

**Croeso i Flaen y Glyn Isaf yng Nghoedwig Tal-y-bont ym Mharc Cenedlaethol Bannau Brycheiniog**

Mae'r goedwig 808 hectar (2000 erw) hon wedi'i lleoli uwchben pentref Tal-y-bont ar Wysg a Chronfa Ddwr Tal-y-bont. Afon Caerfanell, sy'n llifo drwy ganol y goedwig hon, yw'r brif afon sy'n gyfrifol am lenwi'r gronfa ddwr hon - gan gyflenwi dŵr yfed ffres i 300,000 o bobl bob dydd.

**Welcome to Lower Blaen y Glyn in Talybont Forest in the Brecon Beacons National Park**

This 808 hectare (2000 acres) forest lies above the village of Talybont-on-Usk and Talybont Reservoir. The Afon Caerfanell river, which runs through the heart of this forest, is the main river responsible for filling this reservoir - supplying 300,000 people with fresh drinking water every day.

**Beth allwch ei wneud o'r fan hon**

Gallwch gyrraedd sgwydau Blaen y Glyn oddi yma ar lwybr sy'n gadael o ben y maes parcio hwn.

Dylai darllenwyr mapiau sydd eisieu golygfa dda anelu i fyny'r bryn i ben Craig Fan Ddu (cyfeirnod grid: SO054183). Mae'r llwybr, rhan o Ffordd y Bannau, yn arw mewn mannau felly caniatewch 2-2½ awr oddi yma.

Mae llwybr beicio hir Taith Taf yn dilyn llwybr hen reilffordd Aberhonddu i Ferthyr (a gaewyd ym 1964) trwy'r goedwig hon. Mae Taith Taf yn llwybr 55 milltir | 88 cilometr o hyd sy'n cysylltu Aberhonddu a Chaerdydd, ac mae llawer ohono yn ffurfio rhan o lwybr beicio cenedlaethol 250 milltir **Lôn Las Cymru** Sustrans. Heb fod ymhell o faes parcio Blaen y Glyn Uchaf mae twnnel Torpantau, sef y twnnel rheilffordd canolog uchaf ym Mhrydain, 1,313tr lefel y môr.

Mae Ffordd y Bannau yn mynd trwy'r goedwig hon. Mae hon yn daith gerdded linellol tua 99 milltir (159 cilometr) ar draws y Parc Cenedlaethol, o'r Fenni yn y dwyrain i Langadog yn y gorllewin, gan gynnig rhai o'r golygfeydd gorau sydd gan y Parc Cenedlaethol i'w cynnig.

**Bannau Brycheiniog:** Gall y rheiny sydd â'r cyfarpar iawn â phrofiad o ddarllen mapiau ac sydd â map Explorer 1:25000 gyrraedd y Bannau o'r fan hon.

**What you can do from here**

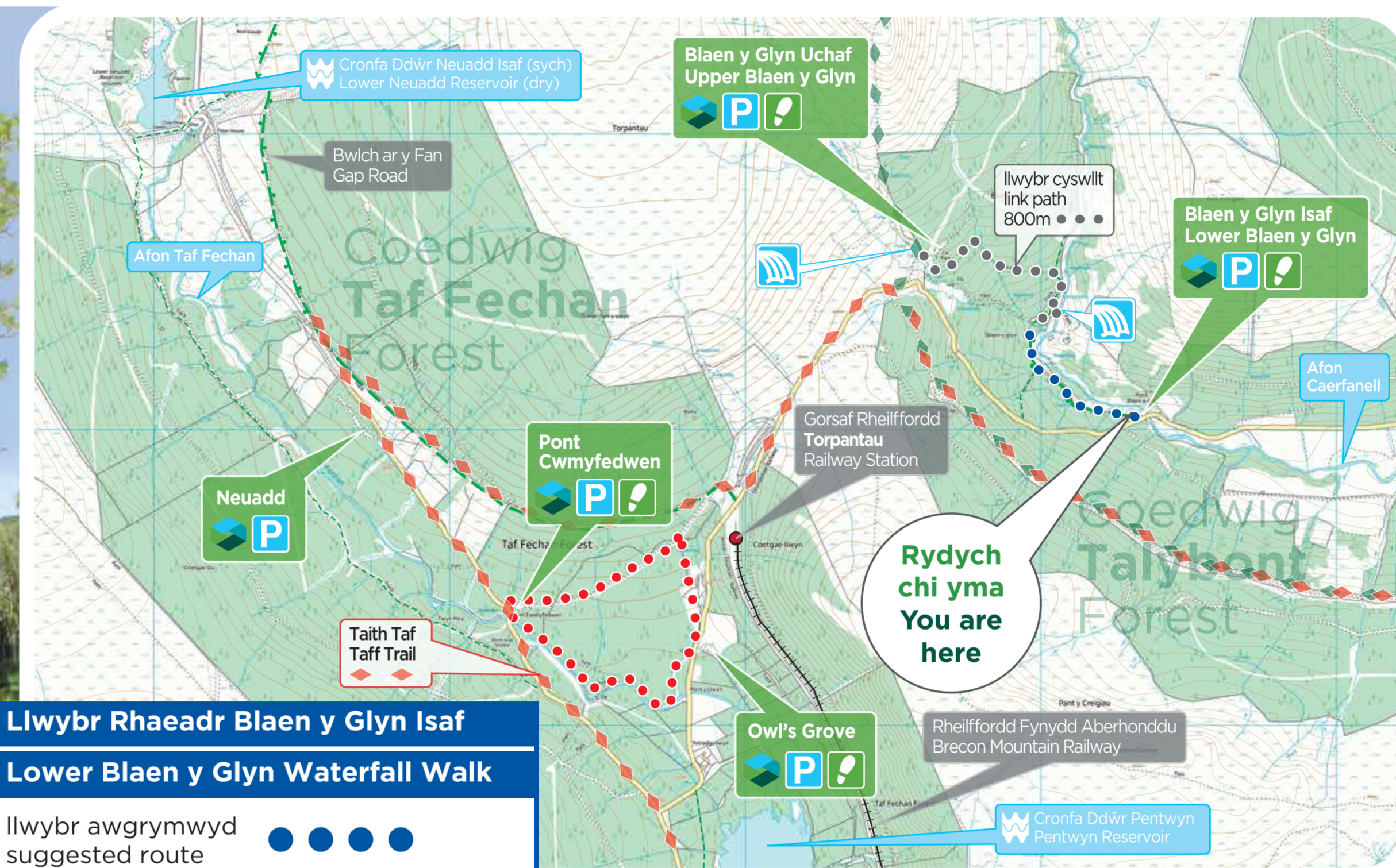
You can get to the Blaen y Glyn waterfalls from here on a trail that leaves from the top of this car park.

Map readers who want a good view should head up hill to the top of Craig Fan Ddu (grid ref. SO054183). The track, a section of the **Beacons Way**, is rough in places so allow 2-2½ hours from here.

The **Taff Trail long distance cycle route** goes through this forest and follows the course of the former Brecon to Merthyr railway line, which was closed in 1964. The Taff Trail is a 55mile | 88km long distance route linking Brecon and Cardiff and much of it forms part of the **Sustrans Lôn Las Cymru** 250 mile national cycle trail. Not far from the Upper Blaen y Glyn car park is the Torpantau tunnel, which was the highest mainline railway tunnel in Britain at 1,313ft above sea level.

The **Beacons Way** runs through this forest. This is a 99 mile (159km) linear walk across the National Park from Abergavenny in the East to Langadog in the West offering some of the best views the National Park has to offer.

**The Brecon Beacons:** Experienced and well-equipped map-readers with a 1:25000 Explorer map can access the Beacons from here.



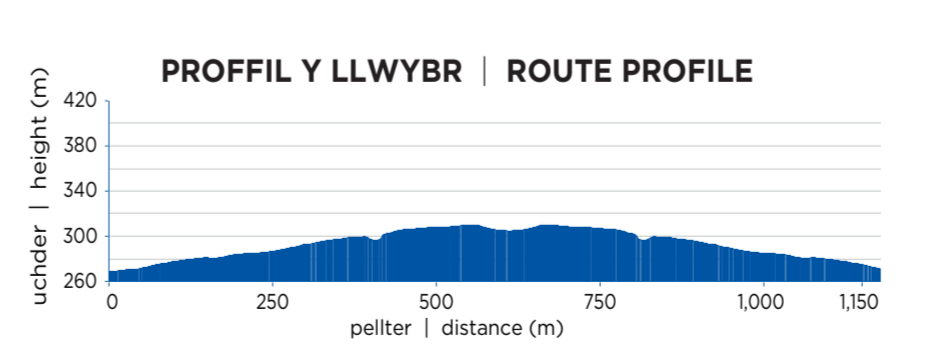
**Llwybr Rhaeadr Blaen y Glyn Isaf**  
**Lower Blaen y Glyn Waterfall Walk**

llwybr awgrymwyd suggested route  
**Cymedrol | Moderate**  
Pellter | Distance: ¾am | 1.2km  
Amser | Time: ¾ awr | hour

**Uchafbwyntiau: Proffir Rhaeadr Blaen y Glyn ar ôl glaw trwm.**  
Dilynwch y llwybr â wyneb caled tan eich bod yn y pen draw yn troi i'r dde drwy'r gât mochyn sy'n arwain at y sgwydau. Gallwch ddychwelyd yr un ffordd at y maes parcio hwn. Beth am gael picnic ger y sgwydau?  
Neu, gadewch y maes parcio, croesi'r bont ffordd a throi i'r chwith dros y gamfa. Gallwch wedyn ddilyn y llwybr hwn i fyny'r afon, sy'n arwain at y sgwydau. Aa gallwch ddychwelyd ar hyd y llwybr â wyneb caled drwy'r gât mochyn.

**Highlights: Experiencing Blaen y Glyn Falls after heavy rain.**

Follow the surfaced track up until you can eventually turn right through the kissing gate leading to the falls. Return the same way to this car park. Why not have a picnic by the falls?  
Alternatively leave the car park, cross the road bridge and turn left through the kissing gate. You can then follow this trail up the river leading to the falls. You can then return via the surfaced path through the kissing gate.

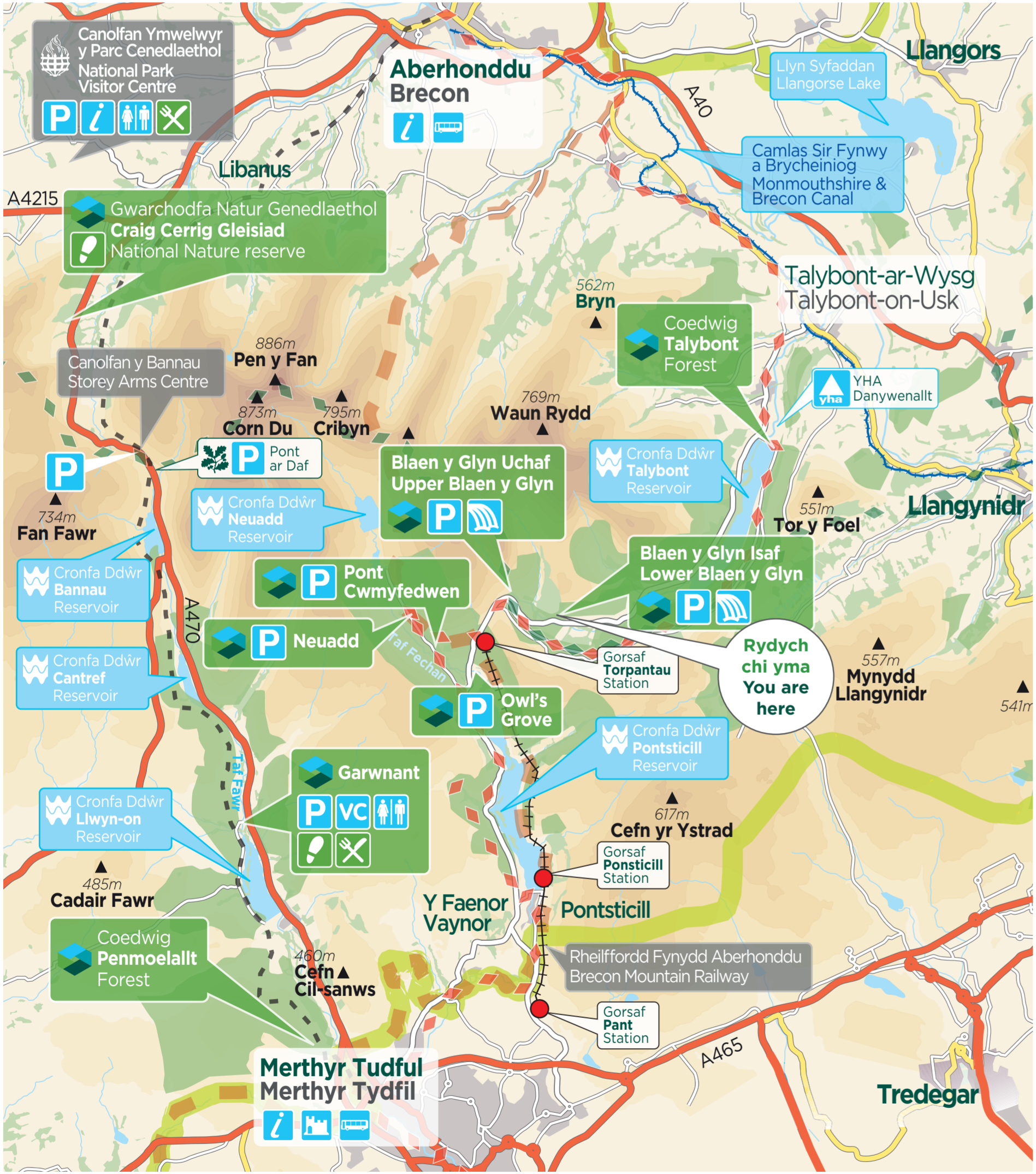


**Prosiect arloesol?**

Mae coedwig Talybont yn gefndir ar gyfer prosiect peilot yng Nghymru. Mae'r prosiect hwn yn gweithio mewn partneriaeth â Dŵr Cymru i reoli Ystad Goetir Llywodraeth Cymru yn wahanol i wneud y mwyaf o'r budd a geir gan amrywiaeth o wasanaethau ecosystem gwahanol - y buddion rydym yn eu cael o fyd natur - gan gynnwys ansawdd dŵr.

**A pioneering project**

Talybont forest is the background to a pilot project within Wales. This project is working in partnership with Dŵr Cymru / Welsh Water to manage the Welsh Government Woodland Estate differently to maximise the benefit produced by a range of different ecosystem services - the benefits we get from nature - including water quality.



**BANNAU BRYCHEINIOG**  
EIN PARC CENEDLAETHOL

**BRECON BEACONS**  
OUR NATIONAL PARK

**Croeso i Barc Cenedlaethol Bannau Brycheiniog – ardal sy'n orlawn o antur, natur, golygfeydd diguro a chymunedau amrywiol.**

Gyda'r nos mae hi'n tywyllu gymaint yma fe gydnabyddir y Bannau Brycheiniog yn Warchodfa Awyr Dywyll Ryngwladol. Mae'n gartref hefyd i Geoparc Byd-eang UNESCO y Fforest Fawr sy'n dathlu cyfoeth treftadaeth naturiol a diwylliannol y fro.

**Welcome to Brecon Beacons National Park – an area brimming with adventure, nature, breath-taking scenery and varied communities.**

At night it gets so dark here that the Brecon Beacons is recognised as an International Dark Sky Reserve. It is also home to the Fforest Fawr UNESCO Global Geopark, celebrated world-wide for its rich natural and cultural heritage.

[www.breconbeacons.org](http://www.breconbeacons.org)

Brecon Beacons **DARK SKY RESERVE**  
**GWARCHODFA AWYR DYWYLL**  
Bannau Brycheiniog

[www.breconbeacons.org/stargazing](http://www.breconbeacons.org/stargazing)