



# Aberystwyth



Y MUNWCH Â'R MUDIAD  
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MAP TEITHIO LLESOL / ACTIVE TRAVEL MAP

## Canol y Dref / Town Centre



Allwedd - gweler y prif fap  
Key - see main map

## Cysylltu eich siwrnai

### Cerdded a beicio



**Ceredigion.** Am ragor o fanylion am deithio llesol a llwybrau beicio yng Ngheredigion, ewch i: [www.ceredigion.gov.uk/preswylwr/teithio-ffyrdd-a-pharcio/teithio-llesol/](http://www.ceredigion.gov.uk/preswylwr/teithio-ffyrdd-a-pharcio/teithio-llesol/)

**Sustrans.** Porwch, lawrlwythwch a chreu mapiau ar-lein o lwybrau cerdded a beicio lleol. Gallwch hefyd blotio eich siwrnai er mwyn ei rhannu gyda ffrindiau a theulu. [www.sustrans.org.uk/maps](http://www.sustrans.org.uk/maps) Ffôn: 0845 113 0065

Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Nghymru ar ein gwefan: [www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)  
Am ragor o fanylion am lwybrau cerdded a beicio yn Aberystwyth: [www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps](http://www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps)

### Trên a bws



I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafniadaeth gyhoeddus ar gyfer Cymru.

Ewch i [www.traveline.cymru](http://www.traveline.cymru) neu ffoniwch 0800 464 00 00 i gael manylion am wasanaethau bws, coets a z.

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafniadaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwella lleoedd a gofodau i symud drwyddynt a byw ynddynt.

Mae'n bryd i ni gyd wneud dewisiadau gwella yn y ffordd yr ydym yn teithio. Cymerwch y cam a chefnogwch Sustrans heddiw.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.

@ [www.sustrans.org.uk](http://www.sustrans.org.uk)  
0845 113 0065  
[www.facebook.com/sustrans.cymru](http://www.facebook.com/sustrans.cymru)  
@sustranscymru

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## Rhesymau da dros deithio o gwmpas ar droed, beic, bws neu drên

### Er budd eich iechyd a'ch lles

Mae cerdded a beicio i'r gwaith, i'r siopau neu i ymweld â ffrindiau a theulu yn ffyrdd ardderchog i gynnwys gweithgaredd corfforol rheolaidd yn eich arferion bob dydd. Gall hyn eich cynorthwyo i losgi calorïau, lleihau colesterol a gostwng pwysedd gwaed. Mae gweithgaredd corfforol rheolaidd hefyd yn gwella eich hwyliau, eich teimlad o les a gall gynorthwyo i roi hwb i'ch hunan-barch.

Ar y bws neu'r trên, fe gewch amser i fwynhau'r daith - gwrando ar gerddoriaeth, ymgolli mewn llyfr da neu sgwrsio - a thrwy roi gorffwys i'ch cerbyd gallwch arbed arian hefyd!

### Er budd yr amgylchedd

Drwy fynd ar y trên neu'r bws rydych yn lleihau eich allyriadau carbon gan rhwng chwech ac wyth gwaith o gymharu â mynd mewn car. Yn well byth, nid yw cerdded a beicio yn cynhyrchu allyriadau carbon. Mae llai o geir ar y ffordd hefyd yn golygu amgylchedd mwy diogel, yn arbennig ar gyfer plant, a lle mwy dymunol i bawb ohonom.

### Er mwyn arbed arian

Un o fanteision teithio o gwmpas o dan eich grym eich hun yw ei fod yn eithriadol o rad. Dim treth car, dim MOT a dim gofidiau am bris petrol. Os byddwch yn cerdded neu'n beicio'n rheolaidd fe arbedwch ffortiwn!

## Good reasons to get around by foot, bike, bus or train

### For your health and well-being

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. This can help you burn calories, reduce cholesterol and lower blood pressure. Regular physical activity also improves your mood, your sense of well-being and can help boost self-esteem.

On the bus or train, you'll have time to enjoy the journey - listen to music, read a good book or have a chat - and by giving your vehicle a well deserved rest, you can save money too!

### For the environment

By taking a train or bus you reduce your carbon emissions by between six and eight times compared to going by car. Even better, walking and cycling do not produce any carbon emissions. Fewer cars on the road also mean a safer environment, particularly for children, and a more pleasant place for us all.

### For saving money

One of the things about getting around under your own steam is that it's really cheap. No car tax, no MOT and no petrol price worries. If you walk or cycle regularly you'll save a fortune!

## Connecting your journey

### Walking and cycling



**Ceredigion.** For further details on active travel and cycling routes in Ceredigion visit: [www.ceredigion.gov.uk/resident/travel-roads-parking/active-travel/](http://www.ceredigion.gov.uk/resident/travel-roads-parking/active-travel/)

**Sustrans.** Browse, download and create online maps of local walking and cycling routes. You can also plot your journey to share with friends and family. [www.sustrans.org.uk/maps](http://www.sustrans.org.uk/maps) Tel: 0845 113 0065

Discover the very best of the National Cycle Network in Wales on our website: [www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)  
For further details on walking and cycling routes in Aberystwyth: [www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps](http://www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps)

### Train and bus



For travel information contact **Traveline Cymru**, the public transport information service for Wales. Visit [www.traveline.cymru](http://www.traveline.cymru) or call 0800 464 00 00 for bus, coach and rail service details.

