# Collect Fresh Air Miles on the Cycle Network in Caerphilly County Borough

**Travelling through beautiful country parks, past fabulous landmarks and artworks, and linking up to communities, schools and workplaces, the cycle network in Caerphilly County Borough offers brilliant travel opportunities for all ages.**

The National Cycle Network takes you past some of the County Borough's best attractions, offers the opportunity to delve into Caerphilly County Borough's fascinating medieval history and industrial heritage and connects you to local towns, villages and beyond.

From picturesque traffic-free routes offering spectacular views, to exciting trails steeped in history taking you on a journey back in time, Caerphilly County Borough has a huge amount to offer both walkers and cyclists. Whether you're an experienced cyclist, a family with children, or looking for a healthy, low-carbon route to work, there are plenty of traffic-free and long distance routes to choose from.

Getting out on the cycle network in Caerphilly County Borough is a great way to discover new places by bike or on foot whilst getting fit and enjoying the fresh air.

**Explore the very best of the National Cycle Network in Wales on the Sustrans Cymru Website**

sustrans.org.uk/wales

CAERPHILLY COUNTY BOROUGH COUNCIL CYNGOR BWRDEISTREF SIROL CAERFFILI

Ariennir gan Llywodraeth Cymru
Funded by Welsh Government

## Join the movement

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.

We're the charity behind many ground breaking projects including the National Cycle Network, over thirteen thousand miles of quiet lanes, traffic-free and on-road walking and cycling routes across the UK.

**Stay up to date with all of Sustrans' and Caerphilly County Borough Council's latest news, views and events on Facebook and Twitter and through Sustrans' e-magazine Active Commuter**

sustrans.org.uk/activecommuter

To find out more about cycling and walking routes in Caerphilly County Borough visit

your.caerphilly.gov.uk/countryside

### Travelling to and from the route

For train times and public transport visit

traveline-cymru.info

Visit the Sustrans Shop for more maps and guide books

sustransshop.co.uk

### Tourism and information

**Caerphilly Tourist Information Centre**

Visit Caerphilly Centre, The Twyn,
Caerphilly CF83 1JL

029 2088 0011

visitcaerphilly.com

For further information on attractions, activities eateries and accommodation providers in Wales go to:

visitwales.com

thevalleys.co.uk

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MAP BEICIO

Llwybrau Beicio

# Bwrdeistref Sirol Caerffili

BWRDEISTREF SIROL CAERFFILI

# Casglwch Filltiroedd Awyr Iach ar y Rhwydwaith Feicio Cenedlaethol ym Mwrdeistref Sirol Caerffili

**Gan deithio trwy barciau gwledig hardd, heibio i dirnodau a chelfwaith gwych, gan gysylltu â chymunedau, ysgolion a gweithleoedd, mae'r rhwydwaith feicio cenedlaethol ym Mwrdeistref Sirol Caerffili yn cynnig cyfleoedd teithio arbennig i bob oed.**

Mae'r Rhwydwaith Feicio Cenedlaethol yn mynd a chi heibio rhai o atyniadau gorau y Fwrdeistref Sirol gan gynnig gyfleoedd i ymchwilio i hanes cyfareddol canoloesol a threftadaeth ddiwydiannol Bwrdeistref Sirol Caerffili, gan eich cysylltu â threfi lleol, pentrefi a thu hwnt.

O lwybrau prydferth di-draffig gyda'u golygfeydd ysblennydd, i deithiau cyffrous llawn hanes a fydd yn mynd a chi ar daith yn ôl mewn amser, mae gan Fwrdeistref Sirol Caerffili lawer i'w gynnig i gerddwyr a beicwyr. Boed eich bod yn feiciwr profiadol, yn deulu gyda phlant, neu'n chwilio am lwybr iach a charbon isel i'r gwaith, mae digonedd o lwybrau di-draffig a phellter hir i ddewis ohonynt.

Mae mynd allan ar y Rhwydwaith Feicio ym Mwrdeistref Sirol Caerffili yn ffordd wych o ddarganfod llefydd newydd ar feic neu ar droed, tra'n eich gwneud yn heini a mwynhau'r awyr iach.

**Archwiliwch goreuon y Rhwydwaith Feicio Cenedlaethol yng Nghymru ar Wefan Sustrans Cymru.**
sustrans.org.uk/cymru

CAERPHILLY COUNTY BOROUGH COUNCIL
CYNGOR BWRDEISTREF SIROL CAERFFILI

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## Ymunuwch â'r mudiad

Elusen yw Sustrans sy'n galluogi pobl i wneud mwy o'u siwrniai bob dydd, wrth deithio ar droed, ar feic neu ar drafnidiaeth gyhoeddus.

Ni yw'r elusen sy'n gyfrifol am brosiectau arloesol sy'n cynnwys y Rhwydwaith Feicio Cenedlaethol, dros dair mil ar ddeg o filltiroedd o lonydd tawel, llwybrau di-draffig ac adrannau ar y ffordd ar gyfer cerddwyr a beicwyr ledled y DU.

**Gallwch gael y newyddion diweddaraf am Sustrans a Chyngor Bwrdeistref Sirol Caerffili, ein barn a'n digwyddiadau ar Facebook a Trydar a thrwy ein e-gylchgrawn Cymudwr Egnïol.**
sustrans.org.uk/cy/wales/eich-taith

Am wybobaeth bellach am y llwybrau beicio a cherdded ym Mwrdeistref Sirol Caerffili ewch i
your.caerphilly.gov.uk/countryside

### Teithio i'r llwybr ac yn ol

Am amseroedd trenau a gwybodaeth am drafnidiaeth gyhoeddus ewch i
cymraeg.traveline-cymru.info

Ewch i Siop Sustrans am fwy o fapiau ac arweinlyfrau
sustransshop.co.uk

### Twristiaeth a gwybodaeth

**Canolfan Groeso Caerffili**
Canolfan Caerffili, Y Twyn, Caerffili CF83 1JL
029 2088 0011
visitcaerphilly.com

I gael rhagor o wybodaeth am atyniadau, gweithgareddau, mannau bwyta a darparwyr llety yng Nghymru:
visitwales.com
thevalleys.co.uk

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CYCLE MAP

# Caerphilly County Borough

Cycle Routes

CAERPHILLY COUNTY BOROUGH

# Where will your next journey take you?
# Ble'r ewch chi ar eich siwrnai nesaf?

## Celtic Trail / Lôn Geltaidd (4)

From Nantgarw to Machen, this wonderful section of the Celtic Trail will take you on a journey through the heart of Caerphilly and past the magnificent Caerphilly Castle. The Celtic Trail runs from Chepstow to Fishguard – offering endless 2-wheeled opportunities for the more experienced cyclist.

O Nantgarw i Fachen, bydd yr adran hyfryd hon o'r Lôn Geltaidd yn mynd â chi ar daith drwy ganol Caerffili a heibio'r Castell godidog. Mae'r Lôn Geltaidd yn ymestyn o Gas-gwent i Abergwaun – sy'n rhoi cyfleoedd diddiwedd ar ddwy olwyn ar gyfer y beicwyr mwy profiadol.

## Taff Trail / Taith Taf (8)

The 55-mile trail links Caerphilly to Cardiff, Pontypridd, Merthyr Tydfil and northwards to the stunning Brecon Beacons. A great trail for novice and leisure cyclists, as well as an easy commuter link to and from Caerphilly.

Mae'r llwybr 55 milltir o hyd yn cysylltu Caerffili i Gaerdydd, Pontypridd, Merthyr Tudful a'r holl ffordd i fyny i Fannau Brycheiniog godidog. Llwybr gwych ar gyfer beicwyr newydd a beicwyr hamdden, yn ogystal â dolen gymudo hawdd i ac o Gaerffili.

## Heads of the Valley / Blaenau'r Cymoedd (46)

This route is not short of a hill or two, but the views are well worth the effort. Perfect for the more experienced cyclist looking for an invigorating 2-wheel adventure. There are also some fabulous family friendly sections around Brynmawr and within Parc Bryn Bach.

Mae sawl rhiw ar y llwybr hwn, ond mae'r golygfeydd yn werth yr ymdrech. Perffaith ar gyfer y beicwyr fwy profiadol sy'n chwilio am antur egnïol ar ddwy olwyn. Ceir hefyd rai adrannau gwych sy'n addas i'r teulu o amgylch Brynmawr ac o fewn Parc Bryn Bach.

## Three Parcs Trail / Llwybr y Tri Pharc (47)

A brilliant route that passes through three country parks from Sirhowy Valley Country Park to Trelewis. There's plenty to see, including Hengoed's listed viaduct, the well known landmark 'The Wheel of Drams' and Sultan the Pit Pony, the UK's largest figurative earth sculpture, as well as spectacular views across the county borough from Parc Penallta. The route continues onto Newport along a traffic-free path.

Llwybr gwych sy'n mynd drwy dri pharc gwledig o Barc Gwledig Sirhywi i Drelewis. Mae digon i'w weld, yn cynnwys traphont restredig Hengoed, tirnod adnabyddus yr 'Olwyn Dramiau' a Swltan y Ferlen Pwll Glo, cerflun pridd ffigurol mwyaf y DU, yn ogystal â golygfeydd ysblennydd ar draws y fwrdeistref sirol o Barc Penallta. Mae'r llwybr yn parhau i Gasnewydd ar lwybr di-draffig.

## Aber Valley / Cwm Aber (475)

Once leaving Caerphilly town this path follows the disused railway line and winds on to Abertridwr and Senghenydd where you'll find reminders of the human cost of the area's industrial history. It is worth riding or walking this route to fit in with opening hours at the Aber Valley Heritage Museum in Senghenydd Community Centre.

Wrth adael tref Caerffili mae'r llwybr hwn yn dilyn rheilffordd segur ac yn nadreddu ymlaen i Abertridwr a Senghennydd lle gallwch weld olion cost i ddynoliaeth ei fawredd diwydiannol. Mae'n werth beicio neu gerdded y llwybr hwn pan fydd Canolfan Dreftadaeth ac Amgueddfa Cwm Aber yng Nghanolfan Gymunedol Senghenydd ar agor.

## Llanhilleth to Abertillery/Brynmawr / Llanhiledd i Abertyleri/ Brynmawr (465)

Travel along the Ebbw Fach Trail under the watchful gaze of Guardian, the memorial to the Six Bells mining disaster of 1960.

Teithiwch ar hyd Llwybr Ebwy Fach o dan lygad craff Cerflun 'Gwarcheidwad y Cymoedd' Six Bells sy'n coffau trychineb pwll glo drasig 1960.

## Blackwood to Hollybush / Coed Duon i Lwyncelyn (467)

This route from Blackwood to Hollybush, via Argoed, starts near the iconic Chartist Bridge and runs alongside the river for a picturesque ride right in the middle of the County Borough.

Mae'r llwybr hwn o Goed Duon i Lwyncelyn, drwy Argoed, yn dechrau wrth dirnod eiconig Pont y Siartwyr ac yn mynd ar lan yr afon gan roi taith brydferth yng nghanol y Fwrdeistref Sirol.

## Rhymney Valley / Cwm Rhymni (468) Darran Valley / Cwm Darran (469)

The Darran Valley cycle path runs along an abandoned rail track and under a number of historic bridges to take you to Fochriw. Travel through the tranquil Parc Cwm Darran and the wildflower meadows of Cwmlledrew Meadows Local Nature Reserve. The Rhymney Valley route travels through New Tredegar, past the fascinating Winding House Museum and onwards to Rhymney and the 'Twisted Chimney' artwork.

Mae llwybr beicio Cwm Darran yn rhedeg ar hyd llwybr rheilffordd wed'i adael, o dan nifer o bontydd hanesyddol i'ch cymryd at Fochriw. Teithiwch ar hyd Parc Cwm Darran tawel a dolydd blodau gwyllt Gwarchodfa Natur Leol Dolydd Cwmlledrew. Mae llwybr Cwm Rhymni yn teithio trwy Dredegar Newydd, gan basio Amgueddfa'r Ty Weindio hudol ac ymlaen tuag at Rymni a'r gwaith celf y 'Simnai Ddirdro.

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|---|---|
| Taith Taf / Taff Trail | Siop Feiciau / Bike shop |
| Brynmawr i Dafarn y Racehorse / Taff Brynmawr to the Racehorse Inn | Canolfan Groeso / Tourist information |
| Llwybr Tri Pharc / Three Parks Trail | Toiledau / Toilets |
| Llanhiledd ac Abertyleri / Llanhilleth to Abertillery | Atyniad / Attractions |
| Rhwydwath Beicio Genedlaethol 466 / National Cycle Network 466 | Caffi / Cafe |
| Rhwydwath Beicio Genedlaethol 467 / National Cycle Network 467 | Llwybrau beicio mynydd / Mountain bike trails |
| Cwm Rhymni / Cwm Darran / Rhymney Valley / Darren Valley | Gorsaf Fws / Bus station |
| Lôn Geltaidd / Celtic Trail | Parcio Beiciau / Cycle parking |
| Blaenau'r Cymoedd / Heads of the Valley | Gorsaf Drenau / Train station |
| Llwybr Cymunedol Pentre'r Eglwys / Church Village Community Route | Rheilffordd Treftadaeth / Heritage railway |
| Cwm Aber / Aber Valley | Amgueddfa / Museum |
| Ffin Sirol / Borough boundary | Canolfan Ymwelwyr / Visitor centre |
| 47 Rhif llwybr y Rhwydwaith Beicio Genedlaethol / National Cycle Network Route number | Golygfa / Viewpoint |

I gael gwybodaeth fanylach am yr holl lwybrau hyn ewch i wefan Sustrans Cymru:
For more detailed information on all of these routes go to:

- sustrans.org.uk/walesroutes
- visitcaerphilly.com

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