

Gwarchodfa Natur Leol Pen Dinas a Thanybwlich

Dynodwyd y traeth a'r ardal o'i gwmpas yn Warchodfa Natur Leol ym 1999 ac mae ei chynefinoedd amrywiol yn gar-tref i gyfoeth o anifeiliaid a phlanhigion. Mae'r traeth a'r marian, a leolir rhwng afon Ystwyth a'r môr, yn edrych yn llwm ar yr olwg gyntaf ond dyma'r enghraifft orau yn y sir o dafod o dir gyda llystyfiant arno. Mae planhigion prin yma fel rhuddygl glan y môr a draenen ddu sydd dros 200 mlwydd oed ac sy'n ymledu ar hyd y marian ond sy'n llai na 30cm o uchder.

Ar draws yr afon, mae'r llawr y cwm a llethrau Pen Dinas yn cynnwys llawer o flodau gwyllt yn ogystal ag adar a phryfed. Mae llawer o'r ardal hon yn safle claddfa sbwriel sydd wedi cael ei adfer ond mae'n anodd dychmygu hynny heddiw. Mae'r ceffylau sy'n pori yno yn helpu i rwystro prysgoed rhag gordyfu ac mae hynny'n cynyddu'r bywyd gwyllt. Gwrandewch ar adar fel y llwydfron a chlochdar y cerrig yn canu yn y llwyni eithin yn y gwanwyn a'r haf.

Mae hanes yr ardal yn mynd yn ôl ymhell i'r gorffennol. Tua 6000 o flynyddoedd cyn i ffermwyr yr Oes Haearn godi caer ar gopa'r bryn, roedd helwyr-gasglwyr wedi ymsefydlu ar y llethrau isaf ac roeddent yn defnyddio rhan o'r traeth fel ffatri fflintiau. Mae'r tŷ crwn o goed a godwyd yn 2010 fel canolbwynt ar gyfer nifer o weithgareddau yn adlais o'r hanes hwn ac mae'n gysgod cyfleus ar gyfer cerddwyr sy'n cael eu dal mewn cawod.



Pabi Corniog Melyn
Yellow Horned Poppy



Stonechat
Clochdar y Cerrig

Pen Dinas and Tanybwlich Local Nature Reserve

The beach and surrounding area was designated as a Local Nature Reserve in 1999 and its diverse habitats are home to a wealth of animals and plants. The beach and shingle bank, sandwiched between the river Ystwyth and the sea may look barren at first glance, but is the best example of a vegetated spit in the county, with rarities such as sea radish, and a 200 year old blackthorn bush that spreads along the shingle but is less than 30cm high.

Across the river, the valley floor and slopes of Pen Dinas are rich in wild flowers as well as bird and insect life. It is hard to imagine now, but much of this area is a restored landfill site. Grazing by horses helps to prevent scrub from taking over, and increases the wildlife interest. Listen for birds such as whitethroats and stonechats singing from the gorse bushes in the spring and summer.

The area has a long history. Around 6000 years before Iron Age farmers constructed a fort on the hilltop, hunter-gatherers had settled on the lower slopes and used part of the beach as a flint factory. In an echo of this history, in 2010 a wooden roundhouse was built as a hub for various activities, and is a handy shelter for walkers caught out on a showery day.



Pen Dinas



Emperor Dragonfly
yr Ymerawdwr



Water Vole - Llygoden y Dŵr
© Andrew Parkinson



Grazing at Pen Dinas - Pori ar Pen Dinas

Rheoli Gwarchodfeydd

Rheolir y gwarchodfeydd gan Adain Arfordir a Chefn Gwlad Cyngor Sir Ceredigion o safbwynt byd natur ac o safbwynt annog pobl i'w mwynhau'n dawl. Mae coedlannau'n cael eu teneuo er mwyn caniatáu i olau gyrraedd planhigion ar lawr y goedwig ac mae dolydd yn cael eu torri er mwyn annog blod-au gwyllt i dyfu. Rhaid rheoli rhywogaethau ymledol fel pysen saethwr.

Gwirfoddolwyr sy'n gwneud llawer o'r gwaith rheoli yng ngwarchodfeydd a llwybrau'r sir – os hoffech chi helpu neu os ydych chi eisiau rhagor o wybodaeth, cysylltwch â'r Swyddog Cadwraeth.

Reserve Management

The reserves are managed by Ceredigion County Council's Coast and Countryside Section; both for their wildlife and to encourage quiet enjoyment by people. Wooded areas are thinned to allow light to reach plants on the forest floor and meadows are cut to encourage wild flowers. Invasive species such as Japanese knotweed have to be controlled.

Much of the management work on the reserves and the county's footpaths is carried out by volunteers – if you want to get involved or find out more, please contact the Conservation Officer.

Rhagor o wybodaeth:

Adain yr Arfordir a Chefn Gwlad
Cyngor Sir Ceredigion
Penmorfa
Aberaeron
SA46 0PA

01545 570881

www.ceredigion.gov.uk

Canolfan Croeso Aberystwyth: 01970 612125

Trafnidiaeth gyhoeddus: Mae nifer o wasanaethau bysiau yn stopio yn archfarchnad Morrison's, sef man cychwyn y daith. Mae'r orsaf fysiau drws nesaf i'r orsaf reilffordd Os byddwch chi'n cyrraedd ar y trên, gallwch chi ymuno â'r llwybr wrth y bont grog dros afon Rheidol. Trowch i'r chwith y tu allan i'r orsaf a throwch i'r chwith eto wrth y cylch gan fynd ar hyd Park Avenue. Trowch i'r dde ymhen 300m, gyferbyn â pharc adwerthu Rheidol, gan ddilyn yr arwyddion tuag at y clwb pêl-droed a'r maes parcio; fe welwch chi'r bont ar ddiwedd y ffordd.

Cofwch ddilyn y cod cefn gwlad

Efallai bod anifeiliaid yn pori'r caeau ar hyd y daith ac efallai bydd y llwybr yn fwdlyd os bydd hi wedi bod yn bwrw glaw.

Further Information:

Coast and Countryside Section
Ceredigion County Council
Penmorfa
Aberaeron
SA46 0PA

01545 570881

www.ceredigion.gov.uk

Aberystwyth Tourist Information: 01970 612125

Public transport: Several bus services stop at Morrison's supermarket where the walk starts. Alternatively, the bus station is next to the railway station. If arriving by train, the route can be joined at the suspension footbridge over the river Rheidol. Turn left out of the station and at the roundabout turn left again onto Park Avenue. Turn right after 300m, opposite the Rheidol retail park, following the signs towards the football club and car park and you will see the footbridge at the end of the road.

Please remember to follow the countryside code

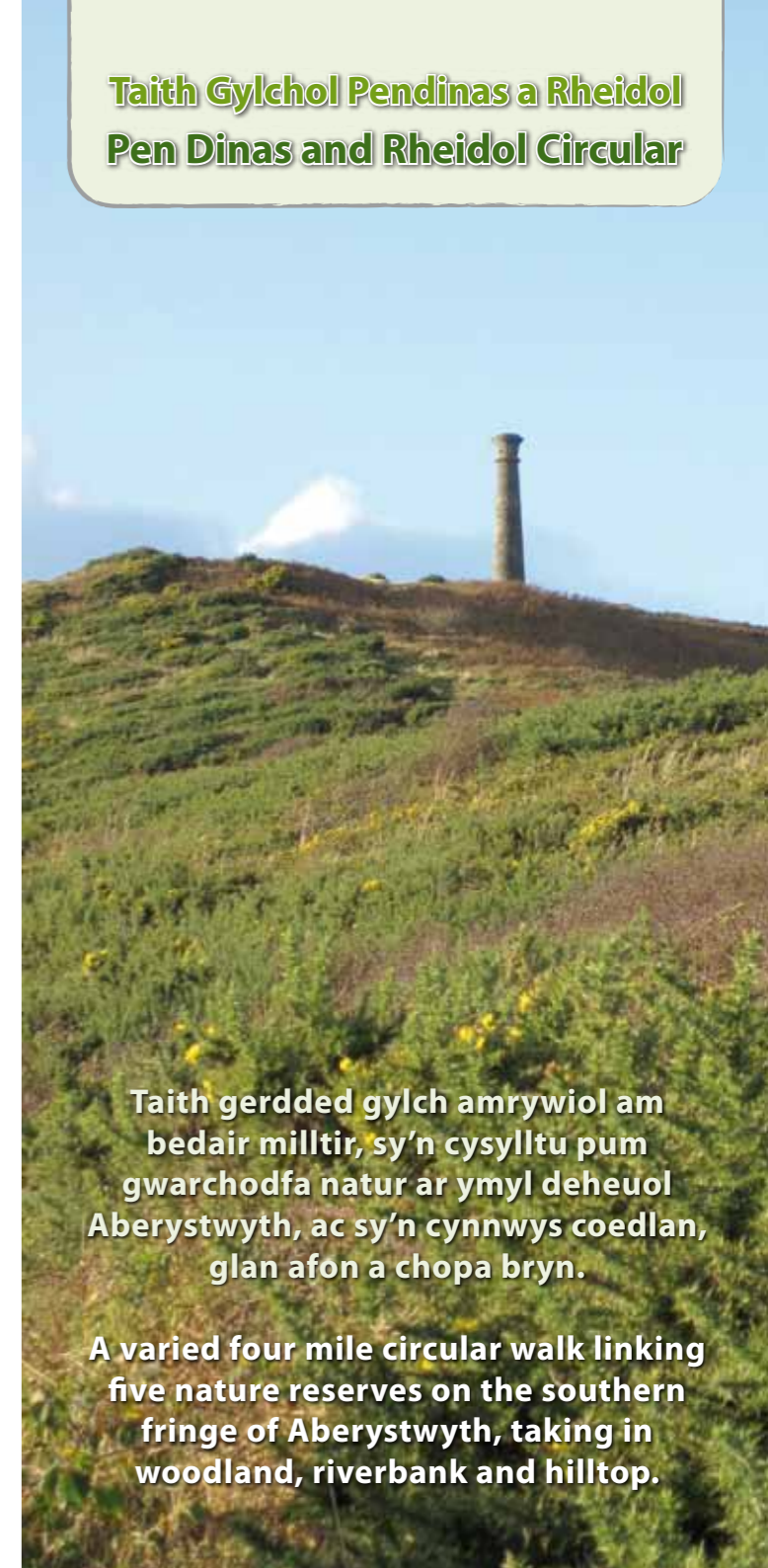
Livestock may be grazing fields along the route and paths may be muddy following rainfall.

Cyfoeth Naturiol Cymru
Natural Resources Wales



www.imagedisplay.co.uk © 2013

Taith Gylchol Pendinas a Rheidol Pen Dinas and Rheidol Circular



Taith gerdded gylch amrywiol am bedair milltir, sy'n cysylltu pum gwarchodfa natur ar ymyl deheuol Aberystwyth, ac sy'n cynnwys coedlan, glan afon a chop a bryn.

A varied four mile circular walk linking five nature reserves on the southern fringe of Aberystwyth, taking in woodland, riverbank and hilltop.

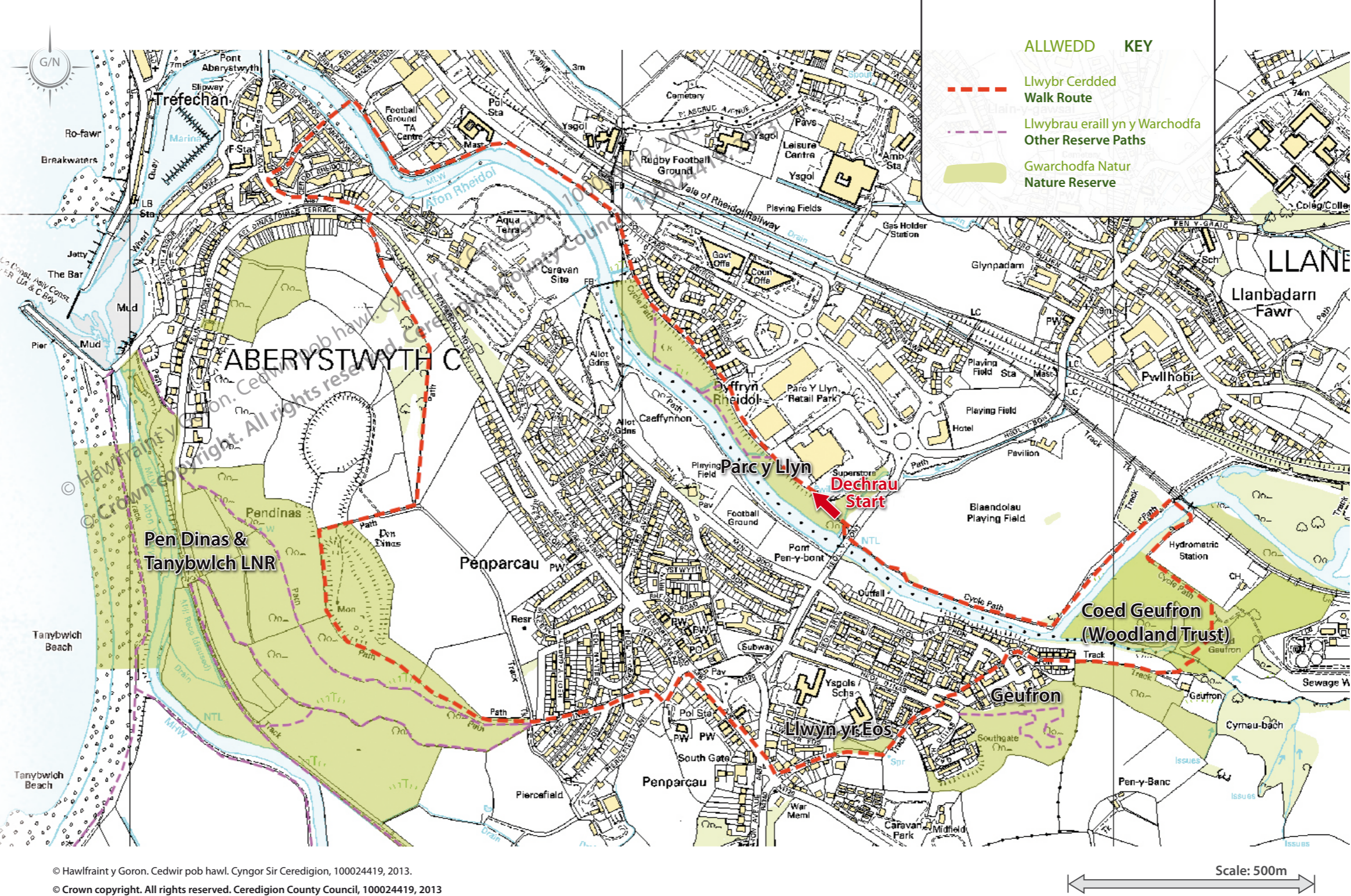
Y llwybr

Mae'r daith gerdded yn dilyn llwybrau cyhoeddus ac mae darnau byr ohoni'n dilyn y ffordd. Mae'n dechrau ar lwybr beiciau Rheidol y tu ôl i archfarchnad Morrison's (SN 594 804), gan ddilyn y llwybr tua'r gorllewin. Gwarchodfa Parc y Llyn, sy'n eiddo i Gyngor Ceredigion, yw'r tir rhwng y llwybr a'r afon ac mae'n gartref i ddyfrgrwn a llygod y dŵr; mae'n werth gwneud dargyfeiriad byr gan ddilyn yr arwyddion ar hyd glan yr afon. Ewch i lawr yr afon am tua milltir (gan anwybyddu'r bont gyntaf) a chroeswch y bont grog ar draws yr afon. Dilynwch y ffordd yn syth ymlaen (Spring Gardens) i'r briffordd a throwch i'r chwith tuag at Ben Dinas.

Pen Dinas yw'r bryn amlwg ar ochr ddeheuol Aberystwyth. Dyma safle bryngaer o'r Oes Haearn a chofgolofn urddasol i Ddug Wellington. Mae rhan helaeth o'r bryn, glan yr afon gerllaw a'r traeth wedi cael eu dynodi'n Warchodfa Natur Leol o dan reolaeth y Cyngor Sir. Croeswch yr A487 cyn y fynedfa i'r maes carafanau ac ewch i gopa'r bryn ar hyd y llwybr - mae arwydd yno. Mae'n safle gwych ar gyfer picnic ac mae golygfeydd rhagorol o'r dref, yr arfordir a'r mynyddoedd. Mae'n werth treulio ychydig o amser yn edrych ar y warchodfa'n fanylach.

Wrth fynd i lawr tua'r dwyrain, mae'r llwybr yn mynd i'r dref unwaith eto. Dilynwch y ffordd fel y dangosir ar y map, gan groesi'r A487. Ar ddiwedd Lôn Tan y Fron, dilynwch y llwybr hynafol ar hyd y goedlan fach a elwir yn Llwyn yr Eos. Hon yw un o warchodfeydd lleiaf Cyngor Ceredigion. Os cymerwch chi ddargyfeiriad byr i'r dde ar ddiwedd y lôn, fe ddewch chi at warchodfa Geufron, sy'n cael ei rheoli gan y Cyngor. Rydym yn gobeithio creu llwybr a fydd yn cysylltu â Choed Geufron Coed Cadw maes o law ond am y tro rhaid i chi fynd drwy'r ystâd dai i fynedfa safle Coed Cadw.

Croeswch lawr y cwm a throwch i'r chwith pan fyddwch chi'n cyrraedd y llwybr beiciau, gan ddilyn ymyl y maes criced, croeswch y bont a throwch i'r chwith tuag at y dref. Mae pont y rheilffordd sy'n croesi'r afon yn y fan hon yn cario trenau stêm Cwm Rheidol sy'n teithio rhwng Aberystwyth a Phontarfynach. Mae'r llwybr yn mynd ar hyd ymyl meysydd chwarae'r Brifysgol, gan ddilyn yr afon; daw tanffordd â chi yn ôl at y man dechrau.



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The route

The walk follows public footpaths, with short stretches on the road. The route starts on the Rheidol cycle trail behind Morrison's supermarket (SN 594 804), following the path westwards. The land between the path and the river Rheidol is Ceredigion Council's Parc y Llyn reserve, home to otters and water voles; the signposted riverside walk is worth a short diversion. Continue downstream for about a mile (ignoring the first footbridge) before taking the suspension bridge over the river. Follow the road straight ahead (Spring Gardens) to the main road and turn left, towards Pen Dinas.

Pen Dinas is the hill dominating Aberystwyth's southern skyline, site of an Iron Age hill fort and an imposing monument to the Duke of Wellington. Much of the hill and adjacent riverbank and beach are designated as a Local Nature Reserve, managed by the County Council. Cross the A487 before the entrance to the caravan park and take the signposted footpath up the hill to the summit, a great spot for a picnic with superb views over the town, coast and mountains. The reserve is worth taking some time to explore further.

Descending eastwards, the route enters the town once more. Follow the roads as shown on the map, crossing the A487 and at the end of Tyn y Fron Lane follow the ancient track alongside the tiny patch of woodland known as Llwyn yr Eos (Nightingale Grove). This is one of Ceredigion Council's smallest reserves. A short detour to your right at the end of the track takes you to the Council's Geufron reserve. It is hoped that in time a path will be developed to link directly with the Woodland Trust's Coed Geufron, but for now you have to make your way through the housing estate to the entrance to the Woodland Trust site.

Cross the valley floor and turn left when you reach the cycle trail, around the edge of the cricket pitch and over the footbridge before turning left towards town. The railway bridge that also crosses the river here carries the Vale of Rheidol steam trains travelling between Aberystwyth and Devil's Bridge. The path skirts around the University playing fields, following the river downstream and an underpass brings you back to the start.