

Mae gan Gaerdydd olyniath amrywiol o greigiau, sy'n rhoi cipolwg ar hanes daearegol hir a gwahanol. Mae'r holl greigiau yn waddol cywasgedig o weddillion mwynau, anifeiliaid a phlanhigion wedi'u siapo gan weithgarwch rhewlifol. Mae cefn Caerffili i'w gweld o'r creigiau nodweddiadol o dywodfaen a chalhfaen sy'n gefnlen ddramatig i Gaerdydd.



gwneud gwair. Defnyddir defaid, gwartheg a cheffylau i bori'r caeau ar hyd y daith hon. Mae peth o'r glaswelltiau sydd wedi'i wella'n rhannol, yn llawn mwyar duon a phrysg bellach sydd i'w gweld tua diwedd y daith.

Y coetir cyntaf ar y daith yw Coedwig Greenmeadow. Mae'n ardal o goetir hynafol lled-naturiol sy'n llawn coed Derw a Bedw gyda blodau coetir nodweddiadol ar y llawr sy'n cynwys Marchredyn Euraid, Crafanc Brân Peneuraid, Llysiau'r Neidr a Coedfrwynen Fawr.

Sut i Gyrraedd



Ar ymyl ogleddol y daith mae ail ardal coetir sy'n
urfio rhan o Goed y Wenallt, safle 44 hectar sy'n
then i ac a redir gan Gyngor Caerdydd. Mae'n goetir
sy'n golygu ei fod wedi bod yno ers o leiaf 1600OC
bdi fel Safle o Ddiddordeb Gwyddonol Arbennig
rth i fywyd gwyllt.

Mae'r coetir hwn yn gartref i ystod o rywogaethau adar. Yn y gwanwyn gellir clywed Canorell Fraith Fwyaf yn nocio ar goed mawr. Gellir gweld Delor y Cnau yn dringo i fyny a lawr boncyffion coed. Gallwch glywed Cigfrain a Bwncathod uwch eich pennau o bryd i'w gilydd. Yn ystod yr hydref gellir gweld Sgrech y Coed lliwgar yn casglu a chladdu eu mes yn barod ar gyfer y gaaf.

Mae mamaliaid nosol gan gynnwys Pathewod a Moch Daear hefyd wedi'u gweld yn y ddau goetir ar y daith. Mae'r Pathew yn adeiladu nythod siâp pêl gan ddefnyddio stribedi o risgl gwyddfid, tra bod Moch Daear yn chwilio llawr y goedwig am fwydod a bwyd arall sydd ar gael.

Mae leir Bach yr Haf Brith y Coed yn gyffredin yn y ddau goetir,
a gellir eu gweld rhwng mis Ebrill a mis Hydref yn enwedig yn bwydo ar fwyar duon.

Ceir sawl math o ffyngau yn y coetir. Mae ffyngau yn hanfodol i fwyd a chynefinoedd ac yn fodd i ailgylchu maeth yn ôl i'r tir.

Mae'r glaswelltir ar ymyl y rhedyn yn fan delfrydol i Wiberod dorheulo, sydd â phatrwm igam-ogam ar hyd eu cefnau. Yr ymlogiad a gamddeallir yn aml yw'n hunig ymlogiad gwenwynig, ac ni welwch ef yn torheulo yn haul y bore'n aml, ac nid yw'n debygol o ymosod oni chaiff ei bryfocio'n gyntaf.



Speckled Wood butterflies are common to both woodlands and can be seen between April and October particularly when feeding from Bramble.

Woodpeckers may be heard drumming on dead trees. Nutcrackers can be seen climbing head first both up and down tree-trunks. Ravens and buzzards can sometimes be heard overhead. During the autumn their accoutrements can be seen as they collect and bury their accoutrements ready for the winter.

On the northern edge of the walk is a second woodland area forming part of Coed-y-Wenal, a 44 hectare site owned and managed by Cardiff Council. It is ancient woodland which means it has been in place since at least 1600AD and is designated as a Site of Special Scientific Interest (SSSI) in recognition of its value for wildlife.

Dak and Hazel grow in the lower part of the woodland, with a typical mix of woodland flowers including Wood Anemone and Red Campion. The upper area has been replanted with Beech and in the spring, spectacular displays of Bluebell carpets can be seen.



Biodiversity
The first woodland on the walk is Greenmeadow Wood. This is an area of semi-natural ancient woodland dominated by Oak and Birch with a characteristic ground cover of woodland flowers including Scaly Male Fern, Goldilocks Buttercup, Common Bistort and Great Wood-rush.

making. Sheep, cattle and horses are used to graze fields along the walk. Some of the semi-improved grassland has been taken over by bramble and scrub, which is visible during the later stages of the walk.

of the walk.

The sandstone formation at Torgwythals comprises Old Red Sandstone which includes red mudstones and Sandstones deposited during the Silurian and Devonian geological periods. The Limestone formation comprises Carboniferous Limestone deposited in the late Devonian period on a broad shelf to the north of Cardiff, along the southern rim of the South Wales coalfield.

Geology

Cardiff has a diverse sequence of rocks, offering glimpses into a long and varied geological history. All the rocks are compacted sediments of mineral, animal and plant remains shaped by glacial activity. The Caerphilly ridge area has two distinctive rock formations of sandstone and limestone, providing a dramatic backdrop to Cardiff.

Geology



By foot / cycle: The Taff Trail runs to the north of the Hotel (near to Castell Coch).

By Bus: Currently, bus route numbers 21, 22 and 23 will take you to Rhiwbina Hill where it is possible to join the walk and also from Merthyr Road using route numbers 26, 26A, 132 and 200. However, check up to date bus routes and numbers at www.cardiffbus.co.uk

By Train: Take the Coryton Line to Rhiwbina and join the walk at Rhiwbina Hill. For train times visit www.nationalrail.co.uk

By Car: Take M4 Junction 32 and follow the slip road to the large roundabout, leaving at the exit signed Tongwynlais.

For all enquiries concerning the walk (or to report any problems) contact the Councils Public Rights of Way Team on 02920785200 or email Highways@cardiff.gov.uk

www.cardiff.gov.uk/biodiversity www.cardiff.gov.uk/countryside

Tongwynlais - Wenallt
Awyr Agored Caerdydd

Taich Gerdded Glychol

Outdoor Cardiff

Tongwynlais - Wenallt

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History

The remains of an Iron Age hill fort, known as 'Wenallt Camp' can be found within Coed-y-Wenallt woods. It is described as a 'Prehistoric Domestic and Defensive - Scheduled Ancient Monument dated circa 700BC – AD74. The original structure was a timber and stone fortification, a status symbol of power, possession and control. Situated on the south end of a spur, it offers extensive views over the plain of Cardiff. The visible remains include: the entrance, seen as a gap in the defences to the south-east; parts of a retaining wall in the form of large blocks; a slightly levelled terrace near the centre and a hollow to the south-west thought to be the remains of a roundhouse and a quarry scoop, respectively.

A metal detector search of the Coed-y-Wenallt area in 1980 led to an additional (and significant) historic discovery. At this time, a hoard of 102 medieval silver pennies were found and a selection of these can be viewed at the National Museum and Gallery of Wales. Mainly minted in Cardiff, they were buried around AD1140 during the Civil War between King Stephen and Empress Matilda.

Rhiwbina Farm House, a grade II Listed Building, dated late 17th to early 18th century situated to the edge of the walk above Greenmeadow Wood. It is a small regional stone-built building retaining historic fabric, including a pebble dashed front, Welsh slate roof and end stacks. It comprises three stories with three window range to each floor and a gabled porch to the front. It includes a stone walled enclosed garden with a stone stile to the front entrance.

General Walk Information

This circular route is 3¼ miles / 5km in length and should take between 2 ½ and 3 hours to complete.

Due to a number of routes being available in this area, the way-markers for this circular walk are marked as a 'promoted route', with red bands and a chronological reference. Be aware that the route includes some steep to moderate gradients that may not be suitable for all users.

Some do's and don'ts:

Do wear appropriate footwear particularly in wet weather conditions as some areas can become quite boggy.

Do be aware that several horse routes cross or share parts of the route.

Do apply normal respect for the highway particularly in the vicinity of Rhiwbina Farm where a portion of the route involves walking on a roadside verge.

Don't leave any gates open when walking along the route, make sure they are closed behind you.

Refreshments, toilets and car parking facilities are located nearby in the charming village of Tongwynlais.

There is also an alternative access point at Rhiwbina Hill, in close proximity to the M4 motorway bridge, comprising a small 'pull-in' with the capacity for 2-3 cars.



For all other enquiries concerning this circular walk please contact the Council's Public Rights of Way Team on 029 20875200 Highways@cardiff.gov.uk Photographs supplied by: Cardiff Council, John Robinson (Natural England), Bird Photography, Chris Thomas www.cееее.com/Birds.

Circular Walk



Taith Gerdded Gylchol



Hanes

Mae gweddillion bryngaer o'r Oes Haearn i'w gweld oddi mewn i Goed y Wenallt, ac fe'i gelwir yn 'Gwersyll y Wenallt'. Fe'i disgrifir fel 'Henebyn cynhanesiol Amddiffynnol a Domestig sy'n dyddio'n ôl i tua 700CC – 740C. Roedd y strwythur gwreiddiol yn gaer o goed a cherrig, symbol statws o bŵer, meddiant a rheolaeth. Wedi ei leoli ar ochr ddeheuol esgair, mae'n cynnig golygfeydd eang dros Gaerdydd. Mae'r olion gweledol sy'n weddill yn cynnwys: y fynedfa fel bwllch yn yr amddiffynfa i'r de-ddwyrain; rhannau o fur cynnal ar flurf blociau mawr; teras gwastad yn agos i'r canol a phant i'r de-orllewin – y gred yw mai gweddillion tŷ crwn a chrafbant chwarel ydynt.

Arweiniodd chwiliad datgelydd metel yng Nghoed y Wenallt yn 1980 at ddarganfyddiad hanesyddol (ac arwyddocaol) arall. Darganfuwyd celc o 102 o geiniogau arian canoloesol a gellir gweld casgliad o'r rhain yn Amgueddfa ac Oriel Genedlaethol Cymru. Bathwyd y rhan fwyaf ohonynt yng Nghaerdydd ac fe'u claddwyd oddeutu 11400C yn ystod y Rhyfel Cartref rhwng y Brenin Stephen a'r Ymerodres Matilda.

Mae tŷ Ffermdy Rhiwbeina, Adeilad Rhedredig gradd II, sy'n dyddio'n ôl i ddiwedd yr 17 ganrif / dechrau'r 18 ganrif wedi ei leoli tuag ochr y daith uwchben Coedwig Greenmeadow. Mae'n adeilad cerrig lleol bychan sydd wedi cadw ffabrig hanesyddol, gan gynnwys blaen tŷ wedi ei gro chwipio, to o lechi Cymreig a phentyrrau pen. Mae ganddo dri llawr a thair fenest ar bob llawr a chyntedd talcen ar y blaen. Mae ganddo ardd wedi ei hamgáu gan wal gerrig gyda chamfa gerrig i'r mynediad blaen.

Gwybodaeth Gyffredinol y Daith

Mae'r daith gylchol hon yn 3¼ milltir/5km o hyd a dylai gymryd rhwng 2½ a 3 awr i'w gwblhau.

Oherwydd bod nifer o deithiau ar gael yn yr ardal hon, mae nodau'r llwybr ar gyfer y daith gylchol hon wedi eu marcio â 'llwybr hyrwyddol', gyda bandiau coch a chyfeirnod cronolegol. Byddwch yn ymwylbodol bod y llwybr yn cynnwys rhai graddiannau serth neu gymharol serth a all fod yn anaddas i rai defnyddwyr.

Rhai pethau i'w hystyried:

Gwnewch y canlynol gwisgwrch esgidiau cerdded priodol yn enwedig mewn tywydd gwlbyb oherwydd gall rhai ardaloedd fod yn fwdlyd iawn.

Byddwch yn ymwylbodol bod nifer o lwybrau ceffylau yn croesi neu'n rhannu darnau o'r llwybr.

Parchwch reolau'r ffordd fawr yn enwedig yn ardal tŷ Fferm Rhiwbeina ble mae rhan o'r llwybr wrth ymyl y ffordd.

Peidiwch â gadael unrhyw glwydi ar agor wrth gerdded ar y llwybr, sicrhewch eich bod yn eu cau ar eich ôl.

Mae mynedfa arall hefyd ar Riw Rhiwbeina, yn agos i bont traffordd yr M4, gydag encilfa fach â digon o le i ddau neu dri char.



Os oes unrhyw ymholiadau eraill gennych am y daith gerdded gylchol hon, cysylltwch â Thim Hawliau Tramwy Cyhoeddus y Cyngor drwy ffonio 029 20875200 priffyrdd@caerdydd.gov.uk Darparwyd y ffigurffau gan: Gyngor Caerdydd John Robinson (Natural England), Bird Photography, Chris Thomas www.cееее.com/Birds.

Key Allwedd

Promoted Route	Teithiau Cymeradwy
Road	Ffordd
Motorway	Traffordd
Woodland	Coetir
Grassland	Glaswelltir
Buildings	Adeiladau
Covered Reservoir	Cronfa Ddwr wedi'i gorchuddio
Gelli Quarry	Chwarel y Gelli
Stream	Nant