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Llwybr Afon Eden Afon Eden Trail



UCHAFBWYNTIAU

Dilynwch y llwybr hygyrch i lawr drwy goedwigoedd peraroglus i'r lle picnic ar lan yr afon ble mae Afon Eden yn taranu dros y creigiau.

Rhowch gynnig ar y daith gerdded hon sy'n addas ar gyfer pawb o'r teulu. I ddiddanu'r rhai bach, beth am godi taflen llwybr pos yr anifeiliaid o'r ganolfan ymwelwyr neu lawrlwythwch yr MP3 llwybr sain a gwrando ar y stori am fywyd gwyllt a hanes y goedwig.

HIGHLIGHTS

Follow the accessible trail down through woodlands to the riverside picnic site where the Afon Eden rushes over the rocks.

Try this walk suitable for all the family. To keep the young ones entertained why not pick up an animal puzzle trail leaflet from the visitor centre or download the MP3 audio trail and listen to the story of the forest's wildlife and history.



Canolfan Ymwelwyr
Coed y Brenin
Visitor Centre



Llwybrau clywedol MP3
rhad ac AM DDIM.
FREE MP3
audio trails.

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Allwedd / Map Key



- Llwybr hygyrch / Accessible trail
- Dolen glan afon / Riverside loop
- Ffordd goedwig / Forest road
- Maes picnic / Picnic area
- Mainc / Bench
- Maes parcio hygyrch / Accessible car park



Dilynwch y symbolau arwyddbost glas neu felyn.

	<u>Glas</u>	<u>Melyn</u>
Dechrau:	Canolfan Ymwelwyr	Canolfan Ymwelwyr
Gradd:	Hygyrch	Hawdd
Amser:	¾ awr	¾ awr
Pellter:	1 filltir/1.6km	1 filltir/1.6km
Dringo:	20m (uchafswm 10% 1:10)	20m (uchafswm 16% 1:6)

Disgrifiad: Mae'r llwybr hygyrch glas yn daith linellol ddwy ffordd ar hyd llwybr 2m o led sy'n dringo nid mwy na 10%/1 mewn 10, ag arwynef da sy'n addas ar gyfer cadeiriau olwyn. Ceir manau gorffwys bob 100m o leiaf.

Wrth ddilyn y ddolen felen, byddwch chi'n dringo'n ôl i ffordd y goedwig tuag at y ganolfan ymwelwyr ar lethr hawdd nad yw'n fwy na 1 mewn 6 drwy ardal o goed derw, cerddin, bedw a ffawydd ifanc. Mae'r adran hon yn addas ar gyfer cadeiriau gwthio plant bach gyda meinciau gorffwys o leiaf bob 150m. Nid oes grisiau na chamfeydd ar hyd yr holl llwybr.

Follow the blue or yellow waymarker symbols.

	<u>Blue</u>	<u>Yellow</u>
Start:	Visitor Centre	Visitor Centre
Grade:	Accessible	Easy
Time:	¾ hour	¾ hour
Distance:	1 mile/1.6km	1 mile/1.6km
Climb:	20m (max 10% 1:10)	20m (max 16% 1:6)

Description: The blue accessible trail is a linear two-way well-surfaced 2m wide route and is suitable for wheelchairs with a gradient of no more than 10%/1 in 10. There are resting points at least every 100m.

When following the yellow loop, you will climb back to the forest road and towards the visitor centre on an easy gradient of no more than 1 in 6 through an area of young oak, rowan, birch and beech. This section is suitable for pushchairs with resting benches at least every 150m and no steps or stiles along the whole trail.