Attractions along the route

1 **Sirhowy Valley Country Park**, near Crosskeys
01495 270991 **www.caerphilly.gov.uk**

2 **Ynys Hywel Farm**, Sirhowy Valley Country Park, Wattsville
Visit a working hill farm
01495 270991 **www.caerphilly.gov.uk**

3 **Hengoed Viaduct**

4 **Parc Penallta Country Park**
01443 816853 **www.caerphilly.gov.uk**

Nearby

Llancaiach Fawr
16th Century Manor House
www.caerphilly.gov.uk/llancaiachfawr

The Summit Centre, Trelewis
Adventure activity centre including climbing, canoeing, caving and bike hire.
01443 710749 **www.summitcentre.co.uk**

Atyniadau ar hyd y daith

1 **Parc Gwledig Dyffryn Sirhywi**, ger Cross Keys
01495 270991 **www.caerphilly.gov.uk**

2 **Fferm Ynys Hywel**, Parc Gwledig Dyffryn Sirhywi, Wattsville
Cyfle i ymweld â fferm fynydd ar waith 01495 270991
www.caerphilly.gov.uk

3 **Traphont Hengoed**

4 **Parc Gwledig Penallta**
01443 816853 www.caerphilly.gov.uk

Gerllaw

Llancaiach Fawr
Maenordy o'r unfed ganrif ar bymtheg
www.caerphilly.gov.uk/llancaiachfawr

Canolfan Copa, Trelewis
Canolfan gweithgareddau antur yn cynnwys dringo, can_io, ogofeuo a llogi beiciau.
01443 710749 **www.summitcentre.co.uk**

Three Parcs Trail

Start Visitor Centre, Sirhowy Country Park, near Crosskeys

Finish Welsh International Climbing Centre (Summit Centre), Taff Bargoed

Distance 11 miles / 18 km.

Mode cycling, walking, wheelchair, mainly flat, easy ride

Surface Tarmac / Gravel

Young & inexperienced cyclists Ideal for families with fitter children. The route is traffic-free. Road crossing at Penallta Rd.

Refreshments Options at Crosskeys, Hengoed, Nelson and other points en route Café at the Summit Centre, Taff Bargoed

Things to see and do (see attractions on reverse)

Train stations Crosskeys Hengoed, Quaker's Yard

Bike hire

PS Cycles, Bridge Street , Abercarn, NP11 4SE (1 mile from cwmcarn) 01495 246555 www.pscycles.co.uk

Fourteen Locks Canal Centre, Cwm Lane, Rogerstone, Newport, NP10 9GN, 01633 892167 www.fourteenlocks.co.uk

Llwybr Tri Pharc

Cychwyn Canolfan Ymwelwyr, Parc Gwledig Sirhywi, ger Cross Keys

Gorffen Canolfan Ddringo Genedlaethol Cymru (Canolfan Copa), Taf Bargoed

Pellter 11 milltir / 18 km

Modd Beicio, cerdded, cadair olwyn, gwastad yn bennaf, hawdd ei reidio

Wyneb Tarmac / Graean

Beicwyr ifanc a dibrofiad Delfrydol ar gyfer teuluoedd gyda phlant mwy heini. Mae'r daith yn un di-draffig. Croesfan ffordd ar Heol Penallta

Lluniaeth Dewis yn Cross Keys, Hengoed, Nelson a mannau eraill ar y daith. Caffi yng Nghanolfan Copa, Taf Bargoed

Pethau i'w gweld a'u gwneud (gweler atyniadau ar y cefn)

Gorsafoedd trên Cross Keys, Hengoed, Mynwent y Crynwyr

Llogi beiciau

PS Cycles, Stryd y Bont, Abercarn, NP11 4SE (1 milltir o Gwmcarn) 01495 246555 www.pscycles.co.uk

Canolfan Gamlas Fourteen Locks, Cwm Lane, T□-du, Casnewydd, NP10 9GN, 01633 892167 www.fourteenlocks.co.uk

Further information

Visit Wales www.visitwales.co.uk

Caerphilly Tourist Information Centre
Lower Twyn Square, Caerphilly, Wales CF83 1JL
029 2088 0011
tourism@caerphilly.gov.uk

Merthyr Tydfil Tourist Information Centre
14a Glebeland Street, Merthyr Tydfil, Wales CF47 8AU
01685 727 474
tic@merthyr.gov.uk

Newport (Gwent) Tourist Information Centre Museum & Art Gallery
John Frost Square, Newport, Wales NP20 1PA
01633 842962
newport.tic@newport.gov.uk

Gwybodaeth Bellach

Croeso Cymru www.visitwales.co.uk

Canolfan Groeso Caerffili
Sgwâr y Twyn Isaf, Caerffili, Cymru CF83 1JL
029 2088 0011
tourism@caerphilly.gov.uk

Canolfan Groeso Merthyr Tudful
14a Stryd Glebeland, Merthyr Tudful, Cymru CF47 8AU
01685 727 474
tic@merthyr.gov.uk

Canolfan Groeso, Amgueddfa ac Oriel Gelf Casnewydd
Sgwâr John Frost, Casnewydd, Cymru NP20 1PA
01633 842962
newport.tic@newport.gov.uk

Additional Cycling Opportunities

The Three Parcs Trail is part of the longer Celtic Trail, National Route 47, which runs from Chepstow to Fishguard.

The Taff Trail, National Route 8, is Wales' longest established cycle route and can also be joined at Quaker's Yard. This superb 89km (55 mile) trail runs from the market town of Brecon to Cardiff. Along the way it crosses the Brecon Beacons and follows the Taff, via Merthyr Tydfil and Pontypridd.

For maps and guides to the Celtic Trail and Taff Trail visit **www.sustrans.org.uk**

Cwmcarn Mountain Bike Centre has a red-graded 18km singletrack loop and the black-graded 2km Y Mynydd Downhill track for experienced riders with a year round uplift service. There's also a testing park and play centre. **www.mbwales.com**

Cyfle Beicio Ychwanegol

Mae Llwybr y Tri Pharc yn rhan o'r Lôn Geltaidd hirach, Llwybr Cenedlaethol 47, sy'n mynd o Gas-gwent i Abergwaun.

Taith Taf, Llwybr Cenedlaethol 8, yw llwybr beicio hynaf Cymru a gellir ymuno ag ef hefyd ym Mynwent y Crynwyr. Mae'r llwybr 89km (55 milltir) gwych hwn yn rhedeg o dref marchnad Aberhonddu i Gaerdydd. Ar y ffordd mae'n croesi Bannau Brycheiniog ac yn dilyn yr Afon Taf, drwy Ferthyr Tudful a Phontypridd.

Ar gyfer mapiau ac arweinlyfrau i'r Lôn Geltaidd a Thaith Taf ewch i **www.sustrans.org.uk**

Mae gan Ganolfan Beicio Mynydd Cwmcarn gylch un trac 18km graddiad coch ac mae trac 2km Y Mynydd, sydd wedi'i raddio'n ddu, ar gyfer beicwyr profiadol gyda gwasanaeth cludo i fyny drwy gydol y flwyddyn. Mae yma hefyd barc profi a chanolfan chwarae. **www.mbwales.com**

Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Sustrans yw elusen cludiant cynaliadwy flaenaf y DU, yn gweithio ar brosiectau ymarferol fel bod pobl yn dewis teithio mewn ffyrdd sydd o fudd i'w hiechyd a'r amgylchedd. Mae'r elusen yn gyfrifol am nifer o broseictau arloesol, yn cynnwys y Rhwydwaith Beicio Cenedlaethol, dros ddeuddeg mil milltir o lwybrau cerdded a beicio di-draffig, ar lonydd tawel ac ar ffyrdd ledled y DU.

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.

Ymunwch â Sustrans. Ymunwch â'r mudiad.

I gael rhagor o wybodaeth am lwybrau yn eich ardal chi, cysylltwch â'ch canolfan groeso leol, neu i gael rhagor o wybodaeth am Sustrans ewch i'r wefan neu ffoniwch:

Support Sustrans. Join the movement.

For more information on routes in your area please contact the local tourist information centres, or to find out more about Sustrans visit or call:

www.sustrans.org.uk

0845 113 00 65

Clawr Blaen: Cwm Sirhywi © Hawlfraint y Goron (2010) Croeso Cymru
Holl ffotograffau © Hawlfraint y Goron (2010) Croeso Cymru
Mae Sustrans yn Elusen Gofrestredig yn y DU Rhif 326550 (Cymru a Lloegr), SC039263 (Yr Alban)

Front cover: The Sirhowy Valley © Crown copyright (2010) Visit Wales
All photos © Crown copyright (2010) Visit Wales
Sustrans is a Registered Charity in the UK No 326550 (England and Wales), SC039263 (Scotland)

YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT

47

Llwybr Tri Pharc
Three Parcs Trail

Cross Keys i Taf Bargod
Cross Keys to Taff Bargoed

YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT

MAP TAITH / ROUTE MAP

DE CYMRU / SOUTH WALES

Three Parcs Trail

This is a brilliant traffic-free cycle route that passes through three country parks. They have been successfully regenerated from a post industrial landscape by Caerphilly and Merthyr County Borough Councils and are a delight to visit at any time of year.

The ride begins in the Sirhowy Valley Country Park near Crosskeys and after six miles the route crosses Hengoed Viaduct, a 37m (120ft) high, 16 arch listed viaduct. Near by "The Wheel of Drams" is an 8m high sculpture that represents an age gone by and has now become a well known landmark.

Continuing along the valley you pass through Parc Penallta. Carved from a former coal tip, Penallta offers the visitor spectacular views across the county borough from the high point observatory. You won't be able to miss Sultan the pit pony, the UK's largest figurative earth sculpture.

At Trelewis leave National Route 47 and follow National Route 476 to Parc Taff Bargoed, formerly a large coal mining area. The once black river is now a haven for dippers and wagtails and the pit heaps that marred the skyline have been replaced with wooded hillsides. Climbers come from around the country to the Welsh International Climbing Centre located on the old site of the Taff Merthyr Colliery between Trelewis and Bedlinog. The centre has one of the largest indoor climbing walls in the country and offers all sorts of other sports and activities.

Yr Olwyn Dramiau yn Nhraphont Hengoed / The Wheel of Drams at Hengoed Viaduct

Llwybr Tri Pharc

Mae hon yn daith di-draffig wych sy'n mynd trwy dri pharc gwledig. Maent wedi eu hadfywio'n llwyddiannus o dirwedd ôl-ddiwydiannol gan Gynghorau Bwrdeistref Caerffili a Merthyr Tudful ac mae'n bleser ymweld â hwy ar unrhyw adeg o'r flwyddyn.

Mae'r daith yn dechrau ym Mharc Gwledig Dyffryn Sirhywi ger Cross Keys ac ar ôl chwe milltir mae'r daith yn croesi Traphont Hengoed, bwa rhestredig 37m (120 troedfedd) o uchder. Gerllaw'r "Olwyn Dramiau" ceir cerflun 8 metr o uchder sy'n cynrychioli oes a fu ac sydd erbyn hyn yn dirnod adnabyddus.

Gan barhau ar hyd y dyffryn rydych yn mynd drwy Barc Penallta. Wedi ei gerfio o hen domen lo, rhydd Penallta olygfeydd ysblennydd i'r ymwelydd ar draws y fwrdeistref sirol o'r arsyllfa uchel. Ni allwch fethu Sultan, y merlyn pwll glo, cerflun pridd ffigurol mwyaf y DU.

Yn Nhrelewis gadewch Lwybr Cenedlaethol 47 a dilynwch lwybr cenedlaethol 476 i Barc Taf Bargoed, cyn ardal lofaol fawr. Mae'r afon a fu gynt yn ddu, erbyn hyn yn hafan i drochwyr a'r sigl-i-gwt ac mae tomennydd y pwll a arferai ddifetha'r nenlinell wedi eu disodli gan fryniau coediog. Bydd dringwyr yn dod o bob rhan o'r wlad i Ganolfan Ddringo Genedlaethol Cymru sydd wedi ei lleoli ar ben safle Pwll Taf Merthyr rhwng Trelewis a Bedlinog. Mae gan y ganolfan un o'r waliau dringo dan do mwyaf yn y wlad ac mae'n cynnig pob math o chwaraeon a gweithgareddau eraill.

Sultan, un o gobiau'r pwll, ym Mharc Penallta / Sultan the pit pony at Parc Penallta

Travel to and from the route

Train stations
Crosskeys (near by) Hengoed, Quakers Yard and Abercynon (on the Taff Trail)

Arriva trains
www.arrivatrainswales.co.uk

traveline
public transport info
0871 200 22 33
www.traveline.org.uk

Accommodation

The Summit Centre,
Trelewis
01443 710749
www.summitcentre.co.uk

Ynys Hywel Activity Centre,
Caerphilly. 01495 200113
ynyshywel@caerphilly.gov.uk
www.caerphilly.gov.uk

Teithio i'r llwybr ac yn ôl

Gorsafoedd trên
Cross Keys (gerllaw), Hengoed, Mynwent y Crynwyr ac Abercynon (ar Daith Taf)

Trenau Arriva
www.arrivatrainswales.co.uk

traveline cymru
public transport info
gwybodaeth dueddol
0871 200 22 33
www.traveline.info
txt 84268

Llety

Canolfan Copa,
Trelewis
01443 710749
www.summitcentre.co.uk

Canolfan Weithgareddau Ynys Hywel, Caerffili
01495 200113
ynyshywel@caerphilly.gov.uk
www.caerphilly.gov.uk

Cwm Sirhywi / The Sirhowy Valley