

- 5** Rhwydwaith Beicio Cenedlaethol di-draffig
National Cycle Network traffic-free
- 5** Rhwydwaith Beicio Cenedlaethol ar y ffordd
National Cycle Network on-road
- 70** Llwybr beicio rhanbarthol
Regional cycle route
- Llwybrau cyswllt
Linking routes
- Gorsaf reilffordd
Railway station
- A** Pwynt mynediad
Access point
- A** Cymerwch ofal
Take care
- Caffi / Tafarn
Café Public house
- P** Siop feiciau / Parcio
Bike shop / Parking
- Swyddfa bost / Toileddau
Post office / Toilets
- Siopau
Shops
- Arhosfan bws / Gorsaf fysiau
Bus stop / Bus station
- Man golygfa
Viewpoint
- Gwarchodfa natur
Nature reserve
- Castell
Castle
- Atyniad twristiaid
Tourist attraction
- Llwybr Arfordir Cymru
Wales Coast Path

Canol dinas Caer / Chester city centre

- On-road route
- Traffic-free route
- Link route
- Public footpath
- Access point

Link route via NORTHGATE ST - contraflow lane allows cyclists to travel outbound. Cycle racks at Town Hall/Cathedral.

ST. OSWALD'S WAY use segregated cycle lane to reach toucan crossing.

follow one-way system

Llwybr Caniatâol yn Unig - gall gael ei gau dros dro
Permissive Route Only - may be subject to temporary closure

Parc Diwydiannol Glannau Dyfrdwy / Deeside Industrial Park

Parth 4 Zone 4

Parth 3 Zone 3

Parth 2 Zone 2

Parth 1 Zone 1

Pont Sir y Fflint Flintshire Bridge

Maes Parcio Heol y Doc Dock Road Car Park

Glan yr Afon yng Ngwepre Wepre Riverside Park

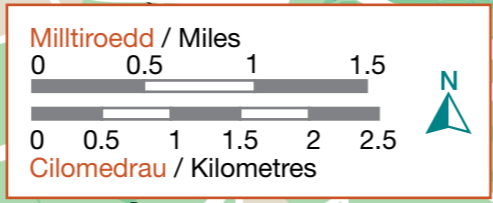
Pont Penariâg Hawarden Bridge

Shotton

Queensferry

Llwybr Arfordir Afon Dyfrdwy (Gogledd) / Dee Coastal Path (North)

Afon Dyfrdwy / River Dee



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Cod Beicio Da**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 gwyllt ac ewch â'ch sbwriel adref

Edrychwch ar ôl eich hunan

- Byddwch yn arbennig o ofalus wrth gyffyrdd, wrth feicio i lawr ellydd neu pan fo wyneb y ffordd neu'r llwybr yn rhydd
- Mewn ardaloedd anghysbell gwnewch yn siwr 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

Good Cycling Code**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

Mae beicio a cherdded yn rhai o'r ffyrdd gorau i deithio o gwmpas Sir y Fflint ar gyfer teithiau pwrpasol neu hamdden, tra ar yr un pryd yn cadw'n iach ac yn helpu'r amgylchedd.

Boed eich bod yn feiciwr profiadol, yn deulu gyda phlant neu dim ond yn chwilio am le hyfryd newydd i'w archwilio ar feic neu ar droed, mae'r llwybrau di-draffig yn Sir y Fflint yn cynnig diwrnod allan gwyach ar gyfer pob oed a phob gallu beicio.

Mae Llwybr Cenedlaethol 5 y Rhwydwaith Beicio Cenedlaethol rhwng Cei Connah a Chaer yn llwybr rheilffordd di-draffig, wyth milltir o hyd a addaswyd ar gyfer beicwyr, cerddwyr a defnyddwyr cadair olwyn ac mae'n rhan o Llwybr Cenedlaethol 5 rhwng Caergybi a Chaer. Rheolir y cyfan o'r cyn reilffordd fel parc a choetir llinellol cul sy'n rhedeg drwy ardaloedd preswyl, cefn gwlad agored ac ardaloedd diwydiannol.

Mae'r adran o Llwybr Cenedlaethol 5 rhwng Cei Connah a'r Fflint yn dilyn adrannau ar y ffordd na fydd efallai'n addas ar gyfer beicwyr newydd.

Mae Llwybr Cenedlaethol 568 yn rhedeg i gyfeiriad y de ddwyrain rhwng Pont Penarlâg a Chaer am chwe milltir ac yn dilyn glan ogleddol Afon Dyfrdwy. Mae'r llwybr hwn yn cysylltu Queensferry a Saltney, dros y bont droed yn Higher Ferry. Gan ddilyn y gamlas drwy ddinas Caer mae'n cysylltu â Llwybrau Cenedlaethol 5 a 568 i wneud taith gylchol ragorol.

Mae Llwybr Cenedlaethol 568 yn rhedeg i'r gogledd rhwng Pont Penarlâg a Neston am dros chwe milltir ac yn rhedeg yn gyfochrog â Chronfa Ddwr Dyfrdwy ar y ffordd i Neston a Chilgwri lle mae'n cysylltu â Lôn Cilgwri.

Mae'r ddau lwybr yn rhoi cysylltiadau ardderchog i Barc Diwydiannol Glannau Dyfrdwy a chanolfannau cyflogaeth eraill yn yr ardal gan roi cyfle ardderchog i gymudo ar feic.

Mae'r Rhwydwaith Beicio Cenedlaethol yn rhedeg rhwng Y Fflint a Chaer (Llwybrau 5 a 568 y Rhwydwaith Beicio Cenedlaethol) gan gysylltu Bagillt, Y Fflint, Cei Connah, Shotton, Pont Penarlâg, Queensferry a Pharc Diwydiannol Glannau Dyfrdwy, lle gallwch gael mynediad i Neston, Cilgwri, Saltney a Chaer.

Cycling and walking are one of the best ways of getting around Flintshire for utility or leisure trips, whilst also staying healthy and helping the environment.

Whether you're an experienced cyclist, a family with children, or just looking for a lovely new place to explore by bike or by foot, the traffic free paths in East Flintshire offer a brilliant day out for all ages and cycling abilities.

National Route 5 of the National Cycle Network between Connah's Quay and Chester is an eight mile traffic-free converted railway path for cyclists, walkers and wheelchair users and is part of National Route 5 between Holyhead and Chester. The whole of the former railway is being managed as a narrow linear park and woodland passing through residential areas, open countryside and industrial areas.

The section of National Route 5 between Connah's Quay and Flint follows on-road sections which may not be suitable for the novice cyclist.

National Route 568 runs south east between Hawarden Bridge and Chester for over six miles and follows the north bank of the River Dee. This route links into Queensferry and Saltney, via the footbridge at Higher Ferry. Following the canal through Chester links National Routes 5 and 568 to make an excellent circular route.

National Route 568 runs north between Hawarden Bridge and Neston for over six miles and runs alongside the Dee Estuary en-route to Neston and the Wirral where it connects to the Wirral Way.

Both routes provide excellent links in the Deeside Industrial Park and other employment centres in the area so that commuting by bike is a real opportunity.

The National Cycle Network between Flint and Chester (National Cycle Network Route 5 and 568) links Bagillt, Flint, Connah's Quay, Shotton, Hawarden Bridge, Queensferry, the Deeside Industrial Park, where you can access Neston and the Wirral, Saltney and Chester.

Cysylltiadau defnyddiol / Useful links**Cerdded a Beicio / Walking and Cycling**

www.siryfflint.gov.uk/beicio / www.flintshire.gov.uk/cycling

www.cheshire.gov.uk/cycling

www.wirral.gov.uk (a chwiliwch am yr adran beicio) (and search for cycling)

Teithio Llesol / Active Travel

<http://www.siryfflint.gov.uk/cy/Resident/Streetscene/Active-Travel.aspx>

<http://www.siryfflint.gov.uk/en/Resident/Streetscene/Active-Travel.aspx>

Hamdden / Leisure

<http://www.siryfflint.gov.uk/cy/LeisureAndTourism/Walking-and-Cycling/Home>

<https://www.flintshire.gov.uk/en/LeisureAndTourism/Walking-and-Cycling/Home>

Trafnidiaeth Gyhoeddus / Public Transport

Traveline Cymru ☎: 0800 464 0000

www.traveline.cymru

Ymholiadau National Rail / National Rail Enquiries

☎: 0345 60 40 500 / 03457 48 49 50

www.nationalrail.co.uk

Llinell y Gororau / Borderlands Rail Line

www.borderlandslines.com

Gwybodaeth Twristaidd / Tourist Information

www.discoverflintshire.co.uk

www.northeastwales.wales

www.visitwales.com



Llwybr Arfordirol Afon Dyfrdwy
Dee Coastal Path

Cynhyrchwyd y daflen hon gan Sustrans gyda chefnogaeth Cyngor Sir y Fflint

This leaflet has been produced by Sustrans with the support of Flintshire County Council

Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Mae'r rhwydwaith yn Sir Fflint yn rhan o'r Rhwydwaith Beicio Cenedlaethol, dros 16,575 milltir o lwybrau cerdded a beicio di-draffig, lonydd tawel ac adrannau ar y ffordd ledled y DU.

Cydylnir y Rhwydwaith gan Sustrans, yr 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.

Sustrans and the National Cycle Network

The network in East Flintshire is part of the National Cycle Network, more than 16,575 miles of traffic-free paths, quiet lanes and on-road walking and cycling routes around the UK.

The Network is coordinated by Sustrans, 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.

Mae'n bryd i ni gyd ddechrau gwneud dewisiadau teithio craffach. Camwch ymlaen a chefnogwch Sustrans heddiw. It's time we all began making smarter travel choices. Make your move and support Sustrans today.

www.sustrans.org.uk
0300 303 2604

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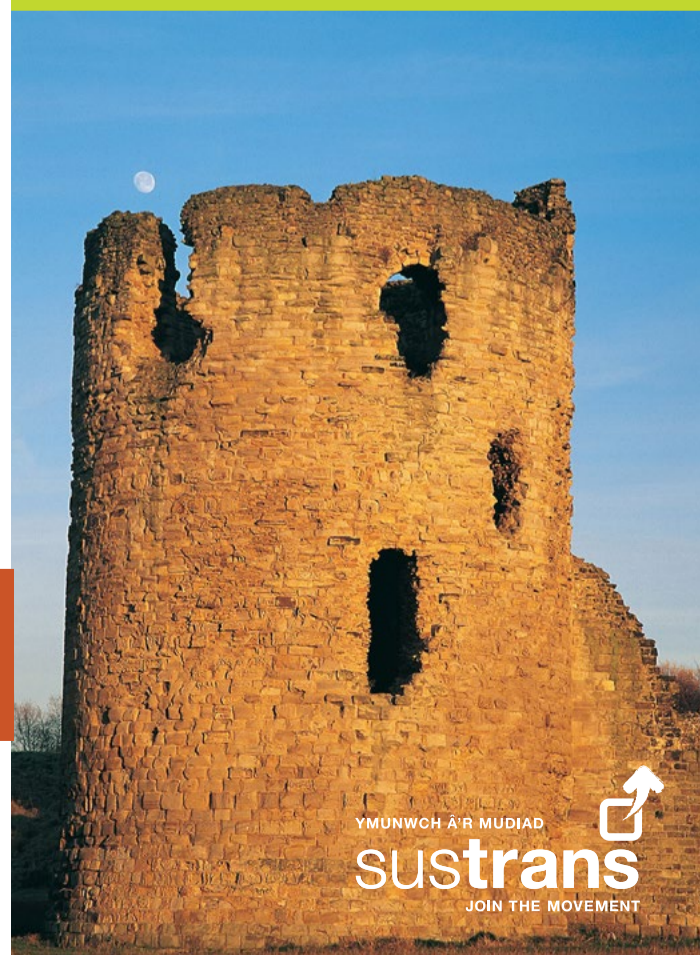


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Dwyrain Sir y Fflint East Flintshire

Y Fflint i Gaer
Flint to Chester



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