. Open Late March-early November please call for details, Open Easter weekend.

8 Devil's Bridge Waterfalls
01970 890233
 Take a walk along the breathtaking wooded gorge. See the world famous three bridges and 300ft spectacular waterfalls. Charge for admittance, open all year.

9 Hafod (near Pontrhydygroes)
01974 282568 www.hafod.org
 Discover the Picturesque at the historic Hafod estate. Choose from 9 miles of paths in the beautiful Ystwyth Valley. Free entry, open all year.

10 Strata Florida (Pontrhydfendigaid)
01974 831261
 Visit the ruins which date back to 1197. The Cistercians at Strata Florida were loyal supporters of the Welsh Princes. Traditional burial place of Dafydd ap Gwilym the greatest poet of medieval Wales. Site and exhibition open April-October charge for admission to exhibition and museum.



Teithiau Tywysedig
 Talwch unwaith ac ymwelwch â 6 atyniad ar daith y Rheidol Rover. Mae Darganfod Cambrians yn cynnig siawns unigryw i chwi ddarganfod harddwch a mannau cudd Mynyddoedd y Cambria. Am deithiau preifat ac eraill cysylltwch â Darganfod Cambrians ar 01970 623223 neu ymwelwch â www.cambrian-discovery.co.uk

Sightseeing tours
 Pay one ticket price and see 6 attractions with the Rheidol Rover sightseeing tour. Cambrian Discovery offers a unique chance to discover the beauty of the Cambrian Mountains and its hidden gems. For private trips and other tours please contact Cambrian Discovery on 01970 623223 or see www.cambrian-discovery.co.uk

Gwybodaeth	Information
Parcio	Parking
Toileddau	Toilets
Caffi	Cafe
Bwytŷ/Tafarn	Restaurant/Public House
Taith Gerdded	Waymarked Trail
Siop	Shop
Garej	Fuel Garage
Pysgota	Fishing
Maes Caravannau	Caravan Site
Maes Pebyll	Campsite
Beicio Mynydd	Mountain Biking
Lle chwarae	Play Area
Cwrs Golf	Golf Course
Gwylfan	Viewpoint