



Teithiau Penllyn
Teithiau Mynyddig Ardal y Bala
Bala, Eryri, Cymru

Go Bala
Mountain Walks around Bala
Bala, Snowdonia, Wales

Cerdded ynghanol golygfeydd mynyddig trawiadol

Mae ardal y Bala a Phenllyn wedi ei lleoli yn Ne Eryri, Cymru, ardal ardderchog i gerddwyr – lle y gallant fwynhau y profiad o fynyddoedd allan o gyrraedd y dorf. Dim rhyfedd felly fod y Bala yn dref “Croeso i Gerddwyr”. Ceisia’r daflen hon roi braslun o’r cyfleoedd i ddarganfod teithiau cerdded lefel uchel. Mae taflen arall ar gael sef “Teithiau Cerdded i bawb yn ardal y Bala” sy’n disgrifio teithiau fel teithiau golyfaol, teithiau i deuluoedd, llwybrau aml ddefnydd ac eraill.

Yn yr ardal mae sawl llyn, dyffrynnoedd dyfnion gyda afonydd chwim a nentydd a rhaeadrau trawiadol, mynyddoedd geirwon wedi eu ffurfio gan rewlifau a llosgfynddoedd – tir delfrydol i gerdded mynyddoedd. Dyma rai o resymau i ddod i’r Bala i gerdded mynyddoedd:-

- Croeso i Gerddwyr – yn cael ei gydnabod yn swyddogol
- Golygfeydd rhyfeddol Eryri gyda mynyddoedd geirwon bron mor uchel â 3000 tr
- Ardal Llynnoedd Cymru yn cynnwys y llyn naturiol mwyaf yng Nghymru
- Rhwydwraith o llwybrau cerdded wedi eu arwyddo a Mynediad Agored
- Cerdded heb dorfeydd
- Amrywiath y tir, golygfeydd trawiadol
- Bywyd gwylt yn ei gynefin, llawer o warchodfeydd natur/dalgylchoedd dan warchodaeth

Ceir hefyd arweinwyr mynydda lleol gweler (www.VisitBala.org)

Heblaw cerdded, mae llawer o weithgareddau eraill ar gael yn yr ardal fel dringo ac abseilio, rhaffau uchel, rafftio neu gaiacio dŵr gwyn, beicio mynydd, cerdded ceunentydd ac archwilio mwynfeydd – gweler: www.VisitBala.org



Walk among spectacular mountain scenery

Bala & Penllyn, situated in southern Snowdonia, Wales, is a veritable Mecca for walkers - where walkers can enjoy the mountain experience without the crowds. It is little wonder that Bala is a “Walkers are Welcome” town. This brochure outlines some of the opportunities for high-level mountain walks. A separate brochure “Walks around Bala for Everyone” outlines some of the other walks available, such as: scenic walks, family walks, all-ability trails and more.

The area has several lakes, deep valleys with fast flowing rivers and streams with waterfalls and spectacular, rugged mountains shaped by volcanoes and glaciers – ideal terrain for mountain walking. Some of the reasons to “Visit Bala” for mountain walking:

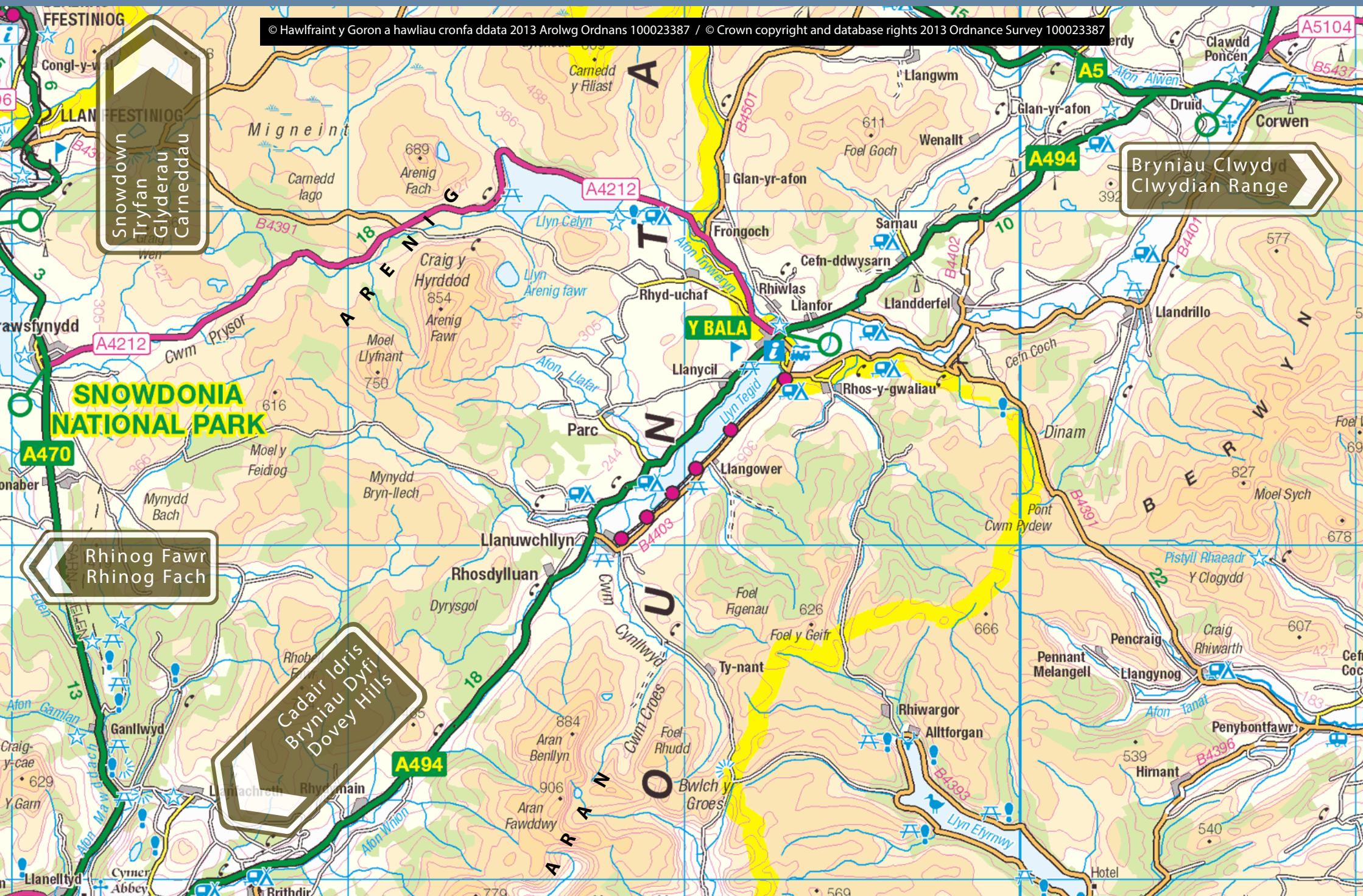
- Walkers are Welcome – officially recognised
- Wonderful scenery of Snowdonia with rugged mountains almost 3,000 ft high
- Welsh Lake District with the largest natural lake in Wales
- Network of way-marked paths, good signage and Open Access
- Walk without the crowds
- Diversity of terrain, spectacular views
- Wildlife is abundant, many protected areas/nature reserves

You can also hire a local mountain guide (www.VisitBala.org).

Its not just walks, there are many other activities available in the area such as climbing & abseiling, high ropes, whitewater rafting & kayaking, mountain biking, gorge walking and mine exploration – go to: www.VisitBala.org



Lleolir y Bala rhwng tri mynydd a'u cadwynau (Yr Aran, Yr Arenig a'r Berwyn) mae rhannau eraill o Eryri o fewn cyrraedd taith fer mewn car
Bala is situated between three mountain ranges (Aran, Arenig & Berwyn) and other parts of Snowdonia are only a short drive away



Rhai o deithiau Mynydd Lefel Uchel

I'r De o'r Bala mae cadwyn **yr Aran** gyda 14 copa sydd yn uwch na 2,000 tr (610m). I'r Gorllewin a'r De-Orrlewin mae cadwyn **yr Arenig** gyda 13 copa yn uwch na 2,000tr. Enwebwyd ardal yr Arenig fel Safle o Ddiddordeb Gwyddonol Neilltuol (SDGN), gyfagos mae'r Migneint, ardal eang o weundir a enwebwyd yn Ardal Gadwraeth Neilltuol (AGN). I'r Dwyrain a'r Gogledd-Ddwyrain o'r Bala mae cadwyn y Berwyn, sy'n cynnwys Hirnant, gyda 24 copa dros 2,000 tr a rhaeadr uchaf Cymru sef "Pistyll Rhaeadr". Mae mynydd **y Berwyn** yn warchodfa natur eang sydd yn gartref i nifer o adar yn eu cynefin naturiol.

Dyma rai o uchafbwyntiau yr ardal:

- Crib yr Aran – cerdded crib glasurol dros Aran Fawddwy (2,969tr/905m) a'r Aran Benllyn (2,903tr/885m)
- Crib y Berwyn sy'n cynnwys Cadair Berwyn (2,723tr/830m), Moel Sych (2,710tr/827m) a Cadair Bronwen (2,710/827m)
- Arenig Fawr (2,801tr/854m) lleoliad cofeb i awyrlu o'r Amerig o gyfnod yr ail ryfel byd.
- Am sialens cyfunwch taith Arenig Fawr a Moel Llyfnant (2,463tr/751m)
- Arenig Fach (2,260tr/689m) a gweundir y Migneint gerllaw.
- Cylchdaith Gogleddol yr Arenig gan gynnwys Carnedd y Filiaid (2,193tr/669m), Carnedd Llechwedd Llyfn (2,108tr/643m) a Foel-boeth (1,954tr/596m)
- Rhobell Fawr (2,408tr/734m) a'r Dduallt (2,172tr/662m)
- Foel Goch (611m) a Moel Emoel (594m) am olygfa ardderchog o Lyn Tegid, tref y Bala a mynyd doedd yr Aran, Arenig a Chadair Idris yn y pellter.

Pwysig

Rhaid i chwi fod yn ymwybodol o'ch diogelwch personol, gan gymryd pob gofal a chymryd sylw o bob rhybudd; dilynwrch y Côd Cefn Gwlad. Gweler hefyd gyngor ar wefan www.GoBala.org (Gwybodaeth/Diogelwch)



Just some of the Mountain Walks

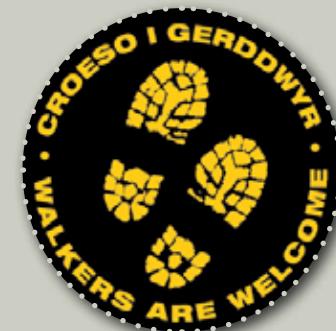
To the south of Bala is the **Aran mountain range** with 14 summits above 2,000 ft (610 m). To the west and south-west of Bala is the **Arenig mountain range** with 13 summits above 2000 ft. The Arenig area is designated as a Site of Special Scientific Interest (SSSI), the Migneint is a large moorland area which is a Designated Special Area of Conservation (SAC). To the east and north-east of Bala is the **Berwyn mountain range**, including Hirnant, with 24 summits above 2,000 ft and Wales's tallest waterfall "Pistyll Rhaeadr". The Berwyn is a vast nature reserve and the home of many species of moorland birds.

Walk among spectacular scenery:

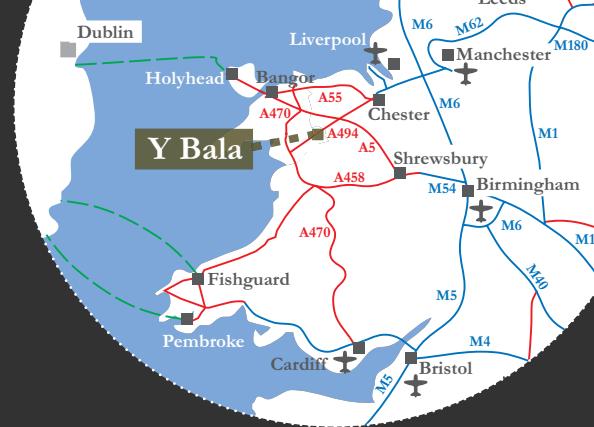
- The Aran ridge – a classic ridge walk, including Aran Fawddwy (2,969 ft/905 m) and Aran Benllyn (2,903 ft/885 m)
- The Berwyn ridge including Cadair Berwyn (2,723 ft/830 m), Moel Sych (2,710 ft/827m) and Cadair Bronwen (2,710 ft/827 m) spectacular views of the Dee valley
- Arenig Fawr (2,801 ft/854 m) with a World-War II airplane-crash memorial
- For a challenge combine Arenig Fawr with Moel Llyfnant (2,463 ft/751 m)
- Arenig Fach (2,260 ft/689 m) flanked by the Migneint moorland
- The northern Arenig circuit: Carnedd y Filiaid (2,193 ft/669 m), Carnedd Lechwedd Llyfn (2,108 ft/643 m) & Foel-boeth (1,954 ft/596 m)
- Rhobell Fawr (2,408 ft/734 m) with Dduallt (2,172 ft/662 m)
- Foel Goch (611 m) and Moel Emoel (594 m) for splendid views of Bala, the lake, Aran, Arenig and as far as Cader Idris.

Important

You must be responsible for your own safety, please heed warnings, follow the Countryside Code & also see Safety and Conduct information at www.GoBala.org (Information/Safety)



Sut i ymweld a'r Bala | Getting to Bala



• London: 4½

• Birmingham: 2½

• Manchester: 1½

• Liverpool: 1½

• Railway stations/Gorsafoedd Rheilffordd:
Wrexham (Wrecsam), Chester &
Barmouth (Abermaw)

• Bus/Bws: www.GoBala.org (Information/Public Transport)/(Gwybodaeth/Cludiant Cyhoeddus)

• More Travel Information/Am fwy o wybodaeth am drafniadaeth:

• www.GoBala.org (Information/Public Transport)

• One-stop public transport information (bus, train, etc.): Traveline: 0871 200 22 33

• Please follow the Countryside Code For safety aspects and terms and conditions of use/Am agweddu diogelwch, telerau ac amodau: www.GoBala.org (Information/Safety)

Tourist Information/Gwybodaeth i Dwristiaid:

- www.VisitBala.org
- www.visitsnowdonia.info
- www.ymweldageryri.info



Tourist Information Centre (TIC)/Canolfan Croeso (part-time & seasonal opening):

Heol Pensarn, Bala, Gwynedd, LL23 7SR;
01678 521021;



E-mail: bala.tic@gwynedd.gov.uk

This brochure is provided by the Bala & Penllyn Tourism Association with assistance from:

- Gwynedd Council
- Bala Town Council, Penllyn Partnership & Bala Business Group

Darparwyd y daflen hon Gymdeithas Dwristiaeth y Bala a Phenllyn gyda chymorth:

- Cyngor Gwynedd
- Cyngor Tref y Bala, Partneriaeth Penllyn a Grŵp Busnesau'r Bala
- Members of Bala & Penllyn Tourism Association/Aelodau Cymdeithas Twristiaeth y Bala a Phenllyn

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Cyfrifiad Euronidol Europeu ar gyfer Ddatblygu Gwylodraethol a Bwdoeddol mewn Ardalau'r Gogledd
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas



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