

# Coedwig Caio Forest

## Croeso i Goedwigoedd Canolbarth Cymru

Mae coedwigoedd Canolbarth Cymru yn gorwedd oddi mewn i driongl bras o Dregaron yn y gogledd, Llanfair ym Muallt yn y dwyrain, a Chaerfyrddin i'r gorllewin. Mae'r coedwigoedd yn amrywio'n fawr o ran cymeriad, o goedwigoedd Sitca at gynhyrchu pren Tywi, at natur donnog coedwig Brechfa, hyd at y coetiroedd bach cymysg ar hyd Afon Cothi.

Triwch safleoedd picnic a theithiau cerdded byrion coedwigoedd Canolbarth Cymru. Mae Brechfa yn mynd yn enwog am ei llwybrau beiciau mynydd, a Chrychan oherwydd ei chyfleusterau marchogaeth ceffylau helaeth. Gweler y map i weld ble arall y gallwch fynd a beth gallwch ei wneud.

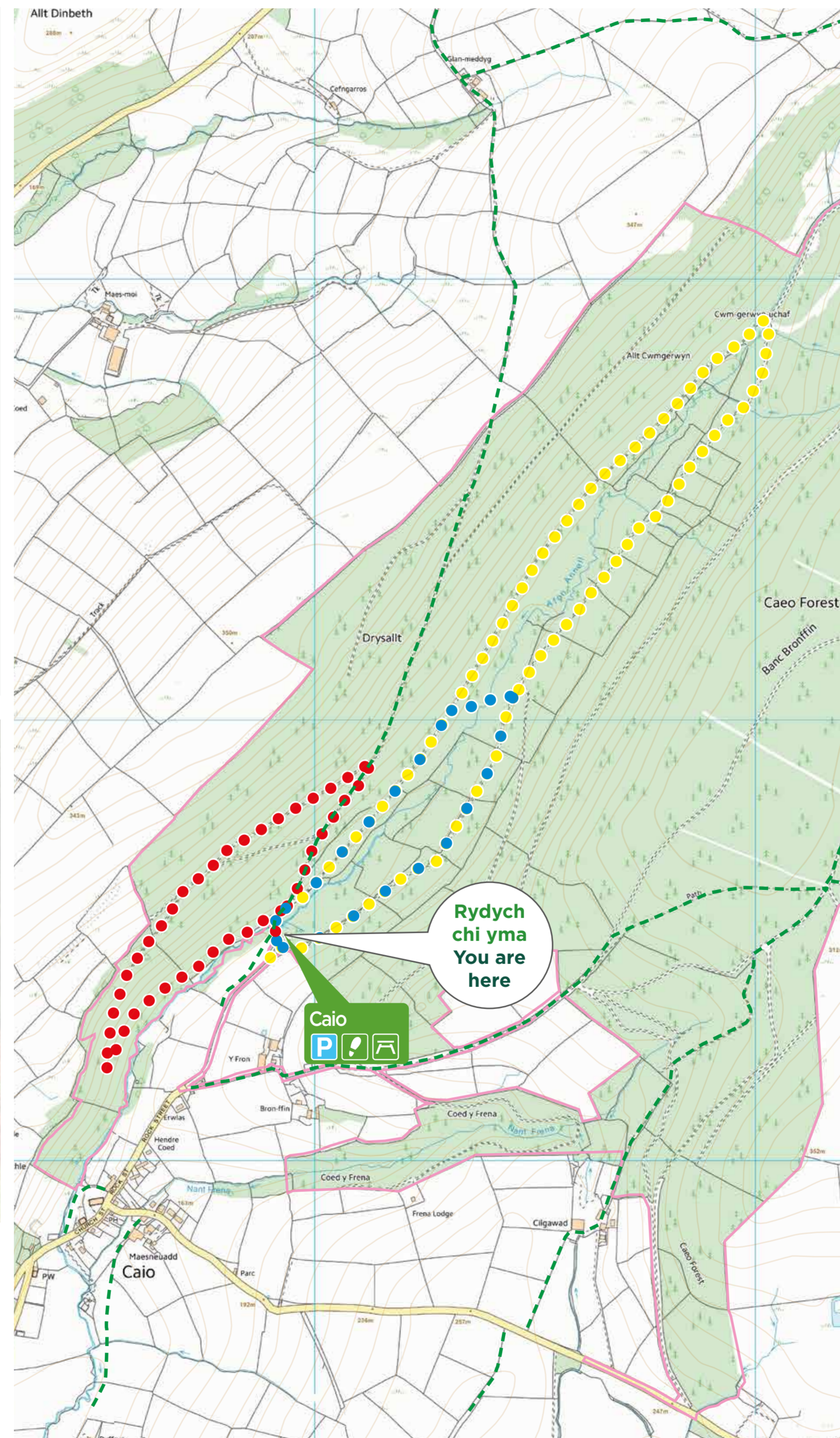
Plannodd y Comisiwn Coedwigaeth y coetiroedd hyn yn wreiddiol i gynhyrchu pren. Heddiw, yn ogystal, mae Cyfoeth Naturiol Cymru yn edrych ar eu hollau er mwyn i bobl eu mwynhau ac i fywyd gwyllt fyw ynddynt.

## Welcome to the Forests of Mid Wales

The forests of Mid Wales lie within a rough triangle from Tregaron in the north, Builth Wells in the east, and Carmarthen in the west. The forests vary hugely in character, from the timber producing Sitka forests of Tywi, the undulating nature of Brechfa forest, down to the small mixed woodlands along the Afon Cothi.

Why not try the forests of Mid Wales's picnic sites and short walks? Brechfa is famous for its mountain bike trails, and Chrychan for its extensive horse-riding facilities. See the map to see where else you can go and what you can do.

The Forestry Commission originally planted these woodlands to produce timber. Today, however, Natural Resources Wales also looks after them for people to enjoy and wildlife to live in.



Rydych chi yma  
You are here



Photo poor quality



**Rhybudd** Sylwch ar yr arwyddon rhybydd - maent yno i'ch diogelu!  
**Warning** Please pay attention to any warning signs - they are there for your safety!

- parcio parking
- ffin coedwig CNC NRW forest boundary
- lle picnic picnic area
- llwybrau cerdded walking trails
- llwybrau beicio mynydd mountain bike trails
- marchogaeth horse riding

## Coedwig Caio - yng ngwlad y tywysogion

Croeso i Goedwig Caio, coetir sy'n ymestyn i'r ucheldir uwchben pentref Caio. Cadwch lygad am befrwydd Norwy, ffynidwydd Douglas a llarwydd wrth i chi gerdded o amgylch y llethrau isaf. Mae llus, grug a bysedd y cŵn yn tyfu oddi tanynt.

Drwy gydol hanes yr oesoedd canol, roedd Tywysogion y Deheubarth yn ceisio lloches ar eu hystadau yng Nghaeo ar adegau o wrthdaro â Choron Lloegr. Yr ardal hon oedd cadarnle'r tywysogion brodorol ac felly mae ei chysylltiadau brenhinol yn gyfoethog.

### Marwolaeth arwr a merthyr

Un o'r tywysogion hyn oedd Llywelyn Ap Gruffydd Fychan Gaeo, a gynorthwyodd Owain Glyndŵr yn yr ymgyrch dros annibyniaeth Cymru. Arweiniodd frenin Lloegr drwy ucheldir Deheubarth ar siwrnai seithug gan wastraffu wythnosau iddo a chaniatau i Owain gael y cyfle i ddianc i Wynedd ble gallai ymgyfnertu.

Yn y pen draw colodd Harri ei amynedd gyda Llywelyn a bu'n rhaid iddo gyfaddef ei fod yn un o ddilynwyr ffyddlon Glyndŵr ac yn credu'n angerddol yn achos rhyddid Cymru. O'r cychwyn gwyddai pa dynged a ddeuai i'w ran ond roedd yn fodlon gwneud yr aberth eithaf fel gallai eraill barhau â'r ymdrech.

Gorchynnodd Harri i Lywelyn gael ei lusgo i Lanymddyfri. Yno ar y grobren o flaen clwyd'r castell ac yng ngwydd pawb cafodd ei ddiberfeddu a'i dynnu'n bedwar aelod a phen.

## Caio Forest - in the land of princes

Welcome to Caio Forest, a woodland that spreads out into the uplands high above Caio village. Look out for Norway spruce, Douglas fir and larch as you walk around the lower slopes. Bilberry, heather and foxgloves grow underneath.

Throughout medieval history the Princes of Deheubarth sought the sanctuary of their estates in Caio during times of conflict with the English Crown. This district was the heartland of the native princes and therefore rich with royal connections.

### Death of a hero and martyr

One of these princes was Llywelyn Ap Gruffydd Fychan from Caio, who helped Owain Glyndwr during the struggle for Welsh independence. He led the English king through the uplands of Deheubarth for several wasted weeks on a wild goose chase to allow Owain the chance to make his escape to Gwynedd where he could consolidate a position of strength.

Henry eventually lost his patience and Llywelyn was forced to admit that he was a loyal follower of Glyndwr and believed passionately in the cause of Welsh freedom. From the outset he knew what fate lay in store for him but was prepared to make the ultimate sacrifice so that others could carry on the struggle.

Henry had Llywelyn dragged to Llandovery where, at the gallows in front of the castle gates, he was publicly disembowelled and dismembered.

### Rhodfa Rhiw Goch



**Cymedrol | Moderate**  
Pellder | Distance: 2m | 1¼km  
Amser | Time: 1 awr | hour  
Dringfa | Climb: 80m | 260 tr/ft

Dilynwch lwybrau glaswelltlog a ffyrdd y goedwig i gael blas ar amrywiaeth o goetiroedd, rhai yn dywyll, a rhai yn olau. Mae'r tro hwn yn galw am fwy o egni na'r ddau arall oherwydd y dringo, ond ceir golygfeydd gwych o Goedwig Caio o'r pen uchaf (a seed!).

**A yw'r daith hon yn iawn i chi?** Addas i deuluoedd, dim grisiau. Angen lefel ganolig o ffitrwydd ar gyfer y dringo. Argymellir esgidiau cerdded sydd â gafael da. Gall y llwybrau fod yn llithrig pan fo hi'n wlyb.

Follow grassy paths and forest roads to experience a variety of woodlands, some dark, some light. This walk requires more energy than the other two here due to the climb, but there are great views of Caio Forest from the top (and a seat!).

**Is this walk right for you?** Suitable for families, no steps. Medium level of fitness required for climb. Walking shoes with a good grip recommended. Paths can be slippery when wet.

### Rhodfa Pont Anell



**Hawdd | Easy**  
Pellder | Distance: 1m | 1.6km  
Amser | Time: ¾ awr | hour  
Dringfa | Climb: dim o bwys | negligible

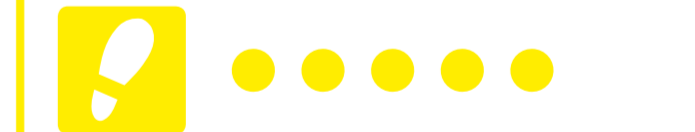
Dyma dro dymunol ar y gwastad drwy'r goedwig. Pan gyrhaeddwch y bont dros y nant mae bwrdd picnic deniadol mewn lle clir sy'n ddelfrydol i gael cinio neu goffi arno.

**A yw'r daith hon yn iawn i chi?** Addas i deuluoedd, heb ddim grisiau. Angen lefel isel o ffitrwydd. Argymellir esgidiau cerdded sydd â gafael da. Gall y llwybrau fod yn llithrig pan fo hi'n wlyb.

A pleasant walk up through the forest. When you reach the bridge over the stream there is a tempting picnic table in a clearing ideal for a lunch or coffee break.

**Is this walk right for you?** Suitable for families, no steps. Low level of fitness required. Walking shoes with a good grip recommended. Paths can be slippery when wet.

### Rhodfa Glyn Anell



**Hawdd | Easy**  
Pellder | Distance: 2½m | 4km  
Amser | Time: 1½ awr | hours  
Dringfa | Climb: dim o bwys | negligible

Taith gerdded hawdd iawn a gweddol wastad ar hyd ffyrdd y goedwig.

**A yw'r daith hon yn iawn i chi?** Addas i deuluoedd, heb ddim grisiau. Angen lefel isel o ffitrwydd. Argymellir esgidiau cerdded sydd â gafael da. Gall y llwybrau fod yn llithrig pan fo hi'n wlyb.

Very easy, reasonably flat walk on forest roads.

**Is this walk right for you?** Suitable for families, no steps. Low level of fitness required. Walking shoes with a good grip recommended. Paths can be slippery when wet.