



Mae pob sgwâr grid ar y map hwn yn cynrychioli 1km (0.6 milltir)  
Each grid square on this map represents 1km (0.6 miles)

**Tua 10 munud**  
**Approximately 10 minutes**

**Tua 4 munud**  
**Approximately 4 minutes**

	<b>Man Adolgi</b>
	Place of Worship
	<b>Stopau / Ardal Siopa</b>
	Stops / Shopping area
	<b>Gwybodaeth i Dwnristiaid</b>
	Tourist information
	<b>Canolfan Hamdden</b>
	Leisure Centre
	<b>Gorsaf dreneu</b>
	Train station
	<b>Croesfan twan</b>
	Toucan crossing
	<b>Croesfan i gerddwyr</b>
	Pedestrian crossing
	<b>Gorsaf ffrisiau</b>
	Level crossing
	Bus station

  

	<b>Lwybr Beisio</b>
	Cycle routes / Drafting
	<b>Cycle Routes / Traffic Free</b>
	Advanced traffic free
	<b>Stryd i Gerddwyr</b>
	Pedestrian street
	<b>Parh 20mya</b>
	20mph zone
	<b>Lwybr troed</b>
	Footpath
	<b>Lwybr arfaethedig</b>
	Proposed route
	<b>Ysgol</b>
	School
	<b>Colleg</b>
	College
	<b>Ysbyty</b>
	Hospital

Mae'r map hwn ar gael i'w cerbyd, gan y Dwyfedd Corth Ddeta. Arosed. <http://openstreetmap.com/licenses/odbl/way>  
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To Alyn Waters Country Park / Lay

To Gresford / Marford

To Gresford

Pant-yr-Ochain

To Alyn Waters Country Park

To Bersham / Johnston

To Alyn Waters Country Park / Lay

To New Broughton / Brymbo

To Bersham / Johnston

To Ruabon





# Wreccsam Wrexham



MAP TEITHIO BYW / ACTIVE TRAVEL MAP



## Cysylltu eich siwrnai

Cerdded a beicio

**Sustrans.** Porwch, lawrlwythwch a chreu mapiau ar-lein o lwybrau cerdded a beicio lleol eich hun. Gallwch hefyd blotio eich siwrnai er mwyn ei rhannu gyda ffrindiau a theulu.

[www.sustrans.org.uk/maps](http://www.sustrans.org.uk/maps) Ffôn: 0845 113 0065  
Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Wreccsam ar ein gwefan:  
[www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)  
Am ragor o fanylion ar lwybrau cerdded a beicio yn Wreccsam: <http://www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps>

Trên a bws

I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafnidiaeth gyhoeddus ar gyfer Cymru.  
Ewch i [www.cymraeg.traveline-cymru.info](http://www.cymraeg.traveline-cymru.info) neu ffoniwch 0871 200 22 33 i gael manylion am wasanaethau bws, coets a rheilffordd.

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwell lleoedd a gofodau i symud drwydynt a byw ynddynt.

Mae'n bryd i ni gyd wneud dewisiadau gwell yn y ffordd yr ydym yn teithio. Cymerwch y cam a chefnogwch Sustrans heddiw.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.

@ [www.sustrans.org.uk](http://www.sustrans.org.uk)  
☎ 0845 113 0065  
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t [www.twitter.com/sustranscymru](http://www.twitter.com/sustranscymru)



A ddatblygwyd fel rhan o'r prosiect Live Well, Gwaith dda gyda chyllid gan Lywodraeth Cymru. Developed as part of the Live Well, Work Well project with funding from the Welsh Government.



Liun clawr: © Hawffraint y Goron (2014) Cyngor Bwrdeistref Sirol Wreccsam  
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## Rhesymau da dros deithio o gwmpas ar droed, beic, bws neu drên

**Er budd eich iechyd a'ch lles**  
Mae cerdded a beicio i'r gwaith, i'r siopau neu i ymweld â ffrindiau a theulu yn ffyrdd ardderchog i gynnwys gweithgaredd corfforol rheolaidd yn eich trefn arferol bob dydd. Gall hyn eich cynorthwyo i losgi calorïau, lleihau colesterol a gostwng pwysedd gwaed. Mae gweithgaredd corfforol rheolaidd hefyd yn gwella eich hwyliau, eich teimlad o les a gall gynorthwyo i roi hwb i'ch hunan-barch.

Ar y bws neu'r trên, fe gewch amser i fwynhau'r daith - gwrando ar gerddoriaeth, ymgolli mewn llyfr da neu sgwrsio - a thrwy roi gorffwys i'ch cerbyd gallwch arbed arian hefyd!

**Er budd yr amgylchedd**  
Drwy fynd ar y trên neu'r bws rydych yn lleihau eich allyriadau carbon gan rhwng chwech ac wyth gwaith o gymharu â mynd mewn car. Yn well byth, nid yw cerdded a beicio yn cynhyrchu allyriadau carbon. Mae llai o geir ar y ffordd hefyd yn golygu amgylchedd mwy diogel, yn arbennig ar gyfer plant, a lle mwy pleserus i bawb ohonom.

**Er mwyn arbed arian**  
Un o fanteision teithio o gwmpas o dan eich grym eich hun yw ei fod yn eithriadol o rad. Dim treth car, dim MOT a dim gofidiau petrol. Os byddwch yn cerdded neu'n beicio'n rheolaidd fe arbedwch ffortiwn!

## Good reasons to get around by foot, bike, bus or train

**For your health and well-being**  
Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. This can help you burn calories, reduce cholesterol and lower blood pressure. Regular physical activity also improves your mood, your sense of well-being and can help boost self-esteem.

On the bus or train, you'll have time to enjoy the journey - listen to music, read a good book or have a chat - and by giving your vehicle a well deserved rest, you can save money too!

**For the environment**  
By taking a train or bus you reduce your carbon emissions by between six and eight times compared to going by car. Even better, walking and cycling do not produce any carbon emissions. Fewer cars on the road also mean a safer environment, particularly for children, and a more pleasant place for us all.

**For saving money**  
One of the things about getting around under your own steam is that it's really cheap. No car tax, no MOT and no petrol price worries. If you walk or cycle regularly you'll save a fortune!

## Connecting your journey

Walking and cycling

**Sustrans.** Browse, download and create online maps of local walking and cycling routes. You can also plot your journey to share with friends and family.

[www.sustrans.org.uk/maps](http://www.sustrans.org.uk/maps) Tel: 0845 113 0065  
Discover the very best of the National Cycle Network in Wales on our website:  
[www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)  
For further details on walking and cycling routes in Wrexham: <http://www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps>

Train and bus

For travel information contact **Traveline Cymru**, the public transport information service for Wales. Visit [www.traveline-cymru.info](http://www.traveline-cymru.info) or call 0871 200 22 33 for bus, coach and rail service details.