

Clwb Cerdded Crwydro Caron *Crwydro Caron Walking Club*

2010

Rwyf wedi dewis y teithiau isod(o leiaf)
fel rhan o'm hymrwymiad 5 y flwyddyn.

Enw'r daith	Dyddiad	Wedi'i wneud ✓
1. _____	_____	<input type="checkbox"/>
2. _____	_____	<input type="checkbox"/>
3. _____	_____	<input type="checkbox"/>
4. _____	_____	<input type="checkbox"/>
5. _____	_____	<input type="checkbox"/>

Walk name	Date	Done it ✓
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**I have chosen the above walks (minimum)
as part of my 5 a year commitment.**



sefydlwyd/established 2003

Mae Clwb Cerdded Crwydro Caron yn ddiolchgar i'r canlynol am eu cymorth ariannol:

Clwb Cerdded Crwydro Caron is grateful for the financial support of the following:



www.cerddedtregaron.co.uk/www.walktregaron.co.uk
daf@cerddedtregaron.co.uk

Pwysig

- Rhaid ichi fod yn sicr eich bod yn gallu llwyddo i gerdded unrhyw daith rydych chi'n ymuno â hi.
- Bydd y rhan fwyaf o deithiau yn mynd i'r mynydd, felly rhaid ichi gario'r pethau hyn bob amser: esgidiau cerdded cryfion, siaced a throwsus glaw, dillad cynnes, menig a het, digon o ddwr a/neu ddiod boeth, pecyn o fwyd, tameidiau bwyd, chwiban a chymorth cyntaf personol. Gofynnwch i Ysgrifennydd y Clwb am fwy o wybodaeth ynghylch cyfarpar.
- Cedwir at y Cod Cefn Gwlad bob amser.
- Gall newid yn y tywydd effeithio ar y daith, bydd penderfyniad yr arweinydd yn derfynol ymhob achos.
- Gofynnir ichi rannu ceir a chostau trafndiaeth gyda cherddwyr eraill.
- Sylwch mai chi eich hunan sy'n llwyr gyfrifol am eich gweithredoedd eich hun. Ni all y Clwb, ei swyddogion, nac arweinwyr y daith gerdded dderbyn unrhyw gyfrifoldeb am unrhyw ddamwain, colled, na niwed o ganlyniad ichi fynychu'r daith gerdded.

Important

- You must satisfy yourself that you are able to do any walk that you join.
- Most walks visit the mountains and you must bring the following with you every time: walking boots, waterproof jacket, waterproof trousers, warm clothing, gloves and hat, plenty of water and/or hot drink, packed lunch, snacks, a whistle and personal first aid. Further advice regarding equipment is available from the Club Secretary.
- The Countryside Code will be followed at all times.
- A change in weather can affect a walk and the Leader's decision, in all cases, will be final.
- Please share lifts and transport costs with the other walkers.
- Please note that you are totally responsible for your own actions. The Club, its officers and walk leaders will not be held responsible for any accident or loss incurred as a result of attending a walk.

Swyddogion y Clwb/Club Officials

Cadeirydd/Chair

Ian Tillotson 01974 298329

Is Gadeirydd/Vice Chair

Chris Bell 01570 471071

Trysorydd/Treasurer

Emyr Wyn Jones 01570 493633

Ysgrifennydd/Secretary

Dafydd Wyn Morgan 01974 298150

Swyddog Llwybrau/Footpath Officer

Aled Garner 01974 298734

Ysgrifennydd Aelodaeth/Membership Secretary

Frances Heneghan 01974 298150

Swyddog Rhaglen/Programme Officer

Lawrence Martin 01974 298166

Ysgrifennydd Cofnodion/Minutes Secretary

Helen Jones 01974 493633

Swyddog Ieuenctid/Youth Officer

Shan Jones 01974 298752

Swyddog Adloniant/Entertainment Officer

Andrew McConochie 07890 767511

Sad/Sat 4 Medi/Sept 10.00am

10 milltir/miles 5 awr/hours Gradd/Grade B Gwen Cutter 01974 298309

Taith milltir Sgwâr/Home Abode walk

Darganfyddwch y tirwedd ar eich stepen drws. *Discover the landscape on your doorstep.*

Sad/Sat 11 Medi/Sept 10.30am

12 milltir/miles 6 awr/hours Gradd/Grade C Philippa Hall 01570 493189

Afon Mawddach & Y Bermo

Cwrdd: Maes Parcio Penmaenpool. Aber hardd a'r Sphinx, gorffen gyda phryd o bysgod a sglodion yn y Bermo. Angen arian 2 doll a bws.

Meet 10.30am Penmaenpool car park. A beautiful estuary, the Sphinx and fish & chips in Barmouth. 2 Bridge tolls + bus fare.

Sad/Sat 18 Medi/Sept 8.30am

14 milltir/miles 7 awr/hours Gradd/Grade B/C

Clawdd Offa's Dyke: Knighton to Kington

Andrew McConochie 07854 088142 & Helen Thomas 07890 767511.

Llwybr Clawdd Offa-angen arian i'r bws. *Offa's Dyke Path. Money for bus required.*

Sad/Sat 25 Medi/Sept 7.00am

8 milltir/miles 5 awr/hours Gradd/Grade B/C Dafydd Wyn Morgan 01974 298150

Yr Wyddfa/Snowdon

8^{fed} taith blynyddol gan ddilyn llwybr y PYG. 8th annual walk following the PYG track.

Sad/Sat 2 Hydref/October 10.00am

5 milltir/miles 3 awr/hours Gradd/Grade C Dafydd Wyn Morgan 01974 298150

Taith Gelf Ogwyn Davies Art Trail

Rhan 3/ Part 3: Capel Ebeneser a Thŵr y Dderi

Sul/Sun 10 Hydref/October 10.00am

9 milltir/miles 5 awr/hours Gradd/Grade B Jim Cowie 01974 831639

Devil's Bridge & Ponterwyd

Cylchdaith o amgylch Cwm Rheidol ar gaeau, corsdir a choedwig. Ymweld â'r George Borrow ar y diwedd. Esgyniad o 1800 tr. *Circular walk around the Rheidol Valley with varied field, woodland & moorland walking. Visit to George Barrow at finish. 1800 ft of ascent*

Sad/Sat 16 Hydref/October 9.00am

7 milltir/miles 4 awr/hours Gradd/Grade B Emyr Wyn Jones 01570 493633

Mynydd Ceredig & Charn Ingli

Cwrdd:Maes Parcio Meddygfa Llanbed. Mynydd-dir a llwybrau coedwig. Serth i ddechrau.Tafarn Sinc ar y diwedd. Meet: Lampter Surgery carpark. Moorland hill paths and woodland tracks. *Initial steep climb. Tafarn Sinc at end of walk.*

Sad/Sat 23 Hydref/October 10.00am

8 milltir/miles 4 awr/hours Gradd/Grade B Avarinah Wyn Davies 01974 298259

Llyn Berwyn

Cylchdaith o Nantymaen/Diffwys. *Circular walk from Nantymaen/Diffwys.*

Sad/Sat 30 Hydref/October 10.00am

3 milltir/miles 2 awr/hours Gradd/Grade A Ian Tillotson 01974 298329

Cors Caron

Lliwiau'r Hydref ar y Gors. *The autumn colours of the bog at its best.*

Sad/Sat 6 Tachwedd/Nov 10.00am

6 milltir/miles 3 awr/hours Gradd/Grade B Elgan Evans 01974 298752

Tregaron – Llanddewi Brefi

Yn cynnwys diod yn y Foelallt. *Including a call at the Foelallt Inn for refreshments*

Llun/Mon 27 Rhagfyr/Dec 10.00am

4 milltir/miles 2 awr/hours Gradd/Grade A/B Dafydd Wyn Morgan 01974 298150

8^{fed} Taith Taclor Twrci/ 8th Tackle That Turkey walk

Taith cymunedol blynyddol y clwb. *The annual community family walk.*

You MUST phone the walk leader in advance before joining any walk

Sad/Sat 30 Ionawr/January 10.00am Cors Caron/ Tregaron Bog
3 milltir/miles 2 awr/hours Gradd/Grade A Ian Tillotson 01974 298329
Dewch i weld y gors yng ngogoniant y Gaeaf. See the bog with its winter coat.

Sad/Sat 13 Chwefror/February 9.00am Clych Garn Gron Circular
10 milltir/miles 5 awr/hours Gradd/Grade C Avarinah Wyn Davies 01974 298259
Taith gylch o amgylch Pontrhydfendigaid. Circular walk from Pontrhydfendigaid.

Sad/Sat 27 Chwefror/February 7.00am Pedol Yr Wyddfa/Snowdon Horseshoe
Gradd/Grade D Aled & Teleri Garner 01974 298734.
Cysylltwch a'r arweinyddion am amser a man cwrdd.
Contact leaders for details and to arrange time & meeting place.

Sad/Sat 6 Mawrth/March 8.00am Carneddau
10 milltir/miles 5 awr/hours Gradd/Grade D Lawrence Martin 01974 298166
Ucheldiroedd y Carneddau o Ddyffryn Ogwen. Esgyniad o 3300 tr.
The High Carneddau from the Ogwen Valley. 3300 ft of ascent.

Sul/Sun 21 Mawrth/March 10.00am Llangybi & Denmark Farm
6 milltir/miles 3 awr/hours Gradd/Grade B Dylan Hemmings 01570 423758
Taith byr o amgylch Llangybi gyda Dylan, arweinydd ieuengaf y Clwb.
An easy stroll around Llangybi with Dylan, the club's youngest leader.

Sul/Sun 28 Mawrth/March 10.00am Taith Gelf Ogwyn Davies Art Trail
8 milltir/miles 5 awr/hours Gradd/Grade C Dafydd Wyn Morgan 01974 298150
Rhan 1: Banc y Gwyngoed - cae wrth gae. Part 1: Banc y Gwyngoed - field by field.

Sul/Sun 11 Ebrill/April 9.30am Y Tarranau
10 milltir/miles 6 awr/hours Gradd/Grade C Jim Cowie 01974 831639
Taith grib o Bennal gyda golygfeydd o aber y Dyfi. Esgyniad o 2550 tr.
An upland ridge walk from Pennal with views of the Dyfi estuary. 2550 ft of ascent.

Sad/Sat 17 Ebrill/April Taith Sialens y 15 Copa/ 15 Peak Challenge route
Gradd/Grade D Aled & Teleri Garner 01974 298734.
Yr Wyddfa i Nant Peris: rhan 1 o'r sialens ar Fehefin 12fed. Cysylltwch â'r arweinyddion am amser a man cwrdd. Snowdon to Nant Peris: part 1 of the challenge route being walked on 12 June. Phone leaders to arrange time & meeting place.

Sul/Sun 25 Ebrill/April 9.00am Cwm Pysgotwr
9 milltir/miles 5 awr/hours Gradd/Grade C Chris Bell 01570 471071
Ceunant hudol yn yr Elenydd: Ychydig o sgramblo.
A little-known gorge in the Elenydd. Involves some scrambling.

Sad/Sat 1 Mai/May Taith Sialens y 15 Copa/ 15 Peak Challenge route
Gradd/Grade D Aled & Teleri Garner 01974 298734.
Nant Peris i Fwthyn Ogwen: rhan 2 o'r sialens ar Fehefin 12. Cysylltwch a'r arweinyddion am amser a man cwrdd. Nant Peris to Ogwen Cottage: part 2 of the challenge route. Phone leaders to arrange time & meeting place.

Sad/Sat 8 Mai/May 9.30am Ymweld âg Ogof Twm Sion Cati's cave
7 milltir/miles 4 awr/hours Gradd/Grade B Dafydd Wyn Morgan 01974 298150
Ymwelwch â'r ogof ar ei newid wedd. Visit the refurbished cave

Gwe/Fri 14 – Sul/Sun 16 Mai/May

Penwythnos Ardal y Llynnoedd/ Lake District weekend

Depart approx 1pm on Friday. Saturday: Scafell Pike + more (grade C). Sunday: Wainwright walk (B). Cost: £76 for twin room accommodation + travel costs. Non refundable deposit required by end January. Contact leader for more details.
Emyr Wyn Jones 01570 493633

Sad/Sat 22 Mai/May Taith Sialens y 15 Copa/ 15 Peak Challenge route
Gradd/Grade D Aled & Teleri Garner 01974 298734.
Bwthyn Ogwen i Rowan: rhan 3 o'r sialens ar Fehefin 12. Cysylltwch a'r arweinyddion am amser a man cwrdd. Ogwen Cottage to Rowan: part 3 of the challenge route. Phone leaders to arrange time & meeting place.

Sul/Sun 23 Mai/May 1.00pm Cylch Llanrhystud – Llanon circular
6 milltir/miles 3 awr/hours Gradd/Grade B Sian Davies 01974 272009
Cwrdd: Neuadd Llanrhystud 1.00pm. Hen felin, castell a chlychau'r gog yn y goedwig. Sglodion ar ddiwedd y daith yn Llanon.
Meet: Llanrhystud Hall 1.00pm. An old mill, a castle and bluebells in the woods. Finishing with fish & chips in Llanon.

Sat/Sad 29 May 9.30am Pen y Garn Goch
9 milltir/miles 6 awr/hours Gradd/Grade B Chris Hodgson 01970 617827
Taith ar y cyd gyda Cymdeithas Mynyddoedd Y Cambria yn dechrau yn Llanwrtyd, gan ddefnyddio llwybrau, traciau a Thir Mynediad.
Joint walk with Cambrian Mountains Society starting from Llanwrtyd Wells, using paths, forest tracks and Open Access land.

Sad/Sat 5 Mehefin/June 7.30am Yr Eifl
9 milltir/miles 5 awr/hours Gradd/Grade B/C
Andrew McConochie 07854 088142 & Helen Thomas 07890 767511.
Dewch i ddarganfod Penllŷn. Come and explore the beautiful Llyn Peninsula.

Sad/Sat 12 Mehefin/June Sialens y 15 Copa/The 15 Peak Challenge
Gradd/Grade D Martin Pugh 01974 298989
Copa 15 mynydd yn Eryri mewn 24 awr. Rhaid cysylltu â'r arweinydd cyn Ebrill 1af..
All 15 peaks of Snowdonia in 24 hours. Contact leader to book before 1st April.

Sad/Sat 19 Mehefin/June 8.30am Taith Gelf Ogwyn Davies Art Trail
12 milltir/miles 6 awr/hours Gradd/Grade C Dafydd Wyn Morgan 01974 298150
Rhan 2: Capel Soar i Gapel Bwlchgwynt (siwrne bws am ddim).
Part 2: Soar Y Mynydd to Capel Bwlchgwynt (including free bus journey).

Iau/Thurs 24 Mehefin/June 7.00pm Taith Canol Wythnos/Mid Week Walk
3 milltir/miles 2 awr/hours Gradd/Grade A Yvonne Jones 07796 615487
Taith ar ôl gwaith o amgylch bryniau Tregaron. After work walk in Tregaron area

Sul/Sun 27 Mehefin/June 11.00am New Precipice Walk, Dolgellau
6 milltir/miles 3 awr/hours Gradd/Grade B Margaret Lewis 01341 422601
Cwrdd yn Sgarw Eldon, Dolgellau 10.30am. Golygfeydd godidog o Gadair Idris a Aber y Mawddach. Cerdded rhwydd gyda 2 llethr serth. Angen 20c i'r toll.
Meet Eldon Square, Dolgellau 10.30am. Stunning views of Cadair Idris and Mawddach Estuary. Easy walking with 2 steep hills. 20p needed for toll bridge.

Mae RHAID i chi ffonio'r arweinydd cyn mynychu unrhyw daith

You MUST phone the walk leader in advance before joining any walk

Sad/Sat 3 Gorffennaf/July 1.00pm

Antur yr Elephant Mawreddog/ The Great Elephant Expedition

6 milltir/miles 3 awr/hours Gradd/Grade B Dafydd Wyn Morgan 01974 298150
O'r man torri syched i'r man gorwedd. *From drinking hole to watering hole*

Sad/Sat 10 Gorffennaf/July 8.30am New Radnor & Black Mixen

9 milltir/miles 5 awr/hours Gradd/Grade B/C
Andrew McConochie 07854 088142 & Helen Thomas 07890 767511
Ymchwilwch i Fynyddoedd Radnor a'r golygfeydd godidog.
Explore the mountains of the Radnor Forest and enjoy the fantastic scenery.

Sad/Sat 17 Gorffennaf/July 9.00am

Hwyl gyda map a chwmpawd/ Fun with map and compass

8 milltir/miles 5 awr/hours Gradd/Grade B/C
Chris Bell 01570 471071 & Dafydd Wyn Morgan 01974 298150
Cyfeiriwch eich ffordd o amgylch Drygam Fawr.
Navigate your way around Drygam Fawr.

Iau/Thurs 22 Gorffennaf/July 7.00pm Taith Canol Wythnos/Mid Week Walk

3 milltir/miles 2 awr/hours Gradd/Grade A Yvonne Jones 07796 615487
Taith ar ôl gwaith o amgylch brynau Tregaron. *After work walk in Tregaron area*

Sul/Sun 1 Awst/August 9.30am

Mynydd Cynros & Talylychau

8 milltir/miles 5 awr/hours Gradd/Grade B Chris Hodgson 01970 617827
Ymunwch â'r mynachod Cynmonstratenaid a thrafod man gorffwyd Dafydd ap Gwilym. Taith ar y cyd gyda Ramblers Aberystwyth.
Join the Premonstratensian order of monks and discuss the possible last resting place of Dafydd ap Gwilym. Joint walk with Aberystwyth Ramblers.

Sad/Sat 7 Awst/August 7.15am Taith Arfordirol Sir Benfro/ Pembrokeshire Coastal Path

14 milltir/miles 7 awr/hours Gradd/Grade B/C
Andrew McConochie 07854 088142 & Helen Thomas 07890 767511.
Marloes i Dale. Angen arian i'r bws. *Marloes to Dale. Money for bus required.*
Cwrdd Meddygfa Llanbed/Meet Lampeter Surgery

Sul/Sun 15 Awst/August 9.00am

Llyn Brianne & Chwm Doethie

14 milltir/miles 7 awr/hours Gradd/Grade C
Iain Kempton 01654 700423 & Chris Bell 01570 471071
Cwm Godidog yr Elenydd gyda the a chacs yn Nhŷ'n Cornel.
The Elenydd's most beautiful valley, finishing with tea & cakes at Tŷ'n Cornel hostel

Sad/Sat 21 Awst/August 8.00am

Dihangwch i Fanmoel/ Escape to Manmoel

8 milltir/miles 4 awr/hours Gradd/Grade B Emyr Wyn Jones 01570 493633
Cwrdd: Maes Parcio Meddygfa Llanbed. Taith i'r De yn ardal Cwm Sirhowy
Meet: Lampeter Surgery carpark. A walk 'Down South' overlooking Sirhowy valley

Sad/Sat 28 Awst/August 10.00am

Cwm Marchnant Valley

8 milltir/miles 5 awr/hours Gradd/Grade C Lawrence Martin 01974 298166
Ffair Rhos, Dyffryn Marchnant a draw i Fothi Claerddu.
Ffair Rhos, Marchnant valley to Claerddu bothy.

Mae RHAID i chi ffonio'r arweinydd cyn mynychu unrhyw daith

Croeso cynnes i unrhyw ymwelwyr ac aelodau newydd!

Gallwch ddod ar un neu ddwy o deithiau cerdded y Clwb heb fod yn aelod. Os dyma'r tro cyntaf ichi ddod gyda ni, cofiwch ddewis naill ai gradd A neu B. Gofynnir i gerddwyr nad ydynt yn aelodau i dalu **£2.00** y daith.

Cyn ymuno â'r daith gerdded

Mae RHAID i chi ffonio'r arweinydd cyn mynychu unrhyw daith, rhag ofn bod unrhyw newidiadau wedi digwydd ar y munud olaf.

Y man cyfarfod

Sgwâr Tregaron ydy'r man cyfarfod fel arfer, yma byddwn yn rhannu ceir i fynd â ni i fan cychwyn y daith gerdded. Os bydd man cyfarfod gwahanol, bydd hyn wedi'i nodi ym manylion y daith penodol. Bydd yr arweinydd yn cydlynu rhannu lifft i'r man cychwyn, os na fydd y daith yn dechrau yn Nhregaron. Mi fydd yn bosib i chi gwrdd â'r grwp mewn man sy'n wahanol i'r man cwrdd, gofynnwch i'r arweinydd.

Graddio'r Teithiau

A: Rhwydd B: Canolig C: Anodd D: Anodd iawn

Visitors and New Members welcome

*You don't need to be a member to attend your first couple of walks with the Club, but please choose a grade A or B walk the first time you join us. Non-members are asked to pay **£2.00** per walk.*

Before joining a walk

You MUST phone the walk leader in advance before joining any walk, in case there are any last-minute changes.

Where to meet

We usually meet in Tregaron Square and share lifts to the start of each walk. If there is a different meeting place, this is underlined in the details for the individual walk. The leader will co-ordinate lift sharing to the meeting point between members for all walks, especially those where the meeting point is not in Tregaron. It may be possible to meet the group somewhere else other than the given meeting point, please ask the walk leader.

Grading for the walks

A: Easy B: Moderate C: Hard D: Strenuous