Cyfoeth Naturiol Cymru
Natural Resources Wales

Coedwigoedd **Ceredigion** Forests

Coed Maen Arthur

Ceunant Ystwyth
Ystwyth Gorge

Llwybr Coed Maen Arthur
Coed Maen Arthur Trail

Yr olygfa i'r de-orllewin
View southwest

Coetir sy'n llawn treftadaeth

Croeso i Goed Maen Arthur yng Nghwm Ystwyth.

Yn y coetir yma gallwch weld tystiolaeth o weithgareddau pobl sy'n ymestyn dros filoedd o flynyddoedd. Mae Bryngaer Oes Haearn Grogwynion, Afon Ystwyth, Chwedl Arthur, y mwyngloddiau a choedwigaeth wedi dylanwadu'n drwm ar y coetir hwn.

Beth allwch chi ei wneud yma?

Rhowch gynnig ar ein llwybr ag arwyddbyst i brofi rhai o nodweddion gorau'r coetir.

The wood of King Arthur's stone

Welcome to Coed Maen Arthur in the Ystwyth Valley.

Discover evidence of human activities spanning thousands of years in this woodland. The Grogwynion Iron Age Hillfort, the Afon (river) Ystwyth, the legend of King Arthur, the lead mines and forestry have all shaped the woodland you are about to enter.

What can you do from here?

Why not try our waymarked trail to experience some of this woodland's best features?

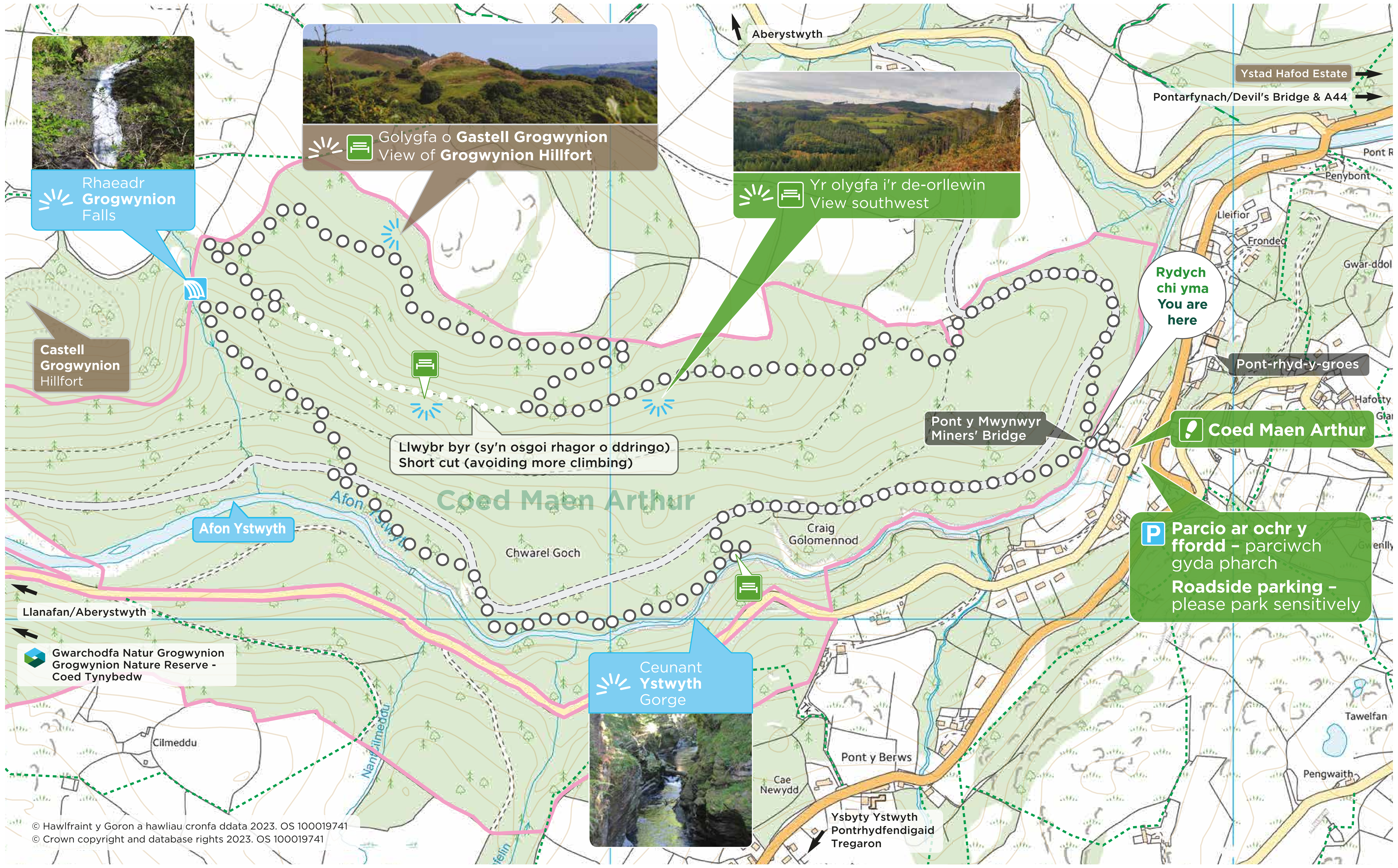
Nodweddir sir hynafol Ceredigion gan ei harfordir ysblennydd, ei hucheldir anghysbell, ei gwlyptiroedd gwych a dyffrynnoedd dwfn ei hafonydd.

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



Llwybr Coed Maen Arthur
Coed Maen Arthur Trail

Cymedrol | Moderate

Pellter | Distance: 3m | 4.7km
Amser | Time: 2 awr | hours
Dringo | Climb: 200m / 660tr|ft

UCHAFBWYNTIAU: Pont y Mwynwyr yn ei gogoniant uwchben ceunant Ystwyth. Golygfeydd o fryngaer Grogwynion – un o'r mwyaf yng Nghymru. Rhaeadr drawiadol a cheunant dwfn.

DISGRIFIAD: Llwybr cymedrol gyda nifer o ddringfeydd hir a disgyniadau serth. Bydd yr arwyneb yn arw ac efallai'n wlyb mewn mannau. Cymerwch ofal ger y ceunant. Argymhellir esgidiau cerdded sydd â gafael dda. Bydd angen lefel dda o ffitrwydd ar gyfer y daith gerdded hon.

Cadwch ar y llwybr wrth ddychwelyd – disgyniadau serth i lawr y clogwyni a'r ceunant.

Gall llif yr afon fod yn gyflym iawn ar ôl glaw trwm a gall godi'n gyflym iawn – cadwch draw.

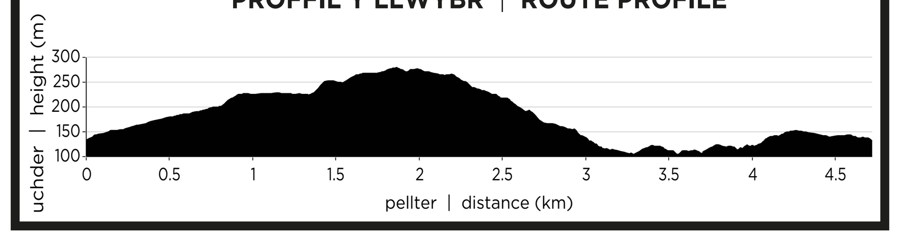
HIGHLIGHTS: The dramatic Miners' bridge high above the Ystwyth gorge. Views of Castell Grogwynion hillfort – one of the largest in Wales. A spectacular waterfall and a deep river gorge.

DESCRIPTION: A moderate walk with numerous long climbs and steep descents. The surface will be rough and possibly wet in places. Take care near the gorge. Walking boots with a good grip recommended. You need a good level of fitness for this walk.

Keep to the path on the return leg of the walk – steep drops down cliffs and the gorge.

The river can be very fast flowing after heavy rain and can rise very quickly – please keep away.

PROFFIL Y LLWYBR | ROUTE PROFILE



parcio / parking
parcio hygyrch / accessible parking
toiledau / toilets
hygyrch / accessible
lle picnic / picnic area
maes chwarae / play area
caffi / café
llwybrau beicio / bike trails
llwybr cyhoeddus / public footpath
llwybr marchogaeth / bridleway
llwybrau hygyrch / accessible trails
gwybodaeth / information
sgwd (rhaeadr) / waterfall
golygfan / viewpoint
llwybrau cerdded / walking trails
llwybrau marchogaeth / horse riding trails
mainc / bench
ffyrdd coedwig / forest roads
ffin coedwig CNC / NRW forest boundary

www.cyfoethnaturiol.cymru
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