

Useful Information Gwybodaeth ddefnyddiol

Ordnance survey explorer maps **215** and **216** cover the routes in the area.

Mae mapiau OS Explorer **215** a **216** yn cynnwys y llwybrau sydd yn yr ardal hon.

Free **Powys Cycle Guide** available from : Brecon TIC, The Market car park, Brecon, LD3 9DA
Canllaw seiclo am ddim, ar gael o Ganolfan Croeso Aberhonddu, Maes Parcio Y Marchnad, Aberhonddu, LD3 9DA. **01874 622485**

Powys Tourism enquiries / Ymholiadau
Twristiaeth Powys Email: Tourism@powys.gov.uk
PCC Cycling Officer / Swyddog Seiclo Cyngor
Sir Powys **0845 607 6060**

Shropshire and Mid Wales CTC
CTC Canolbarth Cymru a Swydd Amwythig
www.cycleshropshire.org.uk 0845 113 0065

Sustrans www.sustrans.org.uk

Newtown 2020 www.newtown2020.org.uk
Voluntary Community Voice on Sustainable Transport Issues.

Llais y gymuned wirfoddol Materion trafniadaeth gynaliadwy.

Brooks Cycles – spares/repairs/new bike sales
darnau sbar/trwsio/gwerthu beiciau newydd
Newtown / Y Drenewydd – 01686 610021
Welshpool / Y Trallwng – 01938 553582
www.brookscycles.co.uk



Design and photography by MA Creative • 01743 231261 • www.macreative.co.uk



Pwll Penarth Nature Reserve

A great stop off point or destination! A real bird paradise. Two hides ensure good views over the lake and the cliffs where sand martins nest. For more information go to www.montwt.co.uk

Riverside Path

The riverside cycle path is a linear route that follows the line of the River Severn.

The shared use cycling and walking route, is a tarmac path, which is also suitable for wheelchairs. It follows the River Severn from the Trehafren side of Newtown, going under the road bridge and along to Halfpenny Bridge the footbridge to cross the river. The route continues along the riverside all the way to the pump house to join the in filled Montgomery canal in Llanwchairan. Follow the newly surfaced route here to follow the Montgomery canal greenway all the way to Abermule.

Yn ei faen trwy'r gât ar hyd yr hen lwybr tynnu. Y man cyntaf ar hyd lwybr sydd o ddi-ddordeb yw Gwarchodfa Natur Pwll Penarth. Mae basn y gamlas yn amlwg iawn o fewn adfeillion Loc Doffor ac yna Loc Freestone. Ar ôl Loc Freestone, mae yna dd_l yn y gamlas. Mae'r llwybr hwn yn bodoli eisoes i gerddwyr fel Llwybr Hafren.



Mae'r lôn las hefyd yn rhan o Lwybr Seiclo 81 (Lôn Cambria) sy'n cysylltu Aberystwyth â'r Amwythig.

Tua 3 cilomedr (1.9 milltir) o'r Drenewydd, fe ddech at wath trîn cartïon Severn Trent, lle mae'r llwybr yn cychwyn. Mae'r llwybr yn mynd



Other Cycle routes in the area

Lôn Cambria – NCN 81

Welshpool to Shrewsbury
113 mile (182km)
This route traverses the Cambrian Mountains between Aberystwyth and Shrewsbury. It links the picturesque market towns of Llanidloes, Newtown and Welshpool.

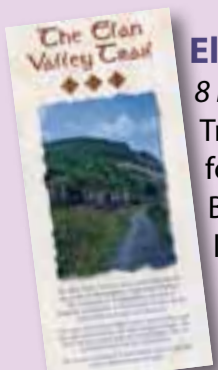
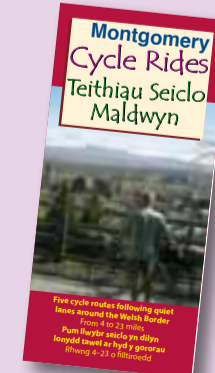


The Radnor Ring

84 miles (135km)
The Radnor ring, regional route 25, is a way marked circular route that follows quiet country lanes through some of Mid Wales most spectacular scenery. The route lies to the east of Rhayader and links Kington, Knighton and Llandrindod Wells.

Montgomery Cycle Rides

4 to 23 miles (6.5 to 37km)
Five circular routes following quiet lanes around the welsh border.



Elan Valley Trail

8 miles (13km)
Traffic free path following the line of the old Birmingham corporation railway line.
www.elanvalley.org.uk

Montgomery Canal Greenway



the gate and along the line of the old towpath. The first point of interest along the route is the Pwll Penarth Nature Reserve. The canal bed is clearly visible with the ruins of Doffor Lock and then Freestone Lock. After freestone Lock the already in existence as the Severn canal contains water. This route is way for walkers.

The route now follows the improved towpath all the way to Abermule. There are refreshments and a shop available in Abermule. From here it is possible to follow quiet roads to Montgomery.

The greenway also forms part of the National Cycle Route 81 (Lôn Cambria) which connects Aberystwyth to Shrewsbury.

Gwarchodfa Natur Pwll Penarth



Man aros neu gyrchfan gwych! Paradwys go iawn i adar. Ceir dwy guddfan sy'n sicrhau golygfeydd gwych dros y llyn a'r creigiau lle mae Gwennol y Glennydd yn nythu. Am ragor o wybodaeth ewch i www.montwt.co.uk

Llwybr Glan yr afon

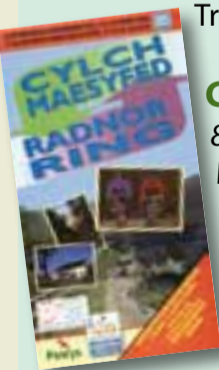
Mae llwybr seiclo glan yr afon yn llwybr llinellol sy'n dilyn llinell Afon Hafren.

Mae'r llwybr tarmac yn cael ei rannu gan seiclwr a cherddwyr, ac mae hefyd yn addas i gadeiriau olwyn. Mae'n dilyn Afon Hafren o ochr Trehafren Y Drenewydd, gan fynd o dan bont y ffordd ac ymlaen i bont droed Halfpenny er mwyn croesi'r afon. Mae'r llwybr yn mynd ymlaen ar hyd glan yr afon yr holl ffordd i'r t_pwmpio er mwyn cwrrdd â chamlas Maldwyn sydd wedi'i fewnlenwi yn Llanllwchaearn. Yma, dilynwch y llwybr sydd ag wyneb newydd ar hyd lôn las camlas Maldwyn yr holl ffordd i Aber-miwl.

Llwybrau Seiclo eraill yn yr ardal

Lôn Cambria – NCN 81

Y Trallwng i'r Amwythig
113 o filltiroedd (182 cilomedr)
Mae'r llwybr hwn yn croesi Mynyddoedd Cambrian rhwng Aberystwyth a'r Amwythig. Mae'r cysylltu trefi marchnad prydferth Llanidloes, Y Drenewydd a'r Trallwng.



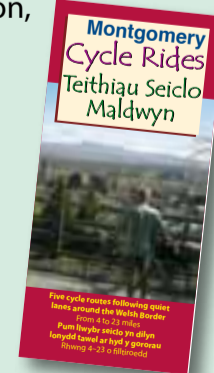
Cylch Maesyfed

84 o filltiroedd
Mae Cylch Maesyfed, llwybr rhanbarthol 25, yn llwybr cylchol gydag arwyddion, sy'n dilyn lonydd gwledig tawel trwy rai o olygfeydd mwyaf godidog Canolbarth Cymru. Mae'r llwybr hwn i'r dwyrain o

Raeadr Gwy, gan gysylltu Kington, Tref-y-clawdd a Llandrindod.

Llwybrau Seiclo Maldwyn

Rhwng 4 – 23 milltir
Pum llwybr cylchol gan ddilyn lonydd tawel ar hyd y gororau.



Llwybr Cwm Elan

8 milltir (13 cilomedr)
Llwybr di-draffig sy'n dilyn lein hen reilffordd corfforaeth Birmingham.
www.elanvalley.org.uk



Y Drenewydd yw'r dref fwyaf yng Nghanolbarth Cymru gyda 10,000 o bobl yn byw yno. Roedd yn dref farchnad ganoloesol yn wreiddiol, ac wedi'i hyrwyddoedd yn enwog am ei breithyn gwlan. Mae yma amgueddfa deustiau a hefyd amgueddfa ar y ddygwylwr cymdeithasol o'r bedwaredd ganrif ar bymtheg, Robert Owen, a fûn byw yma.

Mae'r Drenewydd ar fro yn lle gwych i seiclo. Ceir llwybrau di-draffig ar hyd glan yr afon ar gamlas Galwch barcio eich beiciau yn y dref ac mae nifer sy'n eich arwain chi'n syth i galon cên gwlad.

Bydd beicwyr cyffredin yn gallu seiclo milltir mewn pum munud. Ar y cyflymder hynny, mae'n debyg mai seiclo yw'r ffordd gyllyma!

At that speed cycling is likely to be the quickest way to travel door to door within Newtown for most journeys.

Newtown Cycle Map Map Seiclo Y Drenewydd



Newtown and surrounding area is a great place for cycling. There are traffic free routes along the riverside and canal which take you right out into the heart of the countryside. Cycle parking is available in the town and many of the routes link residential areas.

Newtown is the largest town in Mid Wales with 10,000 residents. Originally a medieval market town, it was later famous for its woollen cloth. There's a textile museum and a museum dedicated to the 19th century social reformer Robert Owen who lived here.

An average cyclist can do a mile in five minutes. At that speed cycling is likely to be the quickest way to travel door to door within Newtown for most journeys.



Good Cycling code

- 🚲 Be courteous
- 🚲 Give way to pedestrians
- 🚲 Remember that some people are hard of hearing or visually impaired
- 🚲 Give way to wheelchair users
- 🚲 Ring a bell or call out to warn of your approach

Cycle with Care

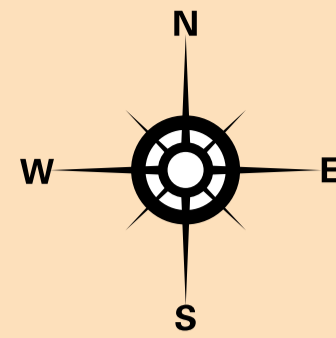
- 🚲 Take special care at junctions, when cycling down hill and on loose surfaces
- 🚲 In remote areas carry food, repair kit and waterproofs
- 🚲 Use lights in poor visibility
- 🚲 Consider wearing a helmet and high visibility clothing

Cod Beicio Da

- 🚲 Byddwch yn gwrtais
- 🚲 Ildiwi i gerddwyr
- 🚲 Cofiwch fod rhai pobl yn drwm eu clyw neu â nam ar eu golwg
- 🚲 Ildiwi i bobl mewn cadeiriau olwyn
- 🚲 Canwch gloch neu galwch allan i rybuddio eich bod chi yno

Cycle with Care

- 🚲 Cymerwch ofal wrth gyffyrdd, wrth seiclo i lawr bryn ac ar arwynebau rhydd.
- 🚲 Mewn ardaloedd anghysbell, cariwch fwyd, cit trwsio a dillad atal dwr.
- 🚲 Defnyddiwch eich goleuadau os nad ydych chi'n gallu gweld yn dda iawn.
- 🚲 Ystyriwch wisgo helmed a dillad amlwg neu lachar.



	Cycle routes (on roads) / Llwybrau seiclo (ar ffordd)
	Cycle routes (traffic-free) / Llwybrau seiclo (di-draffig)
	Proposed routes / Llwybrau arfaethedig
	Visitor Information Centre / Canolfan Croeso
	Public House / Tafarn
	Bus station / Gorsaf Fysiau
	Railway station / Toiledau Cyhoeddus
	Recreation area / Meysydd hamdden
	Public toilets / Toiledau Cyhoeddus
	Car parking / Maes parcio
	Parks & gardens / Parciau a Gerddi
	Buildings of interest / Adeiladau o ddiddordeb
	Cycle shop / Siop Feiciau
	Cycle parking / Parcio i feiciau
	Traffic lights / Goleuadau traffig
	Pelican crossing / Croesfan Pelican
	Zebra crossing / Croesfan Sebra
	Refuge island / Ynys Groesi
	National Cycle Route 81
	Llwybr Rhydwraith Seiclo Cenedlaethol 81
	Schools / Ysgolion

We would welcome comments from users of the map to help us update and improve future editions.
Byddem yn croesawu sylwadau gan ddefnyddwyr y map i'n helpu i'n ddiweddararu a gwella rhifynnau'r dyfodol.



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