

Travel to/from the route / Teithio i/o'r llwybr

Coastal Buses:

Pembrokeshire has a network of coastal buses to help visitors and residents to access the coast without using the car. Additionally Pembrokeshire Greenways promotes the use of public transport to access recreation activities in the countryside. The project aims to encourage you to explore our beautiful countryside by using the bus or train to access walking and cycle routes, beaches and village. Please pick-up timetable booklets at local Tourist Information Centres or request a copy from the Pembrokeshire County Council Transport Unit on: 01437 775227 or E-mail: greenways@pembrokeshire.gov.uk

Local Bus timetables: Please pick-up timetable booklets at local Tourist Information Centres or request a copy from the Pembrokeshire County Council Transport Unit on: 01437 775227 or E-mail: greenways@pembrokeshire.gov.uk

Train: Call National Rail Enquiries on: 08457 48 49 50 and friendly staff will help you plan your next train journey. www.nationalrail.co.uk

National Bus: Call Traveline on: 0871 200 22 33 and friendly staff will help you plan your national or local journey. www.traveline-cymru.org.uk

Wales Flexi Pass: If you are travelling by bus and train throughout Wales then look for all 'All Wales Freedom of Wales Flexipass'. For details please telephone: 0800 9000 777 or look at the website: www.walesflexipass.co.uk

Bysiau'r Arfordir: Mae gan Sir Benfro rwydwaith o fysiau arfordirol er mwyn helpu ymwelwyr a thrigolion i fynd i'r traeth a chefn gwlad heb orfod defnyddio'r car. Beth am fynd i mo'yn y llyfyrnau amserlenni yn y Canolfannau Croeso lleol neu gallwch ofyn am gopi gan Uned Cludiant Cyhoeddus Cyngor Sir Penfro ar: 01437 775227 neu e-bost: greenways@pembrokeshire.gov.uk

Amserlenni'r Bysiau Lleol: Ewch i mo'yn y llyfyrnau amserlenni yn y Canolfannau Croeso lleol neu ofyn am gopi gan uned Cludiant Cyhoeddus Cyngor Sir Penfro ar: 01437 775227 neu e-bost: greenways@pembrokeshire.gov.uk

Trên: Ffoniwch Ymholiadau'r Rheilffordd Genedlaethol ar: 08457 48 49 50. www.nationalrail.co.uk

Bysiau Cenedlaethol: Ffoniwch Traveline ar: 0871 200 22 33. www.traveline-cymru.org.uk

Pas Hyblyg Crwydro Cymru: Os ydych chi'n teithio ar y bus a'r trên ledled Cymru yna cadwch eich llygaid ar agor am 'Pas Hyblyg Crwydro Cymru Gyfan'. Am y manylion byddwch cystal â ffonio 0800 9000 777 neu ewch at y wefan yn: www.walesflexipass.co.uk

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, Haverfordwest, Milford Haven, Pembroke, Tenby and Saundersfoot. Download a map, walking description and photo description. www.pembrokeshire.gov.uk/walking

Saundersfoot and Newport have been designated as 'cycle hubs' in Pembrokeshire, with two cycle packs brought to you by 'Wales Cycle Breaks' detailing a series of day rides, between 15 and 35 miles long, which have been designed for family cycling. visit 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

Beth am fynd i weld beth a welwch yn yr ardal wledig yn eich milltir sgwâr? Mae gan Gyngor Sir Penfro nifer o reidiau beic o dref fel: Trefdraeth, Abergwaun, Tyddewi, Hwlfordd, Aberdaugleddau, Penfro, Dinbych-y-pysgod a Saundersfoot. Gallwch lawrlwytho map, disgrifiad o'r daith ar droed a ffoto-ddisgrifiad. www.pembrokeshire.gov.uk/walking

Mae Saundersfoot a Threfdraeth wedi cael eu dynodi yn 'ganolfannau seiclo' yn Sir Benfro, gyda dau becyn seiclo newydd sydd wedi'u darparu gan 'Wales Cycle Breaks'. Ynddynt mae manylion cyfres o reidiau undydd, rhwng 15 a 35 milltir ar y mwyaf, er mwyn i'r teulu seiclo gyda'i gilydd. Ewch at www.cyclepembrokeshire.com

Fel arall, mae gyda 'Greenways Holidays' amrywiaeth o ddewisiadau gwyliau seiclo, yn cynnwys Taith y Llwybr Celtaidd. Am ragor o wybodaeth cysylltwch â:- www.greenwaysholidays.com

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.

Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Sustrans yw elusen cludiant cynaliadwy flaenaf y DU, 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 12,000 mil o filltiroedd cyntaf o lwybrau beicio a cherdded diogel ac atyniadol wedi eu cwblhau gan ddod â'r Rhwydwaith o fewn cyrraedd un filltir at 50% o'r boblogaeth.

Cefnogwch Sustrans, Ymunwch â'r Mudiad.

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

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

www.sustrans.org.uk
0845 113 00 65

Front cover: Saundersfoot Bay

Registered charity number 326550

YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT



Rhwydwaith Beicio Cenedlaethol

National Cycle Network



Y Dramffordd The Dramway

Stepaside i Saundersfoot
Stepaside to Saundersfoot



Stepaside to Saundersfoot / Stepaside i Saundersfoot

Saundersfoot is an excellent cycling base in Pembrokeshire, which offers scenic coastal views, and traffic free sections. For an enjoyable hour or two's cycling why not park the car and follow the scenic multi user route from Pleasant Valley down to Saundersfoot Harbour via the old railway line.

Start your adventures from the heritage centre, following the old railway line down from Stepaside, which is reputed to be the first coal and iron making plant in Wales. Continue down through the wooded valley as it meanders with the river towards Wisemans Bridge. You may even be lucky enough to see an otter or two on your way. Here you will join route 4, the Celtic Trail. Take in the wonderful sea views as your path follows the waters edge towards Coppet Hall whose name originates from the old fuel and watering halt, 'Coal Pit Halt', and the disused railway tunnels. Remember to dismount before entering the tunnels. Cross Coppet Hall car park through the next tunnel making your way down 'The Strand' to Saundersfoot Village, you can take a short cut across the car park, to the harbour and your journeys end, the perfect spot for a cup of tea or an ice cream.

Mae Saundersfoot yn ganolfan seiclo ardderchog yn Sir Benfro, sy'n cynnig golygfeydd hyfryd o'r arfordir a rhannau sy'n rhydd o draffig. Os am awr neu ddwy o seiclo pleserus beth am barcio'r car a dilyn y llwybr aml ddefnydd hyfryd o Pleasant Valley i lawr hyd at Harbwr Saundersfoot ar hyd yr hen linell rheilffordd..

Dechreuwch eich anturiaethau o'r ganolfan treftadaeth, gan ddilyn yr hen linell rheilffordd o Stepaside, a dywedir mai yma oedd gwaith gwneud glo a haearn cyntaf Cymru. Daliwch ati i lawr trwy'r dyffryn coediog wrth iddo ymddolennu gyda'r afon i gyfeiriad Wiseman's Bridge.. Fe allech chi hyd yn oed fod yn lwcus i weld dwrgi neu ddau ar y ffordd. Sylwch ar y golygfeydd hyfryd o'r môr wrth i'ch llwybr ddilyn ymyl y dŵr i gyfeiriad Coppet Hall, sydd a'i enw yn tarddu o'r hen arosfa tanwydd a dŵr, 'Coal Pit Halt', a'r hen dwneli nad oes defnydd iddynt mwyach. Cofiwch ddod oddi ar eich beic cyn mynd i mewn i'r twneli. Croeswch faes parcio Coppet Hall trwy'r twnel nesaf gan wneud eich ffordd i lawr y Strand i bentref Saundersfoot, fe allwch chi gymryd llwybr brys ar draws y maes parcio, i'r harbwr a diwedd eich taith, y man perffaith am ddisghled o de neu hufen ia.

The Dramway

The path is wide and well surfaced. This is a popular shared use path so please expect to encounter other cyclists, walkers, wheelchair users and horseriders.

Mode Cycling and walking, wheelchair **Length** 3.6 Kilometers

Bike hire Tenby Cycles, 16 The Norton, Tenby, Tel: 01834 845573 Sales, repairs, Service and Hire

Attractions Stepaside Iron works and Grove Colliery Buildings, Wisemans Bridge Beach & site of the D day landing rehearsals in 1944, Saundersfoot Beach & Harbour

Stepaside to Saundersfoot

Mae'r llwybr yn llydan gydag arwyneb gwyh arno. Llwybr poblogaidd cyd-ddefnydd yw hwn – felly gan bywll – bydd seiclwyr eraill, cerddwyr a defnyddwyr cadeiriau olwyn yn ei ddefnyddio.

Dull Seiclo a Cherdded, Cadair Olwyn **Pellter** 3 milltir

Llogi Beiciau Tenby Cycles, 16 The Norton, Dinbych-y-pysgod, Ffôn: 01834 845573 Gwerthu, cyweirio, cynnal a chadw a llogi beiciau

Atyniadau Castell Llanrath Traeth a Harbwr Saundersfoot

