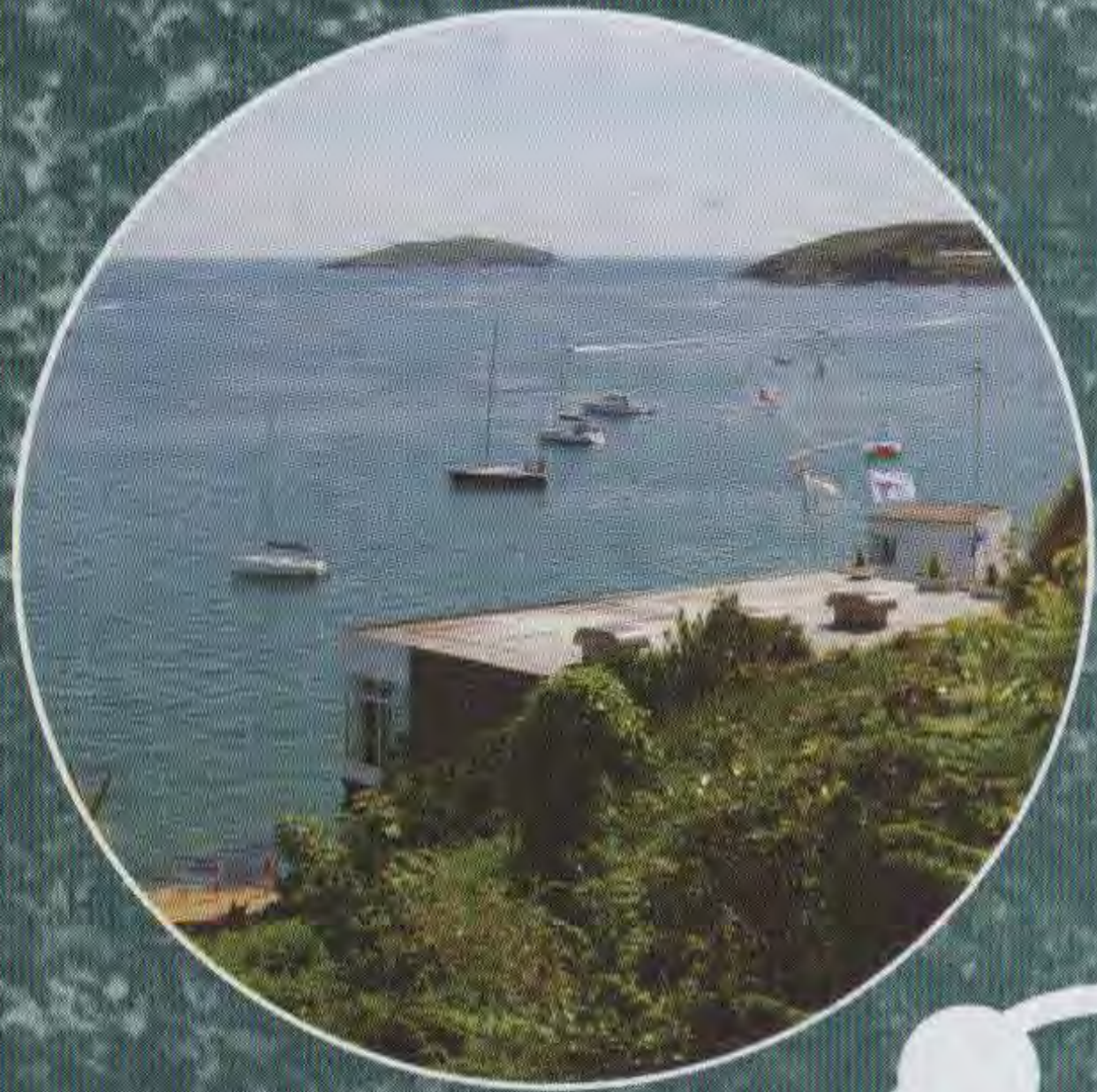


TEITHIAU CERDDED ABERSOCH



Bydd y llyfryn hwn yn rhoi gwybodaeth am chwe llwybr cerdded yn yr ardal lle bydd golygfeydd o'r fro odidog hon yn nalgylch Abersoch a'r cyffiniau i'w gweld a'u profi.

Mae tywydd a thirlun Llŷn yn wahanol i weddill Cymru, gyda lleoliad Abersoch oddi fewn i Lif y Gwlff yn rhoi gaeafau tyner a hafau heulog i'r cerddwyr o bob oed eu mwynhau. Mae'r teithiau cerdded hyn yn cynnig rhywbeth i bawb a gobeithio y gwnewch eu mwynhau.

Mae'n ofynnol dilyn y Côt Cefn Gwlad gan gofio y byddwch yn achlysurol yn cerdded trwy diroedd ffermydd. Felly cadwch at y llwybr os gwelwch yn dda.

Dymunem ddiolch i Gyngor Gwynedd am eu cefnogaeth gyda'r llyfryn hwn, yr awdur a phawb fu'n gysylltiedig ag ef. Mwynhewch y teithiau a chofiwch fod Abersoch a'r cyffiniau yma drwy'r flwyddyn i chwi ddychwelyd i'n gweld.

Cymdeithas Masnach a Thwristiaeth ardal Abersoch Cyf.

This guide offers six walks to show you the outstanding views, surroundings and countryside of Abersoch and the surrounding area.

In terms of landscape and weather Llŷn Peninsula is very different to the rest of Wales, as Abersoch is situated on the Gulf Stream with its mild climate in winter and its wonderful summer sun which offers a superb setting for walkers of all ages. The walks offer something for everyone and we hope enjoyment will be had by all.

The guide lists a few rules to follow so please do so and remember that you are at times walking through working farms. Please keep to the marked paths and follow the Countryside Code.

We would like to thank Gwynedd Council for their support with this guide, the author and all those involved. Enjoy the walks and remember Abersoch and district is here 365 days a year so please return to see us.

Abersoch and District Trade and Tourism Association Ltd Committee.

Noddwyd gan



TEITHIAU CERDDED ABERSOCH

ARFORDIR LLŶN/LLŶN COASTAL PATH

PENBENNAR

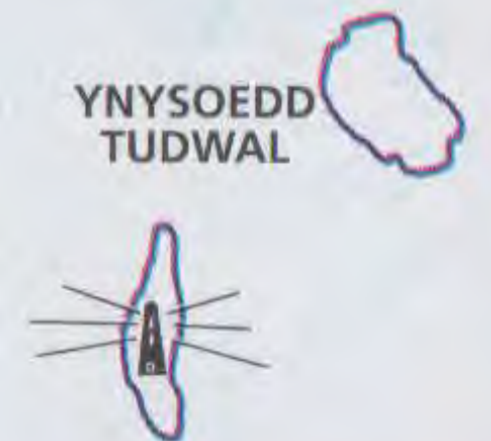
MARCHROS

CILAN

PEN Y GAER

CASTELLMARCH

FFYNNON FYW



1.35 km (0.8 milltir)

- O'r Swyddfa Dwristiaeth i lawr i gyfeiriad yr harbwr (Pen Cei)
- Cadw ar y ffordd ac yn syth i fyny'r allt a heibio Pen Y Cei
- I lawr y grisiau heibio Gilfach Goed ac i fyny'r grisiau i'r ochr arall
- Parhau ar y llwybr gan gadw mor agos ag y gallwch at y môr
- Croesi'r maes parcio sydd uwchben y Clwb Hwyllo
- Dilyn Lôn y Traeth i lawr i'r pentref
- Troi i'r dde i Lôn Pen Cei a dychwelyd i'r Swyddfa Dwristiaeth

1.35km (0.8 miles)

- From the Tourist Office down towards the harbour (Pen Cei)
- Keep to the road and straight up the hill past Pen Y Cei
- Down the steps past Gilfach Goed and up the steps on the far side
- Continue along the path keeping as close to the sea as you can
- Cross the car park above the Yacht Club
- Follow the Beach Road back to the village
- Turn right to Lôn Pen Cei and back to the Tourist Office

TACSI / TAXI:

Abersoch Taxis, Penrhyn Mawr, Bwlchtocyn (01758) 713777
CJS (01758) 710 099
DEI'S TAXIS, (07813 108666)

GWYLIWR Y GLANNAU / COASTGUARD:

Deialwch / Dial 999

MILFEDDYG / VET

Milfeddygon Deufor, Y Ffôr, Pwllheli (01766) 810277

FFERYLLFEYDD / CHEMIST:

Y Fferyllfa, Abersoch (01758) 712436

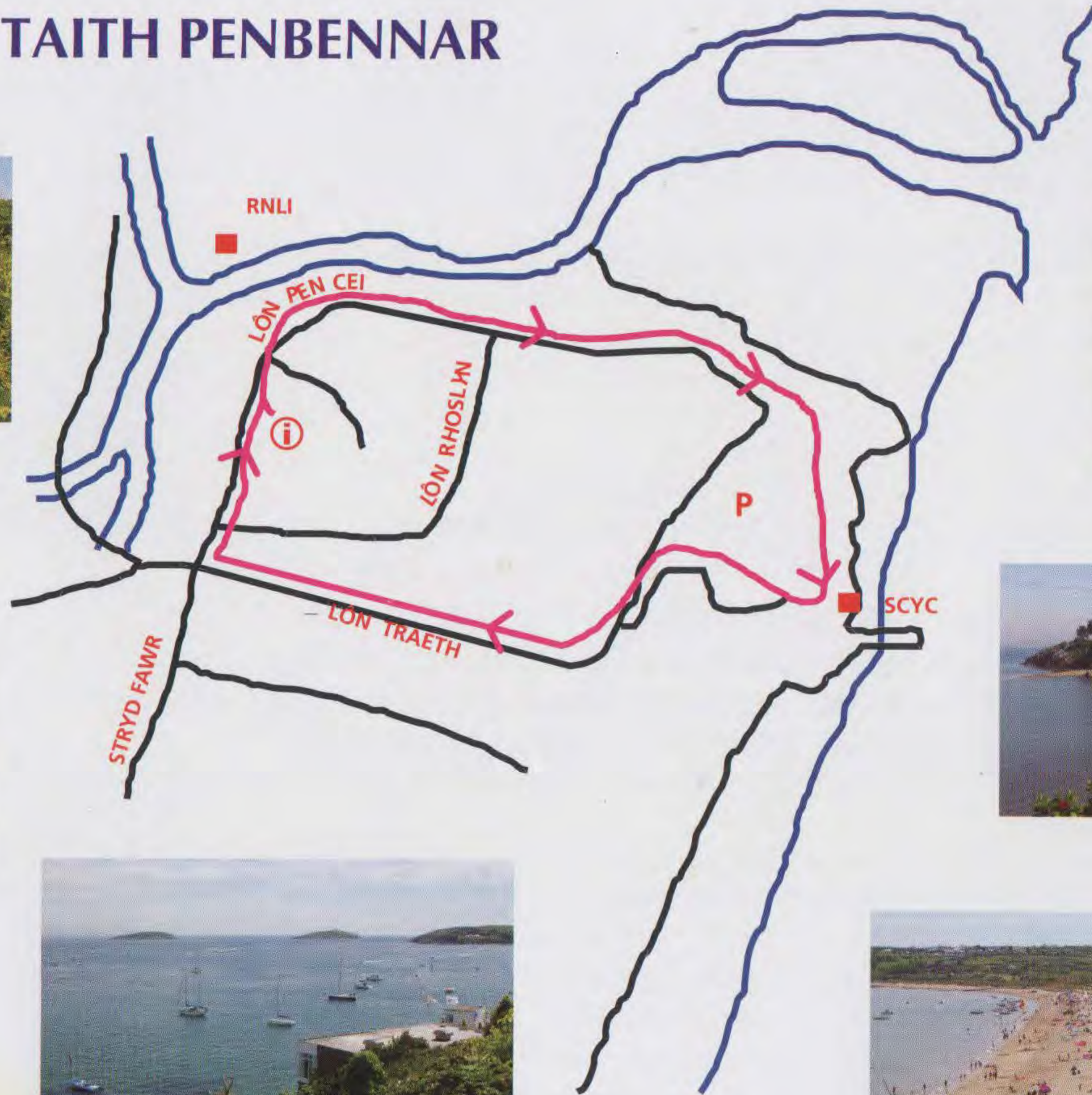
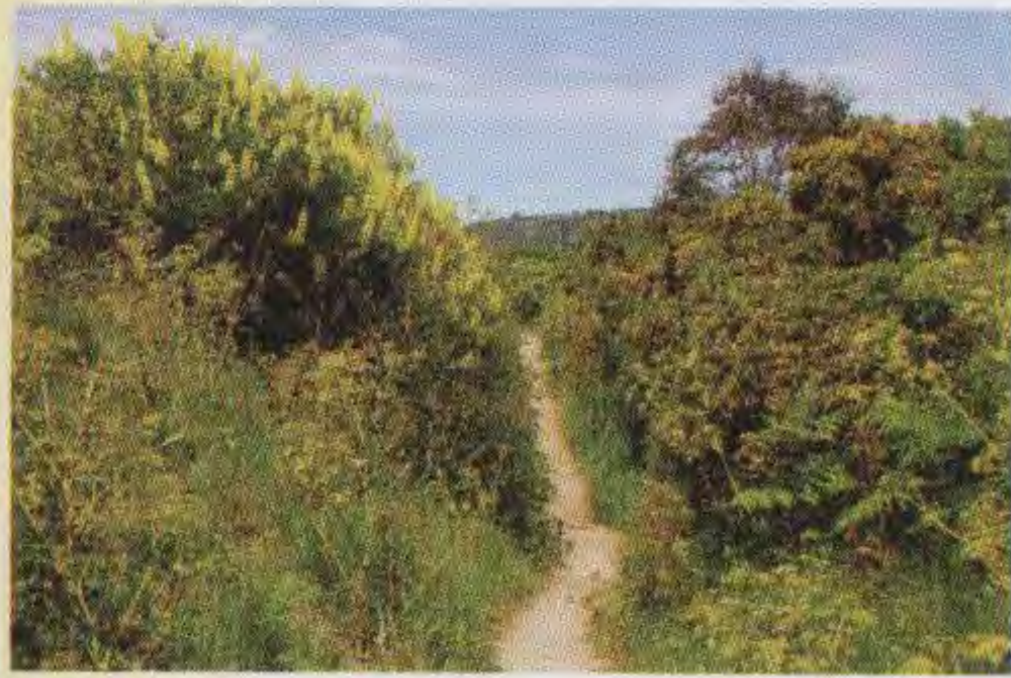
DEINTYDD / DENTIST:

Dr Lotter, 19 Cae du, Abersoch (01758) 713955

SWYDDFA BOST/ POST OFFICE:

Swyddfa Bost Abersoch, Abersoch (01758) 712416

TAITH PENBENNAR



1.35 km
(0.8 milltir)

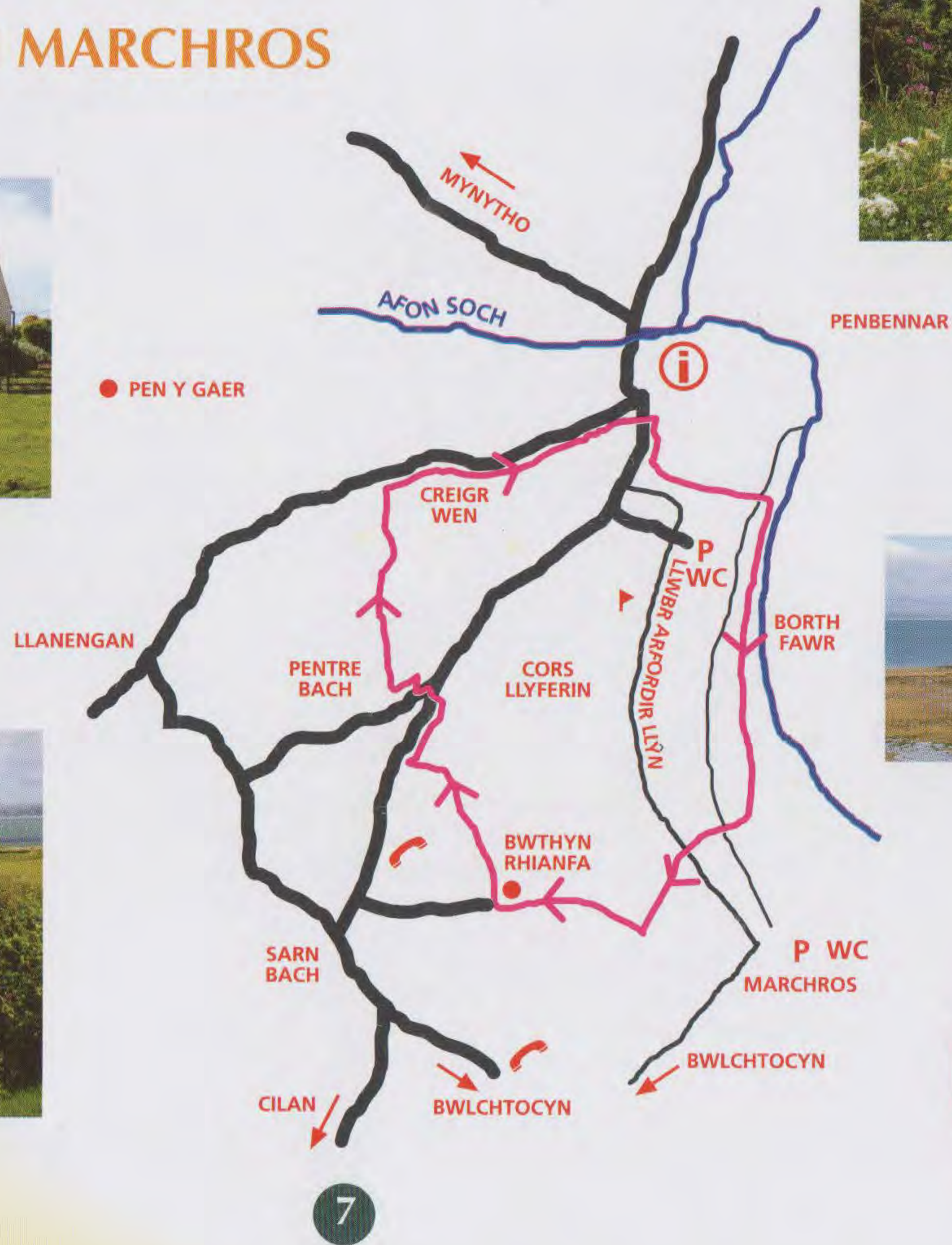
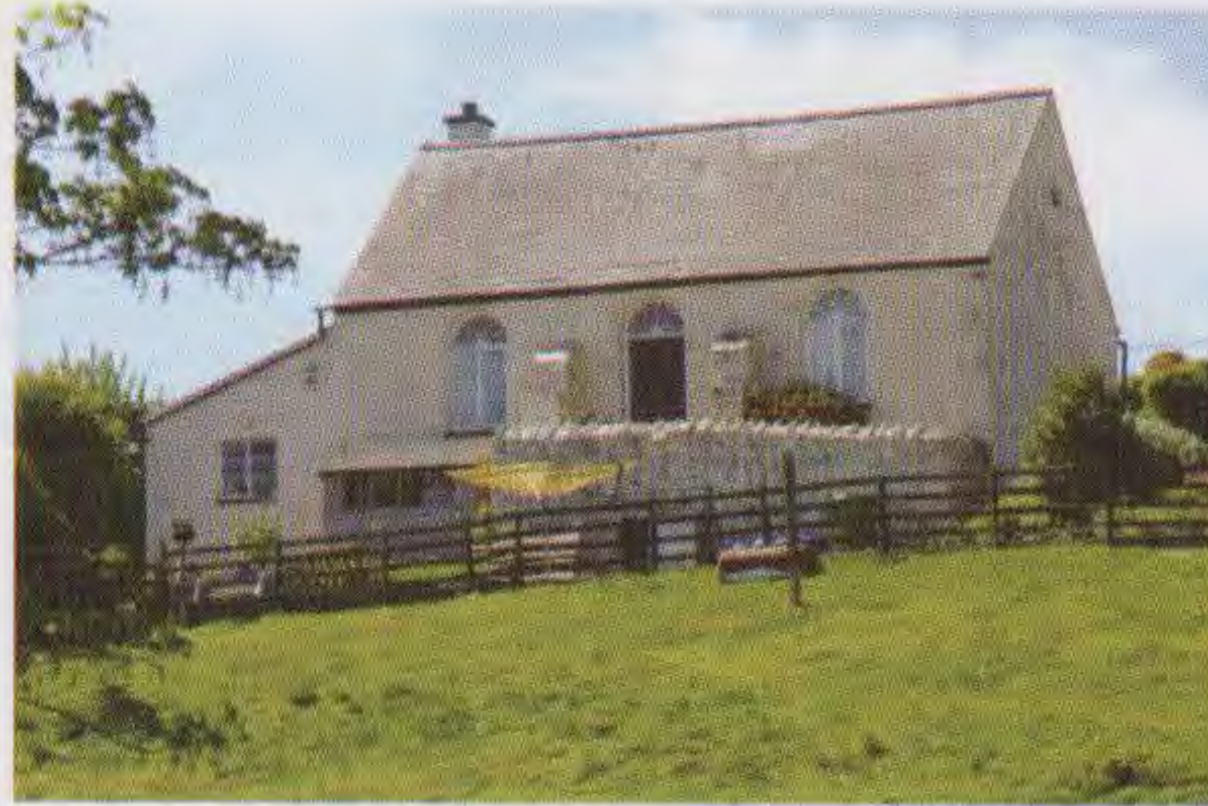
5 km (3.1 milltir)

- Gadael y Swyddfa Dwristiaeth a cherdded at ganol y pentref (Talaфон & Banc Natwest)
- Ymlaen ar Lôn Sarn Bach a throi i'r chwith – dilyn arwydd 'Cwrs Golff Abersoch'
- Cerdded yn syth i lawr drwy'r maes parcio cyhoeddus ac i'r traeth
- Cerdded ar hyd y traeth tua'r de a throi i'r dde i ddilyn llwybr cyhoeddus sy'n torri ar draws y cwrs golff
- Cerdded i fyny'r llwybr tua Bwlchtocyn ac at 'Seaside Camp Site' sydd ar y chwith
- Dilyn llwybr i'r dde (tua'r gorllewin) a heibio Hawddamor. Mae rhannau ohono yn llwybr marchogaeth neu'n lôn drol a'r gweddill yn ffordd galed
- Dilyn llwybr i'r dde (ger Bwthyn Rhianfa) ac yna dal i'r chwith. Croesi caeau a daw'r llwybr allan ar ffordd Abersoch i Sarn Bach, (ger Cae Pwll Heulog).
- Ymlaen i'r dde i gyfeiriad Abersoch, croesi'r ffordd a cherdded rhai llathenni a chwith ar Lôn Pentre Bach cyn troi i lwybr trwy gae ger Pentre Bach
- Dowch allan ar ffordd Abersoch i Lanengan (ger Creigir Wen) a dilyn Lôn Engan yn ôl i Abersoch

5 km (3.1 miles)

- Leave the Tourist Office and walk to the middle of the village (Talaфон & Natwest Bank)
- Along Sarn Bach road and turn to the left – follow the 'Cwrs Golff Abersoch' sign
- Walk straight through the public car park and to the beach
- Walk to the south along the beach and turn right to follow the public footpath that cuts across the golf course
- Walk up the path towards Bwlchtocyn as far as Seaside Camp Site on the left
- Follow the path to the right (westward) and pass Haddwamor. Parts are a bridle way and parts have a hard surface
- Follow the path to the right (near Bwthyn Rhianfa) and then bear left. Cross some fields and the path emerges on the Abersoch – Sarn Bach road (near Cae Pwll Heulog)
- Forward to the right towards Abersoch, cross the road and walk a few yards and left to Lôn Pentre Bach before turning on a path through Pentre Bach field
- Come out on the Abersoch - Llanengan road (near Creigir Wen) and follow Lôn Engan back to Abersoch

TAITH MARCHROS



5 km
(3.1 milltir)

Taith Fer (11km : 6.8millt.) Taith Hir (15km : 9.4 millt.)

- Gadael y Swyddfa Dwristiaeth a cherdded at ganol y pentref (Talafof & Banc Natwest)
- Ymlaen ar Lôn Sarn Bach a throi i'r chwith – dilyn arwydd 'Cwrs Golff Abersoch'
- Dilyn y llwybr cyhoeddus ar hyd canol y cwrs golff i'w ben draw
- Troi i fyny yn y maes parcio ac ymuno â llwybr / ffordd gul sydd yn mynd tua'r dwyrain a throi i'r dde i fyny llwybr garw gydag olion y mwynfeydd ac adeilad y pwmp
- Heibio Penrhyn Mawr a Cim, Crowach a Pant nes dod i olwg Porth Ceiriad
- Heibio Nant-y-Big ac i'r chwith ar draws cae nes dod allan ar y ffordd o Abersoch i Gilan
- **Llwybr Byr** – Croesi'r ffordd a mynd ymlaen heibio Bachwared ac ymlaen at fferm y Nant lle bydd y llwybr hir yn ail-ymuno
- **Llwybr Hir** - Dilyn y ffordd i'r chwith, heibio ciosg ffôn Cilan ac ymlaen at llwybr yn arwain at Muriau (ar y chwith) – tir yr Ymddiriedolaeth Genedaethol
- Dilyn yr arfordir ar y tir agored o gwmpas Trwyn Cilan
- Parhau i'r gogledd-ddwyrain nes dod at fferm y Nant ac ymuno â'r llwybr byr
- Dilyn y llwybr tua'r gogledd gan gadw Porth Neigwl ar y chwith ac ymlaen i bentref Llanengan
- Dal i'r dde yn y pentref ac i fyny gallt serth (gyferbyn â Congl Gron (Lôn Pwll Llan) nes ymuno â'r ffordd o Sarn Bach i Lanengan. Dal i'r chwith
- Troi i'r dde gyferbyn â Deucoch ac ymlaen nes dod at Bentre Bach a dilyn llwybr i'r chwith yno
- Dod allan i'r ffordd fawr ger Creigir Wen. Troi i'r dde a dilyn y ffordd yn ôl i Abersoch

Short Walk (11km : 6.8mls) Long Walk (15km : 9.4mls)

- Leave the Tourist Centre and walk to the middle of the village (Talafof & Natwest Bank)
- Along Sarn Bach road and turn left – follow the 'Cwrs Golff Abersoch' sign
- Follow the public footpath, along the middle of the golf course, to the far end
- Turn up in the car park and join the path/ narrow road that goes in an easterly direction and turn right up a rough path with the remains of mining and the pump house
- Past Penrhyn Mawr and Cim, Crowach and Pant until you see Porth Ceiriad
- Past Nant-y-Big and bear left across a field until you emerge on the Abersoch to Cilan road
- **Short walk** – Cross the road and go on past Bachwared and on to Nant farm where you join the Long Walk
- **Long Walk** - Follow the road to the left, past Cilan telephone kiosk and follow the path leading to Muriau (on the left) – National Trust land
- Follow the coast on the open land around Trwyn Cilan
- Continue to the north east as far as Nant and join the short walk
- Follow the path in a northerly direction keeping Porth Neigwl to the left and on to Llanengan village
- Keep to the right in the village up the steep hill (opposite Congl Gron (Lôn Pwll Llan) until you join the road from Sarn Bach to Llanengan. Keep to the left
- Turn right opposite Deucoch, go on to Bentre Bach and follow the path to the left
- Come out in the main road near Creigir Wen. Turn right and follow the road back to Abersoch

5.4km (3.3 milltir)

- O'r Swyddfa Dwristiaeth i ganol y pentref (Talaion & Banc Natwest), troi i'r dde a thros Pont Forgan a dilyn A499 (Llanbedrog) nes dod yn agos at 'Land and Sea'
- Ymuno â Lôn Garmon, tua Mynytho a dringo'r allt gyda gofal
- Mynd heibio i ganolfan grefftau Aber Uchaf (ar y chwith) a'r Eglwys Babyddol, St Garmon (ar y dde)
- Wrth ymyl Ty'n y Mur dilyn llwybr i'r chwith ddaw allan ar yr allt sy'n disgyn i bentref Llangian
- Parhau ymlaen tuag at Llanengan nes cyrraedd y Bont Newydd
- Mynd dros y gamfa yn y wal a dilyn y llwybr i fyny'r llechwedd tuag at Pen y Gaer
- Mae'r llwybr yn mynd drosodd ac i lawr i gyfeiriad Abersoch
- Dilyn y ffordd gul nes dod allan i Lôn Engan. Dal i'r chwith ac i lawr i Abersoch

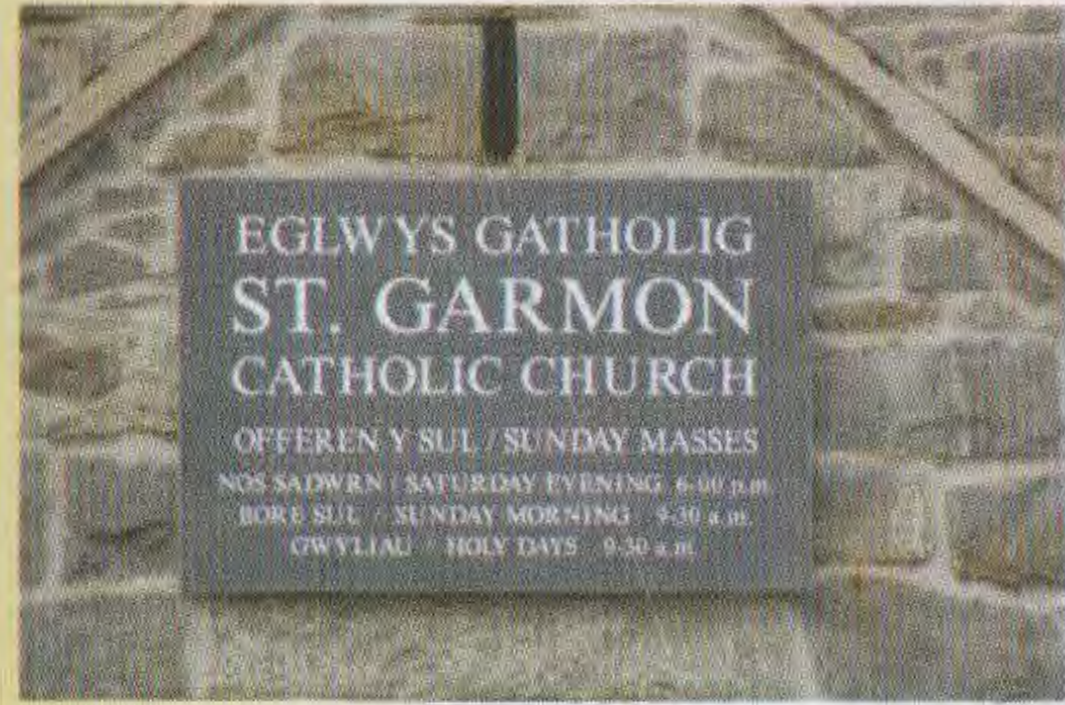
5.4km (3.3 miles)

- From the Tourist Office to the middle of the village (Talaion & Natwest Bank), turn right and follow the A499 (Llanbedrog) until you come near 'Land and Sea'
- Join Lôn Garmon, the Mynytho road, and climb the hill with care.
- Go past the Aber Uchaf Craft Centre (on the left) and the Catholic Church, St. Garmon (on the right).
- Near Ty'n y Mur follow the path to the left that comes out on the hill leading down to Llangian village
- Continue towards Llanengan until you reach a bridge (Y Bont Newydd)
- Go over the stile in the wall and follow the path up the slope towards Pen y Gaer
- The path goes over and down towards Abersoch
- Follow the narrow road until you come out on Lôn Engan. Keep to the left and down to Abersoch

MEDDYGON / DOCTORS: The Surgery, Abersoch (01758) 712070

BAD ACHUB / R.N.L.I.: <http://www.rnliabersoch.co.uk>

TAITH PEN Y GAER



7.25km (4.5 milltir)

- O'r swyddfa Dwristiaeth i ganol y pentref (Talaion a Banc NatWest), dal i'r dde, croesi Pont Forgan a dilyn y ffordd A499 i gyfeiriad Llanbedrog
- I'r traeth
 - TRAI** : Mynd i'r traeth heibio gyferbyn â Land and Sea
 - LLANW**: Cerdded ymlaen ar hyd y ffordd fawr a throi am y traeth ger arwydd Tywyn y Fach (Yr Ymddiriedolaeth Genedlaethol)
- Cerdded ar hyd y traeth nes y gellir dilyn llwybr trwy'r "Warren" ac sy'n arwain yn ôl i'r A499
- Croesi'r A499 ac ar hyd y ffordd i Fferm Castellmarch. Dal i'r dde heibio tu blaen y tŷ a dringo'r ffordd drol. Dal i'r dde yn y fforch
- Dilyn y ffordd drwy iard Fferm Muriau ac i lawr i'r dyffryn
- Ymlaen nes croesi Llwybr Arfordir Llŷn a cherdded y llwybr i'r gorllewin
- Dyma lwybr Y Clawdd Mawr a ddaw allan i ffordd Abersoch - Mynytho
- Cerdded ar hyd Lôn Garmon i'r de-ddwyrain yn ôl i Abersoch

7.25km (4.5 miles)

- From the Tourist Office to the middle of the village (Talaion and Natwest Bank), bear right and follow the A499 towards Llanbedrog.
- To the beach
 - LOW WATER** : Go to the beach opposite Land and Sea
 - HIGH WATER** : Walk along the main road and turn towards the beach by the sign Tywyn y Fach (National Trust)
- Walk along the beach until you can follow the path through 'The Warren' that leads back to the A499
- Cross the A499 and follow the road to Castellmarch Farm. Keep to the right past the front of the house and climb the track. Keep to the right at the fork
- Follow the road through Muriau farm yard and down into the valley
- Continue until you cross the Llŷn Coastal Path and follow the path to the west
- This is the Clawdd Mawr path that comes out on the Abersoch – Mynytho road
- Walk along Lôn Garmon to the south east back to Abersoch

13 km (8 milltir)

- O'r Swyddfa Dwristiaeth i ganol y pentref, croesi Pont Forgan, a dilyn y ffordd A499 i gyfeiriad Llanbedrog
- I'r traeth
TRAI: Mynd i'r traeth gyferbyn â 'Land and Sea'
- **LLANW:** Cerdded ymlaen ar hyd y ffordd fawr a throi am y traeth ger arwydd Tywyn y Fach (Yr Ymddiriedolaeth Genedlaethol)
- Dilyn y tywod hyd at derfyn pentref gwyliau'r Warren - bron hyd at Fynydd Tir y Cwmwd
- Troi i'r chwith i'r maes parcio sydd yn y chwarel a dilyn y ffordd tua'r gorllewin gyda godre'r mynydd
- Dilyn arwydd Llwybr Arfordir Llŷn (LIALL) sy'n arwain i'r mynydd (gyferbyn â Garreg Fawr)
- Dilyn arwyddion LIALL sy'n mynd o gwmpas y mynydd ac at y Cerflun
- Parhau ar LIALL a dilyn grisiau serth i lawr Allt Goch trwy Winllan y Plwy' i Draeth Llanbedrog
- Troi i fyny'r ffordd gul (Lôn Nant Iago) i gyfeiriad pentref Llanbedrog
- Ymuno â ffordd Llanbedrog i Abersoch (A499) ger Glyn y Weddw a cherdded ar hyd y palmant nes cyrraedd Glynllifon (Bwyty Indiaidd)
- Croesi'r ffordd ac ymuno â LIALL sy'n arwain i fyny'r llechwedd
- Parhau ymlaen ar hyd y llwybr heibio Erw a maes carafanau Bodwrog a thrwy giât fochyn (llechen) nes dod allan ar ffordd gul ym Mynytho, ger Pen y Gongl, ac ar hyd honno tua'r gorllewin
- Wedi cyrraedd Capel Horeb troi i lawr i gyfeiriad y môr. Gwelir Ffynnon Fyw ar y chwith yn is na'r capel ond mae LIALL yn mynd ar draws i'r dde
- Croesi Rhos Fawr (gall fod yn wlyb) ac i'r dde ar lôn drol. Dal i'r chwith heibio Cefn Deuddwr ac ar hyd Llwybr Pen Clawdd. Dal i'r chwith ac i lawr lôn drol heibio Tyddyn Glasdwr. Gadael y ffordd ar gornel a dilyn arwydd LIALL i'r dyffryn
- Parhau ymlaen ar LIALL trwy Nant Fawr sy'n arwain i lawr i Abersoch
- Daw'r llwybr allan i'r A499 gyferbyn â gorsaf y Bad Achub

FFYNNON FYW = LIVE WELL**13km (8 mls)**

- From the Tourist Office to the middle of the village and follow the A499 road towards Llanbedrog
- To the beach
LOW WATER : Go to the beach opposite 'Land and Sea'
- **HIGH WATER :** Walk along the main road and turn towards the beach by the sign Tywyn y Fach (National Trust)
- Follow the beach to the end of the Warren holiday village – nearly to Mynydd Tir y Cwmwd
- Turn left to the car park in the quarry and follow the road towards the west skirting the base of the mountain
- Follow the sign Llŷn Coastal Path that leads to the mountain (opposite Garreg Fawr)
- Follow the Ll.C.P. signs that go around the mountain until you reach the statue
- Keep to the Ll.C.P. down the steep steps to Llanbedrog Beach
- Turn up the narrow road (Lôn Nant Iago) towards Llanbedrog village
- Join the Llanbedrog to Abersoch road (A499) near Glyn y Weddw Inn and walk along the pavement until you reach Glynllifon (Indian Resturant)
- Cross the road and join the Ll.C.P. that leads up the slope
- Follow the path past Erw and Bodwrog Caravan Park through a slate kissing gate and come out on a narrow road in Mynytho, near Pen y Gongl, and along that to the west
- After reaching Capel Horeb turn down towards the sea. Ffynnon Fyw can be seen on the left lower than the chapel but the Ll.C.P. goes to the left
- Cross Rhos Fawr (can be wet) and to the right on a bridle path. Keep to the left past Cefn Deuddwr and along Llwybr Pen Clawdd. Keep to the left and down the bridle way past Tyddyn Glasdwr. Leave the path on the corner and follow the Ll.C.P. sign to the valley
- Continue along the Ll.C.P. through Nant Fawr that leads down to Abersoch
- The path emerges on the A499 opposite the Life Boat Station

TAITH FFYNNON FYW



13 km
(8 milltir)

TAITH PENBENNAR

Afon Soch - Afon hiraf Llŷn, 18km (11 milltir) yn llifo o'i tharddiad yn agos i Fynydd Cefnamwlch. O Fotwnnog mae'n llifo'n igam-ogam drwy Forfa Neigwl. Dywedir ei bod cyn Oes yr Iâ yn llifo i'r môr ym Mhorth Neigwl.

Bad Achub - Agorwyd yr orsaf gyntaf yn 1844 ym Mhenrhyn Du ond ni fu'n llwyddiannus a chaewyd hi. Ail-agorwyd yr orsaf yn 1869 gan fod cymaint o longau llechi'n hwylio heibio o Borthmadog. Mewn 24 awr yn 1896 bu'n rhaid i'r criw rwyfo allan mewn môr stormus iawn i achub criwiau pump o longau.

Cwch rwyber cyflym, 7.3m o hyd sydd yma'n awr yn yr orsaf yn yr harbwr. Mae'n ddelfrydol ar gyfer achub rhai aiff i helbul yn y bae. www.rnliabersoch.co.uk

St. Tudwal's Roads - Dyma'r unig angorfa ddiogel ym Mae Ceredigion pan fo'r gwynt yn troi i'r de neu'r de ddwyrain. Er hynny aeth llawer o longau i drafferthion. Un yn arbennig oedd yr 'Ann' y cyfeirir ati fel Fflat Huw Puw. Digwyddodd hyn yn 1851 ac fe gyfansoddodd J Glyn Davies lu o gerddi môr sy'n sôn amdani.

Clwb Hwyllo De Sir Gaernarfon - Clwb Hwyllo prysur iawn sy'n cynnal nifer o rasys hwyllo gydol yr haf. Cynhelir Regata Abersoch ar yr ail Sadwrn yn

Awst a'r 'Keelboat Week' ddiwedd y mis. www.scyc.co.uk

Afon Soch - The longest river in Llŷn, 18km(11miles) flowing from its source near Mynydd Cefnamwlch. From Botwnnog it meanders through Morfa Neigwl. Before the Ice Age it is said that it entered the sea at Porth Neigwl (Hell's Mouth).

The Life Boat - The station was first opened in 1844 at Penrhyn Du but was not successful and it was closed. It was reopened in 1869 because so many slate ships were sailing past from Porthmadog. In a 24 hour period in 1896 the crew had to row out during a very severe storm to rescue the crews of five ships. At present a fast Rib, 7.3m in length is at the station in the harbour. It is ideal for rescuing those that get into difficulties in the bay. www.rnliabersoch.co.uk

St. Tudwal's Roads - This is the only safe anchorage in Cardigan Bay when the wind turns to the south or south east. Despite this many ships got into difficulties, one in particular was the 'Ann', known as 'Fflat Huw Puw'. This happened in 1851 and J.Glyn Davies composed a number of sea shanties that refer to her.

South Caernarfonshire Yacht Club - A very busy sailing club that run many regattas during the summer. The Abersoch Regatta is held on the second Saturday in August and The Keelboat Week at the end of the month. www.scyc.co.uk

TAITH MARCHROS

Mwynfeydd - Dywedir i'r Rhufeiniaid gloddio am blwm yn ardal Bwlch Tocyn ond prin yw'r dystiolaeth. Fodd bynnag bu prysurdeb mawr yma yn y G19 a gwelir ei ôl mewn ambell i ddarn o dir diffaith heddiw. Ar un adeg cloddid mwy o gopr yng Ngwaith Pant Gwyn nag yn unman yng Nghymru. Y prif fwyn arall oedd plwm gydag ychydig o haearn a manganês.

Mwynwyr o Gernyw - Daeth mwynwyr o Gernyw yma gyda'u profiad helaeth o gloddio. Adeiladwyd tai iddynt a elwid yn Cornish Row (wedi eu dymchwel) ac ysgol a welir ar y chwith wrth ddringo'r llwybr o'r traeth.

Y Trac i Benrhyn Du - Mae'r llwybr sy'n rhedeg o Sarn Bach yn y gorllewin yn dilyn trac y tram (1840) i Benrhyn Du o ble yr allforid y mwyn.

Mines - It is said that the Romans dug for lead in the Bwlchtocyn area but the evidence is scarce. However, there was much activity here in the nineteenth century and the remains can still be seen on some pieces of derelict land today. At one time more copper was mined at the Pant Gwyn Mine than any other place in Wales. The other main ore was lead with a little iron and manganese.

Miners from Cornwall. - Miners from Cornwall came here with their great experience of mining. Houses were built for them and named Cornish Row (since destroyed) and a school that can be seen on the left as you climb the path from the beach.

The track to Penrhyn Du - The path that runs from east to west follows the tramway track (1840) that carried ore from Llanengan to a landing stage at Penrhyn Du.

TAITH CILAN

Porth Ceiriad - Un o draethau harddaf a mwyaf poblogaidd Llŷn. Gerllaw mae Nant-y-Big lle magwyd y Prifardd Alan Llwyd.

Y Frân Goesgoch - Dyma aderyn hardd gyda phig a choesau coch o deulu'r brain sy'n arbennig i arfordir Llŷn a Phenfro. Mae'n hoff o chwilota am ei fwyd ar ben gelltydd y môr. Mae'n hedfan yn acrobatig a'i llais yn hollol wahanol i'r brain.

Porth Neigwl - Erbyn hyn mae'r bae hwn yn denu syrffwyr gydol y flwyddyn. Flynyddoedd yn ôl cai'r llongau hwyliau eu dal rhwng Trwyn Talfarach, Rhiw a Thrwyn Cilan. Gyda gwynt de-orllewin ar eu cefnau ni allent ddianc a chollwyd llawer iawn ohonynt.

Llanengan - Dywedir i glychau Eglwys Sant Einion ynghyd â'r sgrin hardd ddod yma o Ynys Enlli pan ddifrodwyd yr Abaty. Cedwir trysorau'r eglwys yn y gist, sef Cyff Engan. Mae tri chlo arni fel bod rhaid i'r person a'r ddau warden fod yma i'w hagor. Y tu cefn i'r eglwys mae Tan y Fynwent (le cedwir allwedd yr eglwys) ac yno gwelir Ffynnon Engan. Cyflawnwyd lawer o wyrthiau yma.

Porth Ceiriad - One of the most beautiful and popular of Llŷn's beaches. Nearby is Nant-y-Big where the poet Alan Llwyd was raised.

The Chough - This is a beautiful bird with a red beak and legs, a member of the crow family and is found on the coast of Llŷn and Pembrokeshire. It gathers its food on the slope above the sea cliffs. It glides acrobatically in flight and its call is very different to that of the crows.

Porth Neigwl (Hell's Mouth) - By now this bay attracts surfers throughout the year. Years ago sailing ships were caught between Trwyn Talfarach, Rhiw and Trwyn Cilan. With the wind in the south west on their backs they could not escape and many were lost.

Llanengan - It is said that the bells of St Einion's church and the beautiful screen came here from Ynys Enlli (Bardsey Island) when the Abbey was destroyed. The church's treasures are kept in the chest called Cyff Engan. There are three locks on it so that the vicar and two wardens are present when it is opened. Behind the church is Tan y Fynwent where the key to the church is kept. Engan's Well, where many miracles were performed can be seen here.

TAITH PEN Y GAER

Llangian - Dyma bentref a enillodd wobrau am fod yn un o'r pentrefi tlysaf yng Nghymru. Yma mae Eglwys Sant Cian ac ynddi mae nifer o blaciau i goffau aelodau o deulu Nanhoron. Ceir carreg fedd o'r chweched ganrif yn y fynwent. Mae'n anghyffredin iawn am ei bod yn coffau meddyg, Melus mab Martinus. Dyma'r unig garreg yng Nghymru a Lloegr i goffau un mewn swydd seciwlar. (Cedwir allwedd yr eglwys yn siop y pentref). Roedd Smyrna, enw capel y pentref, yn un o'r Saith Eglwys Fore.

Pen y Gaer - Codwyd y gaer o Oes yr Haearn mewn man delfrydol i gadw golwg ar ardal eang. Does fawr o'r gaer i'w gweld heddiw gan iddi gael ei difetha gan amaethwyr a mwyngloddwyr. Oddi yma gellir gweld Garn Fadryn, Garn Boduan a'r Eifl lle mae olion ceirydd cyffelyb.

Llangian - This village won the prize for being one of the most beautiful in Wales. Here stands the church of St. Cian that contains a number of plaques to remember members of the Nanhoron family. There is a sixth century gravestone in the graveyard. It is very unusual as it commemorates a doctor, Melus son of Martinus. It is the only stone in England and Wales that commemorates a secular person. (The church key is kept in the village shop). Smyrna, the name of the village chapel, was one of the Seven Early Churches.

Pen y Gaer - The Iron Age fort was built in an ideal spot to look over a wide area. Very little of the fort remains today as it was destroyed by farmers and miners. From here Garn Fadryn, Garn Boduan and The Eifl, where there are similar hill forts, can be seen.

TAITH CASTELLMARCH

Castellmarch - Gosodwyd y garreg sylfaen yn 1625 a chodwyd y plasty sydd a'i bensaerniaeth yn nodweddiadol o'r cyfnod. Dywedir fod March ap Meirchion a drigai yng Nghastellmarch yn un o farchogion Arthur. Mae'r chwedl amdano'n enwog.

Roedd gan March glustiau ceffyl a chywilyddiai yn fawr am hyn. 'Doedd neb ond ei farbwr yn gwybod y gyfrinach ac yntau dan siars i beidio dweud wrth neb. Ond roedd yn pwysu gymaint arno fel y bu'n rhaid i'r barbwr sibwrdd y gyfrinach ymhlith yr hesg ar lan afon Soch. Un dydd roedd gwledd yng Nghastellmarch a daeth cerddorion o bob rhan o'r wlad yno. Arhosodd pibydd wrth lan afon Soch a thorri pib o blith yr hesg. Chwaraeodd ei bib yn y wledd a'r unig nodau ddaeth allan ohoni oedd 'Mae clustiau ceffyl gan March'. Dychrynodd March wrth glywed hyn, ond yn groes i bob disgwyl ni chynhyrfodd neb o gwbl na chwerthin am ei ben.

Eglwys Sant Garmon - Hon yw eglwys Babyddol Abersoch a gysegrwyd i'r esgob Llydewig Garmon. Mae sawl Llanarmon yng Nghymru. Agorwyd yr eglwys yn 1956.

Castellmarch - Its foundation stone was laid in 1625 and a mansion was built that is typical of the period. It is said that March ap Meirchion who dwelt in Castellmarch was one of King Arthur's Knights. The legend about him is well known.

March had the ears of a horse of which he was very ashamed. No one but his barber knew this secret and he was charged not to tell anyone. But the pressure on him was so great that he had to whisper the secret to the reeds on the banks of Afon Soch. One day there was a feast at Castellmarch and musicians from all parts of the country came there. A piper stayed by the banks of the Afon Soch and cut a pipe from the reeds. He played his pipe at the feast and the only notes that came out were 'March has the ears of a horse' March was frightened when he heard this but contrary to expectations no one was excited and no one laughed at him.

St Garmon's Church - This is the Abersoch Catholic Church and is dedicated to the Breton Bishop Garmon. There are numerous Llanarmon's in Wales. The church was opened in 1956.

TAITH FFYNNON FYW

Mynydd Tir Cwmwd - Ar lethrau'r mynydd, uwch ben y môr bu yma dair chwarel ithfaen yn cynhyrchu sets a metlin. Cerddai llawer o'r chwarelwyr dros y mynydd o Lanbedrog. Ar y traeth gwelir olion y stej lle llwythid y llongau.

Aderyn Drycin y Graig - Yn y gwanwyn daw aderyn drycin y graig i'r lan ar ôl treulio'r gaeaf allan ym mhellafoedd y môr. Mae'n debyg iawn i wylan ond yn gleidio heb orffwyso am hydoedd. Bydd yn nythu ar greigiau'r chwarel.

Cerflun Mynydd Tir y Cwmwd - Codwyd y cerflun presennol ar Fynydd Tir y Cwmwd yn 2002. Cynlluniwyd ef gan Berwyn Jones a'i wneud gan Huw Jones. Hwn yw'r trydydd. Codwyd y cyntaf gan Solomon Andrews ar ôl y Rhyfel Byd Cyntaf, a chodwyd un arall yn ei le o waith Simon Van de Put yn yr 1980au.

Oriel Plas Glyn y Weddw - Mae Plas Glyn y Weddw erbyn hyn yn oriel safonol iawn gydag arddangosfeydd ynddi gydol y flwyddyn. Codwyd yr adeilad fel cartref iddi'i hun gan weddw Syr Love Jones Parry o Fadryn. Yn ogystal ag arddangosfeydd celf gwelir casgliad o lestri Nantgarw ac Abertawe a hanes teulu Solomon Andrews.

Eglwys Sant Pedrog, Llanbedrog a theulu Madryn - Codwyd rhan hynaf yr eglwys yn y C13. Ymosodwyd ar yr adeilad yn ystod y Rhyfel Cartref gan fyddinoedd Cromwell ac fe'i defnyddiwyd fel stabl gan Sieffre Parry. Ond yn rhyfedd iawn fe briododd ef ag etifeddes teulu o frenhinwyr lleol. Ganwyd mab iddynt a'i alw'n Love God Parry. Dyna gychwyn y teulu Love Jones Parry o Fadryn. Bu'r mab yn gymwynaswr mawr i'r eglwys a choffeir aelodau o'r teulu oddi mewn a thu allan i'r adeilad.

Ffynnon Fyw - Dyma un o ffynhonnau enwocaf Cymru. Gwelir dwy ffynnon yn un - un i ymolchi ac un i yfed ohoni. Roedd unwaith fur o'i chwmpas ac adeilad lle trigai ceidwad y ffynnon. Roedd ei dŵr yn rhinweddol yn arbennig at anhwylderau'r llygad. Yn ddiweddar cafodd ei hadfer gan Gyngor Gwynedd.

Mynydd Tir y Cwmwd - On the slopes of the mountain, above the sea, there were three granite quarries producing sets and road metaling. Many of the quarrymen walked over the mountain from Llanbedrog. On the beach the remains of the jetty where the ships were loaded can be seen.

Fulmar Petrel - In the spring the Fulmar returns to the main land after spending the winter far out at sea. It is similar to the seagull but glides for long distances without resting. It nests on the quarry cliffs.

The Mynydd Tir y Cwmwd Sculpture - The present sculpture was raised on Mynydd Tir y Cwmwd in 2002. Designed by Berwyn Jones and made by Huw Jones. This is the third, the first was raised by Solomon Andrews after the First World War and the second in the 1980's designed by Simon Van de Put.

Plas Glyn y Weddw Art Gallery - By now Plas Glyn y Weddw is a very prestigious Art Gallery with exhibitions throughout the year. The building was constructed as a home for herself, by the widow of Sir Love Jones Parry of Madryn. In addition to the art exhibition a collection of Nantgarw and Swansea pottery and the history of the Solomon Andrews family can be seen.

St Pedrog's Church, Llanbedrog and the Madryn family - The oldest part of the church dates from the C13. The building was attacked during the civil war by Cromwell's men and was used as a stable by Sieffre Parry. He surprisingly was to marry the heiress of a local royalist family. A son was born to them and named Love God Parry. That was the start of the Love Jones Parry family from Madryn. The son was a great patron of the church and members of the family are remembered inside and outside the bulding.

Ffynnon Fyw - This is one of the most famous wells of Wales. Two wells in one can be seen, one to wash and one to drink from. It was once surrounded by a wall with a dwelling for the wells' custodian. The water had healing properties especially for eye ailments. It was renovated recently by Gwynedd Council.

COD CEFN GWLAD

Parchwch - Gwarchodwch - Mwynhewch

- Byddwch yn ddiogel – cynlluniwch o flaen llaw a dilynwch unrhyw arwyddion
- Gadewch giataiau ac eiddo fel rydych chi'n eu cael nhw
- Gofalwch eich bod chi'n gwarchod planhigion ac anifeiliaid, ac ewch a'ch sbwriel gartref
- Cadwch eich ci dan reolaeth dynn
- Byddwch yn ystyriol o bobl eraill

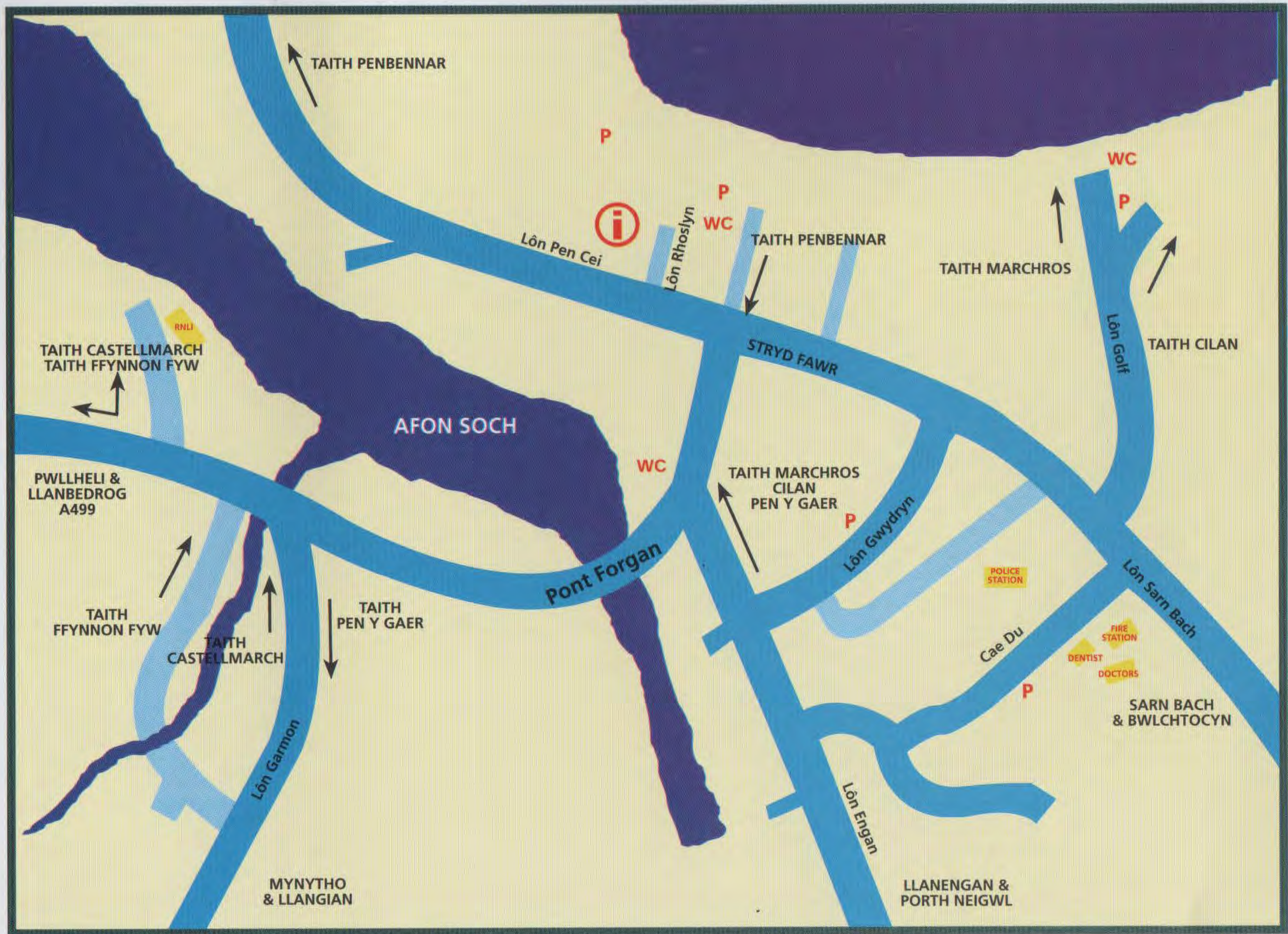
"Os dilynwch chi'r Cod Cefn Gwlad lle bynnag y byddwch chi'n mynd, fe allwch chi fwynhau i'r eithaf. Fe fyddwch chi hefyd yn helpu i warchod cefn gwlad y n awr ac ar gyfer cenedlaethau'r dyfodol."

COUNTRYSIDE CODE

Respect - Protect - Enjoy

- Be safe- plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plant and animals, and take you litter home
- Keep dogs under close control
- Consider other people

"Follow the Countryside Code wherever you go. You will get the best out of the countryside and help to maintain it now and for the future."



The Virtual Guide To Abersoch
www.Abersoch.co.uk

Penllyn.Com
<http://www.penllyn.com>

Cymdeithas Masnach a Thwristiaeth Ardal Abersoch
 Abersoch District Trade and Tourism Association
www.abersochtouristinfo.co.uk

TEITHIAU CERDDED ABERSOCH

