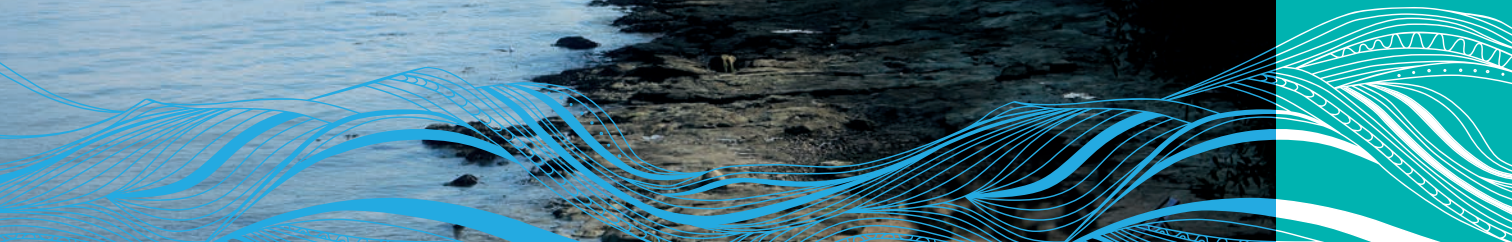




Discover the Severn Darganfod Aber Hafren

#DISCOVERTHESEVERN

WALKS OF
THE SEVERN
LLWYBRAU
ABER HAFREN



Walks of the Severn Estuary

There is so much to see along the Severn Estuary. From wading birds to industrial heritage, and iconic views to a stunning landscape laden with tradition. There is something for everyone and you're sure to see something different every time you visit!

Flip through this guide for walks to help you explore your local area and #DiscoverTheSevern! There are walks for all ages and abilities around South-East Wales, specifically Newport, Cardiff and Barry.

This guide is just a starting point to discovering the Severn coastline. Pick up one of our other guides to learn more about the Wildlife, Plant life or History of the Severn and get exploring!

TIP: Check out walks 1, 2, 3, 7 and 8 at both high and low water and be amazed at the transformation of the estuary!



Llwybrau Aber Hafren

Mae cymaint i'w weld ar hyd Aber Hafren. O adar rhydio i dreftadaeth ddiwydiannol, o olygfeydd eiconig i dirwedd syfrdanol llawn traddodiad. Mae rhywbeth i bawb, ac rydych chi'n sicr o weld rhywbeth gwahanol bob tro y byddwch chi'n mynd yno!

Darllenwch y canllaw yma i weld llwybrau i'ch helpu i archwilio eich ardal leol a #DarganfodHafren! Mae teithiau cerdded sy'n addas i bob oed a gallu o gwmpas y de-ddwyrain, yn enwedig Casnewydd, Caerdydd a'r Barri.

Man cychwyn yn unig ar gyfer darganfod morlin Hafren yw hwn. Edrychwch ar un o'n canllawiau eraill er mwyn dysgu mwy am fywyd gwyllt, bywyd planhigion neu hanes Hafren er mwyn dechrau ar y darganfod!


AWGRYM: Rhowch gynnig ar lwybrau 1, 2, 3, 7 ac 8 pan fydd y dŵr yn uchel ac yn isel, ac fe gewch chi'ch syfrdanu gan sut mae'r aber yn newid!

Key


-  Start Dechrau
-  Distance Pellter
-  Terrain Tir
-  Accessibility Hygyrchedd
-  Bus Stop Arhosfan Bysiau
-  Difficulty Lefel
-  Picnic Area Ardal Picnic
-  Dog Friendly Croeso i Gŵn
-  Train Station Gorsaf Drenau


Cover photo: David Roberts


Safety on the Severn


 Check the tide times and weather forecast before you visit the coast.

- Keep safe on the foreshore, taking care of slippery rocks and the mudflats. There is a real risk of getting stuck or losing your footing!
- The Severn has one of the highest tidal ranges in the world - remember how quickly the tide moves and changes - up to 1 metre in little more than 20 minutes on some tides.
- Wear suitable clothing and footwear, it can be muddy.
- Remember to check Public Rights of Way before setting off.
- For more information on safety on the Severn, take a look at our Good Practice Guidelines, www.asera.org.uk/good-practice-guidelines.

 Always bring a charged mobile phone and let friends or family know where you are and when you are likely to return home.


 The estuary is a home for wildlife - take care not to disturb feeding, breeding and resting birds.

 Stay on the footpaths where possible - help to protect the mudflats and saltmarsh that support wildlife.


 Help to keep the coast enjoyable for all and take all litter home with you.


Ordnance Survey Maps: osmaps.ordnancesurvey.co.uk
Welsh Coast Path: www.walescoastpath.gov.uk


Diogelwch Afon Hafren


 Gwiriwch amseroedd y llanw a'r rhagolygon tywydd cyn ymweld â'r arfordir.

- Cadwch yn ddiogel ar flaen y traeth, byddwch yn ofalus o greigiau lithrig a'r fflatiau llaid - mae'r perygl o fynd yn sownd yn un go iawn.
- Mae gan yr Hafren un o amrediadau llanw mwy a'r byd - cofiwch pa mor gyflym mae'r llanw'n symud a newid - hyd at 1m mewn ychydig dros 20 munud ar adegau.
- Gwisgwch ddillad ac esgidiau addas oherwydd y gall fod yn fwdlyd.
- Cofiwch wirio Hawliau Tramwy Cyhoeddus cyn mentro allan.
- I gael rhagor o wybodaeth am ddiogelwch Afon Hafren, edrychwch ar ein Canllawiau Arferion Gorau www.asera.org.uk/good-practice-guidelines.

 Cofiwch ddod â ffôn symudol wedi'i wefru'n llawn a gadael i ffrindiau neu deulu wybod ble rydych chi a phryd rydych yn debygol o ddychwelyd adref.

 Mae'r aber yn gartref i fywyd gwyllt - gofalu rhag i chi beidio â tharfu ar gyfnodau bwydo, bridio a gorffwys adar.

 Arhoswch ar y llwybrau lle bo'n bosibl - helpwch i ddiogelu'r fflatiau llaid a'r morfa heli sy'n cefnogi bywyd gwyllt.

 Helpwch i gadw'r arfordir yn hyfryd i bawb ac ewch â sbwriel adref gyda chi.

Mapiau Arolwg Ordnans: osmaps.ordnancesurvey.co.uk
Llwybr Arfordir Cymru: www.walescoastpath.gov.uk

1 Walk One

Pill Short Circular Walk









This short circular walk begins at Pill Millennium Centre (also known as Pill Mill), heading towards the River Usk – you will see the Newport Transporter Bridge to your right as you turn onto the main road. This is one of only six Transporter Bridges left in the world and is well worth a visit! You will join the Wales Coast Path just after the Transporter Bridge. Look out for the 'With Passing Ships' statue on the banks of the Usk! You will then join up with the Usk Valley walk taking in views along the river, before heading back to Pill Millennium Centre where you can enjoy Pill Mill Park. The terrain is mainly flat and well-marked but be aware of the busy road that the route crosses.

 Pillgwenlly Millennium Centre	 Paved
 2.31 miles/3.72km	 Leisurely, mostly flat
 1 Pill Mill Park/Centre	 Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.
 2 Newport Transporter Bridge	
 3 'With Passing Ships'	

1 Llwybr Un

Llwybr Cylchol Byr Pilgwenlli

Mae'r daith gylchol fer hon yn dechrau yng Nghanolfan Mileniwm Pilgwenlli, ac yn arwain tuag at Afon Wysg – fe welwch chi Bont Gludo Casnewydd ar eich ochr dde wrth i chi droi i'r brif ffordd. Dyma un o'r chwe Phont Gludo sydd ar ôl yn y byd, ac mae'n werth ei gweld! Byddwch chi'n ymuno â Llwybr Arfordir Cymru yn syth ar ôl y Bont Gludo. Cadwch lygad am y cerflun 'With Passing Ships' ar lan yr Afon Wysg! Yna, byddwch chi'n ymuno â Llwybr Dyffryn Wysg, gyda golygfeydd ar hyd yr afon, cyn mynd yn ôl at Ganolfan Mileniwm Pilgwenlli, lle mae Parc Mileniwm Pilgwenlli. Mae'r tir yn wastad ar y cyfan a'r llwybr yn amlwg, ond byddwch yn ofalus gyda'r ffordd brysur y mae'r llwybr yn ei chroesi.

 Canolfan Mileniwm Pilgwenlli	 Palmantog
 2.31 milltir/3.72km	 Hamddenol, llwybr gwastad ar y cyfan
 1 Canolfan/ Parc Mileniwm Pilgwenlli	 Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmetydd cyhoeddus.
 2 Pont Gludo Casnewydd	
 3 Cerflun 'With Passing Ships'	



Parking is free at Pill Mill.
Limited parking at Newport Transporter Bridge.

Gallwch barcio am ddim yng Nghanolfan Mileniwm Pilgwenlli.
Mae llefydd parcio cyfyngedig wrth Bont Gludo Casnewydd.



Newport Transporter Bridge / Pont Gludo Casnewydd
Photo: Severn Estuary Partnership / Llun: Partneriaeth Aber Hafren





'With Passing Ships' taken at point 3.
Cerflun 'With Passing Ships' wedi'i dynnu o bwynt 3.
Photo: Stephanie Roberts / Llun: Stephanie Roberts

2 Walk Two

Newport Wetlands Circular Walk

This is a circular route that takes you right onto the coastline of the Severn Estuary along the Wales Coast Path and is situated in the RSPB Newport Wetlands Reserve (www.rspb.org.uk). There are no entrance charges to the site. However, if you decide to drive, there is a payable carpark for non-RSPB members.







Depending on what season you choose to visit, you will see a variety of birds and other wildlife at this Site of Special Scientific Interest. Follow the path from the visitor centre into the Newport Wetlands site and make your way around to the Severn Estuary coastline – have a look out for wading birds in the mud of the estuary! The visitor centre has lots of activities and events on and the staff are always happy to help. Look out for the East Usk Lighthouse on your way round (seen in grey on the map opposite). There is a West Usk Lighthouse on the other side of the mouth of the river Usk!

 RSPB Newport Wetland Visitor Centre	 Paved and soft ground. This route has a high chance of being wet and muddy.
 3 miles/4.5km	 Leisurely
 Multiple benches and viewpoints of the estuary on this route.	 There is one dog walking route on the perimeter of the reserve marked by pawprint signs. You can get a map from the visitor centre, where there are tethering rings and a drinking bowl at the entrance. To avoid disturbing wildlife, all dogs must be kept on leads and stay on the paths.

2 Llwybr Dau

Llwybr Cylchol Profiad Gwlyptiroedd Casnewydd

Dyma lwybr cylchol sy'n eich tywys at forlin Afon Hafren ar hyd Llwybr Arfordir Cymru, ac sydd wedi'i leoli yng Ngwlyptiroedd Casnewydd yr RSPB (www.rspb.org.uk). Does dim tâl mynediad i'r safle. Fodd bynnag, os byddwch yn dewis gyrru, rhaid i bobl nad ydyn nhw'n aelodau o RSPB dalu i barcio yn y maes parcio. Yn ddiwynnol ar y tymor y byddwch chi'n ymweld, bydd amrywiaeth o adar a bywyd gwyllt arall ar y Safle o Ddiddordeb Gwyddonol Arbennig yma. Dilynwch y Llwybr o'r ganolfan ymwelwyr i safle Gwlyptiroedd Casnewydd, a dilynwch y Llwybr o gwmpas morlin Aber Hafren – edrychwch am adar rhydio ym mwd yr aber! Mae gan y ganolfan ymwelwyr lawer o weithgareddau a digwyddiadau, ac mae'r staff bob amser yn barod i helpu. Cadwch lygad am Oleudy Dwyrain Wysg wrth fynd o gwmpas (sydd i'w weld yn llwyd ar y map gyferbyn). Mae Goleudy Gorllewin Wysg ar yr ochr arall i aber Afon Wysg!

 Canolfan Ymwelwyr Gwlyptiroedd Casnewydd yr RSPB	 Tir meddal a phalmantog. Mae'r llwybr yma'n debygol o fod yn wlyb a mwldlyd.
 3 milltir/4.5km	 Hamddenol
 Mae sawl mainc a golygfan o'r aber ar y llwybr hwn.	 Mae un llwybr i gerdded cŵn ar berimedr y warchodfa, wedi'i farcio ag arwyddion â llun ôl traed ci. Gallwch gasglu map o'r ganolfan ymwelwyr, ac mae bachau clymu a phowlen ddŵr wrth y fynedfa. I osgoi amharu ar fywyd gwyllt, mae'n rhaid cadw cŵn ar dennyn ac mae'n rhaid aros ar y llwybrau.



3 Walk Three

The Gwent Levels Walk

This long-distance linear walk can start or end at the Newport Transporter Bridge Visitor Centre or The Lighthouse Inn. The route forms part of the Wales Coast Path and takes in beautiful views across the Gwent Levels and the Severn Estuary. You'll pass the iconic Grade II-listed West Usk Lighthouse which is currently operating as a hotel. Visit the Newport Transporter Bridge Visitor Centre to find out more about this Grade I listed structure and take a trip to the top for spectacular views of the Severn Estuary and Newport!

PLEASE NOTE: this is a long-distance linear walk which will take a few hours to complete. You can either walk out to the Lighthouse Inn and back or you could shorten it by parking two cars: one at the beginning of the route and one at the end. There is a payable car park at The Lighthouse Inn.









 Newport Transporter Bridge Visitor Centre to The Lighthouse Inn	 Paved and soft ground
 4.57 miles/7.35km each way	 Leisurely to moderate
 1 Newport Transporter Bridge	 Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.
 2 West Usk Lighthouse	
 3 Gwent Levels	

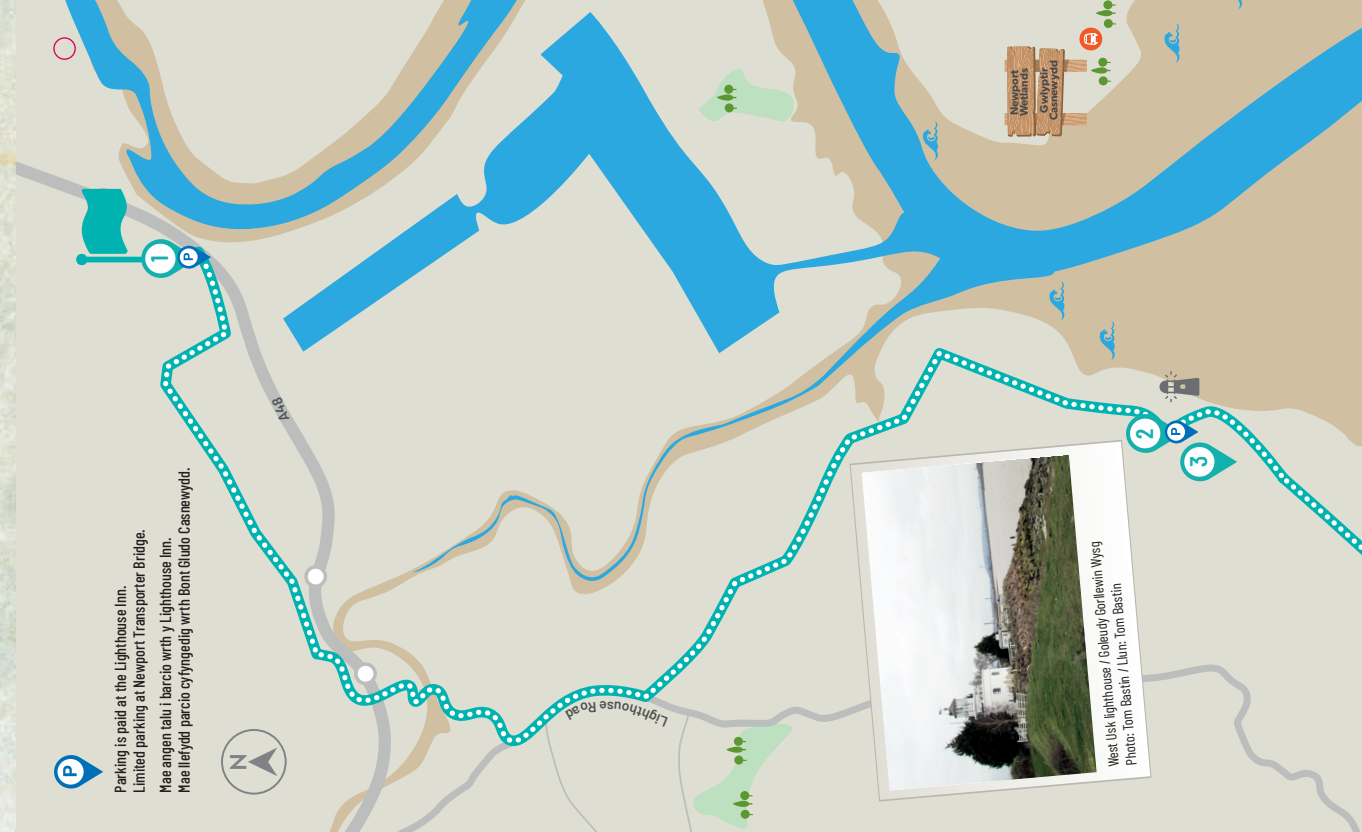
3 Llwybr Tri


Llwybr Aber Hafren a Morfa Gwent

Mae'r llwybr llinol a hir yma'n dechrau neu'n gorffen wrth Ganolfan Ymwelwyr Pont Gludo Casnewydd neu'r Lighthouse Inn. Mae'r llwybr yn rhan o Lwybr Arfordir Cymru, a cheir golygfeydd hardd ar draws Morfa Gwent ac Aber Hafren. Byddwch yn mynd heibio i Oleudy Gorllewin Wysg, adeilad cofrestredig Gradd II sy'n gweithredu fel gwesty ar hyn o bryd. Ewch i Ganolfan Ymwelwyr Pont Gludo Casnewydd i ddysgu mwy am y strwythur cofrestredig Gradd II yma, ac ewch ar daith i'r top i gael golygfeydd anhygoel o Aber Hafren a Chasnewydd!

DYLECH NODI: bod y llwybr yma'n un hir a llinol, a fydd yn cymryd ychydig oriau i'w gerdded. Gallwch un ai gerdded tuag at y Lighthouse Inn ac yn ôl, neu wneud taith fyrrach drwy barcio dau gar: un ar ddechrau'r llwybr ac un ar y diwedd. Bydd angen talu i barcio ym maes parcio'r Lighthouse Inn.

 Canolfan Ymwelwyr Pont Gludo Casnewydd i'r Lighthouse Inn	 Tir meddal a phalmantog
 4.57 milltir/7.35km bob ffordd	 Hamddenol i gymedrol
 1 Pont Gludo Casnewydd	 Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmentydd cyhoeddus.
 2 Goleudy Gorllewin Wysg	
 3 Morfa Gwent	



 Parking is paid at the Lighthouse Inn. Limited parking at Newport Transporter Bridge. Mae angen talu i barcio wrth y Lighthouse Inn. Mae llefydd parcio cyfyngedig wrth Pont Gludo Casnewydd.



West Usk lighthouse / Goleudy Gorllewin Wysg
Photo: Tom Bastin / Llyn: Tom Bastin

4 Walk Four

Grangetown Circular Walk

This circular walk begins at The Hub in Grangetown and follows the Taff Trail and Cardiff Bay Trail, along the River Taff. There are plenty of parks and gardens along the way. You will encounter stunning views across Cardiff Bay, before returning back along a short section of the Ely River past Cardiff Marina and Cardiff International White Water Centre. You could take a short detour into Grangemoor Park on your way back. This park used to be a landfill site but has been regenerated into a park! There are 360 degree views from the top of the hill and there is lots to see!

The Bay itself used to be very different. Cardiff Bay used to be called Tiger Bay, where ships would export Welsh coal across the world. It used to be an area of open estuary washed by tides twice a day, but was transformed into a freshwater lake, after the barrage was built in 1999. For more information go to: www.tigerbay.org.uk.

The Hub, Grangetown	Paved
4.68miles/7.53km	Leisurely
<ul style="list-style-type: none"> 1 The Marl 2 Grange Gardens 3 Cardiff Marina 	<ul style="list-style-type: none"> 4 Cardiff International White Water Centre 5 Grangemoor Park
Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	

4 Llwybr Pedwar

Llwybr Cylchol Grangetown

Mae'r daith gylchol yma'n dechrau wrth yr Hwb yn Grangetown, ac yn dilyn Llwybr Taf a Llwybr Bae Caerdydd, ar hyd Afon Taf. Mae digonedd o barciau a gerddi ar hyd y daith. Byddwch yn profi golygfeydd syfrdanol ar draws Bae Caerdydd, cyn dychwelyd ar hyd rhan fer o Afon Elái a heibio i Farina Caerdydd a Chanolfan Dŵr Gwyn Rhyngwladol Caerdydd. Gallech wro oddi ar y llwybr i Barc Grangemoor ar y ffordd yn ôl. Roedd y parc yn arfer bod yn safle tirlenwi, ond mae wedi cael ei adfywio a'i droi'n parc! Cewch olygfeydd 360-gradd o ben y bryn, ac mae llawer i'w weld!

Roedd y Bae yn arfer bod yn wahanol iawn. Bae Teigr oedd yr hen enw ar Fae Caerdydd, lle byddai llongau'n allforio glo Cymru ledled y byd. Roedd yn arfer bod yn ardal ag aber agored a fyddai'n cael ei golchi gan y llanw ddwywaith y dydd, ond cafodd ei thrawsnewid yn llyn dŵr croew ar ôl i'r morglawdd gael ei adeiladu ym 1999. I gael rhagor o wybodaeth, ewch i: www.tigerbay.org.uk.

Yr Hwb, Grangetown	Palmantog
4.68 milltir/7.53km	Hamddenol
<ul style="list-style-type: none"> 1 Y Marl 2 Gerddi Grange 3 Marina Caerdydd 	<ul style="list-style-type: none"> 4 Canolfan Dŵr Gwyn Rhyngwladol Caerdydd 5 Parc Grangemoor
Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmetydd cyhoeddus.	



Cardiff Bay Barrage / Morglawdd Bae Caerdydd
Photo: Andrew Rees / Llin: Andrew Rees

5 Walk Five

River Taff Circular Walk

This circular walk begins at The Hub in Grangetown, where the route then follows the Taff Trail and Cardiff Bay Trail, along the River Taff. Look out for Cardiff Bay Wetlands Reserve, for a chance to see all sorts of wildlife with views across Cardiff Bay. Once you reach the east side of Cardiff Bay, you'll join up with the Wales Coast Path. You will pass through the main hub of Cardiff Bay where there is so much to see, including the Millennium Centre, Norwegian Church, iconic Pierhead building and The Senedd building. Perhaps make a day of it and explore the bay before stopping for lunch on the barrage at the RSPB café. You will link up with the Ely River after passing Cardiff Marina and follow the river to Grangemoor park before heading back to Grangetown.

The Hub, Grangetown	Paved
6.97 miles/11.21km	Leisurely to moderate
<ul style="list-style-type: none"> Pentre Gardens Hamadryad Park Cardiff Bay Wetlands Reserve Penarth Marina Grangemoor Park The Marl 	<ul style="list-style-type: none"> Grange Gardens Techniquest Norwegian Church The Pierhead The Senedd
Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	

5 Llwybr Pump

Llwybr Cylchol Afon Taf

Mae'r daith gylchol yma'n dechrau wrth yr Hwb yn Grangetown, ac yna'n dilyn Afon Taf a Llwybr Bae Caerdydd, ar hyd Afon Taf. Cofiwch am Warchodfa Gwlyptiroedd Bae Caerdydd, lle gallwch weld pob math o fywyd gwylt a golygfeydd ar draws Bae Caerdydd. Ar ôl i chi gyrraedd ochr ddwyreiniol Bae Caerdydd, byddwch yn ymuno â Llwybr Arfordir Cymru. Byddwch yn mynd drwy ganol Bae Caerdydd, lle mae cymaint i'w weld! Mae hyn yn cynnwys Canolfan y Mileniwm, yr Eglwys Norwyaidd, adeilad eiconig y Pierhead ac adeilad y Senedd. Efallai y gallwch wneud diwrnod ohoni ac archwilio'r bae, cyn cael cinio ar y morglawdd yng nghaffi RSPB. Byddwch yn ymuno ag Afon Elái ar ôl mynd heibio i Farina Caerdydd, ac yn dilyn yr afon i Barc Grangemoor cyn mynd yn ôl tua Grangetown.

Hwb yn Grangetown	Palmantog
6.97 milltir/11.21km	Hamddenol i gymedrol
<ul style="list-style-type: none"> Gerddi Pentre Parc Hamadryad Gwarchodfa Gwlyptiroedd Bae Caerdydd Marina Penarth Parc Grangemoor Y Marl 	<ul style="list-style-type: none"> Gerddi Grange Techniquest Yr Eglwys Norwyaidd Pierhead Y Senedd
Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmentydd cyhoeddus.	



Grangemoor Park / Parc Grangemoor
Photo: Ben Salter / Llundain: Ben Salter

Penarth Marina / Marina Penarth
Photo: Andrew Rees / Llundain: Andrew Rees

Paid street parking on the Taff Embankment.
Mae angen tali i barcio ar y stryd ar Arglawdd Taf.



6 Walk Six

Cardiff Bay Circular Walk

This circular walk begins at Grangetown train station, where the route then follows the Taff Trail and Cardiff Bay Trail, along the River Taff. Once you cross the Ely River, you'll join up with the Wales Coast Path which will lead you over Cardiff Bay Barrage. The barrage was one of the biggest engineering projects in Europe in the 1990's. Look out for the large sluice gates, each one of which can release over a quarter of a million litres of water per second. Check out the fish pass too, especially if it is low water: this vital structure enables salmon and sea trout to swim upstream to their home river. For more information visit: www.cardiffharbour.com/barrage-story.

In addition to the spectacular views of Cardiff Bay, you'll get to explore a variety of parks and gardens on your journey through the city. Once you reach Atlantic Wharf, you'll come off the Wales Coast Path and head into the heart of Cardiff city centre. You'll then enjoy a short riverside walk of the upper River Taff before crossing over to Riverside. The route will lead you back to the Ely River, before returning back to Grangetown train station.

Grangetown Train Station	Paved
11.27miles/18.14km	Moderate
Cardiff Marina Grangemoor Park Cardiff International White Water Centre Bute Park	Principality Stadium Cardiff Bay Barrage Cardiff Bay Penarth Marina
Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	

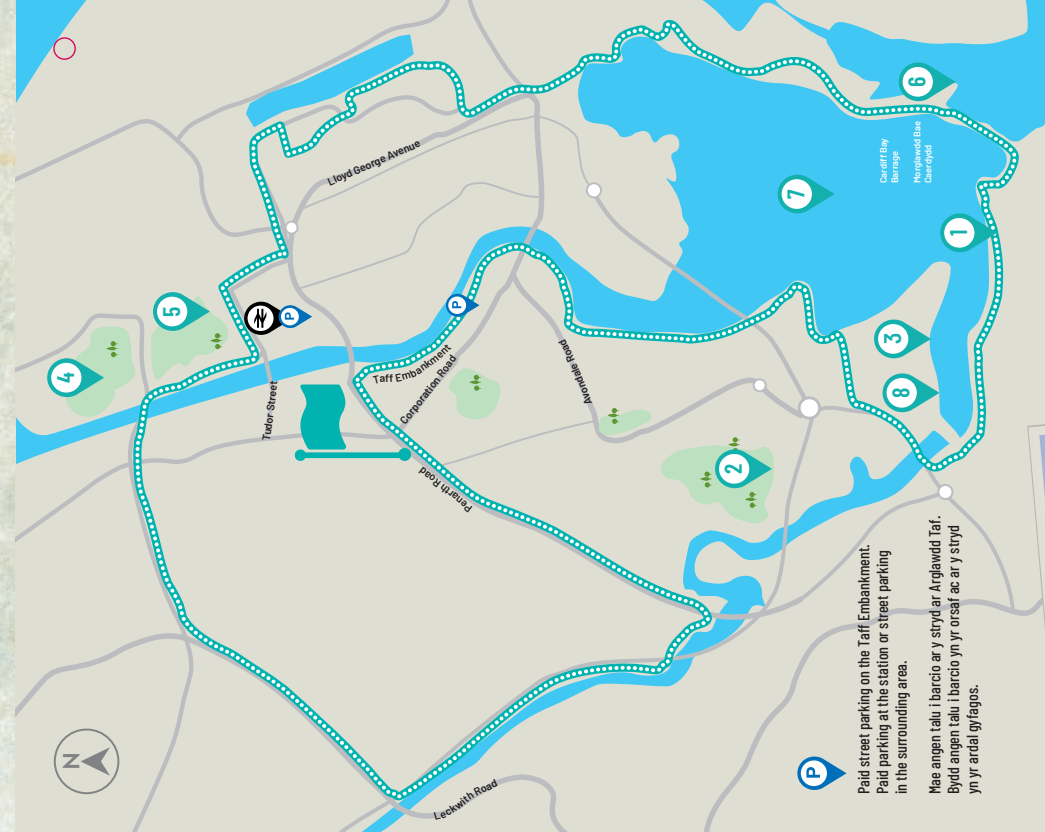
6 Llwybr Chwech

Llwybr Cylchol Bae Caerdydd

Mae'r Llwybr cylchol hwn yn dechrau yng ngorsaf drenau Grangetown, ac yn dilyn Llwybr Taf a Llwybr Bae Caerdydd, ar hyd Afon Taf. Ar ôl chi groesi Afon Elái, byddwch yn ymuno â Llwybr Arfordir Cymru a fydd yn eich arwain at Forglawdd Bae Caerdydd. Y morglawdd oedd un o brosiectau peirianeg mwyaf Ewrop yn ystod y nawdegau. Edrychwch am y gatiâu llifddor mawr. Gall pob un o'r rhain ryddhau dros chwarter miliwn litr o ddŵr yr eiliad. Edrychwch ar y dramwyfa bysgod hefyd, yn enwedig os yw'r dŵr yn isel: mae'r strwythur pwysig yma'n galluogi eog a brithyll môr i nofio i fyny'r afon i'w cartref. I gael rhagor o wybodaeth, ewch i: www.cardiffharbour.com/cy/hanes-y-morglawdd/

Yn ogystal â golygfeydd syfrdanol Bae Caerdydd, cewch archwilio amrywiaeth o barciau a gerddi ar eich taith drwy'r ddinas. Ar ôl i chi gyrraedd Glanfa Iwerydd, byddwch yn dod oddi ar Lwybr Arfordir Cymru, ac yn mynd tua chanol dinas Caerdydd. Yna, bydd taith fer ar hyd rhan uchaf Afon Taf cyn croesi draw i Lan-yr-Afon. Bydd y Llwybr yn eich arwain yn ôl at Afon Elái, cyn dychwelyd yn ôl i orsaf drenau Grangetown.

Gorsaf Drenau Grangetown	Palmantog
11.27milltir/18.14km	Gymedrol
Marina Caerdydd Parc Grangemoor Canolfan Dŵr Gwyn Rhyngwladol Caerdydd Parc Bute	Stadiwm Principality Morglawdd Bae Caerdydd Bae Caerdydd Marina Penarth
Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmentydd cyhoeddus.	



Paid street parking on the Taff Embankment.
 Paid parking at the station or street parking in the surrounding area.
 Mae angen talu i barcio ar y stryd ar Arglawdd Taf.
 Bydd angen talu i barcio yn yr orsaf ac ar y stryd yn yr ardal gyfagos.



Cardiff Bay / Bae Caerdydd
 Photo: National Assembly Wales
 Llun: Cynulliad Cenedlaethol Cymru



Cardiff Bay / Bae Caerdydd
 Photo: Ed Webster / Llun: Ed Webster

7 Walk Seven

Castleland Circular Walk

This circular walk begins at Castleland Community Centre but can be accessed from either Barry or Barry Island train station, it forms part of the Wales Coast Path and Vale Trail. Once exiting the town centre of Barry, and briefly passing Barry Waterfront, you'll arrive onto Barry Island. Did you know that Barry Island used to actually be an island, disconnected from the mainland by the river?

You'll have access to three beautiful beaches; Whitmore Bay, Jackson's Bay and Barry Harbour, with views across the Severn Estuary to the Somerset coastline (on a clear day). There are lots of attractions to visit including Maslin Park, Barry pleasure park and the famous Marco's Café at Whitmore Bay, where the TV sitcom Gavin and Stacey was set. Check out the rocks at Friar's Point, where odd rock structures inform us that there is 135 million years of earth history missing and provide clues to the ancient marine and lake environments of this site!

Castleland Community Centre	Paved
4.67miles/7.52km	Leisurely
1 Whitmore Bay 2 Jackson's Bay	3 Barry Harbour 4 Maslin Park
Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	
<ul style="list-style-type: none"> The Old Harbour (Barry Harbour) - Dogs have to be on a lead all year round Jackson's Bay - Dogs are allowed on the beach all year round Whitmore Bay (Barry Island beach) - Dogs are not allowed on the beach between 1st May to 30th September 	

7 Taith Saith

Taith Gylchol Castleland

Mae'r daith gylchol yma'n dechrau wrth Ganolfan Gymunedol Castleland, ond mae modd ei chyrraedd un ai o orsaf drenau Ynys y Barri neu'r Barri. Mae'n rhan o Lwybr Arfordir Cymru a Llwybr y Fro. Ar ôl gadael canol tref y Barri, a mynd heibio i Lannau'r Barri, fe gyrhaeddwch Ynys y Barri. Wyddoch chi bod Ynys y Barri yn arfer bod yn ynys go iawn, wedi'i gwahanu oddi wrth y tir mawr gan yr afon? Bydd gennych fynediad at dri thraeth hardd; Bae Whitmore, Bae Jackson a Harbwr y Barri, gyda golygfeydd ar draws Aber Hafren i arfordir Gwlad yr Haf (ar ddiwrnod clir). Mae llawer o atyniadau i ymweld â nhw, gan gynnwys Parc Maslin, parc pleser y Barri, a chaffi enwog Marco's ym Mae Whitmore, lle roedd rhan o raglen deledu 'Gavin and Stacey' wedi'i gosod.

Gallwch archwilio'r creigiau wrth Drwyn y Brodyr, lle mae strwythurau rhyfedd y creigiau yn dangos i ni bod 135 miliwn o flynyddoedd o hanes y ddaear ar goll, ac yn rhoi cliwiau am amgylchedd môr a llyn hynafol y safle!

Canolfan Gymunedol Castleland	Paved
4.67milltir/7.52km	Hamddenol
1 Bae Whitmore 2 Bae Jackson	3 Harbwr y Barri 4 Parc Maslin
Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmetydd cyhoeddus.	
<ul style="list-style-type: none"> Yr Hen Harbwr (Harbwr y Barri) - Mae'n rhaid i gŵn fod ar dennyn drwy gydol y flwyddyn Bae Jackson - Cianiater cŵn ar y traeth drwy gydol y flwyddyn Bae Whitmore (traeth Ynys y Barri) - Ni chaniateir cŵn ar y traeth rhwng 1 Mai a 30 Medi 	



Whitmore Bay / Bae Whitmore
Photo: Katie Havard-Smith / Llyn: Katie Havard-Smith



Friar's Point
Photo: Tom Bastin / Llyn: Tom Bastin

8 Walk Eight

Barry Island Circular Walk











This circular walk begins at Barry train station, with some sections following the Wales Coast Path and Vale Trail. Along the way you'll be able to take in the stunning views of the Severn Estuary along the South Wales coastline, before heading inland to enjoy the picturesque parks and gardens of the Vale of Glamorgan. In addition, there are many historic landmarks that can be visited on the way, such as the railway viaduct found at Porthkerry Country Park, Barry Castle, The Bulwarks (the site of a large Iron Age settlement) or the remains of the Roman Villa near the Knap! Great for a challenge, the terrain is mainly flat but there is a steep flight of steps, known as Golden Stairs at Porthkerry!

 Barry train station	 Paved and soft ground. This route has a low/medium chance of being wet and muddy.
 4.45miles/7.16km	 Mostly leisurely but with steep parts
 1 Watch House Bay  2 Romilly Park	 3 Cold Knap (beach and lake)  4 Porthkerry Country Park
 Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	
 <ul style="list-style-type: none"> • Cold Knap – Dogs are allowed on the beach year-round. • Porthkerry – Dogs are allowed on the beach year-round. 	

8 Llwybr Wyth

Llwybr Cylchol Ynys y Barri

Mae'r daith gylchol yma'n dechrau yng ngorsaf drenau'r Barri, gyda rhannau yn dilyn Llwybr Arfordir Cymru a Llwybr y Fro. Ar y ffordd, fe welwch olygfeydd syfrdanol o Aber Hafren ar hyd arfordir deheuol Cymru, cyn mynd oddi wrth y môr tua Bro Morgannwg i weld ei pharciau a'i gerddi hardd. Yn ogystal, mae llawer o dirnodau hanesyddol y gallwch ymweld â nhw ar y daith, fel traphont y rheilffordd sydd ym Mharc Gwledig Porthceri, Castell y Barri, y Bulwarks (safle anheddiad mawr o'r Oes Haearn) neu olion Fila Rufeinig yn agos at y Cnap! Mae'n her wych - mae'r tir yn wastad ar y cyfan, ond mae yna risiau serth, o'r enw'r Grisiau Aur ym Mhorthceri!

 Gorsaf Drenau'r Barri	 Tir meddal a phalantog. Mae gan y llwybr yma siawns isel/canolig o fod yn wlyb a.
 4.45milltir/7.16km	 Hamddenol ar y cyfan, ond rhai rhannau serth.
 1 Bae'r Gwyldy  2 Parc Romilly	 3 Y Cnap Oer (traeth a llyn)  4 Parc Gwledig Porthceri
 Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmentydd cyhoeddus.	
 <ul style="list-style-type: none"> • Y Cnap Oer – Caniateir cŵn ar y traeth drwy gydol y flwyddyn. • Porthceri – Caniateir cŵn ar y traeth drwy gydol y flwyddyn. 	



9 Walk Nine

Limpert Bay to Barry Long Distance Walk









This long-distance linear walk can start at either Limpert Bay or Barry. It forms part of the Wales Coast Path and the Vale Trail. Along the way you'll be able to take in the spectacular sights of the South Wales coastline, from the quieter and rugged coast in the west to the popular beaches of Barry in the east. In addition, there are many historic landmarks that can be visited on the way, such as the railway viaduct found at Porthkerry Country Park, Aberthaw Lime Works and the ponds of the Leys, or the remains of the Roman Villa near the Knap! The terrain is mainly flat but there are some short steep sections and a steep flight of steps, known as Golden Stairs at Porthkerry.

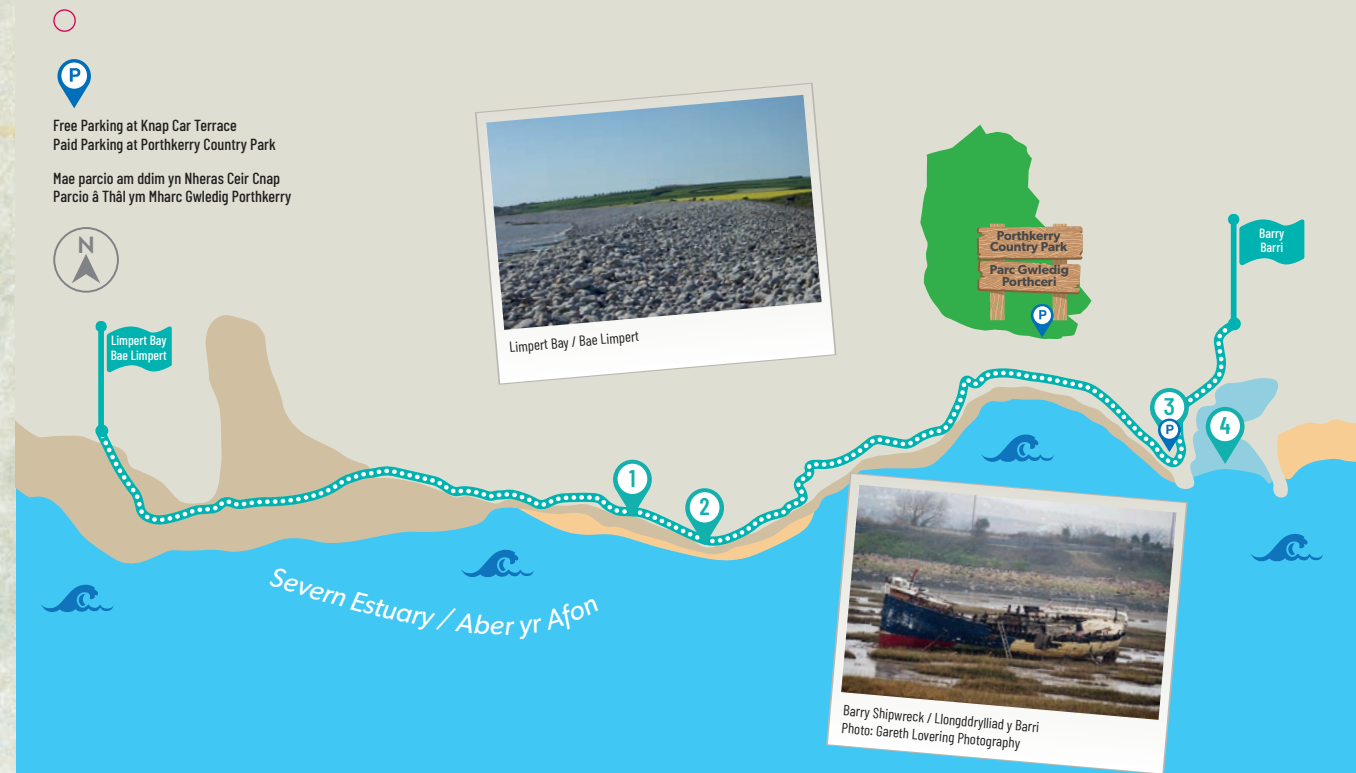
 Limpert Bay to Barry or Barry to Limpert Bay	 Paved and soft ground (cliff top). This route has a low/medium chance of being wet and muddy.
 7miles/11.2km each way	 Moderate to hard
 1 Leys Beach 2 Rhoose Point	 3 Cold Knap (beach and lake) 4 Watch House Bay
 Please note the dog control order which states that dogs must be kept on a lead on the coast path and public pavements.	
 • Cold Knap - Dogs are allowed on the beach year-round. • Porthkerry - Dogs are allowed on the beach year-round. • The Leys (Gileston) - Dogs are allowed on the beach year-round.	

9 Llwybr Naw

Taith Hir Bae Limpert i'r Barri

Gall y daith linol hir yma ddechrau un ai ym Mae Limpert neu yn y Barri. Mae'n rhan o Lwybr Arfordir Cymru a Llwybr y Fro. Ar y ffordd, fe welwch olygfeydd syfrdanol o arfordir deheuol Cymru, o arfordir tawelach a garw'r gorllewin, i draethau poblogaidd y Barri tua'r dwyrain. Yn ogystal, mae llawer o dirdodau hanesyddol i ymweld â nhw ar y ffordd, fel traphont y rheilffordd ym Mharc Gwledig Porthceri, Gweithfeydd Calch Aberddawan a phyllau dŵr y Gwndwn, neu olion Fila Rufeinig yn agos at y Cnap! Mae'r dirwedd yn wastad ar y cyfan, ond mae rhai rhannau byr sy'n serth, ynghyd â grisiau serth, o'r enw'r Grisiau Aur, ym Mhorthceri.

 Bae Limpert i'r Barri neu'r Barri i Fae Limpert.	 Tir meddal a phalantog. Mae gan y llwybr yma siawns isel/canolig o fod yn wlyb a.
 7milltir/11.2km each way	 Gymedrol i galed
 1 Traeth y Gwndwn 2 Trwyn y Rhws	 3 Y Cnap Oer (traeth a llyn) 4 Bae'r Gwyldy
 Cofiwch am y Gorchymyn Rheoli Cŵn, sy'n datgan bod yn rhaid cadw cŵn ar dennyn ar lwybr yr arfordir ac ar balmentydd cyhoeddus.	
 • Y Cnap Oer - Caniateir cŵn ar y traeth drwy gydol y flwyddyn. • Porthceri - Caniateir cŵn ar y traeth drwy gydol y flwyddyn. • Y Gwndwn (Silstwn) - Caniateir cŵn ar y traeth drwy'r flwyddyn.	



Why not check out some of the Severn Estuary's top wildlife spots? Beth am roi cynnig ar rai o'r llefydd gorau ar gyfer bywyd gwyllt yn Aber Hafren?

- 1 Porthkerry Country Park | Parc Gwledig Porthceri
- 2 Whitmore Bay | Bae Whitmore
- 3 Jacksons Bay | Bae Jackson
- 4 Lavernock Point Nature Reserve | Gwarchodfa Natur Trwyn Larnog
- 5 Flat Holm Island | Ynys Echni
- 6 Cardiff Bay Wetlands Reserve | Gwarchodfa Gwlyptiroedd Bae Caerdydd
- 7 Peterstone Wentlooge Marshes SSSI | SoDdGA Corsydd Llanbedr Gwynllwg
- 8 Great Traston Meadows SSSI | SoDdGA Dolydd Great Traston
- 9 Magor Marsh SSSI | SoDdGA Cors Magwyr



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Cyhoeddwyd gan Bartneriaeth Aber Hafren yn rhan o brosiect Darganiod Aton Hafren. Moddur trwy gymorth Cyfoeth Naturiol Cymru.



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