

## 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](http://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](http://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 drefi 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](http://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](http://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 filltiroedd 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:**

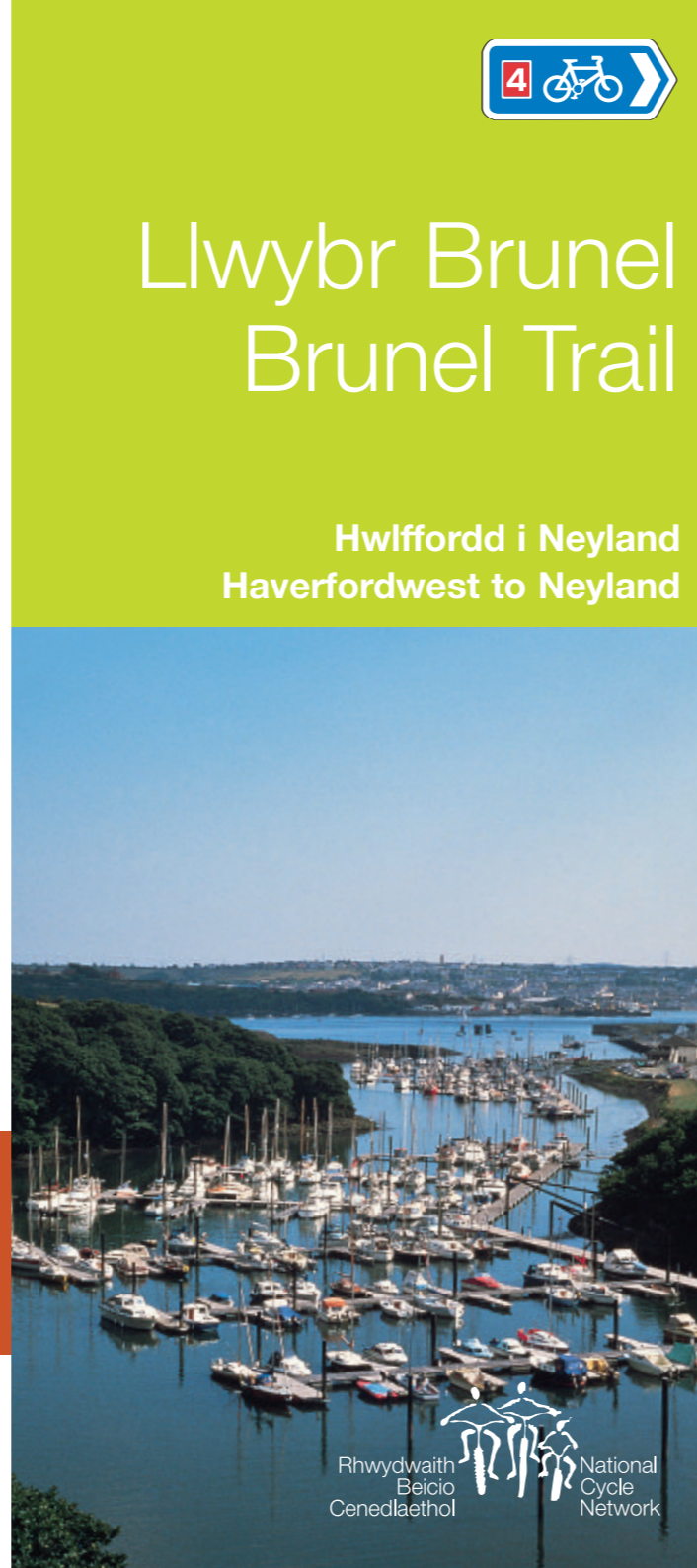
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**0845 113 00 65**

Front cover:  
Neyland Marina / Marina Neyland

Registered charity number 326550

YMUNWCH Â'R MUDIAD  
**sustrans**  
JOIN THE MOVEMENT



Rhwydwaith  
Beicio  
Cenedlaethol



# Llwybr Brunel Brunel Trail

Hwlfordd i Neyland  
Haverfordwest to Neyland

MAP BEICIO / CYCLE MAP

GORLEWIN CYMRU / WEST WALES

## 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](mailto: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](mailto:greenways@pembrokeshire.gov.uk)

**Train:** Call National Rail Enquiries on: 08457 48 49 50. [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**National Bus:** Call Traveline on: 0871 200 22 33. [www.traveline-cymru.org.uk](http://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](http://www.walesflexipass.co.uk)

**Bysiau'r Arfordir:** Mae gan Sir Benfro rwydwaith o fysiau arfordirol er mwyn helpu ymwelwyr a thriogion 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](mailto: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](mailto:greenways@pembrokeshire.gov.uk)

**Trên:** Ffoniwch Ymholiadau'r Rheilffordd Genedlaethol ar: 08457 48 49 50 a. [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Bysiau Cenedlaethol:** Ffoniwch Traveline ar: 0871 200 22 33. [www.traveline-cymru.org.uk](http://www.traveline-cymru.org.uk)

**Pas Hyblyg Crwydro Cymru:** Os ydych chi'n teithio ar y bws a'r trên 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](http://www.walesflexipass.co.uk)

## Good Cycling Guide / Cod Beicio Da

**Obey the rules of the road**

**Be courteous**

- Give way to pedestrians
- Remember that some people are hard of hearing or visually impaired
- Where there are wheelchair users or horse riders please give way
- Ring a bell or politely call out to warn of your approach

**Care for the environment**

- Can you reach the start of your journey by bike or public transport?
- Follow the Country Code; in particular, respect crops, livestock and wildlife and take litter home

**Look after yourself**

- Take special care at junctions, when cycling downhill and on loose surfaces
- In remote areas carry food, repair kit, map and waterproofs
- Keep your bike roadworthy; use lights in poor visibility
- Consider wearing a helmet and conspicuous clothing

**Ufuddhewch i reolau'r ffordd**

**Byddwch yn gwrtais**

- Ildiwch i gerddwyr
- Cofiwch fod rhai pobl yn drwm eu clyw neu â nam ar eu golwg.
- Pan fydd defnyddwyr cadair olwyn neu farchogwyr ildiwch iddynt
- Canwch gloch neu defnyddiwch eich llais yn gwrtais i rybuddio eich bod yn dod

**Gofalwch am yr amgylchedd**

- Allwch chi gyrraedd dechrau eich taith ar feic neu gludiant cyhoeddus?
- Dilynwch y Cod Cefn Gwlad; yn arbennig, parchwch gnydau, da byw a bywyd gwylt ac ewch â'ch sbwriel adref

**Edrychwch ar ôl eich hunan**

- Byddwch yn arbennig o ofalus wrth gyffyrdd, wrth feicio i lawr eltydd neu pan fo wyneb y ffordd neu'r llwybr yn rhydd
- Mewn ardaloedd anghysbell gwnewch yn si?r fod gennych fwyd, offer trwsio beic, map a dillad tywydd gwlyb
- Cadwch eich beic yn addas i'r ffordd; defnyddiwch olau pan fo gweledd yn wael
- Ystyriwch wisgo helmed a dillad hawdd eu gweld

## Attractions along the route / Atyniadau ar hyd y daith

**1 Brunel Quay** - Brunel Quay and the town of Neyland were once home to Isambard Kingdom Brunel and the site of the Great Western Railway. The quay is now a relaxing marina.

**2 Westfield Pill Nature Reserve** - A sanctuary for hundreds of different species of birds and animals.

**3 Bolton Hill Woods** - Enjoy a ride through traditional broadleaf woodland and its secluded stream.

**4 Haverfordwest** - Enjoy a visit to this county town, whether you're looking for a relaxing break, some culture or history, Haverfordwest has something for everyone.

**5 Haverfordwest Castle** - The ruins of the medieval castle overlook the town, pay a visit to the town museum within its walls.

**6 Haverfordwest Priory** - The ruins of this priory stand on the west bank of the river Cleddau.

**1 Cei Brunel** - Ar un adeg roedd Cei Brunel a thref Neyland yn gartref i Isambard Kingdom Brunel a safle'r Great Western Railway. Erbyn heddiw mae bywyd yno yn llawer mwy hamddenol;

**2 Gwarchodfa Natur Westfield Pill** - Mae Gwarchodfa Natur Westfield Pill yn lloches i beth wmbredd o fywyd gwylt, a gallwch chi weld cannoedd o wahanol rywogaethau o fywyd gwylt yno yn rheolaidd.

**3 Coed Bolton** - Beth am fynd am reid trwy goetir llydanddail traddodiadol a'i nant ddiogel, a gwranddo ar yr adar wrth ichi deithio drwyddo.

**4 Hwlfordd** - Os ydych chi mo'yn hoe fach ymlaciol, cael peth o hanes a diwylliant y fan, yna beth am fynd i dref sirol Hwlfordd. Cewch joio mas draw – maw yno rywbeth i bawb.

**5 Castell Hwlfordd** - Castell Hwlfordd. Mae adfeilion y castell canoloesol yn tremio dros y dref – gallwch fynd i weld yr amgueddfa y tu mewn i'w furiau.

**6 Priordy Hwlfordd** - Saif adfeilion y priordy hwn ar lan orllewinol Afon Cleddau.

## The Brunel Trail / Disgrifiad byr o'r llwybr

For a family day out why not follow the traffic-free Brunel Trail between Haverfordwest and Neyland, part of the Celtic Trail - National Route 4. This is a purpose built signed cyclepath with lovely views, embracing the solitude of open countryside.

From Haverfordwest start at county hall car park and ride along Freeman's Way cycle path to Merlin's Bridge roundabout. Cross the roundabout, using the cycle crossings, and head up the road towards Pembroke College. Turn left onto the cycle path at the bottom of the hill. This section of cyclepath rolls through the water meadows of Cinnamon Grove, through Bolton Hill woods and alongside the railway line to Johnston.

From Johnston, follow the Brunel Trail past Rosemarket along the route of the Great Western Railway, built by Isambard Kingdom Brunel 150 years ago. The path runs through the Westfield Pill Nature Reserve, a sheltered inlet from the Cleddau Waterway providing a sanctuary for birds and rare plants. The cycleway terminates at Brunel Quay, Neyland where a break for refreshments can be taken.

Eisiau diwrnod mas i'r teulu? Yna beth am fynd ar hyd Lôn 4 y Llwybr Celtaidd o Hwlfordd i Neyland - ar Llwybr Brunel. Does dim traffig ar y llwybr seiclo pwrpasol hwn ond mae arwyddion arno. Cewch joio golygfeydd bendigedig, a manteisio ar heddwch cefn gwlad agored.

Eich man cychwyn yw maes parcio Neuadd y Sir yn Hwlfordd; oddi yno reidiwch ar hyd llwybr seiclo Freeman's Way at gylchfan Pont Fadlen. Ewch dros y gylchfan, gan ddefnyddio'r croesiannau i feiciau, a mynd lan yr heol i gyfeiriad Coleg Sir Benfro. Trowch i'r chwith ac ymuno â'r llwybr seiclo ar waelod y rhiw. Mae'r rhan hon o'r llwybr seiclo yn mynd trwy lifddolydd Cinnamon Grove, trwy goed Bolton Hill ac ar bwys y rheilffordd i Johnston.

O Johnston, gallwch ddilyn Llwybr Seiclo Brunel a mynd heibio Rhosfarced a ridio ar hyd llwybr teithio'r Great Western Railway, a adeiladwyd gan Isambard Kingdom Brunel 150 mlynedd yn ôl. Mae'r llwybr yn mynd trwy Warchodfa Natur Westfield Pill, un o fomentydd cysgodol Aber y Cleddau sy'n rhoi lloches i adar a phlanhigion prin. Daw'r llwybr seiclo i ben yng Nghei Brunel, Neyland lle cewch chi gymryd hoe fach er mwyn cael lluniaueth.



## The Brunel Trail

This is a popular shared use path so please expect to encounter other cyclists, walkers and wheelchair users. The path is wide and well surfaced with an abundance of wildlife in the undisturbed banks on either side of the route.

- Mode** cycle and walking with four sections of bridleway
- Length** 9 miles (14.48km) 1 ¼ hrs
- Bike hire** Mikes Bikes, 17 Prendergast, Haverfordwest, Tel: 01437 760068 Sales, Service, repairs and hire
- Enterprise Cycles, Unit 40, Honeyborough Ind Est, Neyland Tel: 01646 601014

## Llwybr Brunel

Llwybr poblogaidd cyd-ddefnydd yw hwn – felly gan bwyll – bydd seiclwyr eraill, cerddwyr a defnyddwyr cadeiriau olwyn yn ei ddefnyddio. Mae'r llwybr yn llydan ac mae arno arwyneb gwych. Wrth deithio ar hyd-ddo cewch weld digonedd o fywyd gwylt yn y cloddiau sy'n cael tyfu mewn heddwch, ar y ddwy ochr i'r lôn.

- Dull** seiclo a cherdded ac mae pedair rhan yn llwybr ceffylau
- Pellter** 9 milltir (14.48km) 1 ¼ awr
- Llogi Beiciau** Mikes Bikes, 17 Prendergast, Hwlfordd, Ffôn: 01437 760068 Gwerthu, cynnal a chadw, cyweirio a llogi beiciau
- Enterprise Cycles, Unit 40, Honeyborough Ind Est, Neyland Ffôn: 01646 601014

	National Cycle Network traffic-free Suitable for walkers, cyclists Rhwydwaith Beicio Cenedlaethol Di-draffig Addas ar gyfer cerddwyr, beicwyr		Public house / Cafe Tafarn / Caffi
	National Cycle Network on-road Rhifau Llwybrau Cenedlaethol Rrhan ar ffordd		Bike Shop / Post office Siop Feiciau / Swyddfa Bost
	Brunel Trail Llwybr Brunel		Toilets / Bus stop Toiled / Arhosfan bws
	Tourist Information Gwybodaeth i Dwriniaeth		Museum / Parking Arddangosfa / Parcio
	Tourist attraction Atryniad Twristiaid		Bus station / Telephone Gorsaf Bysiau / Ffôn
	Shop / Viewpoint Siop / Golygfan		Railway station Gorsaf Rheilffordd