



Useful links Dolenni Defnyddiol

Teithio i'r llwybr ac oddi yno
Travelling to and from the route

I gael amserau trenau a thrafnidiaeth gyhoeddus ewch i:

For train times and public transport visit:

• traveline-cymru.info

I gael gwybodaeth am deithio'n gynaliadwy o amgylch Caerdydd ac i lawrwytho Map Beicio Caerdydd a Map Llwybr y Bae ewch i:

For information on getting around Cardiff sustainably and to download the Cardiff Cycle Map and Bay Trail Map:

• keepingcardiffmoving.co.uk

Tourism and information

Twristiaeth a gwybodaeth

I gael rhagor o wybodaeth am atyniadau, gweithgareddau, mannau bwyta a darparwyr ilety yng Nghaerdydd ewch i:

For further information on attractions, activities, eateries and accommodation providers in Cardiff visit:

• visitcardiff.com

Gwybodaeth ac atyniadau i dwristiaid ym Mro Morgannwg:

Tourist information and attractions in the Vale of Glamorgan:

• visitthevale.com

Y Rhwydwaith Beicio Cenedlaethol yng Nghymru
The National Cycle Network in Wales

Mae dros 2000 milltir o lwybrau cerdded a beicio yng Nghymru. Archwiliwch y gorau o'r Rhwydwaith yng Nghymru ar Routes2Ride:

There are over 2000 miles of walking and cycling routes in Wales. Explore the very best of the Network in Wales on Routes2Ride:

• routes2ride.org.uk/wales

Awgrymiadau a Chynghorion ar gymudo egniol
Hints and Tips on active commuting

Cofrestrwch i dderbyn Cymudwr Egniol:

Sign up to Active Commuter:

• sustrans.org.uk/activecommuter

Ymunwch â'r mudiad Join the movement

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnaeon bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwell lleoedd a gofodau i symud drwyddyd a byw ynddynt.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

Mae'n hen bryd i bawb oħnom ddechrau gwneud dewisiadau teithio craffach. Camwch ymlaen a chefnogwch Sustrans heddiw.

It's time we all began making smarter travel choices.
Make your move and start supporting Sustrans today.

sustrans.org.uk

0845 838 0651

f [sustrans.cymru](https://www.facebook.com/sustrans.cymru)



Gallwch gael y Rhwydwaith Beicio Cenedlaethol cyfan ar eich ffôn smart gyda chymhwysiad am ddim Sustrans. / Get the complete National Cycle Network on your smartphone with Sustrans' free app.



Am ragor o fapiau ac arweinlyfrau ar gyfer yr ardal hon ewch i siop Sustrans.

For more maps and guide books for this area visit the Sustrans shop.

• sustransshop.co.uk

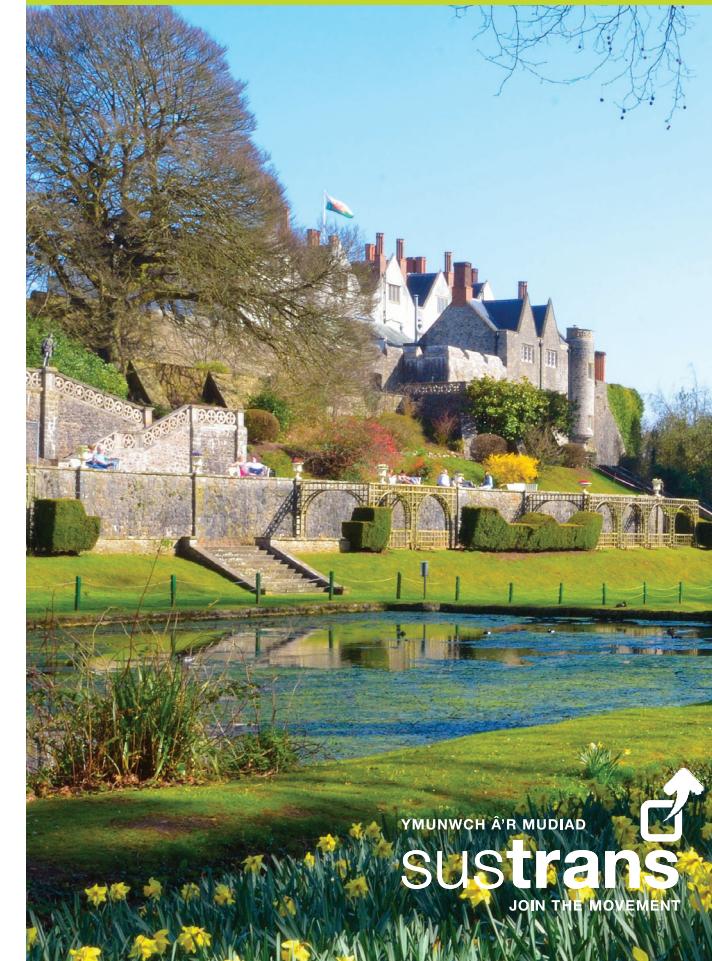


Llwybr Elái

Ardal Bae Caerdydd i Sain Ffagan

The Ely Trail

Cardiff Bay area to St Fagans





Llwybr Elai

Gan ddilyn Afon Elai o Fae Caerdydd a Phenarth i Sain Ffagan am tua 7 milltir, mae Llwybr Elai, sy'n ddi-draffig gan fwyaf, yn cynnig cyfle i gerddwyr a beicwyr archwilio cefn gwlad agored Caerdydd, amrywiaeth o fywyd gwylt ac un o'r atyniadau treftadaeth mwyaf poblogaidd Cymru - Amgueddfa Werin Cymru, Sain Ffagan.

Gellir cael mynediad hawdd i Llwybr Elai o Bont y Werin eiconaidd. Gan fynd heibio i Bentref Chwaraeon trawiadol Caerdydd ar hyd adran fer o ffordd mae'r llwybr yn ailymuno â glan yr afon ym Mharc Grangemoor - lle gallwch fwynhau'r golygfeydd glan afon hardd a golyfa o Gaerdydd o ben y bryn.

Ar ôl croesi Ffordd Penarth mae'r llwybr yn parhau ar hyd glan yr afon. Gwnnewch yn siŵr eich bod yn manteisio ar y man picnic hyfyd ar hyd y darn hwn. Gyda golygfeydd gwych dros yr afon ac i'r cefn gwlad oddi amgylch, ac yn gartref i fywyd gwylt yn cynnwys Glas y Dorlan a Bronwen y Dŵr, mae'n anodd credu eich bod ym mhrieddinas Cymru.

Wedi mynd dros Heol Lecwydd a pharhau ar hyd y llwybr glan yr afon coedig mae'r llwybr yn mynd o dan bont fawr. Parhewch yn syth yn eich blaen tuag at Rodfa Lawrenny ac yna ewch i'r chwth ar hyd pen uchaf Parc Sanatoriwm. Yma ceir dewis o ddau llwybr. Mae un llwybr yn mynd i gyfeiriad Heol y Felin Bapur a dros y rheilffordd gan ddefnyddio grisiau serth (gall cerddwyr ddilyn y ffordd gyswilt o Wroughton Road i Bwlch Road), ac mae'r ail (a argymhellir ar gyfer beicwyr sydd am osgoi'r grisiau) yn dilyn fforddydd tawel o amgylch Parc Victoria. Mae'r ddau llwybr wedyn yn cyfarfod ac yn dilyn adran ar y ffordd heibio Gorsaf Reilffordd Waun Gron.

Parhewch ar hyd Heol Bwlch hyd nes i chi gyrraedd tro sydyn i'r dde, lle mae Clos Landwade yn ymuno o'r chwth. O'r fan honno rydych yn ymuno â'r llwybr di-draffig unwaith eto o lwybr y tu ôl i'r tai ar Clos Landwade.

Cadwch lygad am farcuaид - yr aderyn ysglyfaethus mwyaf yn yr ardal wrth i'r llwybr droelli drwy goedwigioedd ysblennydd Coedwig Glan Elai a chaeau agored hardd cyn cyrraedd Amgueddfa Werin Sain Ffagan lle daw'r llwybr i ben.

Pan fyddwch yn dychwelyd i Bont y Werin gallwch barhau ar eich taith ar hyd Llwybr y Bae - llwybr cylchol 6 milltir o amgylch Bae Caerdydd.

The Ely Trail

Following the River Ely from Cardiff Bay and Penarth to St Fagans for approximately 7 miles, the mostly traffic-free Ely Trail offers walkers and cyclists the opportunity to explore Cardiff's open countryside, an array of wildlife, and one of Wales' most popular heritage attractions - St Fagans National History Museum.

The Ely Trail can be easily accessed from the iconic Pont y Werin. Passing Cardiff's impressive Sports Village along a short on road section, the route rejoins the riverside at Grangemoor Park - where you can enjoy the pretty riverside scenery and views of Cardiff from the summit of the hill.

After crossing Penarth Road the route continues along the riverside. Be sure to take advantage of the lovely picnic spot along this stretch. Boasting great views across the river and to the surrounding countryside, and home to wildlife including kingfishers and dippers, it's hard to believe that you're in Wales' capital city.

Passing over Leckwith Road and continuing along the wooded riverside trail, the route travels under a large bridge. Continue straight ahead towards Lawrenny Avenue and then take a left along the top-side of Sanatorium Park. At this point there are two route options. One route heads to Paper Mill Road and over the railway tracks via steep steps (walkers can follow the Wroughton Place link), and the second (recommended for cyclists who want to avoid the steps) follows the quiet roads around Victoria Park. The two routes then meet and follow an on-road section past Waun Gron Rail Station.

Continue along Bwlch Road until you reach a sharp right turn where Landwade Close joins from the left. From there you join the traffic free trail once again from a path behind the houses on Landwade Close.

Be sure to keep an eye out for buzzards - the largest bird of prey in the area as the trail winds through the picturesque woodland of Glan Ely Woods and pretty open fields before reaching St Fagans National History Museum where the trail ends.

When you return to Pont y Werin you can continue your journey along the Bay Trail - a 6 mile circular route around the bustling Cardiff Bay.



0 Miles 0.5 1
0 Kilometres 0.5 1 1.5

Llywbr Trelai di-draffig
Ely Trail Traffic-free

Llywbr Trelai ar y ffordd
Ely Trail On-road

Llywbr yn osgoi grisiau serth
Route avoiding steep steps

Llywbr gyda grisiau serth
Route with steep steps

Llywbrau cyswllt
Linking route

Llywbr gerdded
Walking route

Taith Taf
Taff Trail

Llywbr i'w ddatblygu yn y dyfodol
Future route to be developed

Croesfan cerddwyr
Pedestrian crossing

Gorsaf reilffordd
Railway station

Parcio beics
Cycle parking

Croesfan Twcan
Toucan crossing

Croesfan Wastad
Level crossing

Gofal
Take care

Atyniad twristiaid
Tourist attraction

Man picnic
Picnic spot

Man Golygfa
Viewpoint

Casglwch filltiroedd awyr iach ar Lwybr Elai

Mae Llywbr Elai yn ffordd wych i deuluoedd a phobl o bob gallu cerdded a beicio archwilio treftadaeth, bywyd gwylt a chefn gwlad ardderchog Caerdydd tra'n dod yn ffit a mwynhau'r awyr iach.

Darganfyddwch ragor o lwybrau cerdded a beicio anhygoel ar wefan Routes2Ride Sustrans:

routes2ride.org.uk/wales

Collect fresh air miles on the Ely Trail

The Ely Trail is a brilliant way for families and people of all walking and cycling abilities to explore Cardiff's wonderful heritage, wildlife and countryside whilst getting fit and enjoying the fresh air.

Discover more fantastic walking and cycling trails on Sustrans' Routes2Ride website:

routes2ride.org.uk/wales

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