

Go 'Active Travel' in Pembrokeshire



FOR CYCLISTS & WALKERS



I FEICWYR A CHERDDWYR



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park



Llywodraeth Cymru
Welsh Government

'Teithio Llesol' yn Sir Benfro



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Yr Ymddiriedolaeth Genedlaethol & Dai Phillips

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Welcome

Welcome to 'Go Active Travel', the new guide for cyclists and walkers in Pembrokeshire.

Introduction

We have an outstanding network of traffic-free routes and quiet lanes that are ideal for touring, day trips and commuting to work, shopping or just going for a walk or ride as a family.

The traffic-free sections generally have a smooth surface suitable for everyone including small children, anyone with limited mobility and wheelchairs and scooters. The sections marked as 'quiet lanes' have low traffic volumes making them suitable for family walking or cycling, especially at weekends. However, care must be taken at all times as 'quiet lanes' are public highways.

Active Travel

The Active Travel (Wales) Act 2013 aims to make active travel the most attractive option for shorter journeys. Enabling more people to undertake active travel will mean more people can enjoy the health benefits of active travel, help reduce greenhouse emissions, tackle poverty and help our economy grow.

The Act requires local authorities in Wales to produce active travel maps and deliver year on year improvements to active travel routes and facilities. With regard to all new road schemes highway authorities are required to make enhancements to routes and facilities. They also have to pay due regard to the needs of walkers and cyclists in a range of highway functions and along with Welsh Ministers, promote active travel journeys in exercising their function under this Act.

Route highlights

In the north of the county, there are excellent routes from Fishguard and Cilgerran which include stunning sea views and the Teifi Marshes.



The Cardi Bach route runs along the track of the old railway from Cardigan to Cilgerran through the Teifi Marshes wildlife reserve and wildlife centre, reputed to be one of the best wetland reserves in Wales with a wide range of habitats.

In the south, there is a large integrated network, that includes part of the National Cycle Network (NCN) Route 4, which connects Pembroke, Pembroke Dock, Milford Haven, Neyland and Haverfordwest including Withybush, with extensions to Crundale and Broad Haven, Milton, Carew / Sageston / Redberth and East Williamston.

The Brunel Trail (NCN Route 4) runs from the centre of Haverfordwest alongside Merlin's Brook and through Bolton Hill Woods to Johnston, where it then follows Brunel's former Great Western Railway line to Neyland and the marina where you can re-fuel at the nearby café or other eating establishments in the town.

There is also The Dramway, a picturesque route with spectacular views from Stepside to Saundersfoot. It follows the route of the old Saundersfoot Railway through a wooded river valley and then along the seafront to the harbour.

Why not "Park and Pedal" or "Park and Stroll" from the former Iron Foundry at Stepside to Saundersfoot harbour for a bite to eat and perhaps some ice cream? There is free parking at the former Iron Foundry and you can avoid the bustling car parks at Saundersfoot.

At Castlemartin, the route between Bosherton and Stack Rocks includes some of the best views in the county. It takes you from the Green Bridge to St Govan's Head along a spectacular stretch of coast and then on to Bosherton where there is a popular café and pub. From here there is a beautiful walk around the Lily Ponds and on to the beach at Broad Haven South. Please note that cycles are not allowed around the ponds or on the beach.



This route is on the Castlemartin firing range and it is not possible to use the path when the range is in use. Access is restricted to weekends. Live firing notices are published in local newspapers. For information on live firing times, please phone 01646 662367 (recorded message).

Seven of the routes in this guide take you into the Pembrokeshire Coast National Park, including Carew/Sageston (page 18), The Dramway (page 19) and St Davids Airfield (page 23).

The Stack Rocks/Bosherston route is on the Pembrokeshire Coast Path National Trail - a particular treat as most of the 186-mile path is open only to walkers.

Further Information

For further information on specific walking and cycling routes in Pembrokeshire, including detailed route descriptions, please visit Pembrokeshire County Council's website: www.pembrokeshire.gov.uk/activetravel or email: Activetravel@pembrokeshire.gov.uk

For more information about walking and cycling opportunities in the Pembrokeshire Coast National Park please visit the website: www.pembrokeshirecoast.org.uk or telephone: 01646 624800

The Visit Pembrokeshire website contains a wealth of information about walking and cycling in Pembrokeshire. This can be accessed by visiting: www.visitpembrokeshire.com/activities-adventure/

You'll also find details of other activities and adventures as well as places to stay, attractions and events on the Visit Pembrokeshire website at: www.visitpembrokeshire.com



Croeso

Croeso i 'Teithio Llesol', y canllaw newydd ar gyfer beicwyr a cherddwyr yn Sir Benfro.

Cyflwyniad

Yn barod, mae gennym rwydwaith rhagorol o lwybrau di-gerbyd a lonydd distaw sydd yn berffaith ar gyfer teithiau diwrnod, mynd i'r gwaith, siopa neu fynd am dro gyda'r teulu.

Yn gyffredinol mae'r llwybrau di-gerbyd yn llwybrau esmwyth sy'n addas i bawb, gan gynnwys plant, unrhyw un â chyfyngiadau symudedd, cadair olwyn a sgwteri. Mae rhai llwybrau yn 'lonydd tawel' gyda lefel traffig isel ac felly yn addas ar gyfer teuluoedd sy'n cerdded neu feicio, yn enwedig ar benwythnosau. Fodd bynnag, rhaid cymryd gofal wrth deithio ar y 'lonydd tawel' oherwydd eu bod yn briffyrdd cyhoeddus.

Teithio Llesol

Bwriad Deddf Teithio Llesol (Cymru) 2013 yw gwneud teithio llesol ar gyfer siwrnai fyrrach yn fwy deniadol. Wrth gynorthwyo mwy o bobl i ddewis teithio'n llesol gallant deimlo buddiannau iechyd, helpu lleihau allyriadau nwyon tŷ gwydr, herio tlodi ac annog twf yn yr economi.

Gofynna'r Ddeddf i awdurdodau lleol yng Nghymru gynhyrchu mapiau teithio llesol gan ddarparu gwellhad i lwybrau a chyfleusterau teithio llesol o flwyddyn i flwyddyn. Wrth ystyried cynlluniau ffyrdd newydd, mae awdurdodau'r priffyrdd â dyletswydd i ehangu llwybrau a chyfleusterau. Disgwylir iddynt hefyd nodi anghenion cerddwyr a beicwyr mewn amryw o weithrediadau priffyrdd, a hybu siwrnai teithio llesol gyda Gweinidogion Cymru gan weithredu'r Ddeddf hon.

Uchafbwyntiau'r Teithiau

Yng ngogledd y sir, mae llwybrau gwych o Abergwaun i Gilgerran sydd â golygfeydd hyfryd o'r arfordir a Chorsydd Teifi.



Mae llwybr y Cardi Bach yn mynd ar hyd yr hen reilffordd o Aberteifi i Gilgerran drwy Warchodfa Bywyd Gwylt Corsydd Teifi, un o warchodfeydd corstir gorau Cymru sy'n llawn gwahanol gynefinoedd.

Yn ne'r sir mae rhwydwaith integredig fawr gan gynnwys rhan o'r Llwybr 4 o Rwydwaith Beicio Cenedlaethol (NCN). Cysyllta'r Rhwydwaith Penfro, Doc Penfro, Aberdaugleddau, Neyland a Hwlfordd, gan gynnwys Llwynhelyg, ac estyniadau i Crundale ac Aber Llydan, Milton, Caeriw / Sageston / Redberth ac East Williamston.

Mae Llwybr Brunel (NCN Taith 4) yn mynd o ganol Hwlfordd ar hyd Nant Merlin a thrwy Coedwig Bolton Hilton i Johnston, yna dilynir llwybr teithio'r Great Western Railway i Neyland ac i'r marina ble allwch orffwys am banded mewn caffi cyfagos neu ym mwytai'r dref. Yna mae llwybr godidog y Dramffordd gyda golygfeydd ysblennydd o Stepside i Saundersfoot. Dilyna lwybr hen reilffordd Saundersfoot drwy ddyffryn coediog ac yna i lan y môr ac i'r porthladd.

Gallwch 'barcio a beicio' neu 'barcio a cherdded' o'r hen Ffowndri Haearn i Stepside ac yna i borthladd Saunderfoot am damaid i fwyta ac efallai hufen iâ? Mae yna faes parcio am ddim yn y cyn Ffowndri Haearn gan osgoi'r meysydd parcio prysur yn Saundersfoot.

Yng Nghastell Martin, cewch rhai o olygfeydd gorau'r wlad rhwng Bosherton a Staciau Elegug. Mae'n eich tywys ar hyd arfordir anhygoel o Bont Werdd Cymru i Benrhyn Sain Gofan ac yna ymlaen i Bosherton ble mae caffi a thafarn poblogaidd. Yna mae llwybr tîws o amgylch Pyllau Lili Ddŵr ac i'r traeth yn Ne Aber Llydan. Nodwch nid oes hawl i feiciau wrth y pyllau nac ar y traeth.

Mae'r llwybr yma ar faes tanio Castellmartin ac nid yw'n bosib cerdded y llwybr pan mae'r maes yn cael ei ddefnyddio. Mae mynediad wedi ei gyfyngu i benwythnosau. Mae rhybuddion tanio byw yn cael eu cyhoeddi



mewn papurau newydd lleol. Am ragor o wybodaeth am amserau tanio byw, ffoniwch 01646 662367 (neges wedi ei recordio).

Mae saith o lwybrau'r canllaw yn eich tywys i Barc Cenedlaethol Arfordir Penfro, gan gynnwys Caeriw/Sageston (tudalen 18), i'r Dramffordd (tudalen 19) a Maes Awyr Tyddewi (tudalen 23).

Mae llwybr Staciau Elegug/Bosherton ar Lwybr Arfordir Sir Benfro – mae hyn yn unigryw oherwydd mae mwyafrif o lwybr 186 milltir ar gael i gerddwyr yn unig.

Gwybodaeth Bellach

Am ragor o wybodaeth am lwybrau beicio a cherdded penodol yn Sir Benfro, gan gynnwys cyfarwyddiadau manwl i lwybrau, ymwelwch â gwefan Cyngor Sir Penfro: www.sir-benfro.gov.uk/teithiollesol neu e-bostiwch: Activetravel@pembrokeshire.gov.uk

Am ragor o wybodaeth am gyfleoedd beicio a cherdded ym Mharc Cenedlaethol Arfordir Penfro ewch i'r wefan: www.pembrokeshirecoast.org.uk neu ffoniwch: 01646 624800

Hefyd, mae'r wefan 'Visit Pembrokeshire' yn llawn gwybodaeth am feicio a cherdded ym Mhenfro. Ewch i: www.visitpembrokeshire.com/activities-adventure/

Gallwch hefyd gael manylion am weithgareddau ac anturiaethau yn ogystal â lletyau, atyniadau a digwyddiadau: ymwelwch â www.visitpembrokeshire.com



FISHGUARD & GOODWICK - LETTERSTON

ABERGWAUN A WDIG - TRELETERT





CARDIGAN - CILGERRAN
 (Cardi Bach Trail)
ABERTEIFI - CILGERRAN
 (Llwybr Cardi Bach)



LLYSYFRAN LLYSYFRAN

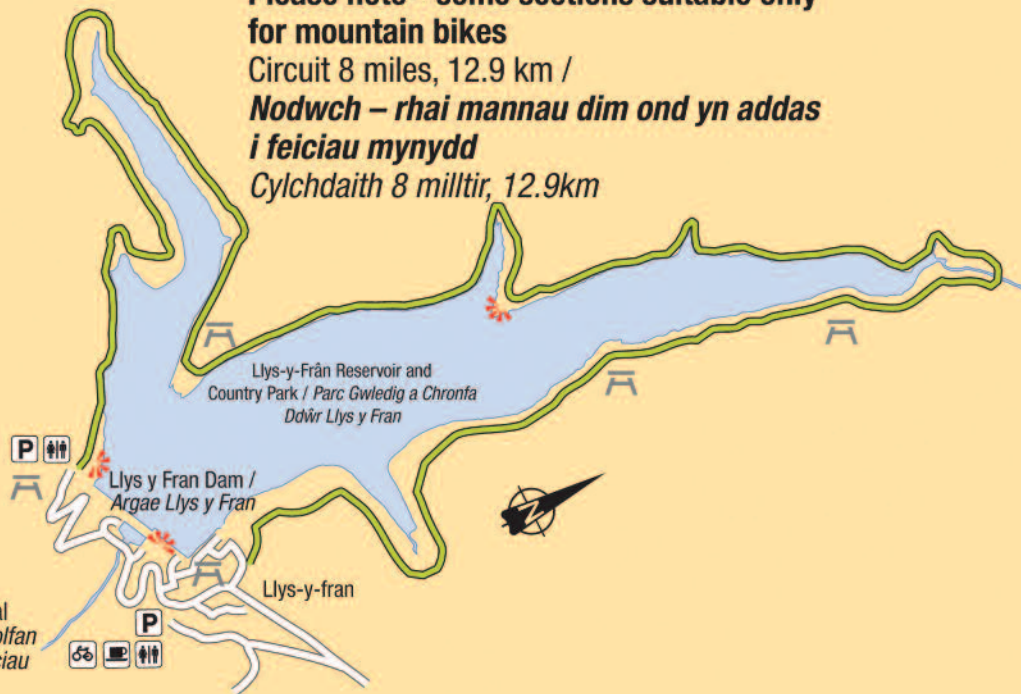


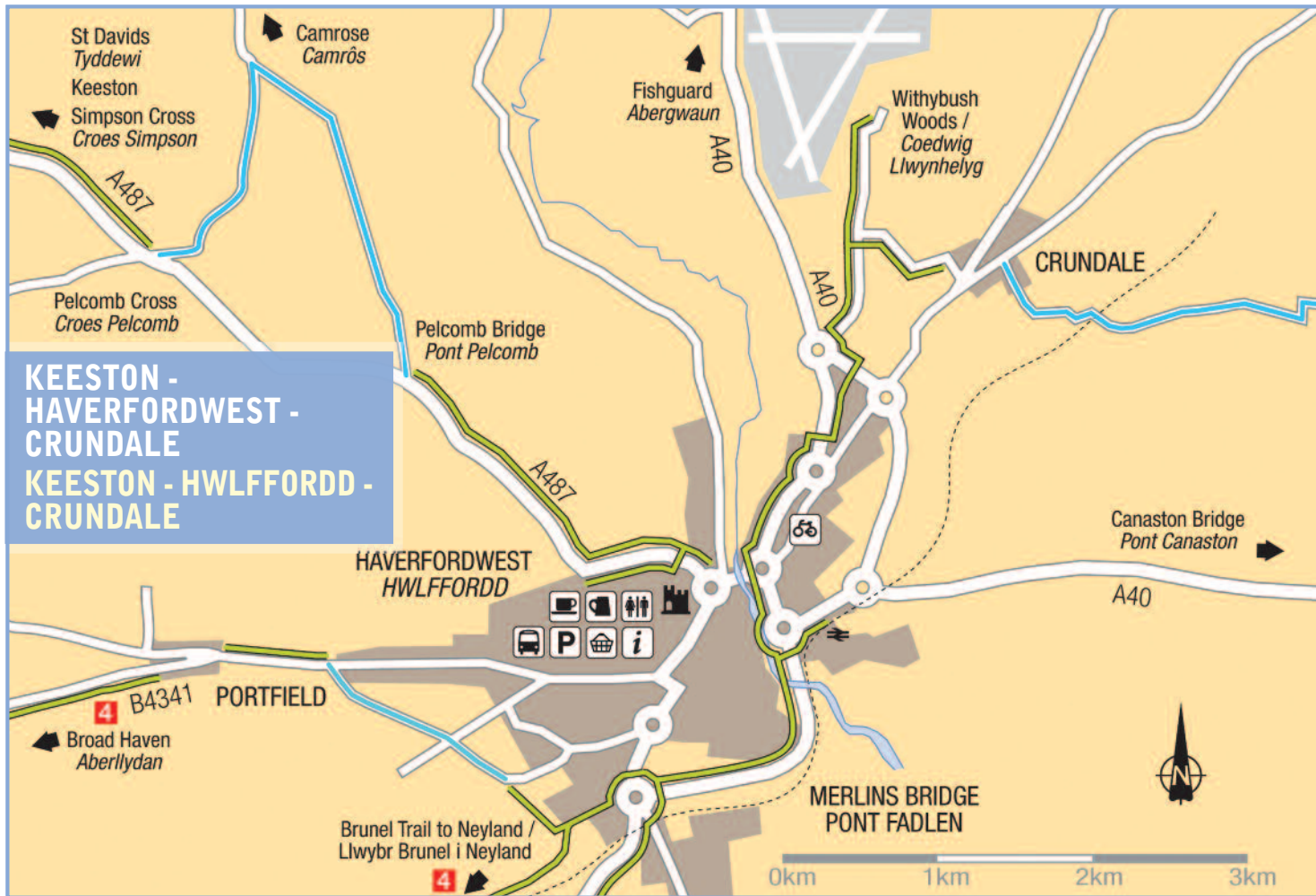
**Please note - some sections suitable only
for mountain bikes**

Circuit 8 miles, 12.9 km /

***Nodwch – rhai manau dim ond yn addas
i feiciau mynydd***

Cylchdaith 8 milltir, 12.9km





HAVERFORDWEST -
BROAD HAVEN

HWLFFORDD -
BROAD HAVEN





HAVERFORDWEST - NEYLAND
(Brunel Trail)

HWLFFORDD - NEYLAND
(Llwybr Brunel)



MILFORD HAVEN - NEYLAND - CLEDDAU BRIDGE

ABERDAUGLEDDAU - NEYLAND PONT CLEDDAU

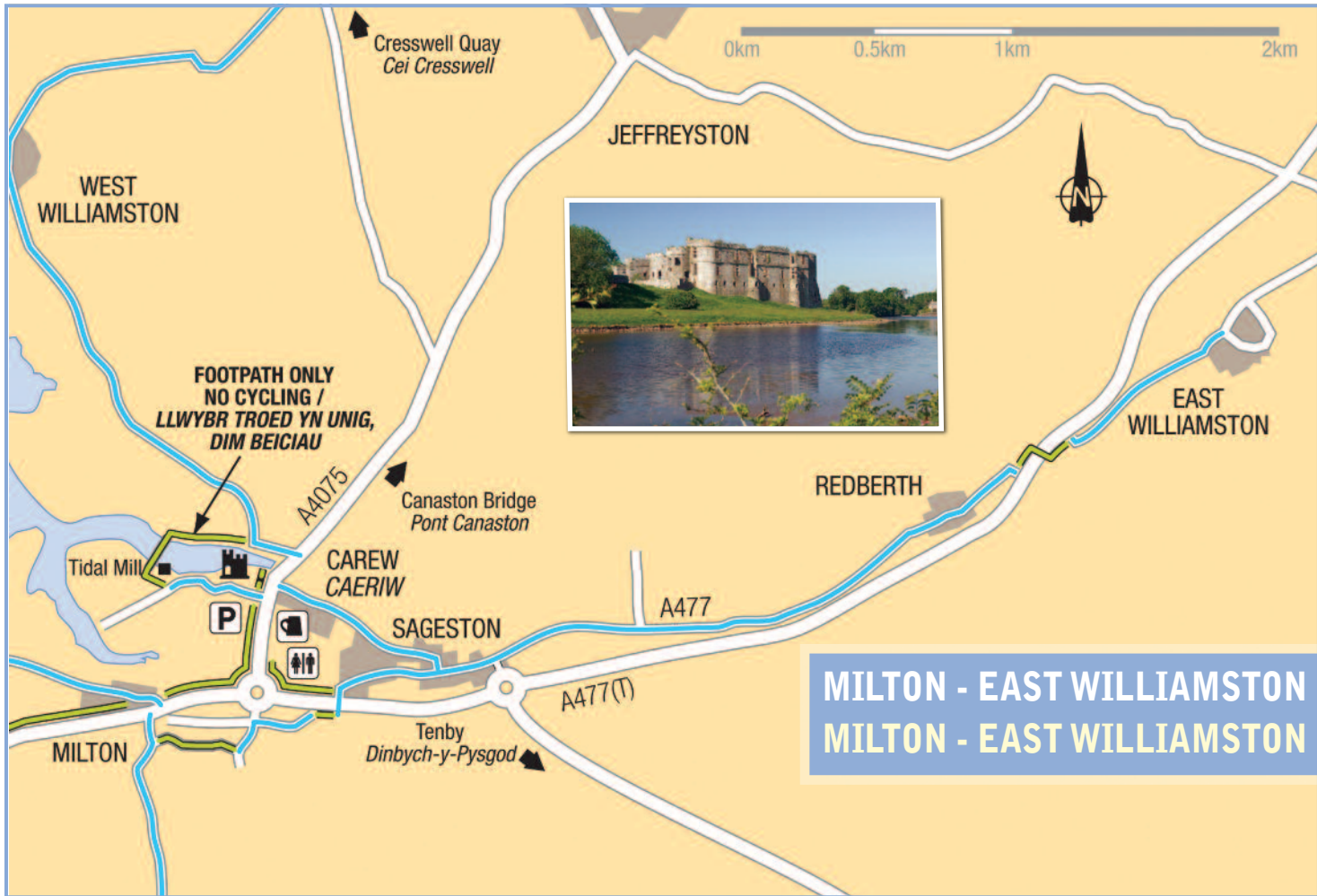


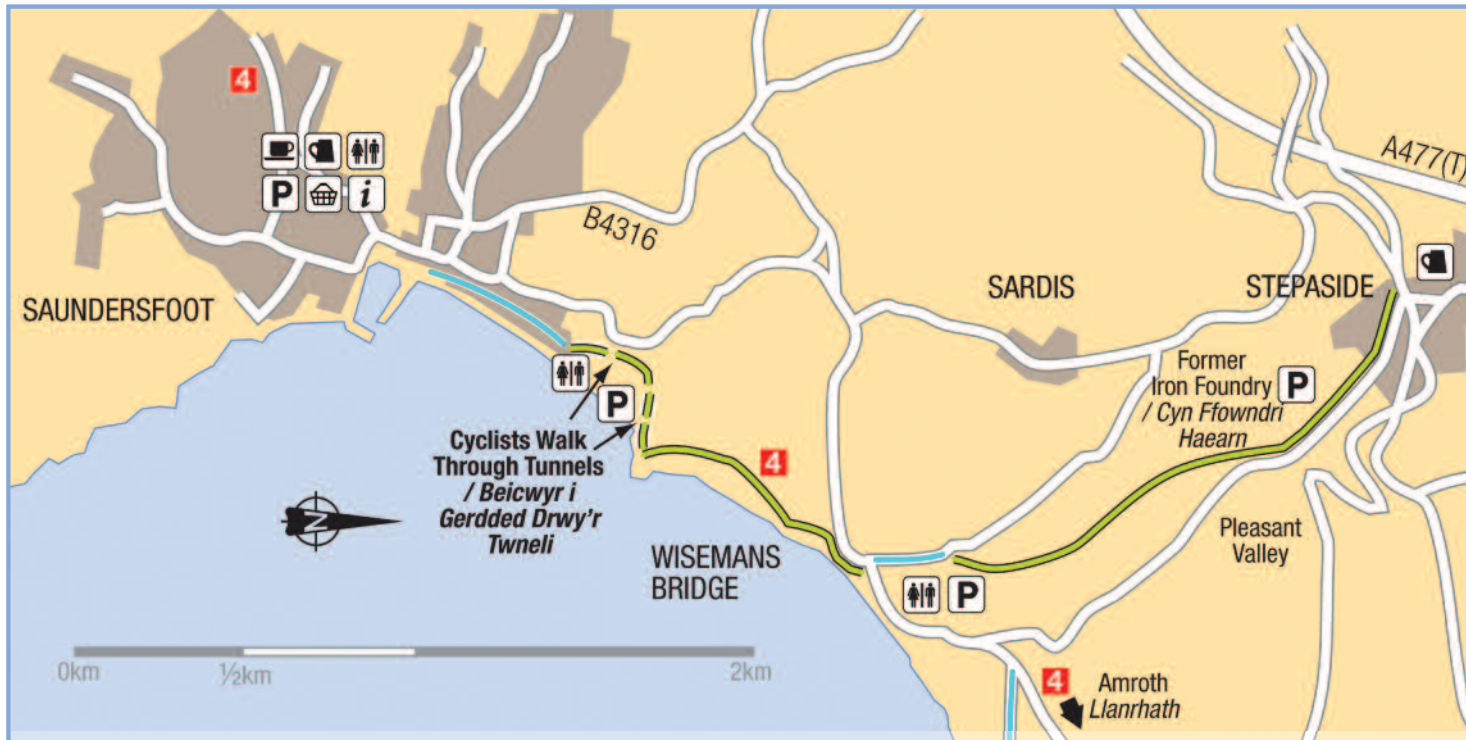


**PEMBROKE DOCK -
PEMBROKE - MILTON**

**DOC PENFRO -
PENFRO - MILTON**







SAUNDERSFOOT - STEPASIDE
(Dramway)

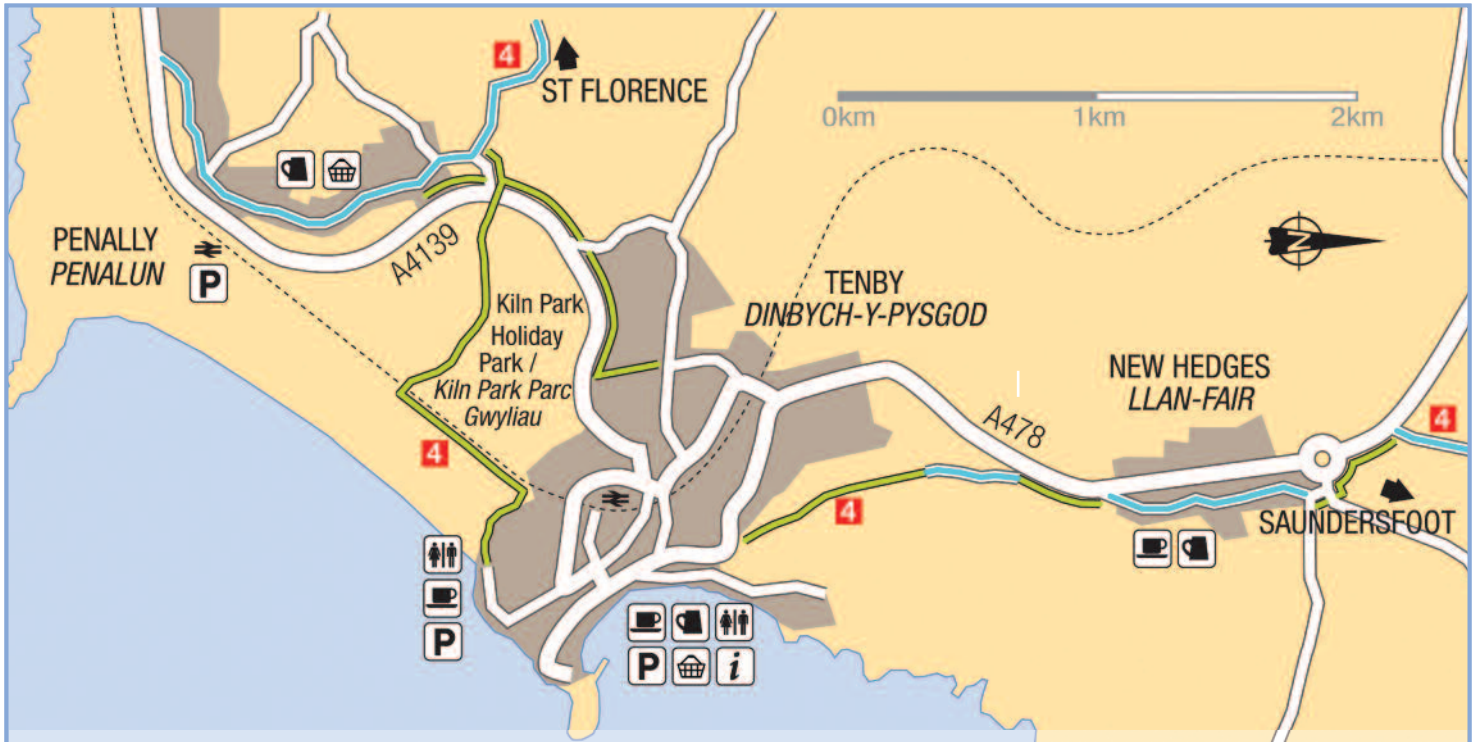
SAUNDERSFOOT - STEPASIDE -
(Dramffordd)



STEPASIDE - AMROTH - COLBY LODGE

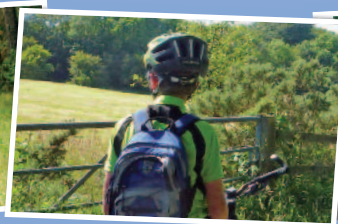
STEPASIDE - AMROTH - COLBY LODGE





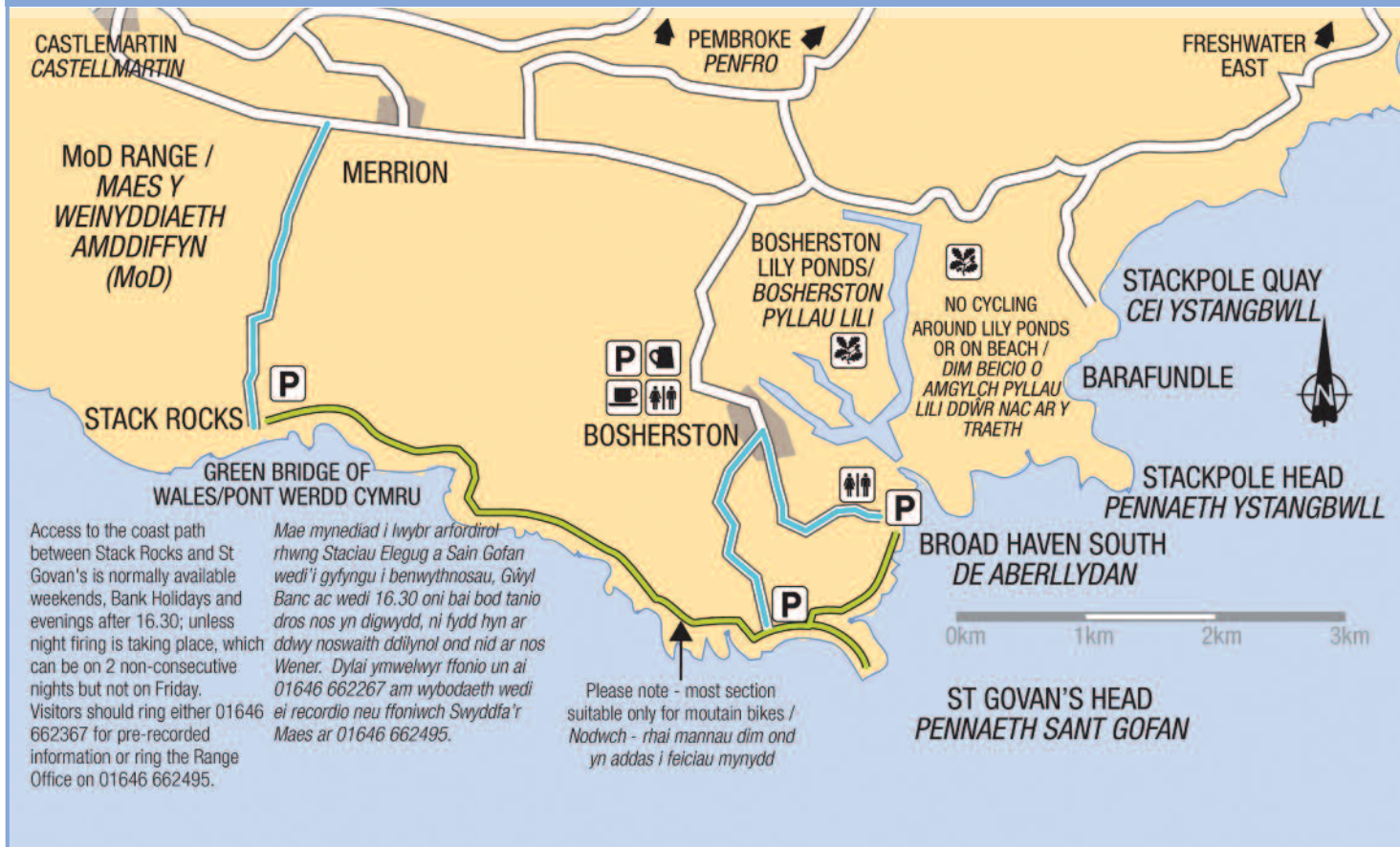
**PENALLY - TENBY -
SAUNDERSFOOT**

**PENALUN -
DINBYCH-Y-PYSGOD -
SAUNDERSFOOT**



CASTLEMARTIN - BOSHERSTON

CASTLEMARTIN - BOSHERSTON





ST DAVIDS - SOLVA TYDDEWI - SOLFACH





Pembrokeshire Trail

The Pembrokeshire Trail extends approximately 35 miles from Newport in the north to Amroth in the south. Circular walks/trails connect with the Trail along its length, enabling access to historic towns and communities.

The Trail was developed with funding from the Rural Development Plan for Wales 2007-2013 which is funded by the Welsh Assembly Government and the European Agricultural Fund for Rural Development and Regional Transport Plan grant.

The Trail is available for walkers along the whole length. For cyclists and horse-riders there are certain parts which are not accessible so alternative routes have been identified.

For further information on the Pembrokeshire Trail including route information, please visit:

www.pembrokeshire.gov.uk/activetravel

Walks for All

The Walks for All guide on the Pembrokeshire Coast National Park website promotes 17 walks of varying length and difficulty that have no stiles or steps. These walks can be found across the National Park and are ideal for families with young children or pushchairs, less able bodied people, and anyone who just wants a leisurely stroll.

Some walks have been surfaced to provide access for wheelchairs, others are footpaths or bridleways where the natural surface has not been changed. Each walk has a map with a description of the route and directions.

The guide also has information on 18 easy access beaches around the Pembrokeshire Coast with detailed information on the nature of the pedestrian access to these beaches, together with information on parking and other facilities.

The Pembrokeshire Coast Path National Trail follows the county's magnificent coastline for 186 miles, from Amroth in the south to St Dogmaels in the north. Many of the routes in the Walks for All guide include a short section of the Pembrokeshire Coast Path, giving a taste of this superb National Trail.

There are over 50 walks of varying accessibility on the Pembrokeshire Coast Path, covering around 25 miles.

The Walks for All guide can be viewed on the National Park Authority website:

www.pembrokeshirecoast.org.uk/walking

Scooting Around in Pembrokeshire

A guide to accessible routes in Pembrokeshire has been produced by the Pembrokeshire Access Group. The guide contains information on over 40 routes across the county, all well within the capacity of most electric scooters and some are accessible by manual wheelchairs with assistance. Copies of the guide can be purchased from the Access Officer at Pembrokeshire County Council, County Hall, Haverfordwest. Price £2.50. For further information please telephone 01437 764551.

Alternatively, the guide can be viewed by visiting the following website:
www.pembrokeshire.gov.uk/activetravel



Go safely!

Some routes include stretches along the cliff-tops where great care needs to be taken, especially in wet or windy weather. Always keep well away from the cliff edge. Sections marked on the maps as 'quiet lanes' have low traffic volumes making them suitable for family walking or cycling. However, care must be taken at all times as 'quiet lanes' are public highways.



Pembrokeshire Coastal Bus Services

Getting to the coast and countryside is a breeze with the dedicated Coastal Buses that help you access walks, beaches, boat trips, local villages and attractions.

The Coastal Buses operate a 'Hail & Ride' service that runs the length of the Pembrokeshire coastline. This means that the entire length of the 186 mile (299km) Pembrokeshire Coast Path National Trail, from St Dogmaels to Amroth, is accessible, enabling you to walk the Coast Path in one direction without having to re-trace your steps.

Pembrokeshire has a great network of buses, with services running to every major town six days a week.

Bus timetables are available online at www.pembrokeshire.gov.uk, from Customer Information Centres or Pembrokeshire County Council on 01437 764551.

For further information on public transport please visit:
www.traveline.cymru/





Llwybr Sir Benfro

Mae Llwybr Sir Benfro oddeutu 35 milltir o Drefdraeth yn y Gogledd i Llanrhath yn y De. Mae llwybrau cylchol yn cysylltu gyda'r Llwybr ar ei hyd, gan roi mynediad i drefi a chymdeithasau hynafol.

Datblygwyd y Llwybr gan gronfa Cynllun Datblygu Gwledig Cymru 2007-2013 a ariannwyd gan Lywodraeth Cynulliad Cymru a Chronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig a grant Cynllun Trafnidiaeth Rhanbarthol.

Mae'r Llwybr ar gael i gerddwyr ar ei hyd. Nid yw pob rhan yn hygyrch i feicwyr a marchogion felly mae llwybrau eraill ar gael.

Am ragor o wybodaeth ar Lwybr Sir Benfro gan gynnwys gwybodaeth ar lwybrau ewch i:
www.sir-benfro.gov.uk/teithiollesol

Llwybrau i Bawb

Mae'r canllaw Llwybrau i Bawb ar wefan Parc Cenedlaethol Arfordir Penfro yn hybu 17 llwybr sy'n amrywio mewn hyd ac anawsterau heb gamfeydd na stepiau. Mae'r llwybrau hyn wedi ei gwasgaru ar hyd y Parc Cenedlaethol ac yn berffaith ar gyfer teuluoedd gyda phlant ifanc a phramiau, pobl llai abl, ac unrhyw un sydd eisiau mynd am dro'n hamddenol.

Mae rhai llwybrau wedi ei haddasu i fod yn addas ar gyfer cadair olwyn, mae eraill yn llwybrau troed neu gefyl sydd ddim wedi ei haddasu. Mae pob llwybr gyda map a disgrifiad a chyfarwyddiadau o'r llwybr.

Mae'r canllaw hefyd gyda gwybodaeth am 18 traeth hawdd eu cyrraedd ar hyd arfordir Penfro, ceir gwybodaeth fanwl am natur mynediad cerddwyr i'r traethau, ynghyd â gwybodaeth am barcio a chyfleusterau eraill.

Mae Llwybr Arfordir Sir Benfro yn dilyn arfordir anhygoel Cymru am 186 milltir o Llanrhath yn y de i Landudoch yn y gogledd. Mae nifer o lwybrau yng nghanllaw Llwybrau i Bawb gyda rhan fechan ar Lwybr Arfordir Sir Benfro, gan roi ychydig o flas ar y Llwybr Cenedlaethol arbennig.

Yn amrywio mewn mynediad mae dros 50 o lwybrau dros 25 milltir ar Lwybr Arfordir Sir Benfro.

Gellir gweld canllaw Llwybr i Bawb ar wefan Awdurdod Parc Cenedlaethol:
www.pembrokeshirecoast.org.uk/walking

O gwmpas Sir Benfro ar sgwter

Mae canllaw i 'lwybrau' hawdd eu cyrraedd yn Sir Benfro wedi cael ei gyhoeddi gan Grŵp Mynediad Sir Benfro. Cynhwysa'r canllaw wybodaeth am dros 40 o lwybrau ar hyd y sir, maent oll yn addas ar gyfer sgwteri electrig a chadair olwyn gyda chymorth. Gallwch brynu copi o'r canllaw gan Swyddog Mynediad yng Nghyngor Sir Penfro, Neuadd y Sir, Hwlfordd. Pris £2.50. Am ragor o wybodaeth ffoniwch 01437 764 551.

Gallwch hefyd weld y canllaw ar y wefan hon: www.sir-benfro.gov.uk/teithiollesol

Cymerwch ofal!

Mae rhai llwybrau yn mynd ar hyd clogwyni, cymerwch ofal wrth gerdded yma a chadwch oddi wrth ymyl y clogwyn yn enwedig mewn tywydd gwlyb a gwyntog.

Mae'r 'llwybrau tawel' ar fapiau gyda lefelau traffig isel ac felly'n addas ar gyfer cerdded a beicio. Ond, cymerwch ofal oherwydd maent yn dal yn briffyrdd cyhoeddus.

Gwasanaeth Bysiau Arfordirol Sir Benfro

Mae cyrraedd yr arfordir a chefn gwlad yn hawdd gyda'r gwasanaeth Bysiau Arfordirol. Gallwch gyrraedd llwybrau, traethau, teithiau cwch, pentrefi lleol ac atyniadau.

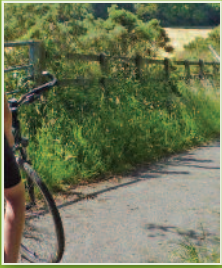
ThMae'r Bysiau Arfordirol yn dilyn trefn 'Bachu Bws' sy'n rhedeg ar hyd arfordir Sir Benfro. Golyga hyn bod holl 186 milltir o Lwybr Arfordir Sir Benfro, o Llanrhath i Landudoch, yn hawdd ei gyrraedd, gallwch gerdded ar hyd yr arfordir mewn un cyfeiriad a dal y bws yn ôl!

Mae gan Sir Benfro rhwydwaith wych o fysiau, gyda gwasanaethau yn rhedeg i'r holl brif drefi chwe diwrnod yr wythnos.

Mae amserlenni bysiau ar gael ar y we: www.pembrokeshire.gov.uk neu o Wasanaeth Gwybodaeth i Gwsmeriaid neu Gyngor Sir Penfro ar 01437 764551.

Am ragor o wybodaeth ar drafndiaeth gyhoeddus ewch i:
www.traveline.cymru/





For further information on specific walking and cycling routes in Pembrokeshire, including detailed route descriptions, please visit Pembrokeshire County Council's website: www.pembrokeshire.gov.uk/Activetravel or email: Activetravel@pembrokeshire.gov.uk

Go 'Active Travel' in Pembrokeshire 'Teithio Llesol' yn Sir Benfro

Am fwy o wybodaeth ar lwybrau cerdded a beicio penodol yn Sir Benfro, yn cynnwys disgrifiadau manwl o'r llwybr, ewch i wefan Cyngor Sir Penfro: www.sir-benfro.gov.uk/teithiollesol neu e-bostiwrch: Activetravel@pembrokeshire.gov.uk

