

## Teithiau Cerdded Llandysul

1 Ger y bont mae canolfan ganwio boblogaidd, ac mae'r cws slalom a ddefnyddir gan y ganolfan ar y rheadrau cyfagos yn y golwg gerllaw. Hefyd mae paneli gwybodaeth ar y naill ochr a'r llall i'r bont.

2 Mae'r llwybr yn dilyn rhan o **rodfa'r goets** i Dŷ Dol-lan, gan fynd trwy hen barcadir yr ystad. Codwyd Porthordy Dol-lan yn yr 1790au a hynny yn ystad y gwaith a oedd yn cael ei wneud bryd hynny i wella'r ystad. Mae planhigion addurniadol megis y Rhododendron yn y golwg ar hyd y llwybr.

3 **Farmyard** oedd fferm ystad Tŷ Dol-lan yn ystad y bedwaredd ganrif ar bymtheg. Yr oedd yr adeiladau yno wedi eu gosod yn daclus o amgylch clos canolog. Bellach mae'n ganolfan arddio.

4 Wrth edrych tua'r dwyrain, gellir gweld bryn mawr ar y dde lle mae **bryngaer o Oes yr Haearn**, sef Craig Gwrtheyrn. Mae coed yn cuddio'r fryngaer erbyn hyn, ond byddai bwrlwm mawr yno tua dwy fil o flynyddoedd yn ôl. Yn ôl y traddodiad cysylltir y fryngaer â Gwrtheyrn (a elwir hefyd yn Vortigern), a oedd yn frenin grymus ar y Brythoniaid yn ystad y burned ganrif O.C.. Fe'i cofir fel y Brenin a oedd wedi gwahodd y Saeson i Ynysedd Prydain ac a gallodd ei deyrnas o ganlyniad i hynny. Dywedir taw Craig Gwrtheyrn yw Caer Guorthigern, a godwyd gan Gwrtheyrn; y gaer honno hefyd oedd ei gadarnle olaf lle cafodd ei ladd gan daranfolt am ei bechoda'u!

5 Mae'r llwybr yn dilyn y **rheilffordd o Gaerfyrddin i Aberteifi**, y dechreuwyd ei chodi yn 1857 ac a gyrraeddodd Landysul yn 1864. Ond yr oedd problemau ariannol gan y prosiect ac nid oedd y rheilffordd wedi cyraedd Castell Newydd Emlyn tan 1895. Yn wir ni chwblhawyd y rhan derfynol i Aberteifi. Yn 1952 y cariwyd y teithwyr olaf ar y rheilffordd hon, ond bu'n cludo nwyddau tan 1973.

6 **Gosodwyd cledrâu'r rheilffordd** ar wely o fân gerrig calch, sydd yn golygu bod y pridd yno yn lloai asidaidd. Yn y math hwn o bridd mae coed ynn yn tyfu'n well na choed derw. Fodd bynnag, coed derw yw'r coed amlwg oddi ar y gwely hwn o gerrig calch. Mae'n well gan lawer o flodau bridd alcaltaidd, ac mae hynny yn cael ei amlyu gan yr amrywiaeth eang o blanhigion sydd yn tyfu ar y cerrig calch. O dan y coed trwchus mae planhigion sydd yn hoffi'r cysgod yn ffynnu – planhigion megis Llysiau Steffan, Mapgoll, a Gwyddif - ac mae Erwain yn tyfu'n grif yn y manau gwylbion hynny sydd yn cael mwy o olau, ynghyd â Thriaglog, sydd yn nodedig am ei rhinweddau meddyginaethol (mae'r gwreiddiau yn cynnwys math o dawelydd cryf).

7 Mae coedwigoedd sydd yn werth eu gweld ar hyd llethrâu serth dyffryn Tyweli. Ar y ddôl yn y man hwn gellir gweld ystumllyn sych, sef hen ddoleniad yng nghwrs Afon Tyweli.

8 Cwm cul a choedig yw **dyffryn Gwyddil**. Mae'r llwybr yn mynd heibio i Felin Gwyddil a arferai fod yn felin flawd. Mae Pen Pynfarch wedi ei enwi ar ôl y pynfarch neu'r cafn yn y cwm islaw a arferai gludo dŵr o nant Gwyddil i'r felin.

9 Wrth gerdded trwy'r blanhigfa gonwydd daw **adfeilion dau fwthyn**, Daren a'r Cerrig Llwydion, i'r golwg. Mae hen fwythynnod bychain fel y rhain yn dal i fritho'r fro gan dystio i ba mor boblog oedd y cyffiniau yn y bedwaredd ganrif ar bymtheg; mae'n rhaid cofio bod llawer mwy o bobl yn cael gwaith ar y tir slawer dydd.

10 Yn y man hwn mae'r llwybr yn mynd ar hyd crib uchel, ac mae **Mynyddoedd y Preseli, yn Sir Benfro**, i'w gweld ar y gorwel yn y gorllewin.

## Llandysul Country Walks

1 There is a popular **canoeing centre** beside the **bridge** and the slalom course used by the centre can be seen on the adjacent rapid. There are also information panels on either side of the bridge.

2 The walk continues along part of the **carriage-way** to Dol-lan House, through old estate parkland. Dol-lan Lodge was originally built in the 1790s as part of improvements made to the estate.

Ornamental plants such as Rhododendron can be seen along the walk.

3 **Farmyard** was the estate farm of Dol-lan House during the 19th century. Its buildings were set out neatly around a central courtyard. It is now a garden centre.

4 Looking east, the large hill to the right is the site of the **Iron Age hillfort** of Craig Gwrtheyrn, now hidden by trees. It was lived in over 2000 years ago. The hillfort is traditionally associated with Gwrtheyrn (also known as Vortigern), a powerful king of the Britons during the 5th century AD. He is remembered as the ruler who invited the Saxons into Britannia and lost his kingdom as a result. Craig Gwrtheyrn is said to be the fort of Cair Guorthigern, built by Vortigern and also his last refuge, where he was killed by a lightning bolt for his sins!

5 The walk follows the line of the **Carmarthen to Cardigan railway**, which was begun in 1857 and reached Llandysul in 1864. The project was plagued by financial problems and was not extended to Newcastle Emlyn until 1895. The final stretch to Cardigan was never completed. The line was closed to passengers in 1952 and to freight in 1973.

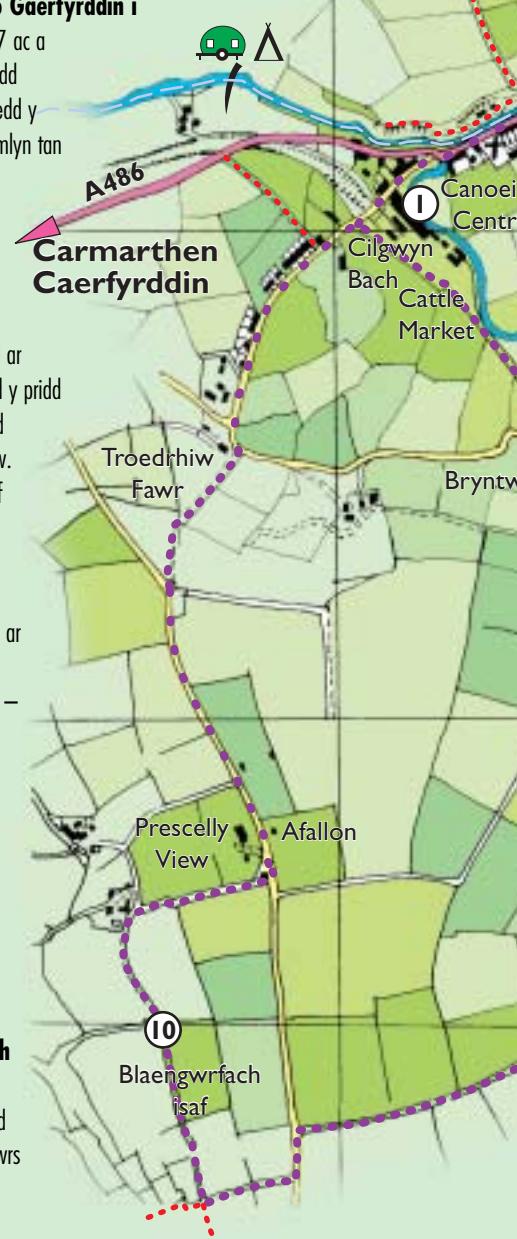
6 **The track bed** is made of limestone chippings, which makes the soil less acidic. This favours the growth of Ash instead of Oak. However, oak becomes the dominant tree again just off the limestone bed. Many flowers also prefer alkaline soils and this is reflected in the wide variety of flowers growing here. Under the deep shade of the tree canopy, shade-tolerant woodland plants like Enchanters Nightshade, Wood Avens and Honeysuckle can be found, while Meadow Sweet thrives in the wetter sunnier areas along with Valerian, famed for its medicinal qualities; its roots have strong sedative properties.

7 There are **lovely woods** along the steep-sides of the Tyweli valley. A dry oxbow, a former meander in the course of the River Tyweli, can be seen in the meadow here.

8 The **Gwyddil valley** is narrow and wooded. The walk passes the former Felin Gwyddil corn mill. Pen Pynfarch (Leat's End) is named after the old mill leat in the valley below, that took water from the Gwyddil stream to the mill.

9 The ruins of two **old cottages**, Daren and Cerrig Llwydion, can still be seen along the walk through the coniferous plantation. Small cottages like these still dot the landscape and were home to many labourers and farmhands during the 19th century when the local population was much higher and many more people worked on the land.

10 The walk follows a high ridge here and the **Preseli Mountains of Pembrokeshire** are visible in the distance to the west.



Milltir / Miles  
Km

1 Km

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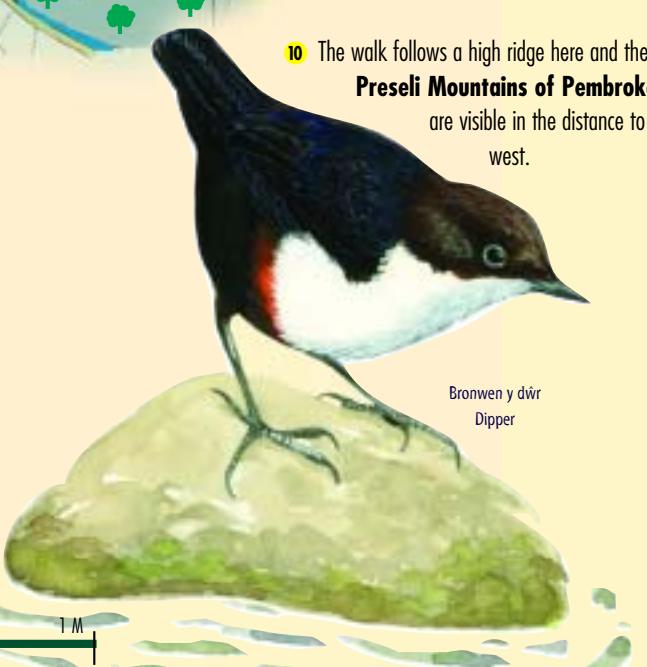
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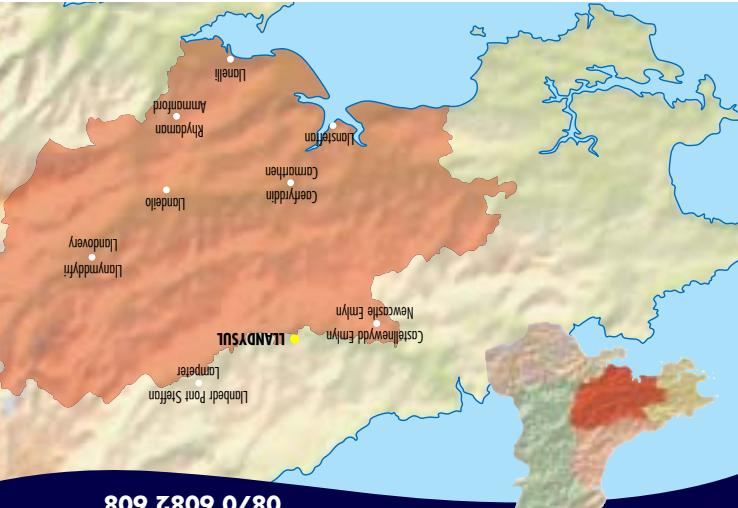


Lwybrau a Argymhellir Recommended Route  
Hawlau Tramwy Eraill Other Rights of Way



Hawlfraint y Goron © Crown Copyright LA09007L/97/01





0870 6082 608

All Wales Public Information Helpline:  
Public Transport: For up-to-date information, phone the  
Carmarthenshire Transport & Highways Customer Services Line.

For enjoying the countryside.  
Llyn Llech Owain near Gorllwys, all offering excellent opportunities  
Pembrey Country Park, Gelli Aur near Llandeilo and  
know that here are three free Country Parks in Carmarthenshire -  
Now that you have enjoyed one of our walks you may like to

[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

Telephone: (01554) 747500  
Ty'r Nant, Trostre Business Park, Llanelli, SA14 9UT.

Parks and Countryside Unit,  
For further information of walks in this series contact:

This is one of a series of country walks in Carmarthenshire.

Want to know more?

cycleended rhagorol! bawb fyw hau efti gwlad.  
a llyn llech Owain ar bwys Gorllwys. Mae pob un yn cynnig  
Pen-bre, Gelli Aur ar bwys Llandeilo,

bod yna drif pharc gwylodig yn Sir Gaerfyrddin -  
A chithau wedi cerdded un o llwybrau, effalai y carach wyoed

[www.sirgarrog.org.uk](http://www.sirgarrog.org.uk)

Phone: (01554) 747500  
Ty'r Nant, Parc Busnes Trostre, Llanelli, SA14 9UT.

Uned Parcâu a Cefn Gwlad,

Cymysyllwch â'r:

Mae'r llwybrau hwn yn un o gyfres llwybrau Sir Gaerfyrddin.

Eisiau gwybod rhagor?

## Y Teithiau Cerdded

Mae'r daith gron ogleddol yn mynd ar hyd lonydd gwledig dymunol, gyda dim ond  
rhian fechan o'r llwybra yn croesi tir amaethyddol. Yn sgil hynny, nid oes dim tir serth.  
Mae'r daith yn rhyw 6km (3.73 milltir), os byddwch yn cychwyn o ganol Llandysul.

Ond mae'r daith ddeheul yn gwbl wahanol gan fynd, ar y cyfan, ar hyd llwybrau  
sydd yn croesi tir amaethyddol gydag ambell riw serth ar y ffordd. Mae'r daith yn  
rhyw 7km (4.35 milltir), os byddwch yn cychwyn yn Llandysul. Cyngor chi i wisgo  
esgidiau cryfion ar gyfer y ddwy daith.

### Noder.

Mae rhai o'r llwybrau yn ymuno â rhan o'r B4336 lle nad oes  
palentydd, a lle mae'r cerbydau yn teithio'n gyflym. Bydd angen  
cadw llygad barcud ar blant ar hyd y rhan hon o'r daith.

## Y Rheolau Cefn Gwlad

Mwynhewch gefn gwlad a pharchwch ei fywyd a'i waith.

- Gofalwch nad ydych yn achosi tanau.
- Caewch bob gât.
- Gofalwch fod gennych reolaeth ar eich cŵn.
- Cadwch ar lwybrau cyhoeddus ar draws tir amaeth.
- Defnyddiwch gatiau a sticlau i groesi ffensys, perthi a walau.
- Gadewch lonydd i dda byw, cnydau a pheiriannau.
- Ewch â'ch sbwriel nôl gyda chi.
- Helpwch ni i gadw pob ffynhonnell dŵr yn lân
- Diogelwch fywyd gwyllt, planhigion a choed.
- Cymerwch ofal arbennig ar ffyrdd cefn gwlad.
- Peidiwch â gwneud unrhyw sŵn diangani.

## The Country Code

Enjoy the countryside and respect its life and work.

- Guard against all risk of fire.
- Fasten all gates.
- Keep your dogs under close control.
- Keep to public paths across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take your litter home.
- Help to keep all water clean.
- Protect wildlife plants and trees.
- Take special care on country roads.
- Make no unnecessary noise.

## Llandysul

## The Walks

The northern circular route takes advantage of the beautiful country lanes in the  
area, with only a short section of path running across agricultural land, consequently  
the gradients are reasonable throughout. It is around 6km (3.73 miles) long,  
assuming a start from the centre of Llandysul.

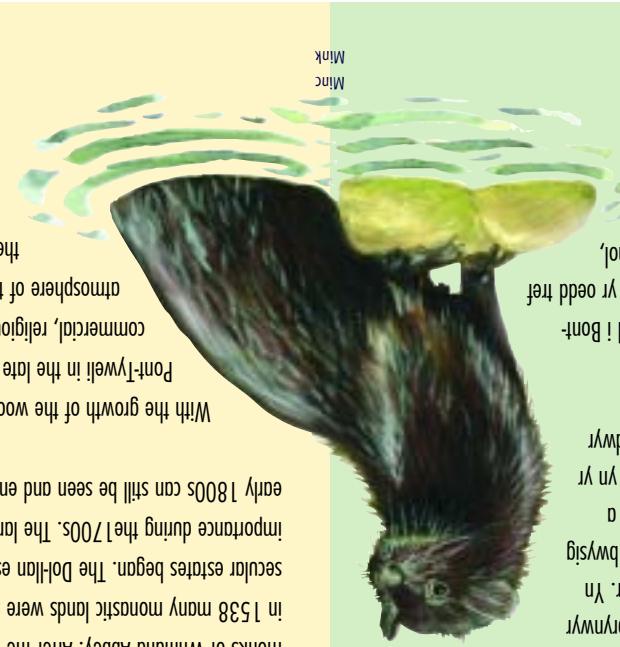
By contrast the southern route is largely on paths and tracks crossing farmland and  
has one or two steep gradients along the way. It is around 7km (4.35 miles) long,  
assuming a start in Llandysul. Stout footwear is recommended for both.

### Please note.

Some of the paths lead to a section of the B4336 road which  
carries fast moving traffic and has no pavements. Children will  
need close supervision on this section.

## Llandysul

Llanyllwod yn ddiwl fod yn gofodfan gwledig bysur.  
Benedigedig i ddilys ymddybio o hyd 6 nows y myned  
crefyddol a diniseg ymddybiol y dref yn flynnu.  
Twyll yn dili haner y bedwaredd gauant ar bymtheg, yr oedd terf  
ya sgil twy'r diwydiannau gwlan a dyfoddid y hellffordd ! Boat  
eu mwyaithau o hyd.



centre today.  
high street. Llandysul remains a busy rural  
atmosphere of the Victorian and Edwardian period is still in  
commercial, religious and civic life of the town flourished. The  
Port-Y-Weli in the late 1800s, Llandysul town expanded and the  
With the growth of the woollen industry and the arrival of the railway at  
early 1800s can still be seen and enjoyed by walkers.

importance during the 1700s. The landscape changes made around Dolhill in the  
secular estates began. The Dolhill estate, east of Llandysul, rose to local  
in 1538 many monastic lands were sold to private buyers, and the age of the great  
monks of Whitland Abbey. After the Dissolution of the Monasteries under Henry VIII  
Twelli and Seidi vines formed the Grange of Maenorion, owned by the Cistercian  
fairs and markets were held regularly here. South of the Teifi, the land between the  
During later medieval times, Llandysul developed as a town, and important trading  
native principles was at its height.

period in Welsh history when the struggle between the Norman invaders and the  
There are several motte castles in the area dating from the 12th century, a dramatic  
Carmarthenshire. Steep, wooded slopes rise from  
of the most splendid country sides in  
church here in 426AD. South of the river is some  
Celtic saint Tyssul, who is said to have founded a  
Carmarthenshire and Cardiganshire, now  
the river Teifi, on the historic border between  
the river Teifi, on the historic border between  
The market town of Llandysul sits on the banks of  
from the hilltops above.

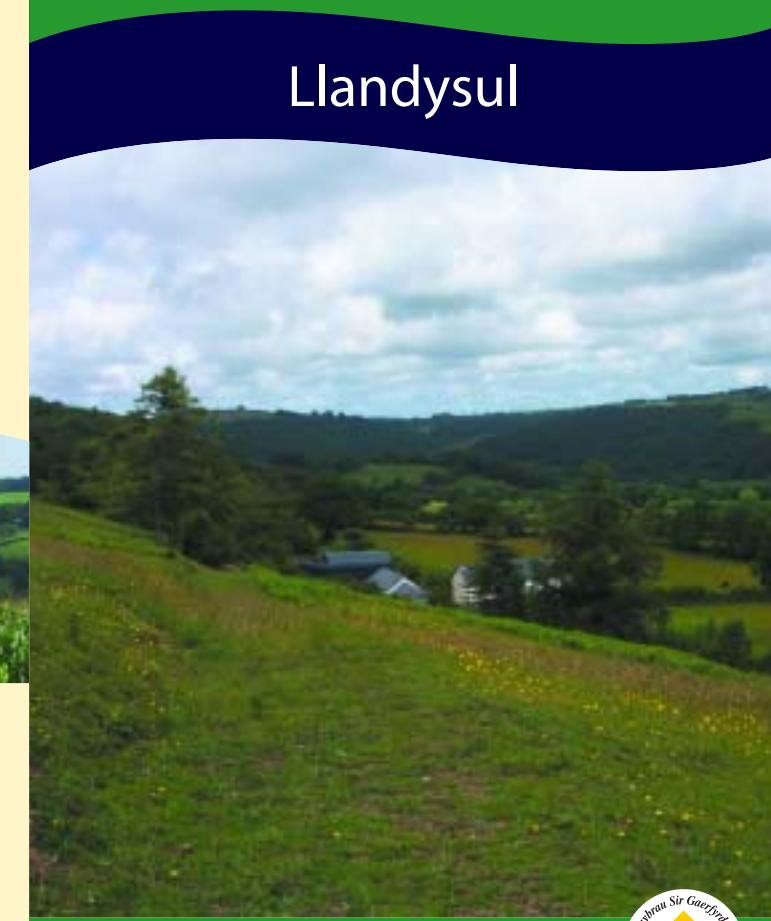


## Llandysul

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## Llandysul



Llwybrau Sir Gaerfyrddin  
Carmarthenshire County Walks

