

**0 Milltiroedd Miles** 0.5 1

**0 Cilometrau Kilometres** 0.5 1 1.5

**Faint fydd hi'n gymryd? How long will it take?**

Bydd beicio am 3 munud yn mynd a chi mor bell a hyn  
 3 minutes cycling will take you this far  
 neu mor bell a hyn  
 or this far

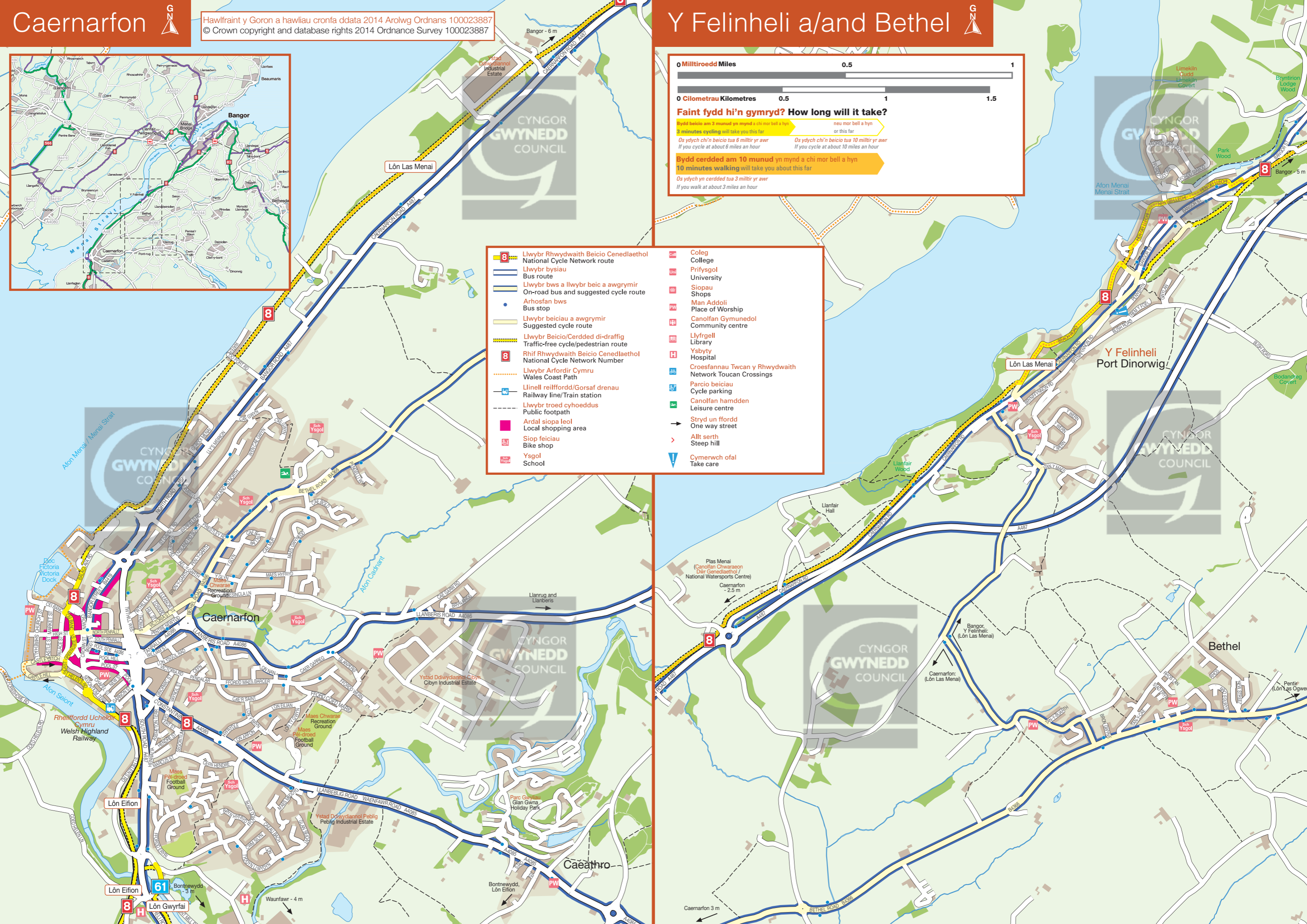
Os ydych chi'n beicio tua 6 milltir yr awr  
 If you cycle at about 6 miles an hour

Os ydych chi'n beicio tua 10 milltir yr awr  
 If you cycle at about 10 miles an hour

**Bydd cerdded am 10 munud yn mynd a chi mor bell a hyn**  
 10 minutes walking will take you about this far

Os ydych yn cerdded tua 3 milltir yr awr  
 If you walk at about 3 miles an hour

- |  |   |  |   |
|--|---|--|---|
|  | <b>Llwybr Rhwydwaith Beicio Cenedlaethol</b><br>National Cycle Network route        |  | <b>Coleg</b><br>College   |
|  | <b>Llwybr bysiau</b><br>Bus route   |  | <b>Prifysgol</b><br>University                                    |
|  | <b>Llwybr bws a llwybr beic a awgrymir</b><br>On-road bus and suggested cycle route |  | <b>Siopau</b><br>Shops  |
|  | <b>Arhosfan bws</b><br>Bus stop   |  | <b>Man Addoli</b><br>Place of Worship                             |
|  | <b>Llwybr beiciau a awgrymir</b><br>Suggested cycle route                           |  | <b>Canolfan Gymunedol</b><br>Community centre                     |
|  | <b>Llwybr Beicio/Cerdded di-draffig</b><br>Traffic-free cycle/pedestrian route      |  | <b>Llyfrgell</b><br>Library                                       |
|  | <b>Rhif Rhwydwaith Beicio Cenedlaethol</b><br>National Cycle Network Number         |  | <b>Ysbyty</b><br>Hospital   |
|  | <b>Llwybr Arfordir Cymru</b><br>Wales Coast Path                                    |  | <b>Croesfannau Twcan y Rhwydwaith</b><br>Network Toucan Crossings |
|  | <b>Linell reilffordd/Gorsaf drenau</b><br>Railway line/Train station                |  | <b>Parcio beiciau</b><br>Cycle parking                            |
|  | <b>Llwybr troed cyhoeddus</b><br>Public footpath                                    |  | <b>Canolfan hamdden</b><br>Leisure centre                         |
|  | <b>Ardal siopa leol</b><br>Local shopping area                                      |  | <b>Stryd un ffordd</b><br>One way street                          |
|  | <b>Siop feiciau</b><br>Bike shop  |  | <b>Allt serth</b><br>Steep hill                                   |
|  | <b>Ysgol</b><br>School  |  | <b>Cymerwch ofal</b><br>Take care                                 |





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YMUNWCH Â'R MUDIAD

## Map teithio lleol Local travel map Caernarfon a'r ardal gyfagos Caernarfon and surrounding area

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth 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 gwell lleoedd a gofodau i symud drwyddynt a byw ynddynt.

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

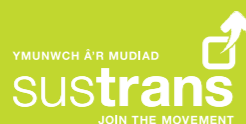
Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

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

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Am wybodaeth am waith PTP Sustrans, ymwelwch a:  
For information on Sustrans' PTP projects visit:  
[www.sustrans.org.uk/wales](http://www.sustrans.org.uk/wales) a / and  
[www.sustrans.org.uk/travelsmart](http://www.sustrans.org.uk/travelsmart)



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Cynhyrchwyd y map hwn gan Sustrans fel rhan o brosiect Cynllunio Teithio Personol (PTP) GO CYMRU. Nod y prosiect hwn yw lleihau dibyniaeth ar ddefnydd car drwy gynnig y wybodaeth a chefnogaeth unigol sydd eu hangen i deithio ar droed, ar feic, fws neu drên yn amlach. Comisiynwyd prosiect PTP GO CYMRU gan Lywodraeth Cymru, ac fe'i gefnogir gan Gyngor Sir Ynys Môn a Chyngor Gwynedd.

## Bws a thrên

I wneud cymudo i'r gwaith yn haws, beth am ddal trên neu fws? Mae rhwydwaith bysiau lleol dda yng Ngwynedd sy'n cynnig ffordd hwylus o deithio ar gyfer gwaith a hamdden.

I gael gwybodaeth deithio, cysylltwch â Traveline Cymru, gwasanaeth gwybodaeth trafnidiaeth gyhoeddus Cymru. Ewch i [www.traveline-cymru.info](http://www.traveline-cymru.info) neu ffoniwch 0871 200 22 33 am fanylion gwasanaeth bws, coets neu reilffordd.

Mae Traveline Cymru yn cynnig apps am ddim ar gyfer iPhone ac Android, gwasanaeth testun sy'n anfon amseroedd bws yn syth i'ch ffôn symudol, a'r gwasanaeth ffôn symudol [www.NextBuses.mobi](http://www.NextBuses.mobi) i gael amseroedd bysiau pan fyddwch ar eich taith.

Er mwyn prynu tocynnau ymlaen llaw ewch i [www.arrivatrainswales.co.uk/sustrans](http://www.arrivatrainswales.co.uk/sustrans) neu er mwyn cynllunio eich taith a chael gwybodaeth fyw am amseroedd gadael trenau, ewch i [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

This map has been produced by Sustrans as part of the GO CYMRU Personalised Travel Planning (PTP) project. This project aims to reduce car dependency by offering people the tailored information and support they need to travel by foot, bike, bus or train more often. The GO CYMRU PTP project has been commissioned by Welsh Government and is supported by the Isle of Anglesey County Council and Gwynedd Council.

## Bus and train

To make the daily commute to work easier, why not catch the train or bus? Gwynedd has a good local bus network which provides a convenient and flexible way to travel for both leisure and commuting.

For travel information, contact Traveline Cymru, the public transport information service for Wales. Visit [www.traveline-cymru.info](http://www.traveline-cymru.info) or call 0871 200 22 33 for bus, coach and rail service details.

Traveline Cymru offers free apps for iPhone and Android, a text service that sends bus times direct to your mobile and the [www.NextBuses.mobi](http://www.NextBuses.mobi) mobile service for bus information while you are on the move.

To buy advance tickets go to [www.arrivatrainswales.co.uk/sustrans](http://www.arrivatrainswales.co.uk/sustrans) or for planning your journey and live train departure information visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## Cerdded a beicio

Mae ardal Môn a Menai yn le gwyh i deithio ar droed neu ar feic, boed hynny ar gyfer cymudo, siopa neu hamdden. Mae nifer o lwybrau di-draffig sy'n cysylltu canol y dref gyda phentrefi, a chefn gwlad.

Mae llwybrau'r Rhwydwaith Feicio Genedlaethol rhif 5, 8 a 82, ynghyd a Lonydd Glas Gwynedd, a Lôn Las Cefni (Llwybr 566) ar Ynys Môn yn cynnig dewis eang o lwybrau di-draffig i gerdded a beicio ar hyd yr ardal.

I archwilio llwybrau cerdded a beicio eraill, ewch i [www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes) ac er mwyn gwirio pellter eich taith di-gar nesaf ewch i [www.cyclestreets.net](http://www.cyclestreets.net) neu edrychwch ar fapiau Google.

## Rhannu taith / Parcio a Theithio

Gall rhannu car helpu i leihau costau, tagfeydd a llygredd, a gall fod yn opsiwn teithio defnyddiol. Mae rhannu siwrnai ar droed neu ar feic yn bosiblwydd hefyd. Cofrestrwch gyda [www.sharecymru.com](http://www.sharecymru.com) – gwasanaeth am ddim sy'n cysylltu holl deithiau cyfrannol ledled Cymru, beth bynnag yw'r pellter. Neu beth am ddefnyddio cyfeusterau Parcio a Theithio/Rhannu ar Lwybr 8/A55/A5025. Mae yna hefyd gyfeusterau Parcio a Theithio yng ngorsafoddd trên Bangor (a Llanfairpwll - cyfyngir llefydd).

## Walking and cycling

The Môn a Menai area is a great place for walking and cycling whether for commuting, shopping or leisure. There are a number of traffic-free routes which connect the town centre to the villages and out to the countryside.

National Cycle Network Routes 5, 8 and 82 along with the Lonydd Glas Gwynedd Recreational Routes and Lôn Las Cefni (Route 566) on Anglesey provide a wide choice of traffic-free paths to walk and cycle around the area.

To explore other walking and cycling routes go to [www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes) and to check the distance of your next car-free trip go to [www.cyclestreets.net](http://www.cyclestreets.net) or Google maps.

## Journey sharing / Park and Ride

Car sharing can help reduce costs, congestion and pollution and can be a useful transport option. Sharing a walking or cycling journey is also a possibility. Sign up to [www.sharecymru.com](http://www.sharecymru.com) - a free service linking all journey sharing across Wales, near and far, or try out the Llanfairpwll Park and Ride / Share facility on Route 8 / A5025/A55. There are also rail station Park and Ride facilities at Bangor (and Llanfairpwll - space limited).