

## Additional cycling opportunities / Cyfleoedd ychwanegol i seiclo

Explore the countryside on your doorstep with Pembrokeshire County Council's series of cycle rides from towns: Newport, Fishguard, St Davids, Paverfordwest, Milford Haven, Pembroke, Tenby and Saundersfoot. Download a map, cycling description and photo description.

Saundersfoot and Newport have been designated as cycle hubs in Pembrokeshire, with two new cycle packs brought to you by Wales Cycle Weeks detailing a series of day rides, between 1 and 2 miles long, which have been designed for family cycling. Visit [www.cyclepembrokeshire.com](http://www.cyclepembrokeshire.com)

Alternatively Greenways Holidays provide a variety of cycling holiday options including a Celtic Trail Tour, for more information contact - [www.greenwaysholidays.com](http://www.greenwaysholidays.com)

Beth am fynd i weld beth a welch yn yr ardal wledig yn eich milltir sgw? Mae gan yngor Sir Penfro nifer o reidiau beic o drefi fel: Trefdraeth, Bergwaun, Tyddewi, Milfordd, Berdaugleddau, Penfro, Inbych-y-pysgod a Saundersfoot. Allwch lawrwytho map, disgrifiad o'r daith ar droed a ffoto-ddisgrifiad.

Mae Saundersfoot a Threfdraeth wedi cael eu dynodi yn ganolfannau seiclo' yn Sir Penfro, gyda dau becyn seiclo

## Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network, over twelve thousand miles of traffic-free, quiet lanes and on-road walking and cycling routes around the UK. We are the charity making a difference today so everyone can live a better tomorrow.

**Support Sustrans. Join the movement.**

**For more information on routes in your area, or more about Sustrans and how to become a Supporter, visit or call:**

### Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Sustrans yw elusen cludiant cynaliadwy flaenaf y U, yn gweithio ar brosiectau ymarferol fel y gall pobl ddewis teithio mewn ffyrdd a fydd llesol i'w hiechyd a'r amgylchedd. Mae'r elusen wrth gefn llawer o brosiectau arloesol gan gynnwys y Rhwydwaith Beicio Cenedlaethol. Mae'r 1,000 mil o filltiroedd cyntaf o lwybrau beicio a cherdded diogel ac atyniadol wedi eu cwblhau gan ddod i'r Rhwydwaith o fewn cyrraedd un filltir at boblogaeth.

**Cefnogwch Sustrans, Ymunwch i'r Udiad.**

**Am ragor o wybodaeth am lwybrau yn eich ardal, neu ragor am Sustrans a sut i ddod yn cefnogwr, ymwelwch neu ffoniwch:**

[www.sustrans.org.uk](http://www.sustrans.org.uk)  
**0845 113 00 65**

Registered charity number 2761

Aberteifi i Gilgerran  
Cardigan to Cilgerran

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### Cardigan to Cilgerran / Aberteifi i Gilgerran

If you're looking for somewhere to take the family cycling then head towards the Welsh Wildlife Centre at Cilgerran, near Cardigan, and bring binoculars for bird watching

The 'Ardiach' traffic-free cycle route starts from Cardigan Bridge, where you join the cycle path just off the bridge, next to the castle ruins - *Taking care following this section along the river bank.*

Cycle under the new bridge and follow the disused railway line as it winds its way through Welsh Wildlife Reserve.

ar bwys Tafarn y Castell. an bwyll – pan ydych chi'n reidio ar hyd y rhan hon ar lan yr afon.

na seiclwch o dan y bont newydd a dilyn yr hen reilffordd segur sy'n mynd trwy archodfa ywyd wylt ilgerran. Mae anolfan ywyd wylt ilgerran yn fan berffaith i stopio er mwyn cael lluniaeth neu gallwch ddod i phicnic a jio'r golygfeydd.

is hoffech seiclo ymhellach gallwch chi reidio ar hyd y ffordd fynedfa i'r ganolfan bywyd gwylt, i gyfeiriad ilgerran. **Sylwer: mae traffig ar y rhan hon o'r ffordd.** rth y fynedfa trowch i'r chwith a dilyn y ffordd gwle 1 .hieyllt, i gyfeiriad 2 , 2 4 .