

Gorsaf y Fenni. Corffen

a dilynwch y llwybr rhwng y tai i'r orsaf. Gilgant Holywell. Trowch i'r chwit i Gilgant Belmont trowch i'r dde i Heol Holywell y Dwyrain sy'n troi'n yr A40 ger Gwesty'r Fenni, i Heol Holywell ac yna parcio). Trowch i'r chwith i Stryd y Felin a chroeswch toiledau, canolían ymwelwyr, gorsaf fysiau a maes (ewch yn syth ymlaen fan yma i ganol y Fenni, y postyn milltir, trowch i'r dde ac allan i Stryd y Felin tua'r castell (gan ddilyn arwyddion llwybr 46) a ger Aton Wysg. Trowch i'r chwith ar y llwybr sy'n mynd aton, yna trowch i'r dde ar y llwybr beicio ar lan i'r chwith i heol Merthyr / A4143 ac ewch dros yr arwyddion llwybr NCN 46 dros y gylchfan, trowch



 $\label{eq:polyalpha} \mbox{Aberhonddu, ac o dan } \mbox{Yr} \mbox{ A40 hyd nes i chi ddod at}$ Dilynwch y llwybr ar hyd ochr y gamlas allan o

chwith yn y cylchdro bach i Theatr Brycheiniog. Ilwybr NCN 8. Trowch i'r dde i Stryd Rich, ac yna i'r at y britfordd ac edrychwch am arwyddion ar gyfer ewch ymlaen gan gyfuno a'i Styd Fawr. Arhoswch pating ewch yn syth ar draws i Heol y Bad, ac yna gyfeiriad Aberhonddu. Pan ddowch i'r goleuadau aton) ac Aberysgir. Yng Nghradog trowch i'r dde i y ffordd hon drwy Drallong, Aberbrân (dros yr i fyny'r bryn i gyffordd T. Trowch i'r dde a dilynwch tueddwch i'r dde a dilynwch yr heol dros yr afon ac y fyddin. Yn y fforch yn yr heol ar ôl y gwersyll ac Ava ewch i'r chwith cyntaf i gyfeiriad gwersyll pentref. Pan gyrhaeddwch yr A40, trowch i'r dde i mewn i Bontsenni ar hyd Heol Defynnog drwy'r Trowch i'r chwith ar yr A4067 a thueddwch i'r chwith



Yn y gyffordd â'r A4069 ewch yn syfh ar draws. groesífordd nesaf trowch i'r chwith i Gapel Gwynfe. Yng Nglanmelilwch tueddwch i'r dde. Yn y i, t qqe ac hua i, t chwifh i gyfeiriad Glanmelilwch. dde ac yna i'r chwith. Yn y gyffordd T nesaf trowch yn y groestfordd. Yn y groestfordd nesaf ewch i'r Ewch i fyny'r bryn a chymryd yr ail dro ar y chwilh

chwith ac ewch o dan y rheillfordd gan droi i'r dde yr afon. Yng nghylchfan fach Ffairfach, trowch i'r ac yna i'r chwith ar yr A483 i lawr y bryn a thros i'r chwith i Heol y Cilgant sy'n troi'n Stryd yr Eglwys, dde i Heol Alan ac i'r chwith i Heol Latimer. Trowch i Heol Blende ac yna i'r chwith i Stryd Thomas, i'r Ewch allan o'r orsaf i Heol yr Orsaf. Trowch i'r chwith

> Gorsaf Llandeilo Dechran

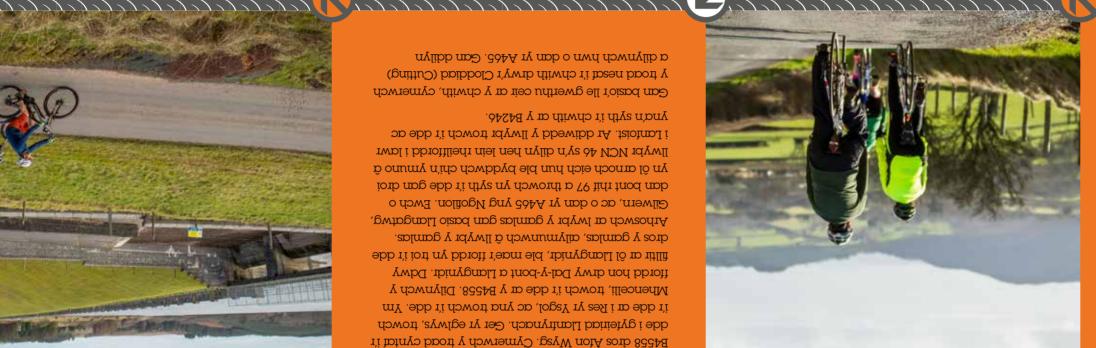


ar y chwith i chi) hyd nes i'r ffordd ddisgyn i lawr ac arposwch at yr heol hon (gan gadw Pontsenni Yn y gyffordd T (ar ben y bryn) trowch i'r chwith trowch i'r dde. Yn y gyffordd T trowch i'r chwith. at ôl Fferm Bwysa Fach, a chyn Pont Newydd, dael rhywbeth i'w yfed a bwyta). Ychydig bach adod o fewn rhyw 0.5km o Drecastell (ble gallwch i cyi. Ewch ymlaen ar hyd y ffordd hon nes i chi drwy ddilyn y llwybr beicio neu'r heol ar y chwith i'r goedwig, gellir dod o hyd i Gronfa Ddŵr Wysg yw'r tywydd yn caniatau hynny. Wrth i chi fynd chi gopaon Picws Du a Fan Brycheiniog i'r dde, os Bydd yr olygfa'n agor o'ch blaen ac fe welwch Ger y ganolfan fwydo Barcutiaid, trowch i'r dde.

gyfeiriad y ganolfan bwydo Barcutiaid. ac i fyny'r bryn i Dwynllan, gan dueddu i'r dde i Cymerwch y chwith cyntaf nesaf dros yr afon

Leave the canal at this point and turn right onto the B4558 over the River Usk. Take the first right towards Llanfrynach. At the church turn right into School Row, then turn right. At Pencelli turn right onto the B4558. Follow this road through Talybont and Llangynidr. Two miles after Llangynidr, where the road turns right over the canal, rejoin the towpath. Stay on the canal towpath passing Llangattock, Gilwern, and under the A465 Govilon. Pass under bridge number 97 and turn immediately right turning back on yourself where you will join NCN route 46 which follows an old railway line downhill to Llanfoist. At the end of the path turn right and immediately left on to the B4246.

Passing car sales on the left take the next left onto the Cutting and follow this under the A465.



At the Red Kite feeding centre turn right. The landscape will open out and you will see the peaks of Picws Du and Fan Brycheiniog to your right weather permitting. As you enter the forest, Usk Reservoir can be found via the cycle track or road to your left. Continue along this road until you are about 0.5km from Trecastle (where you can find refreshments). Just after Bwysa Fach Farm, and just before Pont Newydd, turn right. At the T junction turn left. At the T junction (at the top of the hill) turn left then stay on this road (keeping Sennybridge on your left) until the road drops down and passes over a river.

Cadewch y gamlas fan yma a throwch i'r dde ar y



Start

Llandeilo Station

Exit station onto Station Road. Turn left onto Blende Road then left onto Thomas Street, right onto Alan Road and left onto Latimer Road. Turn left onto Crescent Road which becomes Church Street, then left onto the A483 down the hill and over the river. At the mini roundabout in Ffairfach turn left pass under the railway then turn right before the school.

Go up the hill and take the 2nd turning on the left at the cross roads. At the next crossroads turn right then left. At next T junction turn right then next left towards Glanmelilwch . In Glanmelilwch bear right. At the next cross roads turn left to Capel Gwynfe. At junction with the A4069 go straight over. Take the first left over the river and then uphill to Twynllan, bear right towards the Red Kite feeding centre.



Turn left on the A4067 and then bear left into Sennybridge along Defynog Road through the village. At the A40 turn right then 1st left towards the army camp. At the fork in the road after the camp bear right and follow the road over the river and up the hill to a T junction. Turn right and follow this road through Trallong, Aberbran (over the river) and Aberyscir. At Cradoc turn right towards Brecon. At the traffic lights go straight over onto Ship Street, then continue merging with High Street. Stay on the main road and look out for NCN route 8 signs. Turn right onto Rich Street, then left at the mini roundabout to Theatre Brycheiniog.

Follow the path along side the canal out of Brecon, and under the A40 until you get to the lock at



Following route NCN 46 signs at the roundabout turn left onto Merthyr Road / A4143 and go over the river then turn right onto the cycle path along side the River Usk. Turn left on the path towards the castle (following route 46 signs) and at the milepost turn right and exit onto Mill Street. (Go straight on here for the centre of Abergavenny, toilets, TIC, bus station and car park.) Turn left on to Mill Street and cross the A40 by the Abergavenny Hotel, onto Holywell Road then turn right onto Holywell Road East which becomes Holywell Crescent. Turn left onto Belmont Crescent and follow the path between the houses to the station.

Finish

Abergavenny Station.

