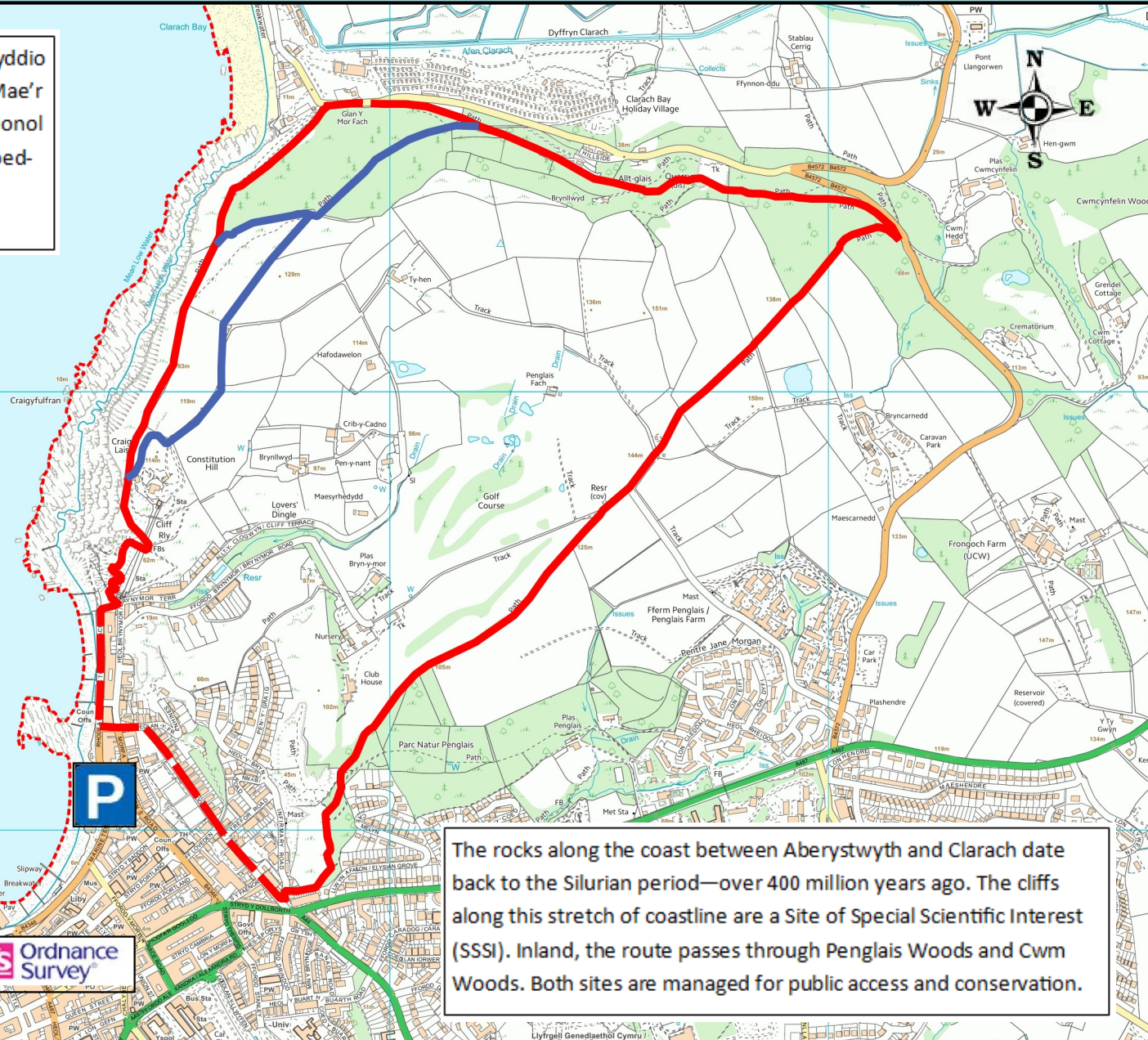




Mae'r creigiau ar yr arfordir rhwng Aberystwyth a Chlarach yn dyddio o'r cyfnod Silwraidd—mwy na 400 miliwn o flynyddoedd yn ôl. Mae'r clogwyni ar y rhan hon o'r arfordir yn Safle o Ddiddordeb Gwyddonol Neilltuol (SSSI). I mewn ychydig o'r arfordir, a'r llwybr heibio i Goedwig Penglais a Choed Cwmcynfelyn. Mae'r ddau safle yn cael eu rheoli er mwyn sicrhau mynediad i'r cyhoedd a'u gwarchod.



Allwedd Key

- Llwybr Hyrwyddedig / Promoted Route
- - - Llwybr ar ffordd / Route on Road
- Llwybr Amgen / Alternative route

The rocks along the coast between Aberystwyth and Clarach date back to the Silurian period—over 400 million years ago. The cliffs along this stretch of coastline are a Site of Special Scientific Interest (SSSI). Inland, the route passes through Penglais Woods and Cwm Woods. Both sites are managed for public access and conservation.





Cylchdaith Craig Glais - Constitution Hill Circular

Dechrau: Tref Aberystwyth

Start: Aberystwyth Town

Addas ar gyfer: Cerddwyr
Arwyneb: Trac, Porfa, Ffordd

Suitable for: Walkers
Surface: Track, Grass, Road

Dodrefn: 3 gât, 2 bont,
grisiau (ar Craig Glais)
Pellter: 6 km / 3.8 milltir
Parcio: Aberystwyth Town

Furniture: 3 gates, 2 bridges,
steps (on Constitution Hill)
Distance: 6 km / 3.8 miles
Parking: Aberystwyth Town

Trafnidiaeth: T1, 540, T2, X28, T5, X50, 554,
T21, 562, X4, X1, X18

Public Transport: T1, 540, T2, X28, T5, X50, 554,
T21, 562, X4, X1, X18

Cyfleusterau: Toiledau Cyhoeddus, Tafarndau,
Siopau, Bwyty

Amenities: Public Toilets, Pubs, Shops,
Cafes

Mapiau: OS Explorer 213
OS Landranger 135

Maps: OS Explorer 213
OS Landranger 135

Gellir adrodd unrhyw broblemau y dewch ar eu traws ar
Llwybrau Tramwy trwy dudalen "Adrodd Problemau" y
Cyngor ar www.ceredigion.gov.uk

Any problems encountered on Rights of Way can be
logged on the County Council's "Problem Reporting
page" at www.ceredigion.gov.uk



Dilynwch Cod Cefn Gwlad bob amser.
Gwelwch www.cyfoethnaturaolcymru.gov.uk

Always follow the Countryside Code, which can
be found at www.naturalresourceswales.gov.uk

