

Travel to/from the route / Teithio i/o'r llwybr

Coastal Buses: Pembrokeshire has a network of coastal buses to help visitors and residents to access the coast without using the car. Please pick up timetable booklets at local Tourist Information Centres or request a copy from the Pembrokeshire County Council Transport Unit on: 01437 775227 or E-mail: greenways@pembrokeshire.gov.uk

Local Bus timetables: Please pick up timetable booklets at local Tourist Information Centres or request a copy from the Pembrokeshire County Council Transport Unit on: 01437 775227 or E-mail: greenways@pembrokeshire.gov.uk

Tain: Call National Rail Enquiries on: 08457 48 49 50.
www.nationalrail.co.uk

National Bus: Call Traveline on: 0871 200 22 33.
www.traveline-cymru.org.uk

Wales Flexi Pass: If you are travelling by bus and train throughout Wales then look for all 'All Wales Freedom of Wales Flexipass'. For details please telephone; 0845 6061 660 or look at the website: www.walesflexipass.co.uk

Bysiau'r Arfordir: Mae gan Sir Benfro rwydwaith o fysiau arfordirol er mwyn helpu ymwelwyr a thrigolion i fynd i'r traeth a chefn gwlad heb orfod defnyddio'r car. Beth am fynd i mo'yn y llyfrynau amserlenni yn y Canolfannau Croeso lleol neu gallwch ofyn am gopi gan Uned Cludiant Cyhoeddus Cyngor Sir Penfro ar: 01437 775227 neu e-bost: greenways@pembrokeshire.gov.uk

Amserlenni'r Bysiau Lleol: Ewch i mo'yn y llyfrynau amserlenni yn y Canolfannau Croeso lleol neu ofyn am gopi gan uned Cludiant Cyhoeddus Cyngor Sir Penfro ar: 01437 775227 neu e-bost: greenways@pembrokeshire.gov.uk

Trên: Ffoniwch Ymholiadau'r Rheilffordd Genedlaethol ar: 08457 48 49. www.nationalrail.co.uk

Bysiau Cenedlaethol: Ffoniwch Traveline ar: 0871 200 22 33. www.traveline-cymru.org.uk

Pas Hyblyg Crwydro Cymru: Os ydych chi'n teithio ar y bws a'r trênedd ledled Cymru yna cadwch eich llygaid ar agor am 'Pas Hyblyg Crwydro Cymru Gyfan'. Am y manylion byddwch cystal â ffonio 0845 6061 660 neu ewch at y wefan yn: www.walesflexipass.co.uk

Additional cycling opportunities / Cyfleoedd ychwanegol i seiclo

Explore the countryside on your doorstep with Pembrokeshire County Council's series of cycle rides from towns: Newport, Fishguard, St Davids, Haverfordwest, Milford Haven, Pembroke, Tenby and Saundersfoot. Download a map, cycling description and photo description.

Saundersfoot and Newport have been designated as 'cycle hubs' in Pembrokeshire, with two new cycle packs brought to you by 'Wales Cycle Breaks' detailing a series of day rides, between 15 and 35 miles long, which have been designed for family cycling. Visit www.cyclepembrokeshire.com

Alternatively Greenways Holidays provide a variety of cycling holiday options including a Celtic Trail Tour, for more information contact:- www.greenwaysholidays.com

Beth am fynd i weld beth a welwch yn yr ardal wledig yn eich milltir sgwâr? Mae gan Gyngor Sir Penfro nifer o reidiau beic o dref fel: Trefdraeth, Abergwaun, Tyddewi, Hwlfordd, Aberdaugleddau, Penfro, Dinbych-y-pysgod a Saundersfoot. Gallwch lawrlwytho map, disgrifiad o'r daith ar droed a ffoto-ddisgrifiad.

Mae Saundersfoot a Threfdraeth wedi cael eu dynodi yn 'ganolfannau seiclo' yn Sir Benfro, gyda dau becyn seiclo newydd sydd wedi'u darparu gan 'Gwyliau Beicio Cymru'. Ynddynt mae manylion cyfres o reidiau undydd, rhwng 15 a 35 milltir ar y mwyaf, er mwyn i'r teulu seiclo gyda'i gilydd. Ewch at www.cyclepembrokeshire.com

Fel arall, mae gyda 'Greenways Holidays' amrywiaeth o ddewisiadau gwyliau seiclo, yn cynnwys Taith y Llwybr Celtaidd. Am ragor o wybodaeth cysylltwch â:- www.greenwaysholidays.com



Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network, over twelve thousand miles of traffic-free, quiet lanes and on-road walking and cycling routes around the UK. We are the charity making a difference today so everyone can live a better tomorrow.

Support Sustrans. Join the movement.

For more information on routes in your area, or more about Sustrans and how to become a Supporter, visit or call:

Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Sustrans yw elusen cludiant cynaliadwy flaenaf y DU, yn gweithio ar brosiectau ymarferol fel y gall pobl ddewis teithio mewn ffyrdd a fydd llesol i'w hiechyd a'r amgylchedd. Mae'r elusen wrth gefn llawer o brosiectau arloesol gan gynnwys y Rhwydwaith Beicio Cenedlaethol. Mae'r 10,000 mil o filliroedd cyntaf o lwybrau beicio a cherdded diogel ac atyniadol wedi eu cwblhau gan ddod â'r Rhwydwaith o fewn cyrraedd un filltir at 50% o'r boblogaeth.

Cefnogwch Sustrans, Ymunwch â'r Mudiad.

Am ragor o wybodaeth am lwybrau yn eich ardal, neu ragor am Sustrans a sut i ddod yn Gefnogwr, ymwelwch neu ffoniwch:

www.sustrans.org.uk
0845 113 00 65

Front cover:
Cilgerran Castle / Castell Cilgerran © CADW Registered charity number 326550

YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT



Cardi Bach

Aberteifi i Gilgerran Cardigan to Cilgerran



Rhwydwaith
Beicio
Cenedlaethol

National
Cycle
Network

Cardigan to Cilgerran

Aberteifi i Gilgerran

Mode Cycling and Walking
Length 3 miles (6 miles return)
Traffic-free Cardigan – Welsh Wildlife Centre 1 mile
On-road Cilgerran Wildlife Centre – Cilgerran Castle 2 miles
Attractions Welsh Wildlife Centre. Cilgerran Castle
Bike hire New Image Bicycles 29-30 Pendre, Cardigan
 Tel: 01239 621 275
Please keep to the cycle route. Cycling is NOT permitted on boardwalks

Dull Seiclo a Cherdde
Pellter 3 milltir (6 milltir - dwyffordd)
Didraffig Aberteifi – Canolfan Bywyd Gwyllt Cilgerran 1 filltir
Ar y ffordd Canolfan Bywyd Gwyllt Cilgerran – Castell Cilgerran 2 filltir
Atyniadau Canolfan Bywyd Gwyllt Cymru. Castell Cilgerran
Llogi Beiciau New Image Cycles, 29-30 Pendre, Aberteifi, 01239 621275
Byddwch cystal â chadw at y llwybr seiclo. DIM SEICLO ar y llwybr estyllod



Welsh Wildlife Centre / Canolfan Bywyd Gwyllt Cymru



Attractions along the route / Atyniadau ar hyd y daith

- 1 Cardigan Castle**
Cardigan Castle dates back to the 12th century and was the location of the first Eisteddfod in Wales in 1176.
- 2 Teifi Marshes**
Teifi Marsh is without a doubt one of the best wetland reserves in Wales.
- 3 Welsh Wildlife Centre**
Nestling in lush countryside along the banks of the River Teifi near Cilgerran, this 264-acre wildlife nature reserve is home to many species of wildlife including otters, badgers, kingfishers and red kite.
- 4 Cilgerran Castle**
Cilgerran Castle played host to many of the key figures in Pembrokeshire's military history. Today, Cilgerran's position is stunning, high above the River Teifi with cliffs on two sides it is a natural site for a fortification.

1 Castell Aberteifi
Mae Castell Aberteifi yn dyddio'n ôl i'r 12fed ganrif a dyma lle y cynhaliwyd yr Eisteddfod gyntaf yng Nghymru ym 1176, o dan nawdd yr Arglwydd Rhys ap Gruffydd.

2 Corsydd Teifi
Cors Teifi, heb os nac oni bai, yw un o'r gwarchodfeydd gwlyptir gorau yng Nghymru.

3 Canolfan Bywyd Gwyllt Cymru
Gwarchodfa natur 264 erw – ar gyfer natur a bywyd gwyllt – sydd wedi'i lleoli mewn cefn gwlad gwyrddlas. Mae'n gartref i lawer o anifeiliaid ac adar gwyllt, ac yn eu plith mae dyfrgwn, moch daear, glas y dorlan a'r barcud.

4 Castell Cilgerran
Bu Castell Cilgerran ym meddiant llawer o brif gymeriadau hanes milwrol Sir Benfro yn eu tro. Heddiw, mae lleoliad Cilgerran yn un trawiadol, yn uchel uwchben Afon Teifi gyda chlogwyn ar y ddwy ochr iddo - mae'n safle naturiol ar gyfer amddiffynfa.

Cardigan to Cilgerran / Aberteifi i Gilgerran

If you're looking for somewhere to take the family cycling then head towards the Welsh Wildlife Centre at Cilgerran, near Cardigan, and bring binoculars for bird watching!

The 'Cardi Bach' traffic-free cycle route starts from Cardigan Bridge, where you join the cycle path just off the bridge, next to the Castle Inn - *Taking care following this section along the river bank.*

Cycle under the new bridge and follow the disused railway line as it winds its way through Welsh Wildlife Reserve.

The Welsh Wildlife Centre provides the perfect refreshment stop or you can bring a picnic and enjoy the views.

If you want to cycle further you can ride along the entrance road to the wildlife centre, towards Cilgerran. **Please note that this section does have traffic.** At the entrance turn left and follow the back roads into Cilgerran to the castle.

Os ydych chi'n chwilio am rywle i fynd i seiclo â'r teulu, yna beth am fynd i Ganolfan Bywyd Gwyllt Cymru yng Nghilgerran, ger Aberteifi. Cofiwch ddod â'ch sbenglas i weld yr adar!

Man cychwyn llwybr seiclo didraffig y 'Cardi Bach' yw Pont Aberteifi. Yno gallwch chi fynd ar y llwybr seiclo gerllaw'r bont,

ar bwys Tafarn y Castell. Gan bwyll – pan ydych chi'n reidio ar hyd y rhan hon ar lan yr afon.

Yna seiclwch o dan y bont newydd a dilyn yr hen reilffordd segur sy'n mynd trwy Warchodfa Bywyd Gwyllt Cilgerran. Mae Canolfan Bywyd Gwyllt Cilgerran yn fan berffaith i stopio er mwyn cael lluniaeth neu gallwch ddod â phicnic a joi'r golygfeydd.

Os hoffech seiclo ymhellach gallwch chi reidio ar hyd y ffordd fynedfa i'r ganolfan bywyd gwyllt, i gyfeiriad Cilgerran. **Sylwer: mae traffig ar y rhan hon o'r ffordd.** Wrth y fynedfa trowch i'r chwith a dilyn y ffordd gwledig i Gilgerran er mwyn gweld y castell.

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