



Nodwedddir sir hynafol Ceredigion gan ei harfordir ysblennydd, ei hucheldir anghysbell, ei gwlyptiroedd gwych a'i dyffrynnoedd afonydd dwfn.

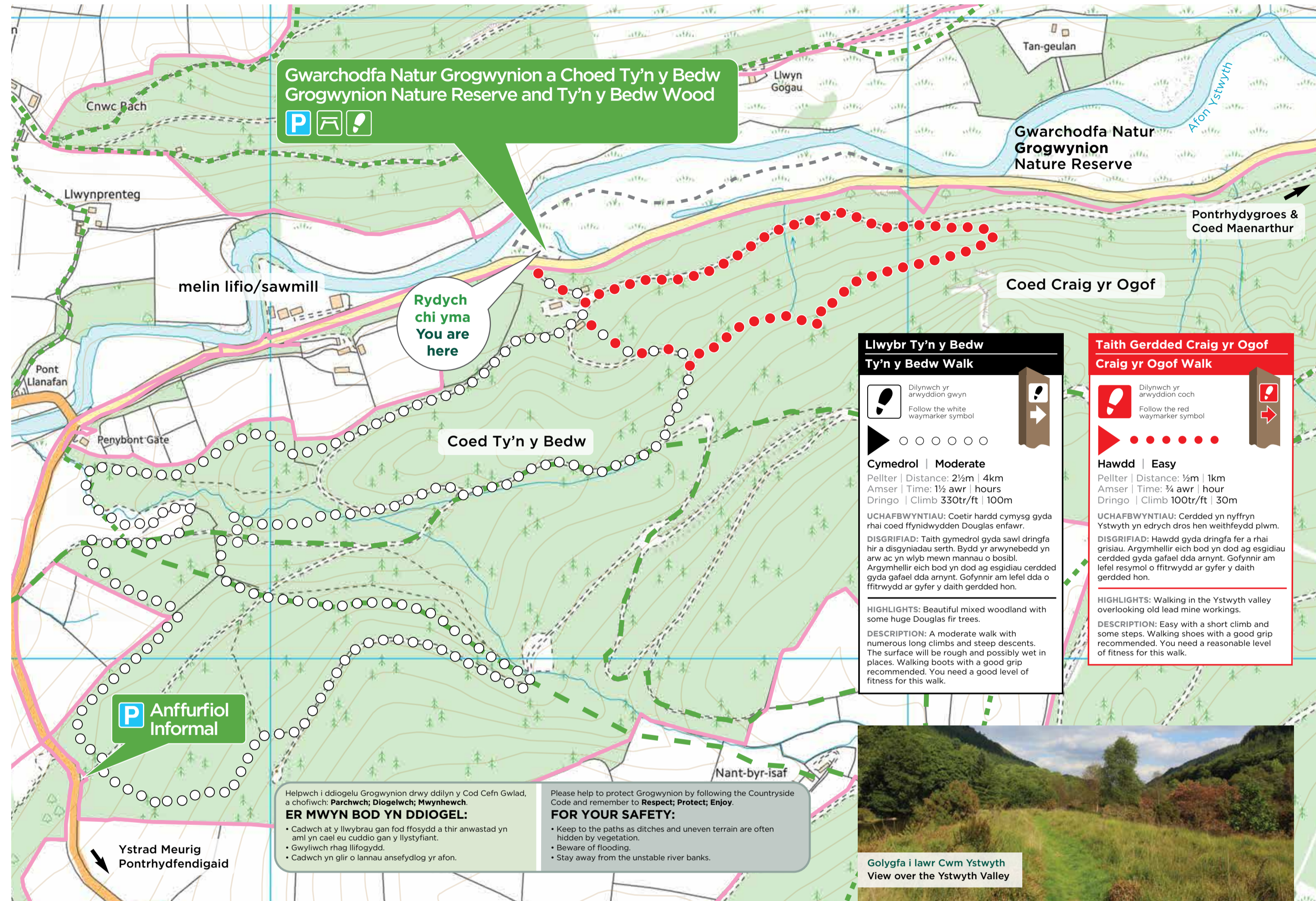
Mae Cyfoeth Naturiol Cymru yn falch o ofalu am ambell drysor gwirioneddol yn y rhan dawel hon o Gymru sy'n frith o olygfeydd dramatig.

The ancient county of Ceredigion is characterised by its stunning coastline, remote upland landscape, wonderful wetlands and deep river valleys.

Natural Resources Wales is proud to look after some real gems in this scenically dramatic yet tranquil part of Wales.



Golygfa o Fwlch Nant yr Arian i Aberystwyth a Bae Ceredigion
View from Bwlch Nant yr Arian towards Aberystwyth and Cardigan Bay



Croeso i Warchodfa Natur Grogwynion a Choed Ty'n y Bedw

Yr Afon 'heavy metal'

Mae'r Warchodfa'n ymestyn ar hyd Afon Ystwyth lle mae golygfeydd agored y gorlifdir yn cyferbynu gyda ochrau serth coediog y dyffryn. O ganlyniad i'r hen mwngloddiau plwm ymhellach i fyny'r dyffryn mae graean yr afon yn llawn metalau trwm sy'n achosi cyfuniad o rug, glaswellt ac eithin yn lle coed.

Mae'r Warchodfa hefyd yn ddidrolol am ei chwiold prin megis y fuwch goch gota 5-smotyn a chorrynod megis y bleiddgoryn. Rhan yma'r afon yw gyda'r mwyaf gwyllt yn Nghymru, gan ei bod yn newid ei chwrs yn aml yn dilyn llifogydd.

Beth allwch chi ei wneud o'r fan hon?

Cael picnic, mynd am dro at yr afon, neu ddilyn un o'n llwybrau drwy'r coetir ar ochr arall y ffordd.

Llwybr Ty'n y Bedw
Ty'n y Bedw Walk

Cymedrol | Moderate

Pellder | Distance: 2.5m | 4km
Amser | Time: 1 1/2 awr | 1 hour
Dringo | Climb: 330tr/ft | 100m

UCHAFBWYNTIAL: Coetir hardd cymysg gyda rhai coed ffinyddwden Douglas enfawr.
DISGRIFIAD: Talt h gymedrol gyda sawl dringfa hir a disgynadau serth. Bydd yr arwynebedd yn arw ac yn wlyb mewn manau o bosibl. Argymhellir eich bod yn dod ag esgidiau cerdded gyda gafael dda arnynt. Gofynnir am lefel dda o ffirnydd ar gyfer y dath gerdded hon.

HIGHLIGHTS: Beautiful mixed woodland with some huge Douglas fir trees.
DESCRIPTION: A moderate walk with numerous long climbs and steep descents. The surface will be rough and possibly wet in places. Walking boots with a good grip recommended. You need a good level of fitness for this walk.

Talt Gerdded Craig yr Ogof
Craig yr Ogof Walk

Hawdd | Easy

Pellder | Distance: 1.5m | 1km
Amser | Time: 1/2 awr | 1 hour
Dringo | Climb: 100tr/ft | 30m

UCHAFBWYNTIAL: Cerdded yn rhyffwrdd Ystwyth yn edrych dros hen weithfeydd plwm.
DISGRIFIAD: Hawdd gyda dringfa fer a rhai grisau. Argymhellir eich bod yn dod ag esgidiau cerdded gyda gafael dda arnynt. Gofynnir am lefel resymol o ffirnydd ar gyfer y dath gerdded hon.

HIGHLIGHTS: Walking in the Ystwyth valley overlooking old lead mine workings.
DESCRIPTION: Easy with a short climb and some steps. Walking shoes with a good grip recommended. You need a reasonable level of fitness for this walk.



Golygfa i lawr Cwm Ystwyth
View over the Ystwyth Valley

Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi.
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Ar hyd Afon Ystwyth
Along the River Ystwyth

Welcome to Grogwynion Nature Reserve and Ty'n y Bedw Wood

A heavy metal river

The reserve extends along the Afon Ystwyth (river) where the open views along the floodplain contrast with the steep valley sides clothed with trees. Due to the old lead mines further up the valley, the river gravel is full of heavy metals which give rise to an unusual combination of heather, grass and gorse instead of trees.

The reserve is also interesting for its rare beetles such as the 5-spot ladybird, and spiders such as the wolf spider, which lives in shingle banks. This section of the river remains one of the wildest in Wales, frequently changing its course following floods.

What can you do from here?

Have a picnic, walk down to the river, or follow one of our woodland trails on the other side of the road.



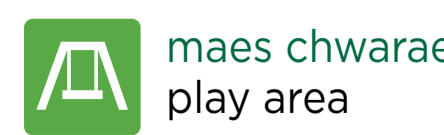
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parcio hygyrch accessible parking



lle picnic picnic area



maes chwarae play area



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caffi café



llwybrau beicio bike trails



llwybrau cerdded walking trails



gwybodaeth information



llwybr cyhoeddus public footpath



gwyllfan viewpoint



llwybr marchogaeth public bridleway



ffin coedwig CNC NRW forest boundary



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