



Penrhyn Gŵyr a Bae Abertawe Gower and Swansea Bay

Crwydro Arfordir Cymru Coastal Walking Wales



Penrhyn Gŵyr a Bae Abertawe

Mae'r rhan hon o'r Llwybr yn ardal o nodweddion sy'n gwrthgyferbynnu, o arfordir ysbennedd Penrhyn Gŵyr a'i draethau euraidd sydd wedi ennill gwobrau (sef yr ardal gyntaf yn y DU i gael ei dynodi'n Ardal o Harddwch Naturiol Eithriadol), i ddinas glan môr fywiog Abertawe a phentref hardd Fictoraidd y Mwmbwls.

Uchafbwyntiau

★ Goleudy Trwyn Whiteford

Mae'r tonnau'n torri'n gyson dros y goleudy haearn bwrw yma a adeiladwyd yn 1865. Mae'n un o'r unig ddau o'r math yma o oleudy sy'n dal i sefyll yn unrhyw le yn y byd, a'r unig un yn y Deyrnas Unedig.

★ Pen Pyrod

Yr enw Saesneg ar y darn yma o'r penrhyn yw Worm's Head, sy'n tarddu o'r ffaith fod y tir yn debyg i ddraig sy'n gorwedd. Mae'n safle eiconig, ac mae'r olygfa orau ohono o Fae Rhosili.

★ Bae'r Tri Chlogwyn

Y wobr a gewch o gerdded ar hyd Clogwyni Pennard yw'r olygfa! Yr Ymddiriedolaeth Genedlaethol sy'n gofalu yma, a dengys y planhigion alpaidd prin a'r adar sy'n nythu yma fod hwn yn lleoliad pwysig i fywyd gwylt. Mae'n werth hefyd dod oddi ar y Llwybr am ychydig i ymweld ag adfeilion canoloesol Castell Pennard cyfagos.

★ Traeth Aberafan

Mae dwy filltir o bromenâd gwastad ar lan y môr, ynghyd â thraeth tywodlyd eang a golygfeydd gwych dros Fae Abertawe tua Phenrhyn Gŵyr. Mae Traeth Aberafan yn lle delfrydol i wylio'r haul yn machlud.



Bae Langland
Langland Bay



Bae Caswell
Caswell Bay

Gower and Swansea Bay

This stretch of the Path is an area of contrasts from the spectacular coastline of the Gower Peninsula with its award winning golden beaches (also the first in the UK to be designated as an Area of Outstanding Natural Beauty) to the vibrant seaside city of Swansea and the picturesque Victorian village of Mumbles.

Highlights

★ Whiteford Point Lighthouse

Built in 1865, it is one of only two remaining cast-iron, wave-washed lighthouses in the world and the only one in the UK.

★ Worm's Head

Named for its resemblance to a resting dragon, Worm's Head is an iconic location, best viewed from Rhossili Bay.

★ Three Cliffs Bay

The walk along Pennard Cliffs is rewarded by the view! Managed by the National Trust, rare alpine plants and nesting birds also make this an important location for wildlife and the nearby ruins of medieval Pennard Castle are worth a quick detour.

★ Aberavon Beach

The seafront has two miles of flat promenade, a wide sandy beach and fantastic views across Swansea Bay to the Gower Peninsula. Aberavon Beach is an ideal spot for watching sunsets.

Y Codau Cefn Gwlad

Yn dilyn cyngor yn y Codau Cefn Gwlad i fanteisio'n llawn ar eich ymweliad:

- parchwch bobl eraill
- diogelwch yr amgylchedd naturiol
- mwynhewch yr awyr agored a chadwch yn ddiogel

Darllenwch y Codau Cefn Gwlad yn www.naturalresources.wales/countryside-codes?lang=cy

Mwynhewch eich taith gerdded

Ewch i wefan Mentro'n Gall Cymru i ganfod awgrymiadau defnyddiol ynghlŷn â sut i fwynhau antur yr arfordir yn ddiogel. www.adventuresmart.uk/cy/arfordir

Gallwch ail-lenwi eich potel ddŵr yn ystod eich taith. Lawrlwythwch ap Refill i ddod o hyd i'ch Gorsaf Ail-lenwi leol, gan gael dŵr yfed ffres yn ystod eich taith. refill.org.uk



Bae y Tri Chlogwyn
Three Cliffs Bay



Rhosili
Rhossili

Countryside Codes

Follow the advice in the Countryside Codes to get the most out of your visit:

- respect other people
- protect the natural environment
- enjoy the outdoors and stay safe

Read the Countryside Codes at www.naturalresources.wales/countryside-codes

Enjoy your walk

Visit the Adventure Smart Wales website for some useful hints and tips on how to enjoy coastal adventure safely. www.adventuresmart.uk/coast

You can refill your water bottle along the way. Download the Refill App to find your local Refill Station and get fresh drinking water on the go. refill.org.uk

Gair i gall

Gellir dod o hyd i fapiau manwl, teithiau undydd ac aml-ddiwrnod, teithiau cylchol, trefnwyr teithiau a chwmnïau cludo bagiau ar www.llwybrarfordircymru.gov.uk

Fe welwch amserlenni cynhwysfawr ar www.cymraeg.traveline.cymru neu ewch i www.swanseabaywithoutacar.co.uk/cy/hafan i gael gwybodaeth deithio. Rydym yn argymhell eich bod yn defnyddio trafndiaeth gyhoeddus i gyrraedd man cychwyn eich taith gerdded a'ch bod yn cerdded i'ch llely/car, yn lle gwneud fel arall.

Er eich diogelwch, cadwch olwg ar amserau'r llanw gan ddefnyddio'r tablau llanw perthnasol: www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times. www.visitswanseabay.com/playsafe.

Lawrlwythwch ap Llwybr Arfordir Cymru i ddilyn eich taith gerdded a chael rhagor o wybodaeth. Chwiliwch am Lwybr Arfordir Cymru yn eich siop apiau.

I gael manylion llely (lle nad oes ots gan y perchnogion am esgidiau mwdlyd!) a manau bwyta gerllaw, a llawer mwy o wybodaeth am Fae Abertawe, ewch i: www.croesoabaeabertawe.com

Top tips

Detailed maps, one and multi day itineraries, circular walks, tour organisers and baggage carrying companies can be found on www.walescoastpath.gov.uk

You will find comprehensive timetables at www.traveline.cymru or visit www.swanseabaywithoutacar.co.uk for travel information. We recommend that you use public transport to get you to the start of your walk and walk to your accommodation/car instead of the other way round.

For your safety please keep track of the tides using the relevant tide tables: www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times.

Download the Wales Coast Path App to track your walk and get further information. Search for Wales Coast Path in your app store.

For details of accommodation (that don't mind muddy boots!), for places to eat nearby and for lots more information on Swansea Bay: www.visitswanseabay.com

www.llwybrarfordircymru.gov.uk
www.walescoastpath.gov.uk



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QR hwn i fynd
i'n gwefan



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our website

Teithiau cerdded

Llanmadog i Rosili (10.75 km / 6.75 milltir)
 Taith gerdded yw hon ar hyd ymyl gortlewinol Gŵyr, gan fynd heibio Bae Broughton ac ynys lanwol Burry Holms, a cherdded pellter cyfan Bae Rhosili. Os bydd y llanw'n caniatáu (gwirwch yng Nghanolfan *Coastwatch* Rhosili cyn cychwyn), gallwch ddewis ymestyn y daith gerdded i Ben Pyrod.

Rhosili i Bort Eionon (11.75km / 7.5milltir)
 Mae'r llwybr yma'n dilyn darn o'r arfordir lle mae cyfoeth o fywyd gwyllt mewn tirwedd amrywiol a thrawiadol. Mae'n mynd drwy dir yr Ymddiriedolaeth Genedlaethol sy'n anghysbell, garw a gwyllt mewn sawl man.

Port Eionon i Oxwich (7.25km / 4.5milltir)
 Bydd y llwybr yma'n mynd â chi drwy goetiroedd ac ar hyd clogwyni agored. Dau o uchafbwyntiau'r daith yw Castell Oxwich a godwyd yn yr 16eg ganrif ac Eglwys Illtyd Sant o'r 13eg ganrif.

Oxwich i Glogwyni Pennard (8.25km / 5.25milltir)
 Tro eithaf hawdd ar hyd traethau tywodlyd agored sy'n cynnig golygfeydd gwych o Fae'r Tri Chlogwyn, lle eithriadol o hardd.

Y Mwmbwls i Abertawe (9.25km / 5.75milltir)
 Wrth archwilio'r ardal, beth am brynu hufen iâ yn y Mwmbwls fel gwobr? Os bydd gorsaf y bad achub ar y pier ar agor, mae'n werth mynd i mewn i ddysgu am waith pwysig gweithwyr dewr yr RNLI sydd wedi achub bywydau llawer o bobl ar y môr ym mhob rhan o Brydain. Gallwch fwynhau'r golygfeydd ar draws y bae i Drwyn y Mwmbwls wrth gerdded mewn i'r ddinas ar hyd promenâd enwog Abertawe (lle'r oedd y rheilffordd gyntaf yn y byd i gludo teithwyr).

Baglan i Barc Gwledig Margam (11km / 7milltir)
 Er mwyn gallu mwynhau golygfeydd godidog o'r arfordir, mae llwybr yr ucheldir yn eich tywys ar hyd clogwyni môr hanesyddol uwchlaw Port Talbot. Byddwch yn gweld golygfeydd gwych o Fôr Hafren ac yn cael cyfle ardderchog i weld byd diwydiant yn ei gyd-destun ar lan y môr. Mae olion diddorol i'w gweld ar hyd y ffordd, gan gynnwys adfeilion Capel Mair.

Suggested walks

Llanmadoc to Rhosili (10.75km / 6.75miles)
 A walk along the western edge of Gower passing Broughton Bay, Burry Holms tidal island and taking in the length of Rhosili Bay. Tides permitting (please check at the Rhosili Coastwatch Centre before setting out), there is an option to extend the walk to Worm's Head.

Rhosili to Port Eynon (11.75km / 7.5miles)
 This path follows a stretch of coast rich in wildlife with a spectacular and varied landscape. It passes through National Trust land, much of which is remote, rugged and wild.

Port Eynon to Oxwich (7.25km / 4.5miles)
 This path will take you through woodland and across open cliffs with the 16th Century Oxwich Castle and 13th Century St Illtyd's Church as highlights along the way.

Oxwich to Pennard Cliffs (8.25km / 5.25miles)
 A relatively easy walk with open stretches of sandy beach and great views of Three Cliffs Bay, a spot noted for its beauty.

Mumbles to Swansea (9.25km / 5.75miles)
 In Mumbles, reward yourself with an ice cream while you explore the area. If the lifeboat station is open on the pier it is worth popping in to find out more about the vital and heroic role the RNLI has played in saving lives at sea here and throughout the country. Walk to the city along Swansea's famous promenade (site of the world's first passenger railway) with views across the bay back to Mumbles Head.

Baglan to Margam Country Park (11km / 7miles)
 To enjoy the best views of the coast, the upland route takes you along historic sea cliffs which overlook Port Talbot. This walk offers great views of the Bristol Channel with a superb opportunity to view how industry sits within this coastal setting. Explore interesting relics along the way including the ruins of the Chapel of Mary.

Beth am gofnodi eich taith ar hyd Llwybr Arfordir Cymru? Why not record your Wales Coast Path journey!



Pasbort | Passport

Penrhyn Gŵyr a Bae Abertawe Gower and Swansea Bay

Llwybrau Paths	Milltir Miles	km	Dyddiad Date
Bynea > Penclawdd	5	8	○
Penclawdd > Landimore	7	11	○
Landimore > Hillend	10	16	○
Hillend > Bae Rhosili / Rhosili Bay	2	3	○
Bae Rhosili / Rhosili Bay > Bae Port Eionon / Port Eynon Bay	7	11	○
Bae Port Eionon / Port Eynon Bay > Bae Oxwich Bay	5	8	○
Bae Oxwich Bay > Bae Caswell Bay	9	14	○
Bae Caswell Bay > Y Mwmbwls / Mumbles	3	5	○
Y Mwmbwls / Mumbles > Abertawe / Swansea	6	10	○
Abertawe / Swansea > Baglan	6	10	○
Baglan > Port Talbot	6	10	○
Port Talbot > Gweunydd Margam / Margam Moors	3	5	○

Ewch i'n tudalen Pasbortau www.llwybrarfordircymru.gov.uk/pasbort i gael manylion am dystysgrifau cwblhau a phethau i gofio eich taith.

Visit our [Passport page www.walescoastpath.gov.uk/passport](http://www.walescoastpath.gov.uk/passport) for details about completion certificates and mementos to commemorate your journey.



- Llwybr Arfordir Cymru / Wales Coast Path
- Ffyrdd / Roads
- - - Rheilffordd / Railway
- + Gorsaf Drenau / Railway Station
- ★ Uchafbwyntiau (gweler drosodd) / Highlights (see overleaf)
- Llwybr Arfordir Sir Gaerfyrddin / Carmarthenshire Coast Path
- Llwybr Arfordir De Cymru ac Aber Afon Hafren / South Wales Coast and Severn Estuary Coast Path
- Llwybr amgen / Alternate route

Llwybr Arfordir Cymru

Gydag 870 o filltiroedd i'w troedio, mae gan Llwybr Arfordir Cymru rywbeth i'w gynnig i bawb. O archwilio ein treftadaeth a'n diwylliant i gael diwrnod llawn hwyl gyda'r teulu; o roi cynnig ar weithgaredd llawn adrenalîn i ymlacio ar draeth bendigedig. Dewch draw i weld beth sy'n gwneud y llwybr yn gyrchfan awyr agored heb ei ail ac i weld pa mor hawdd yw hi i wneud y llwybr yn rhan o'ch bywyd bob dydd neu eich gwyliau. I gael mwy o awgrymiadau ynglŷn â'r pethau y gallwch eu gweld a'u gwneud ar y llwybr, ewch i www.llwybrarfordircymru.gov.uk

Wales Coast Path

With 870 miles to explore, the Wales Coast Path has something for everyone. From exploring our heritage and culture to having a fun day out with the family, or from trying one of Wales' coastal adrenalin activities to putting your feet upon one of our gorgeous beaches. Dip your toe in and find out why this is such a fantastic outdoor destination and discover just how easy it is to fit the Wales Coast Path in to your daily life or your holiday planning. For more suggestions on what you can see and do on the Wales Coast Path, please visit www.walescoastpath.gov.uk