



**Cyfoeth
Naturiol**
Cymru
**Natural
Resources**
Wales

Llwybrau Coedwig
Forest Trails



Parc Coedwig

Afan

Forest Park

// Holl brofiad y goedwig
The total forest experience



cyfoethnaturiol.cymru
naturalresources.wales



Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government



Croeso i Afan

Mae Parc Coedwig Afan yn gorchuddio ardal o 11,000 hecтар. Coedwig yw'r rhan fwyaf o hyn ac mae'n rhan o 30,000 hecтар Coedwigoedd y Cymoedd, y goedwig ddinesig fwyaf yn Ewrop.

Mae'r Parc Coedwig yn gyrchfan poblogaidd ar gyfer cerdded, beicio, rhedeg a gwersylla.

Ceir llwybrau ag arwyddbyst, llwybrau ceffylau a llwybrau beicio sy'n eich arwain at olygfeydd ysgubol. Ceir sawl llwybr ag arwyneb da a llethr hawdd y gall teuluoedd a phobl anabl eu mwynhau. Rydym ni hefyd yn enwog ledled y byd am ein llwybrau beicio mynydd o safon ryngwladol. Mae'r llwybr beicio **Rookie**, sy'n addas i deuluoedd, clasuron fel llwybrau beicio mynydd y **Wal** a **Phenhydd** a thir mwy diarffordd llwybrau beicio mynydd **Blade** a **Skyline** yn darparu rhywbeth ar gyfer beicwyr o bob gallu.

Mae'r rhwydwaith o llwybrau ar hyd llawr y dyffryn, gan gynnwys llwybr Sustrans 887, yn darparu llwybrau aml-ddefnydd rhagorol sy'n rhoi cyfle i bobl gerdded, beicio, rhedeg a chael mynediad i bob ardal yn y Parc Coedwig.

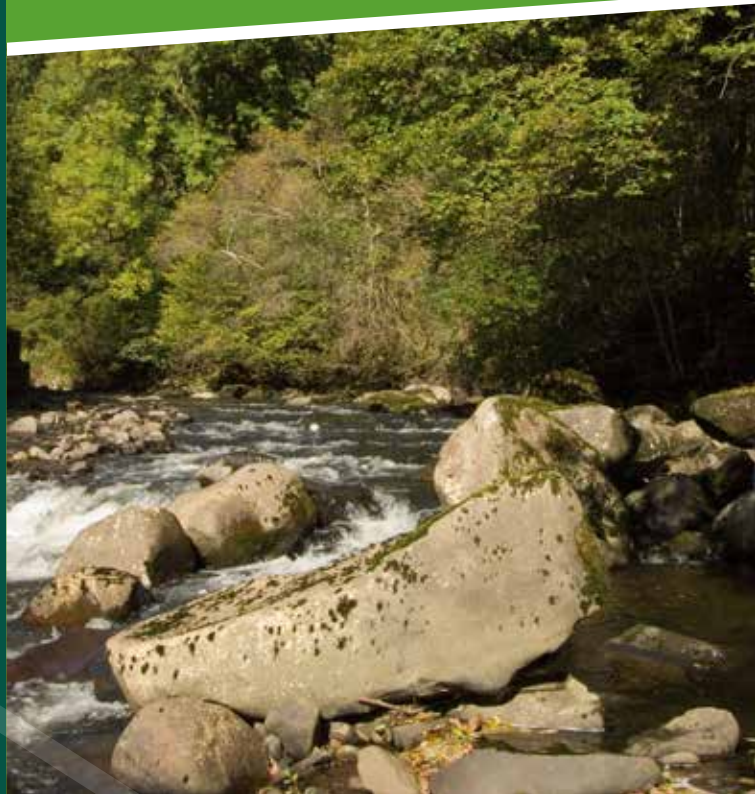
Welcome to Afan

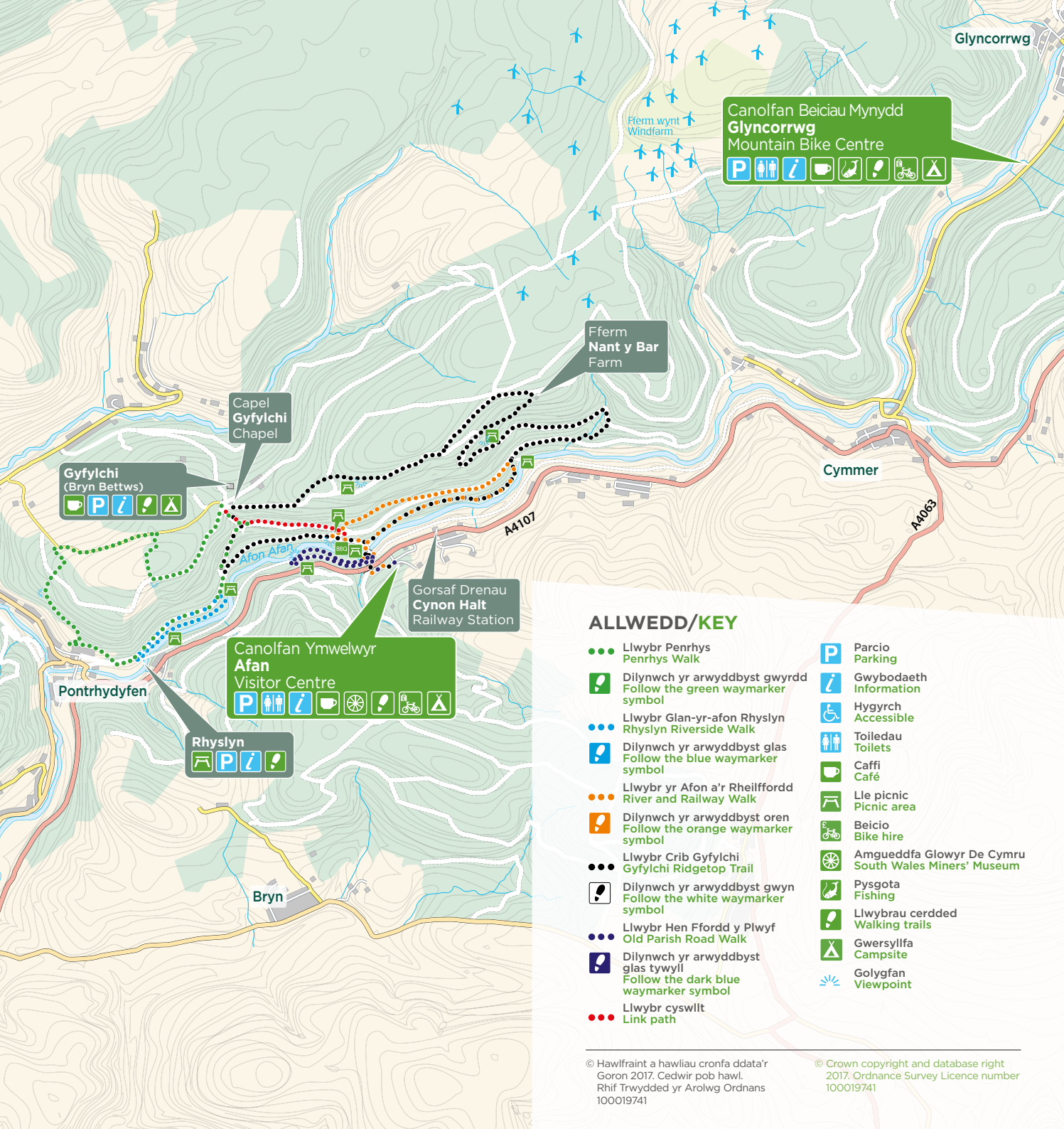
Afan Forest Park covers an area of 11,000 hectares. Most of this is woodland and part of the 30,000 hectare Valleys Forest, the largest urban forest in Europe.

The Forest Park is a popular destination for walking, cycling, running and camping.

Waymarked walks, bridleways and cycleways lead you to some breathtaking viewpoints. There are several paths with good surfaces and easy gradients that families and disabled people can enjoy. We are also known across the world for our world-class mountain bike trails. The family friendly **Rookie** cycle trail, classics like the **Wal** and **Penhydd** mountain bike trails and the more remote terrain of the **Blade** and **Skyline** mountain bike trails cater for riders at all levels.

The network of valley bottom tracks, including Sustrans route 887 provide some great multi-user routes that provide opportunities for walking, cycling, running and accessing all areas of the Forest Park.





Glynorwrg

Canolfan Beiciau Mynydd
Glynorwrg
 Mountain Bike Centre

P ♿ ⓘ ☕ 🚲 ⚠️

Fferm
Nant y Bar
 Farm

Capel
Gyfylchi
 Chapel

Gyfylchi
 (Bryn Bettws)

☕ P ⓘ ⚠️

Cymmer

Gorsaf Drenau
Cynon Halt
 Railway Station

Canolfan Ymwelwyr
Afan
 Visitor Centre

P ⓘ ♿ ☕ 🚲 ⚠️

Pontrhydyfen

Rhyslyn

☕ P ⓘ ⚠️

Bryn

ALLWEDD/KEY

- Llwybr Penrhys
Penrhys Walk
- 🌿 Dilynwch yr arwyddbyst gwyrdd
Follow the green waymarker symbol
- Llwybr Glan-yr-afon Rhyslyn
Rhyslyn Riverside Walk
- 🌊 Dilynwch yr arwyddbyst glas
Follow the blue waymarker symbol
- Llwybr yr Afon a'r Rheilffordd
River and Railway Walk
- 🔥 Dilynwch yr arwyddbyst oren
Follow the orange waymarker symbol
- Llwybr Crib Gyfylchi
Gyfylchi Ridgetop Trail
- 🌫️ Dilynwch yr arwyddbyst gwyn
Follow the white waymarker symbol
- Llwybr Hen Ffordd y Plwyf
Old Parish Road Walk
- 🌫️ Dilynwch yr arwyddbyst glas tywyll
Follow the dark blue waymarker symbol
- Llwybr cyswllt
Link path
- P Parcio
Parking
- ⓘ Gwybodaeth
Information
- ♿ Hygyrch
Accessible
- 🚻 Toiletau
Toilets
- ☕ Caffi
Café
- 🏠 Lle picnic
Picnic area
- 🚲 Beicio
Bike hire
- 🎡 Amgueddfa Glowyr De Cymru
South Wales Miners' Museum
- 🎣 Pysgota
Fishing
- 🌿 Llwybrau cerdded
Walking trails
- ⚠️ Gwersyllfa
Campsite
- 🌅 Golygfan
Viewpoint



Parc Coedwig

Dafliad carreg o Bort Talbot a phrysurdeb yr M4, mae cymoedd cudd Parc Coedwig Afan. Rydych chi'n dod i mewn i dirwedd annisgwyl o lethrau mynyddig dan goed a chymoedd dyfnion sy'n llawn o hanes.

Crëwyd yr ardal hon yn Barc Coedwig gan y Comisiwn Coedwigaeth yn 1972 oherwydd y potensial ardderchog sydd yma ar gyfer cerdded. O ystadau cynnar y mynachlogydd, datblygodd y tir yn ardal ffermio ac yna'n gwm glofaol. Caeodd y pwll glo olaf yn 1970, ac o'r tir hwn ble cafwyd ffermydd anghysbell, coedwigoedd hynafol, pontydd uchel, hen reilffyrdd a phyllau, tyfodd coedwigoedd a fforestydd Dyffryn Afan.

I ble aeth yr holl goed?

Plannwyd y rhan fwyaf o ardal y goedwig gan y Comisiwn Coedwigaeth yn y 1950au a'r 1960au gan ddefnyddio coed conifer, a phlannwyd rhagor yn y 1980au. Plannwyd llarwydd a phinwydd ar y llethrau isaf a sbrws ar y llethrau uwch.

Dim ond tua 5% o'r fforest sy'n goed llydanddail ar hyn o bryd – yn bennaf ar hyd glannau isaf afonydd Afan a Phelenna – Safleoedd Coedwig Hynafol (tystiolaeth fod yma goed ers o leiaf 1600).

Dros y 4 blynedd ddiwethaf, bu'n rhaid i ni dorri dros 650 hectar o larwydd a heintiwydd gan Phytophthora ramorum – dipyn dros 15% o ardal y goedwig yn Nyffryn Afan! Mae angen torri rhyw 230 hectar arall – 6% yn rhagor o ardal y fforest.

Sut fydd y goedwig yn edrych yn y dyfodol?

Mae'r gwaith enfawr hwn o dorri a symud y coed yn golygu fod gennym bellach gyfle i greu coedwig ag ynddi amrywiaeth mwy helaeth o goed. Bydd tua un o bob tair coeden yn llydanddail, a'r gweddill yn gonifferaidd, gan greu coedwig wydn a chryf ar gyfer y dyfodol.

Cadwch lygad am y paneli dehongli sy'n dangos sut y bydd y goedwig yn newid yn y dyfodol.

The Forest Park

Just round the corner from Port Talbot and the busy M4, lie the hidden valleys of Afan Forest Park. You enter an unexpected landscape of forested mountain slopes and steep river valleys, rich in history.

The Forestry Commission made this area a Forest Park in 1972 because of its great walking potential. From early monastic estates, the landscape developed into a farming area and later a coal mining valley. The last mine closed in 1970, and from this land of scattered farmsteads, ancient woodlands, viaducts, disused railways and mined land, have sprung the forests and woodlands of the Afan Valley.

Where have all the trees gone?

The Forestry Commission planted most of the forest area with conifers in the 1950s and 1960s with further planting in the 1980s. Larch and pine were planted on the lower slopes and spruce on the upper slopes.

Only about 5% of the forest is currently made up of broadleaved trees – mainly along the lower banks of the Afan and Pelenna rivers – Ancient Woodland Sites (evidence of being wooded since at least 1600).

In the past 4 years, we have had to cut down over 650 hectares of larch infected by *Phytophthora ramorum* – well over 15% of the forest area in the Afan Valley! We still need to remove about 230 hectares – a further 6% of the forest area.

What will the forest look like in the future?

This huge removal means that we now have an opportunity to create a forest with a wider range of trees. About one-third will be broad-leaved and the remainder coniferous, creating a robust and resilient forest for the future.

Look out for the interpretation panels showing how the forest will change in the future.





Canolfan Ymwelwyr Afan

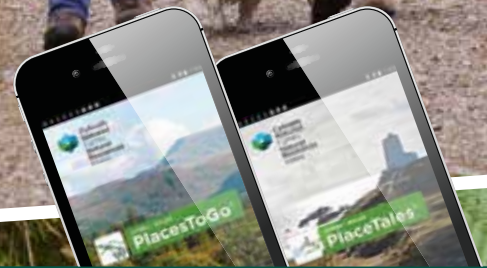
Os ydych chi eisiau mynd am dro yn y goedwig, mynd ar eich beic fel teulu, yn ddigon dewr i fentro ar un o'n llwybrau beicio mynydd cyffrous, neu ddim ond eisiau paned o de mae gennym rywbeth i'w gynnig i chi:

- Caffi.
- Siop llogi a gwerthu beiciau.
- Amgueddfa Glowyr De Cymru (codir tâl yn y ganolfan)
- Amrywiaeth eang o lwybrau ag arwyddbyst (dilynwch yr arwyddion i ddod o hyd i'r pwynt dechrau a rhagor o wybodaeth).
- Llwybrau beicio mynydd (dilynwch yr arwyddion i ddod o hyd i'r pwynt dechrau a rhagor o wybodaeth).
- Llwybrau beicio i'r teulu (dilynwch yr arwyddion i ddod o hyd i'r pwynt dechrau a rhagor o wybodaeth).

Afan Visitor Centre

Whether you want to go for a woodland walk, family cycle, feel up to one of our 'white-knuckle' mountain bike trails, or simply want a cup of tea, we have something for you:

- Café.
- Bicycle hire and shop.
- The South Wales Miners' Museum (admission charge in the centre).
- A wide variety of waymarked walks (follow the signs to find the start and more information).
- Mountain bike trails (follow the signs to find the start and more information).
- Family cycle trails (follow the signs to find the start and more information).



LAWRLWYTHWCH EIN HAPIAU DI-DÂL

ar gyfer Android ac iPhone

DOWNLOAD OUR FREE APPS

for Android and iPhone

CYMRU | WALES PlacesToGo®



iPhone



Android

I ganfod lleoedd eraill ardderchog CNC y gellir ymweld â hwy yng Nghymru.

To find other great NRW places to visit in Wales.

CYMRU | WALES PlaceTales®



iPhone



Android

I ganfod nodweddion hynod ddifyr yng nghoedwigoedd CNC a Gwarchodfeydd Natur Cenedlaethol.

To discover fascinating features in NRW forests and National Nature Reserves.



Rhysllyn

Arferai 'llyn Rhys' fod mewn cae cyfagos, a bellach fe'i defnyddir gan glwb rygbi'r pentref.

Mae'r maes parcio hwn ar safle cyn-orsaf reilffordd Pont-rhyd-y-fen a gaeodd yn 1964.

Mae'n anodd peidio â sylwi ar y draphont ddŵr enfawr ym Mhont-rhyd-y-fen. Yr enw arni yw'r 'Bont Fawr', ac fe gafodd ei hadeiladu yn 1825 i gludo dŵr i Waith Glo a Haearn Oakwood. Ganwyd Richard Burton, yr actor enwog, ym Mhont-rhyd-y-fen.

Gyfylchi

Ystyr Gyfylchi yw 'lle ble mae dau fwch yn y mynydd yn cwrdd'.

Annedd ar y gefn rhwng Mynydd Penrhys a Mynydd Nant-y-bar arferai fod yma. Sefydlwyd capel enwog Hen Gapel y Gyfylchi gan y Methodistiaid Calfinaidd yma yn 1776 (ar safle capel mwy hynafol, o bosib). Pan sefydlwyd capel Jerusalem i lawr ym Mhont-rhyd-y-fen yn 1826, gadawyd yr hen safle hwn. Gyfylchi yw'r bwlch rhwng mynyddoedd uchel ac roedd yn lle cyfleus i orffwys ar gyfer pobl oedd yn mynd o Belenna i flaenau Dyffryn Afan.

Rhysllyn

Rhysllyn means 'Rhys's lake', which was once in a nearby field now used by the village rugby club.

This car park is on the site of the former Pontrhydyfen railway station which closed in 1964.

You may notice the huge aqueduct in Pontrhydyfen (bridge and ford on the river Afan) village. It is known as 'Y Bont Fawr' - the big bridge - and was built in 1825 to carry water to the Oakwood Coal & Iron Works. Richard Burton, the famous actor, was born in Pontrhydyfen.

Gyfylchi

Gyfylchi means 'coming together of the mountain passes'.

This was a settlement on the ridge between Mynydd Penrhys and Mynydd Nant-y-bar. Calvinistic Methodists established the famous chapel (Hen Gapel y Gyfylchi) here in 1776 (possibly on the site of an older chapel). They abandoned it in 1826 when they founded Jerusalem chapel down in Pontrhydyfen. Gyfylchi is in the gap between the high mountains and was a convenient resting place for those going from Pelenna to the Upper Afan Valley.



© Hawlfraint a hawliau cronfa ddata'r Goron 2017.
Cedwir pob hawl. Rhif Trwydded yr Arolwg
Ordnans 100019741

© Crown copyright and database right 2017.
Ordnance Survey Licence number 100019741

Llwybr Penrhys



Uchafbwyntiau'r llwybr hanesyddol yma yw'r golygfeydd trawiadol o ddyffryn Afan a Pont-rhyd-y-fen, pentref sydd yn enwog am y nifer o deithiau dros yr afon oedd mor hanfodol yn ystod eu hanterth diwydiannol yn y 19eg ganrif.

Amser: 2 awr

Pellter: 3½ milltir/5km

Gradd: Cymedrol; mae'r llwybr o Faes Parcio Rhyslyn yn cychwyn yn lefel ar hyd ffordd y goedwig ac yn lefel ar hyd pen y bryn, ond mae yna ddringfa serth 180 metr (600 troedfedd) ar hyd llwybr carreg i fyny i'r copa a disgyniad serth yn ôl i lawr.

Dechrau: Rhyslyn neu Gyfylchi.

Penrhys Walk



The highlights of this historical trail are the spectacular views of the Afan Valley and Pontrhydyfen, a village renowned for its many river crossings so vital in its industrial heyday in the 19th century.

Time: 2 hours

Distance: 3½ miles/5km

Grade: Moderate; from Rhyslyn car park this trail starts level on the forest road and is level along the hilltop, but there is a steep 180 metre (600 feet) climb up a stone track to the top and a steep descent back down.

Start: Rhyslyn or Gyfylchi.

Mae llwybr hynafol ar hyd y gefnen, oedd yn ymestyn o'r arfordir i'r mynyddoedd ar hyd cyfres o anheddau anghysbell cynnar, yn pasio gerllaw adfeilion **Capel Gorffwys Gyfylchi** ① (pwynt dechrau arall). Arferai hwn fod yn lle gorffwys a gweddi pwysig ar gyfer teithwyr, ond cafodd ei adnewyddu yn y ddeunawfed ganrif gan y Methodistiaid a daeth yn gapel pwysig i'r Caliniaid.

Mae Capel Gyfylchi hefyd yn gorwedd ar **Lwybr y Sistersiaid**, llwybr cerdded hir, sy'n mynd o gwmpas Cymru gyfan gan gysylltu abatai mawr a chapeli mynyddig Urdd y Sistersiaid, yn enwedig abatai Tyndyrn a Margam.

Ceir **golygfeydd** yn y pellter i gyfeiriad arfordir Port Talbot, Abertawe a'r Mwmbwls.

Adeiladwyd **traphont ddŵr** ② Pont-rhyd-y-fen, 'Y Bont Fawr', yn 1825, er mwyn cludo dŵr i Waith Haearn Oakwood. Roedd **traphont y rheilffordd** ③ yn mynd â glo o'r cymoedd i Bort Talbot tan 1972.

An ancient ridgeway track, which stretched from coast to mountains and along a line of early scattered settlements, passes by the ruins of **Gyfylchi 'Chapel of Ease'** ① (alternative starting point). This was originally an important place of rest and prayer for travellers but, in the 18th century, was restored by Welsh Methodists and became an important chapel in the Calvinist movement.

Gyfylchi Chapel is also on the **Cistercian Way** long-distance path. It goes around the whole of Wales linking the great abbeys and Welsh hill churches of the Cistercian Order, notably the abbeys at Tintern and Margam.

Distant **views** look out along the coastline to Port Talbot, Swansea and The Mumbles.

The **aqueduct** ② in Pontrhydyfen, known as 'Y Bont Fawr' - the big bridge - was built in 1825 and took water to Oakwood Ironworks. The **railway viaduct** ③ carried coal from the valleys to Port Talbot until 1972.





Llwybr Glan-yr-afon Rhysslyn



Dilynwch Afon Afan i fyny i fan gweld golygfa ble ceir mainc, a dewch yn ôl ar hyd llwybr hen reilffordd fwynau.

Amser: 1½ awr

Pellter: 2½milltir/4km

Gradd: Cymedrol; llwybr gwastad yw hwn ar ei hyd bron, ar hyd llwybrau drwy'r goedwig a heolydd y fforest. Gwylwch rhag beicwyr wrth i chi ddychwelyd ar hyd ffordd y goedwig/llwybr beicio.

Dechrau: Maes parcio Rhysslyn.

Rhysslyn Riverside Walk



Follow the Afon River upstream to a viewpoint with a bench and return along a disused mineral railway track.

Time: 1½ hours

Distance: 2½miles/4km

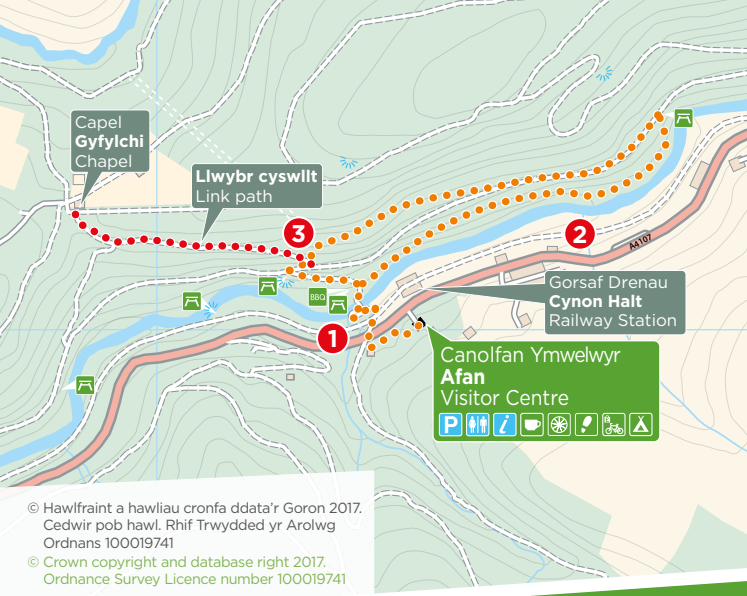
Grade: Moderate; this is a flat route almost all the way, along woodland paths and on forest roads. Watch out for cyclists when returning on the forest road/cycleway.

Start: Rhysslyn car park.

Dechreuwch ym Maes Parcio Rhysslyn, hen safle **gorsaf reilffordd Pont-rhyd-y-fen 1** a gaeodd yn 1964. Dilynwch y llwybr i lawr i lan yr afon a cherddwch gyda glan yr afon am y rhan fwyaf o'r ffordd. Ewch heibio i goed pinwydd, sbrïws a llarwydd, a thrwy sawl coedlan helyg, derw, gwern a bedw. Ceir sawl llwybr bach i lawr i lan yr afon sy'n cynnig cyfle i fyfyrïo'n dawel a gwylïo bywyd adar cyfoethog yr afon. Ar y pen pellaf o Ryslyn, stopiwch ger yr olygfan **2**, eisteddych a gwylwch yr afon yn rhaeadru dros y gored carreg naturiol islaw. Gan ddychwelyd i Ryslyn ar heol y fforest, a arferai fod yn **Lein Rheilffordd Fwynau De Cymru**, byddwch chi'n mynd heibio sawl math o goed conifer (coed â chonau arnyn nhw).

Start at Rhysslyn Car Park, site of the former **Pontrhydyfen railway station 1** which closed in 1964. Follow the path down to the riverside and walk close to the river for most of the way. Pass areas of pine, spruce and larch, and through many riverside glades of willow, oak, alder and birch. There are numerous little paths to the river bank which offer quiet moments of reflection and the chance to watch the river's rich bird life. At the furthest end from Rhysslyn stop at the viewpoint **2**, take a seat, and watch the river cascading over a natural stone weir below. Returning to Rhysslyn on the forest road, once the **South Wales Mineral Railway Line**, you will pass a variety of conifers (trees with cones).





© Hawlfraint a hawliau cronfa ddata'r Goron 2017. Cedwir pob hawl. Rhif Trwydded yr Arolwg Ordnans 100019741

© Crown copyright and database right 2017. Ordnance Survey Licence number 100019741

Llwybr Afon a Rheilffordd



Cerddwch ar lan afon Afan a chamwch ar hyd hen llwybr Lein Rheilffordd Fwynau De Cymru, a adeiladwyd gan Brunel, ynghyd â'r twnnel.

Amser: 1½ awr

Pellter: 3 milltir/4.8 km

Gradd: Cymedrol; mae'r llwybr hwn yn hawdd ar y cyfan, gydag un darn serth o ddringo 60 metr (200 troedfedd) i gyrraedd heol y goedwig yn y pen pellaf.

Dechrau: Canolfan Ymwelwyr Parc Coedwig Afan, neu Gyfylchi (dilynwch **Llwybr Penrhys** i lawr y bryn a defnyddio'r Llwybr Cyswllt hyd at **Llwybr Afon a'r Rheilffordd** (gweler map), ond nid oes rhaid i chi fynd i Ganolfan Ymwelwyr Afan).

River and Railway Walk



Walk along the banks of the river Afan and stride out on the former route of Brunel's South Wales Mineral Railway Line with its tunnel.

Time: 1½ hours

Distance: 3 miles/4.8 km

Grade: Moderate; this walk is mostly easy with a short steep 60 metre (200 feet) climb onto the forest road at its furthest end.

Start: Afan Forest Park Visitor Centre, or Gyfylchi (follow the **Penrhys Walk** downhill and use the LINK PATH to the **River and Railway Walk** (see map), then join the trail - but you don't need to go Afan VC).

Disgynnwch i ddechrau at afon Afan ble mae'r **Rhyd 1** yn dyddio o'r 12fed ganrif, pan arferai mynachod ei defnyddio i fynd a dod o Abaty Nedd.

Adeiladwyd efail gof yma tua 1684 hefyd, am fod hon yn rhan o'r hen ffordd i Gastell-nedd.

Ar ôl croesi'r afon, ewch ar hyd y llwybr hamddenol i'r dde drwy goedwig larwydd, ble mae deri a bedw bellach yn tyfu yn y bylchau. Dyffryn Afan oedd pwynt mwyaf deheuol yr haen ia yn ystod yr Oes Ia ddiwethaf (tua 10,000 mlynedd yn ôl). Ar lan yr afon, chwliwch am gerrig crynion ymysg y graean a adawyd gan y rhewlif. Ymhellach ymlaen ar ochr arall yr afon, ceisiwch weld bryncynnau **hen dip glo Pwll Glo Cynonville 2** sydd bellach wedi'i guddio gan goed a llwyni. Mae heol y goedwig yn rhan o **Reilffordd Fwynau De Cymru** a adeiladwyd rhwng 1856 ac 1863 gan Isambard Kingdom Brunel, a adeiladodd y dociau yn Llansawel hefyd. Mae'n cynnwys **Twnnel Gyfylchi 3** sy'n 1109 llath o hyd, ac arferai gludo glo o Lyncorwrg, oedd yn enwog am ei lo stêm, i Lansawel. Caeodd yn 1947, oherwydd nam yn y twnnel.

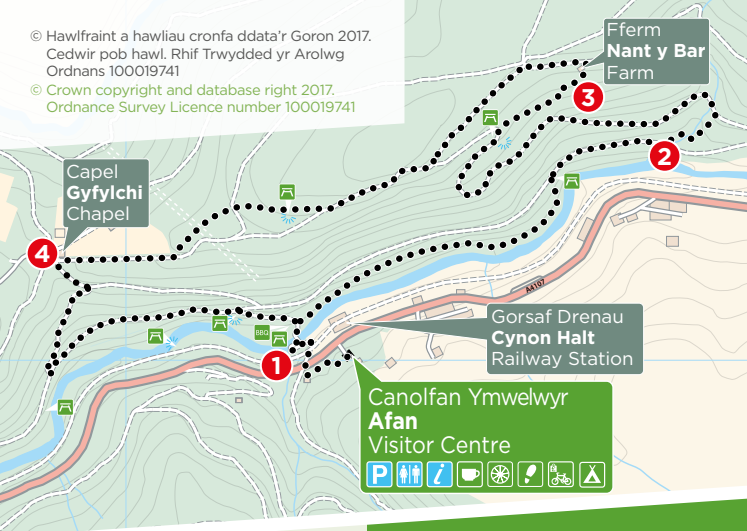
Ewch i lawr i'r afon ble mae cae mawr â byrddau picnic ac offer barbeciwn yn lle rhagorol i orffwys ynddo, cyn dringo'n ôl i fyny llethrau'r cwm i'r Ganolfan Ymwelwyr.

Descend initially to the river Afan where the **ford 1** dates from the 12th century, when monks used it to and from Neath Abbey.

A blacksmith's forge was also built here around 1684 as this was part of the old road to Neath.

After crossing the river, take the easy riverside stroll to the right through larch woodlands where oak and birch are now growing through in the gaps. The Afan Valley represented the southern extent of the ice sheet during the last Ice Age (about 10,000 years ago). On the river bank look out for rounded boulders and stones amongst the gravel left by the glacier. Further along on the other side of the river try to make out the coal waste banks of the old **Cynonville Colliery tip 2** now masked by trees and shrubs. The forest road is part of the **South Wales Mineral Railway**, built between 1856 and 1863 by Isambard Kingdom Brunel, who also built Briton Ferry docks. It includes the 1109 yard **Gyfylchi Tunnel 3** and transported coal from Glyncorwrg, famous for its steam coal, to Briton Ferry. It was closed in 1947 due to a fault in the tunnel.

Drop down to the river where a large field with picnic tables and barbecues makes an excellent resting place before climbing back up the valley side to the Visitor Centre.



Llwybr Crib Gyfylchi

•••

Mae llwybrau coediog hardd a golygfeydd ysgubol yn ei gwneud hi'n werth ymdrechu i ddringo'r 250 metr (dros 800 troedfedd)

Amser: 3½ awr

Pellter: 6¾ milltir/10.7km

Gradd: Egnïol; dilynwch heolydd y fforest; traciau a llwybrau caregog. Mae'r llwybr hwn yn eithaf serth mewn manau, felly rydym ni'n argymhell eich bod chi'n gwisgo esgidiau cerdded a dillad sy'n dal dŵr.

Dechrau: Canolfan Ymwelwyr Parc Coedwig Afan, neu Gyfylchi (dechreuwch ddilyn y llwybr ym mhwynt 4, ond nid oes rhaid i chi fynd i Ganolfan Ymwelwyr Afan).

O'r Ganolfan Ymwelwyr, ewch i lawr i lan Afon Afan i'r **rhyd** 1 sy'n dyddio o'r 12fed ganrif.

Gyfylchi Ridgetop Trail

•••

Beautiful wooded walks and breath-taking views make the 250 metre (over 800 feet) climb worth the effort.

Time: 3½ hour

Distance: 6¾ miles/10.7km

Grade: Strenuous; follow forest roads, stony tracks and paths. This walk is quite steep in places so we recommend walking boots and waterproofs.

Start: Afan Forest Park Visitor Centre or Gyfylchi (start the trail at point 4, but you don't need to go to Afan VC).

From the Visitor Centre, drop down to the river Afan to a 12th century **ford** 1. After crossing the river take the easy riverside stroll to the right through larch woodland where oak and birch are starting to grow.

Ar ôl croesi'r afon cerddwch yn hamddenol i'r dde drwy goedwig larwydd, ble mae deria bedw'n dechrau tyfu.

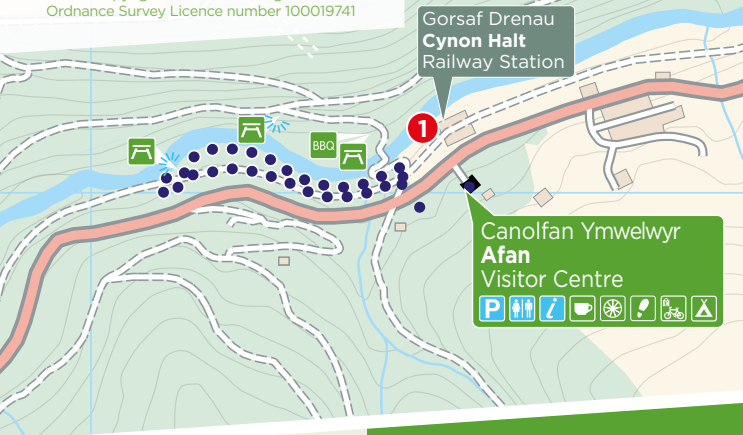
Dringwch i fyny llwybr serth drwy goedwig sbriws i heol y fforest cyn mynd tua'r chwith er mwyn croesi nant gysgodol cyn pasio drwy adfeilion **fferm Rhiw-Cregen** 2. Ar ôl dringo'n serth, ewch yn ôl i mewn i'r goedwig drwy goed ffawydd y mynydd i adfeilion hynafol **Fferm Nant y Bar** 3 (lle da i oedi am bicnic).

Ar hyd y gefnen, ceir golygfeydd bendigedig o Fae Abertawe a'r Mwmbwls, porthladd Port Talbot ac arfordir Gwlad yr Haf. Arhoswch ger adfeilion **Capel Gorffwys Gyfylchi** 4 o'r 18fed ganrif (pwynt dechrau arall). Roedd hwn yn gapel pwysig yn hanes Methodistiaeth yng Nghymru, ond roedd hefyd yn lle pwysig i deithwyr cynnar oedd yn mynd rhwng y gogledd a'r de ar llwybr cefnau hynafol i orffwyo a gweddio. Dilynwch y llwybr cerrig i lawr i waelod y dyffryn cyn dringo'n ôl i fyny ochr y cwm i fan cychwyn y llwybr.

Climb up a steep path through spruce woods to the forest road before branching off left to cross a shady stream before passing through the ruins of **Rhiw-Cregen farmstead** 2. After a steep climb enter the forest again through upland beech woods to the ancient ruins of **Nant y Bar Farm** 3 (good stop-off point for a picnic).

Along the ridgetop, wonderful views open up of Swansea Bay and The Mumbles, Port Talbot harbour and the Somerset coastline. Stop at the ruins of the 18th century **Gyfylchi 'Chapel of Ease'** 4 (alternative starting point). This was an important chapel in the development of Welsh Methodism, but was also an important place of rest and prayer for the earlier travellers journeying north/south on an ancient ridgetop track. Follow the stone track down to the valley bottom before climbing back up the valley side to the start of the trail.





Llwybr Hen Heol y Plwyf



Mae'r llwybr byr, hawdd hwn yn berl, sy'n mynd â chi drwy goedwig hynafol a manau clir ar hyd hen heol y plwyf i Gastell-nedd.

Amser: ¾ awr

Pellter: 1½ milltir/2km

Gradd: Hawdd; dilynwch hen draciau a heolydd y goedwig wrth fynd am dro hamddenol.

Dechrau: Canolfan Ymwelwyr Parc Coedwig Afan.

Dilynwch y llwybr igam ogam sy'n arwain at yr afon, ond hanner ffordd i lawr, ewch i'r chwith ar hyd yr hen drac a thrwy goedwig dderi hyfryd. Mae'r coed derw hyn yn gorchuddio'r llethrau serth i lawr i'r afon islaw a dyma rai o goed derw hynaf y dyffryn. Y llwybr hwn oedd **Hen Heol y Plwyf** i Gastell-nedd, a ddefnyddiwyd o'r 11eg

Old Parish Road Walk



This short, easy walk is a real gem, taking you through ancient woodlands and clearings along the old parish road to Neath.

Time: ¾ hour

Distance: 1½ miles/2km

Grade: Easy; follow old tracks and forest roads on this gentle amble.

Start: Afan Forest Park Visitor Centre.

Follow the zig-zag track which leads to the river but, half-way down, cut in to your left along the old track and through beautiful oakwoods. These cover the steep slopes down to the river below and are some of the oldest oakwoods in the valley. This track was the **Old Parish Road** to Neath in use from the 11th century up to 1920 when the present main road replaced it.

ganrif hyd at 1920, pan gymerwyd ei le gan y ffordd fawr bresennol.

Ceir sawl mainc ar hyd y ffordd ble gallwch eistedd i edmygu'r olygfa i lawr at Afon Afan islaw. Ar ôl teithio drwy hen dwnnel carreg, dewch yn ôl ar hyd heol y goedwig, a arferai fod yn lein **Rheilffordd Rhondda a Bae Abertawe** (1885-1963). Mae'r coedwigoedd a'r manau clir yn rhoi cyfle i chi weld bywyd gwyllt gorau'r dyffryn, yn adar a phlanhigion. Pan ddewch chi at y bont o dan yr heol, dargyfeiriwch am ychydig, gan fynd ymlaen ar hyd y trac am ychydig i hen **Orsaf Reilffordd Cynon Halt** 1 Oedwch am ychydig i edrych ar rai o greiriau'r rheilffordd sydd wedi cael eu hadnewyddu.

There are many seats along the route to admire the views down to the River Afan below. After travelling through an old stone tunnel return via the forest road, previously the route of the **Rhondda and Swansea Bay Railway Line** (1885-1963). The woodlands and clearings provide some of the best bird and plant life in the valley. When you get to the bridge under the road take a short detour, continuing a short distance along the track to the old **Cynon Halt Railway Station** 1 Take a moment to look at some of the restored railway artefacts.



Os ydych chi wedi mwynhau eich ymweliad heddiw, beth am ddod i ddarganfod un o'n safleoedd cyfagos eraill?

Bro'r Sgydau, Bannau Brycheiniog

Mae dŵr yn hanfodol i dir Cymru, boed hwnnw ar ffurf afon lifeiriol, yng nghân y nant neu wrth daranu i lawr ceunant.

Does unlle yng Nghymru ble ceir cynifer o raeadrau, neu sgydau i ddefnyddio'r gair lleol, na'r rhan fechan o Dde Cymru a elwir yn Fro'r Sgydau.

Yma, mae afonydd Mellte, Hepste a Nedd Fechan wedi erydu'r creigiau meddal i greu ceunentydd coediog dwfn sy'n llawn o ogofeydd a rhaeadrau.

Gwarchodfa Natur Genedlaethol Oxwich

Gellir dod o hyd i Warchodfa Natur Genedlaethol Oxwich ar arfordir Gŵyr, rhyw 20 cilometr o Abertawe.

Er mai gwarchodfa gymharol fach yw hi, mae'n cynnig cyfuniad hudolus o draeth, twyni tywod, morfa hallt, llynnoedd dŵr croyw, coedwig a chreigiau calchfaen, ynghyd â bywyd gwyllt amrywiol iawn a gynhelir gan gynefinoedd mor wahanol.

Canolfan Ymwelwyr Garwnant

Mae Canolfan Ymwelwyr Garwnant oddi ar yr A470 i'r gogledd o Ferthyr Tudful. Dyma fan cychwyn llwybrau cerdded, llwybrau beicio mynydd i reidwyr ifanc, a llwybr hollol hygyrch ar gyfer defnyddwyr cadeiriau olwynion a phramiau babis.

Mae yma hefyd le chwarae, cwrs rhaffau isel a dau lwybr pos, ynghyd â chaffi ble gallwch ymlacio a mwynhau'r cynnyrch lleol a'r golygfeydd.

Ceir byrddau picnic o gwmpas y prif faes parcio ac ar hyd y llwybrau cerdded - mae gan rai ohonyn nhw fframiau metal ar gyfer dal barbeciws y gellir eu gwaredu.



If you enjoyed your visit today, why not explore one of our other nearby sites?

Waterfall Country, Brecon Beacons

Water is inseparable from the Welsh landscape whether flowing in a river, babbling in a brook or crashing dramatically down a gorge.

There is nowhere in Wales with as many spectacular waterfalls in such a small area as the part of South Wales known as Waterfall Country.

Here, the rivers Mellte, Hepste and Neddfechan have worn away the soft rocks to create steep wooded gorges full of caves and waterfalls.

Oxwich National Nature Reserve

Oxwich National Nature Reserve nestles on the Gower coast, approximately 20 kilometres from Swansea.

Although it is a fairly small reserve, it offers a bewitching combination of beach, sand dunes, saltmarsh, freshwater lakes, woodland and limestone cliffs, together with all the diverse wildlife which such a range of habitats supports.

Garwnant Visitor Centre

Garwnant Visitor Centre just off the A470 north of Merthyr Tydfil is the starting point for walking trails, mountain biking routes for junior riders and a fully accessible trail for wheelchair users and buggies.

There's also a play area, low ropes course and two puzzle trails plus a café to relax in and enjoy fresh local produce and views.

There are picnic tables around the main car park and along the walking trails - some have metal frames for holding disposable barbecues.





© Hawlfraint a hawliau cronfa ddata'r Goron 2017.
Cedwir pob hawl. Rhif Trwydded yr Arolwg
Ordans 100019741

© Crown copyright and database right 2017.
Ordnance Survey Licence number 100019741

Cyfarwyddiadau: Wedi ei leoli ar yr A4107, chwe milltir o gyffordd 40 o'r M4. Edrychwch allan am yr arwyddion brown a gwyn.

Directions: Located on the A4107, six miles from the M4 junction 40. Look out for the brown and white signs.

0300 065 3000
www.cyfoethnaturiol.cymru
www.naturalresources.wales

Os hoffech yr wybodaeth hon mewn fformat arall, cysylltwch â ni: Ffôn: 0300 065 3000
Ebost: yhmoliadau@cyfoethnaturiolcymru.gov.uk

If you would like this information in an alternative format, please contact us: Phone: 0300 065 3000
Email: enquiries@naturalresourceswales.gov.uk



Arwydd o goedwigaeth gyfrifol
The mark of responsible forestry

Mae coedwigoedd Cyfoeth Naturiol Cymru wedi'u hardystio'n unol â rheolau'r Forest Stewardship Council®

Natural Resources Wales forests have been certified in accordance with the rules of the Forest Stewardship Council®

Argraffwyd ar bapur Cocoon offset wedi'i ailgylchu 100%

Printed on Cocoon offset 100% recycled paper