



Gorsaf dân, gorsaf heddlu a llys yr ynadon
Combined Service's Fire Station, Police Station and Magistrates Court

Os gwnaethoch fwynhau'r llwybr hwn beth am noddi eich hoff filltir?

Noddi milltir

Gallwch nawr noddi unrhyw filltir ar Rwydwaith Beicio Cenedlaethol Sustrans, boed hynny i chi'n bersonol neu fel anrheg. Fe gewch becyn diolch, tystysgrif, sticer beic unigryw a diweddariadau rheolaidd.

Ewch ar-lein nawr yn www.sustrans.org.uk/mymile a noddwch eich milltir heddiw.

If you enjoyed this route why not sponsor your favourite mile?

Sponsor a mile

Now you can sponsor any mile on Sustrans' National Cycle Network, whether it's just for you or as a gift. You'll receive a thank you pack, certificate, an exclusive bike sticker and regular updates.

Go online now at www.sustrans.org.uk/mymile and sponsor your mile today.

Mae pob sgwâr grid ar y map hwn yn cynrychioli 0.5 km (0.3 milltir)
Each grid square on this map represents 0.5 km (0.3 miles)

Tua 5 funud
Approximately 5 minutes

Tua 2 funud
Approximately 2 minutes

- Lwybr Rhwydwaith Beicio Cenedlaethol National Cycle Network route
- Lwybr beiciau a awgrymir Suggested cycle route
- Lwybr Beicio/Cerdded di-draffig Traffic-free cycle/pedestrian route
- 825** Rhif Rhwydwaith Beicio Cenedlaethol National Cycle Network Number
- Llinell reilffordd/Gorsaf drenau Railway line/Train station
- Lwybr cerdded Walking route
- Ysgol School
- Coleg College
- Siopau Shops
- Llyfrgell Library
- Ysbyty Hospital
- Toiled cyhoeddus Public toilet
- Croesfannau Twcan y Rhwydwaith Network Toucan Crossings
- Parcio beiciau Cycle parking
- Groesfan reilffordd Level crossing
- Croesfan cerddwyr Pedestrian crossing
- Gorsaf fysiau Bus station
- Cymrwch ofal Take care
- Canolfan hamdden Leisure centre
- Atryniad twristiaid Tourist attraction



Llandrindod Wells



YMUNWCH A'R MUDIAD
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MAP TEITHIO LLESOL / ACTIVE TRAVEL MA

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 plerusus 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!

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 Ffôn: 0845 113 0065

Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Nghymru ar ein gwefan:

www.sustrans.org.uk/walesroutes

Am fanylion pellach ar lwybrau cerdded a seiclo ym Mhowys: <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 trafndiaeth gyhoeddus ar gyfer Cymru.

Ewch i www.cymraeg.traveline-cymru.info neu ffoniwch 0871 200 22 33 i gael manylion am wasanaethau bws, coets a rheilffordd.

www.heart-of-wales.co.uk

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 Tel: 0845 113 0065

Discover the very best of the National Cycle Network in Wales on our website:

www.sustrans.org.uk/walesroutes

For further details on walking and cycling routes in Powys: <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 or call 0871 200 22 33 for bus, coach and rail service details.

www.heart-of-wales.co.uk



Rhwydwaith cerdded a beicio Llandrindod

Lluniwyd y map hwn i'ch helpu chi deithio o gwmpas Llandrindod ar droed, beic a chludiant cyhoeddus. Mae pob grid ar y map trosodd yn cynrychioli tua 5 munud o gerdded neu ddwy funud ar gefn beic, sy'n dangos pa mor hawdd yw mynd o gwmpas ar eich liwt eich hun.

Mae tref Llandrindod a'r cyffiniau'n llawn o amwynderau, cyfleusterau hamdden, siopau a hanes, a hynny o fewn tafliad carreg o ganol y dref. Mae gan y dref rwydwaith gynyddol o lwybrau diogel, deniadol, di-draffig, sy'n cysylltu pobl â siopau, ysgolion, manau gwaith a manau gwyrdd.

Mae'n bosibl cysylltu â rhai o'r cymunedau cyfagos ar droed neu ar feic, gan ddefnyddio'r llwybrau di-draffig i Lanllŷr neu'r llwybr ger yr A483 i Hawy. Mae modd defnyddio cludiant cyhoeddus o ganol y dref ar gyfer teithiau hirach, gan gynnwys lein reilffordd Calon Cymru a gwasanaethau bysus lleol.

Llandrindod Wells walking and cycling network

This map has been developed to help you travel around Llandrindod Wells by foot, bike and public transport. Each grid on the map overleaf represents an average 5 minutes' walk or two minutes' cycle ride, showing just how easy it is to get around under your own steam.

Llandrindod Wells and the surrounding areas are home to a wealth of amenities, leisure facilities, retail areas and history within a relatively short radius of the town centre. The town has a growing network of safe, attractive traffic-free routes, connecting people to shops, schools, workplaces and green spaces.

Links to some of the surrounding communities is possible on foot or by bike, using the traffic free route to Llanyre or the path next to the A483 to Howey. Public transport from the town centre can be used for longer journeys including the Heart of Wales railway line and local bus services.

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 drwyddynt 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
☎ 0845 113 0065

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Powys


**LLANDRINDOD
WELLS**

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