Explore Wales' most spectacular sacred and historical wonders on the National Cycle Network!

Following a mixture of former railway lines, canal towpaths, coastal routes and quiet lanes, the National Cycle Network journeys right into the heart of Wales' diverse heritage and natural splendour, providing fascinating glimpses into the country's sacred landmarks, medieval masterpieces and historic treasures.

There are hundreds of sacred places along the network including cathedrals, churches, chapels, shrines and holy wells, as well as prehistoric burial chambers and ancient carved crosses. There are also castles and monuments each with their own story to tell and unique sense of peace and spirituality.

Join the movement

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.

We're the charity behind many ground breaking projects including the National Cycle Network, over 14,700 miles of walking and cycling routes across the UK. It's time we all began making smarter travel choices. Make your move and start supporting Sustrans today.

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- 0845 838 0651
- facebook.com/Sustrans.cymru
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YR EGLWYS YNG NGHYMRU
THE CHURCH IN WALES

Cadw

Llywodraeth Cymru
Welsh Government

The Church in Wales

The Church in Wales is the Anglican Church in Wales which was disestablished from the Church of England in 1920. It operates nearly 1400 church buildings across Wales of which about two-thirds are Listed Buildings. The Church in Wales seeks to serve every community in Wales and offers a warm welcome to visitors from across the world.

- churchinwales.org.uk
- 029 2034 8200

Churches Tourism Network Wales

CTNW seeks to provide support, advice, training and research to help ensure Wales' sacred places are open to visitors. Details of sacred places around Wales and the work of CTNW can be found at our website.

- ctnw.co.uk

Cadw

Cadw is the Welsh Government's historic environment service working for an accessible and well-protected historic environment for Wales.

We conserve Wales' heritage
We help people understand and care about their history
We help sustain the distinctive character of Wales
We manage 129 historic monuments across Wales
Cadw is a Welsh word meaning 'to keep' or 'to protect'.

- cadw.wales.gov.uk

Further information

For train times and public transport
- traveline-cymru.info

For information on attractions, accommodation and eateries in Wales.
- visitwales.com

Sign up to Sustrans' e-magazine Active Commuter and receive hints, tips and advice on building active commuting into your daily routine, and information on the very best of the Network in Wales.
- sustrans.org.uk/activecommuter

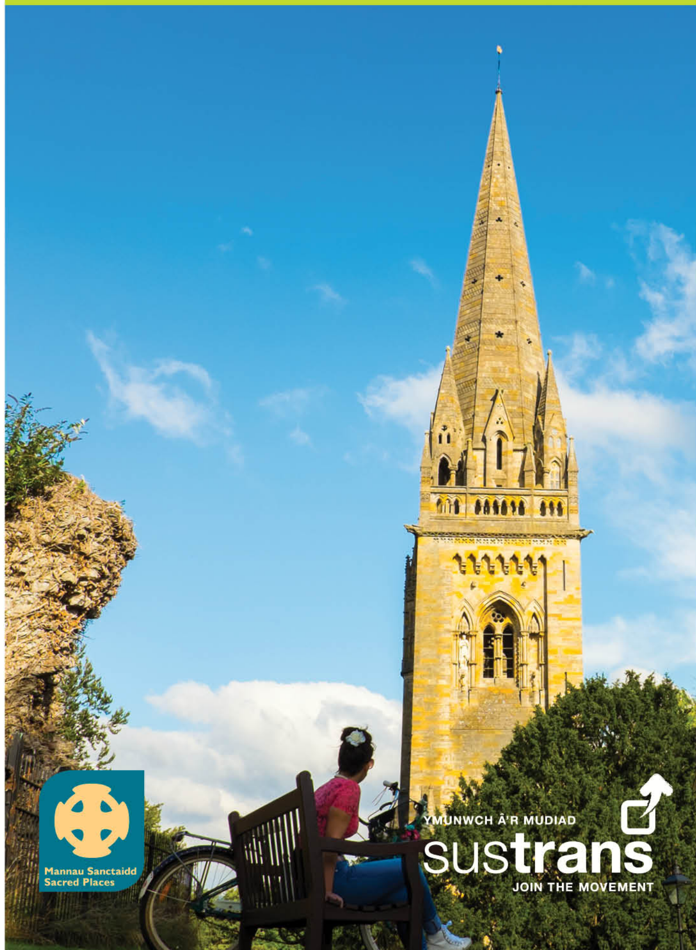
Explore Sustrans' online catalogue of routes in Wales.
- sustrans.org.uk/walesroutes

Visit the Sustrans Shop for OS maps and guide books.
- sustrans.org.uk/shop

MAP LLWYBRAU

Llwybrau Cysegredig

Teithiau Beic



LLWYBRAU CYSEGREDIG

Archwiliwch ryfeddodau cysegredig a hanesyddol mwyaf ysblennydd Cymru ar y Rhwydwaith Beicio Cenedlaethol!

Gan ddilyn cymysgedd o hen linellau rheilffordd, llwybrau tynnu camlesi, llwybrau arfordirol a lonydd tawel, mae'r Llwybr Beicio Cenedlaethol yn teithio i ganol treftadaeth amrywiol a godidowgrwydd naturiol, gan roi cipolwg diddorol ar dirnodau cysegredig, campweithiau canoloesol a thrysorau hanesyddol y wlad.

Mae cannoedd o leoedd cysegredig ar hyd y rhwydwaith yn cynnwys eglwysi cadeiriol, eglwysi, capeli, cysegrfeydd a ffynhonnau sanctaidd, yn ogystal â siambrau claddu a chroesau cerfiedig hynafol. Ceir hefyd gestyll a chofebion gyda phob un â'i stori arbennig a theimlad unigryw o heddwch ac ysbrydolrwydd.

Ymunwch â'r mudiad

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus am ragor o'r siwrneiau yr ydym yn eu gwneud bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach, gyda lleoedd a gofodau gwell i symud drwyddynt a byw ynddynt.

Ni yw'r elusen sy'n gyfrifol am nifer o brosiectau arloesol yn cynnwys y Rhwydwaith Beicio Cenedlaethol, 14,000 milltir o lwybrau cerdded a beicio ledled y DU. Mae'n bryd i bawb ohonom ddechrau gwneud dewisidau teithio doethach. Camwch ymlaen a chefnogwch Sustrans heddiw.

- sustrans.org.uk
- 0845 838 0651
- facebook.com/Sustrans.cymru
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YR EGLWYS YNG NGHYMRU THE CHURCH IN WALES

Cadw

Llywodraeth Cymru Welsh Government

Yr Eglwys yng Nghymru

Yr Eglwys yng Nghymru yw'r Eglwys Anglicanaidd yng Nghymru a ddatgysylltodd o Eglwys Loegr ym 1920. Mae ganddi bron i 1400 o adeiladau eglwysig ledled Cymru ac mae tua dwy ran o dair ohonynt yn Adeiladau Rhestredig. Mae'r Eglwys yng Nghymru yn ceisio gwasanaethu pob cymuned yn y wlad ac yn estyn croeso cynnes i ymwelwyr o bob rhan o'r byd.

- churchinwales.org.uk
- 029 2034 8200

Rhwydwaith Twristiaeth Eglwysi Cymru (CTNW)

Mae CTNW yn ceisio cynnig cefnogaeth, cyngor, hyfforddiant a gwaith ymchwil i gynorthwyo i sicrhau bod mannau cysegredig Cymru yn agored i ymwelwyr. Gellir gweld manylion mannau cysegredig o amgylch Cymru a gwaith CTNW ar ein gwefan.

- ctnw.co.uk

Cadw

Cadw yw gwasanaeth amgylchedd hanesyddol Llywodraeth Cymru sy'n gweithio i sicrhau amgylchedd hanesyddol wedi'i ddiogelu'n dda ar gyfer Cymru.

Rydym yn cadw treftadaeth Cymru
Rydym yn helpu pobl i ddeall a gofalu am eu hanes
Rydym yn helpu i gynnal cymeriad nodedig Cymru
Rydym yn rheoli 129 o gofebion hanesyddol ledled Cymru

- cadw.wales.gov.uk

Gwybodaeth bellach

I weld amserodd trenau a thrafnidiaeth gyhoeddus
- traveline-cymru.info

I gael gwybodaeth am atyniadau, llety a mannau bwyta yng Nghymru.
- visitwales.com

Cofrestrwch i dderbyn e-gylchgrawn Sustrans, Cymudwr Egnïol, a derbyn syniadau, awgrymiadau a chyngor ar gynnwys cymudo egnïol yn eich trefn arferol bob dydd, a chael gwybodaeth am elfennau gorau'r Rhwydwaith yng Nghymru.
- sustrans.org.uk/activecommuter

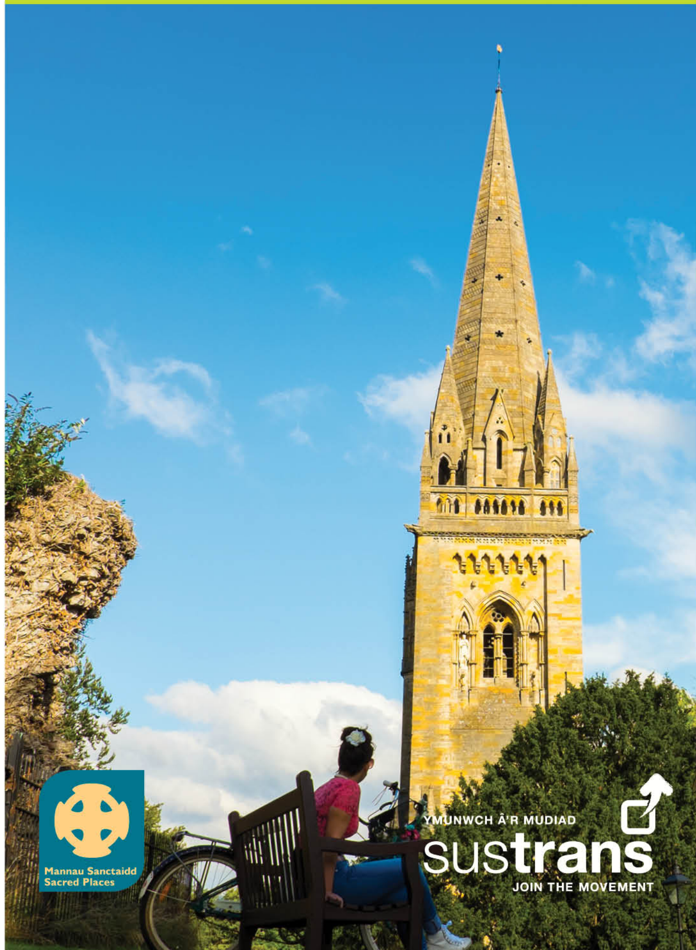
Archwiliwch gatalog ar-lein Sustrans o lwybrau yng Nghymru.
- sustrans.org.uk/walesroutes

Ewch i Siop Sustrans i gael mapiau OS ac arweinlyfrau.
- sustrans.org.uk/shop

CYCLE MAP

Sacred Trails

Cycle Routes



SACRED TRAILS

Boed eich bod yn feiciwr profiadol, yn deulu gyda phlant, neu dim ond yn chwilio am fannau bendigedig i'w harchwilio ar ddwy olwyn, mae'r Rhwydwaith yn cynnig llu o anturiaethau beicio gwych sy'n llawn o dreftadaeth ganoloesol a gorffennol crefyddol.

Darganfyddwch chwech eglwys cadeiriol urddasol Cymru sy'n hynod eu pensaernïaeth, eu harddwch a'u hawyrgylch. Archwiliwch rai o gestyll mwyaf trawiadol y byd sydd wedi eu lleoli gerllaw arfordiroedd a thirweddau gwyrdd godidog, a dysgwch am hanes mannau cysegredig Cymru - rhai'n dyddio'n ôl i gyfnodau cynhanes, ymhell cyn cyflwyno Cristnogaeth i Brydain.

Whether you're an experienced cyclist, a family with children, or just looking for new wonderful places to explore on two wheels, the Network offers an array of great cycling adventures that are steeped in Wales' medieval heritage and religious past.

Discover Wales' six awe-inspiring cathedrals, breath-taking in their architecture, beauty and atmosphere. Explore some of the World's most spectacular castles set against beautiful coastlines and stunning green landscapes, and learn about the history of Wales' most sacred places – some dating back to prehistoric times, long before Christianity was introduced to Britain.

Mannau Cysegredig ar y Rhwydwaith

Mae bob un o’r llwybrau canlynol yn cynnig teithiau pellter hir heriol a dewisiadau eraill sy’n haws a di-draffig, y gellir eu reidio ar eu hyd neu mewn darnau byrrach. I gael rhagor o wybodaeth am y llwybrau hyn a’r safleoedd cysegredig y gellir dod o hyd iddynt ar hyd y ffordd ewch i:

sustrans.org.uk/walesroutes

Lon Las Cymru – Gogledd (8)

Caergybi – Cwm Elan 250 milltir

Gan gysylltu Caergybi i gefn gwlad trawiadol canolbarth Cymru, mae hanner gogleddol y llwybr 250 milltir o hyd hwn yn cynnig profiad treftadaeth Cymreig ardderchog. Gallwch ymweld ag Ynys Môn sy’n llawn siambrau claddu hynafol a’i meini hirion. Archwiliwch Eglwys Gadeiriol Bangor - yr unig Eglwys Gadeiriol yn y DU sydd wedi cael ei defnyddio’n ddi-dor ers ei chychwyn. Mae’r llwybr yn parhau ar hyd cyrion Penrhyn Llŷn a Ffynnon Cybi, tra bydd Abaty Cymer ger Dolgellau yn eich atgoffa o orffennol mynachaidd Cymru.

Llwybr Arfordirol Gogledd Cymru (5)

Ynys Môn – Caer 105 milltir

Mae Llwybr Arfordirol Gogledd Cymru yn rhedeg ar hyd arfordir gogleddol Cymru ac yn cadw’n dynn ar y Fôr Iwerddon am adrannau hir o’i 105 milltir (170km) rhwng Caergybi a Chaer. Rydych yn sicr o gael eich llethu gan strwythur mawreddog Castell Conwy, yn cynnwys ei dŵr capel hynod gyda’i ffenestri lliw a gomisiynwyd yn ddiweddar. Darganfyddwch eglwys gadeiriol leiaf Prydain yn Llanelwy sy’n sefyll ar lannau hardd Afon Elwy.

Lôn Teifi - (RhBC 82)

Aberystwyth – Abergwaun 98 milltir

Gan ddringo nifer o fryniau a nadreddu ar hyd lonydd gwledig a ffyrdd tawel, mae’r llwybr hwn yn fwy addas ar gyfer beicwyr mwy profiadol. Yn ogystal â’r cefn gwlad perffaith a’r doreth o fywyd gwyllt, fe welwch hefyd lu o safleoedd cysegredig yn cynnwys adfeilion hynafol Abaty Ystrad Fflur, a oedd unwaith yn ganolfan i ddiwylliant ac addoliad yng Nghymru, a chastell mawreddog Cilgerran. Ar ben deheuol y llwybr hwn ceir safle arbennig Eglwys Gadeiriol Tyddewi a Phlas yr Esgob Tyddewi - cyrchfan i bererinion ers y ddeuddegfed ganrif.

Y Lôn Geltaidd (4)

Abergwaun - Cas-gwent 223 milltir

Mae Llwybr 4 y Lôn Geltaidd yn ymestyn ar draws lled Cymru gyfan, gan fynd heibio arfordiroedd trawiadol, cefn gwlad godidog, anturiaethau mewn Dyffrynnoedd a digonedd o gestyll mawreddog a safleoedd cysegredig. Ewch i ymweld ag Eglwys Gadeiriol Casnewydd, sy’n adeilad hanesyddol bwysig, er mwyn gweld 15 canrif o hanes Cymru. Cofiwch ymweld ag Abaty Margam a hefyd y croesau Celtaidd bendigedig yn Amgueddfa Meini Margam. Ewch ychydig oddi ar y llwybr er mwyn ymweld ag Abaty Castell-nedd brydferth, ychydig oddi ar Lwybr 47. Gallwch hefyd gweld cestyll rhyfeddol ar y ffordd, yn cynnwys castell Cas-gwent, Cydweli a Chaerffili, yn ogystal â Castell Lacharn lle cafodd y goreuon o fyd llenyddiaeth, Dylan Thomas a Richard Hughes, eu hysbrydoliaeth.

Taith Taf

Caerdydd – Aberhonddu 55 milltir

Mae llwybr hynod boblogaidd Taith Taf, sy’n ddi-draffig yn bennaf, yn mynd heibio dwy eglwys gadeiriol hardd, Llandaf ac Aberhonddu, a hefyd castell tylwyth teg Castell Coch, cartref i’r Cristion defosiynol, Ardalydd Bute . Mae’r tu fewn wedi ei addurno’n gain ac yn cynnwys eiconau Cristnogol. Eglwys Gadeiriol Llandaf yw un o’r eglwysi cadeiriol hynaf yn y DU yn ninas hynafol Llandaf. Ar ddiwedd y llwybr cewch eich gwobrwyo gydag eglwys gadeiriol harddwych Aberhonddu, a godwyd yn yr unfed ganrif ar ddeg. Wrth deithio tua’r gogledd allan o Aberhonddu ar y Lôn Las (RhBC 8) cofiwch ymweld â Chapel Maesyronnen, un o’r capeli anghydffurfiol hynnaf yng Nghymru (er iddo ddechrau ei oes fel ysgubor!)

Llwybr Beicio Mannau Cysegredig Cymru Gyfan

Beth am ystyried yr her eithaf? Drwy ddilyn y Rhwydwaith Beicio Cenedlaethol yn bennaf gallwch deithio o amgylch Cymru gyfan yn ymweld â’i holl Eglwysi Cadeiriol a llu o’i mannau mwyaf cysygredig a gwerthfawr. Her gorfforol a fyddai hefyd yn rhoi’r cyfle i chi feddwl ac archwilio ystyr dyfnach yr hyn a ddatgelir gan y lleoedd rhyfeddol hyn.

Sacred Places on the Network

Each of the following routes offer both long-distance challenging rides and easier traffic-free alternatives, and can be tackled in their entirely or in smaller bite sized sections. For more information on these routes and the sacred sites to be found along the way go to:

sustrans.org.uk/walesroutes

Lon Las Cymru – North (8)

Holyhead – Elan Valley 250 miles

Connecting Holyhead to the stunning rural countryside of mid Wales, the northern half of this fantastic 250 mile route offers a superb Welsh heritage experience. Visit the mysterious Isle of Anglesey with its ancient burial sites and standing stones. Explore Bangor Cathedral - the only Cathedral in the UK to have been in continuous use since its conception. The route continues onto the fringes of the Llyn Peninsula and St Cybi’s Well, whilst Cymer Abbey near Dolgellau is a secluded reminder of Wales’ monastic past.

North Wales Coastal Route (5)

Anglesey – Chester 105 miles

The North Wales Coastal Route crosses the top of Wales and hugs the Irish Sea for a large part of its 105 miles (170km) between Holyhead and Chester. You will not fail to be overwhelmed by the mighty Conwy Castle, including its fascinating chapel tower with its recently commissioned stained glass windows. Discover the smallest cathedral in Britain at St Asaph which is set on the banks of the pretty River Elwy.

Lôn Teifi - (NCN 82)

Aberystwyth – Fishguard 98 Miles

Climbing a number of hills and winding through country lanes and quiet roads, this route is best suited to the more experience cyclist. In addition to the picture-perfect countryside and abundance of wildlife you will also find an array of sacred sites including the ancient ruins of Strata Florida Abbey that was once a centre of Welsh culture and worship, and the mighty Cilgerran Castle. At the southern end of this route is the incredible St Davids Cathedral and the Bishops Palace - a place of pilgrimage since the 12th century.

The Celtic Trail (4)

Fishguard – Chepstow 223 miles

Route 4 of the popular Celtic Trail stretches across the entire breadth of Wales, taking in stunning coastlines, beautiful countryside, great Valley adventures and an abundance of magnificent castles and sacred sites. Visit the historically important Newport Cathedral and discover 15 centuries of Welsh history. Be sure to take in Margam Abbey along with the wonderful Cetic crosses at Margam Stones Museum, Take a detour to picturesque Neath Abbey, just off route 47. You can also see some wonderful castles en route including Chepstow, Kidwelly and Caerphilly, as well as Laugharne Castle where literary greats Dylan Thomas and Richard Hughes once found inspiration within its grounds.

Taff Trail

Cardiff – Brecon 55 miles

The highly popular and largely traffic free Taff Trail takes in two beautiful cathedrals, Llandaff and Brecon as well as passing by the fairy tale castle of Castell Coch, home to devout Christian, the Marquis of Bute, the highly decorated interior contains rich religious iconography. Llandaff Cathedral is one of the UK’s oldest Christian cathedrals in the ancient “City of Llandaff”. At the end of the route you will be rewarded by Brecon’s magnificent eleventh century cathedral. Head further north out of Brecon on Lon Las (NCN 8) and be sure to visit Maesyronnen Chapel, one of the oldest non-conformist chapel buildings in Wales (though it started life as a barn!).

All Wales’ Sacred Places Cycle Trail

Why not consider the ultimate cycling challenge? By following mostly National Cycle Network you can circumnavigate the whole of Wales visiting all its Cathedrals and a host of its most sacred and precious places. A physical challenge that would also give you the chance to think and explore the deeper meaning of things as revealed by these amazing places.

- 1 Eglwys Sant Cybi – St Cybi’s Church
- 2 Siambr Gladdu Bodowyr – Bodowyr Burial Chamber
- 3 Castell Bryn Gwyn – Castell Bryn Gwyn
- 4 Siambr Gladdu Bryn Celli Ddu – Bryn Celli Ddu Burial Chamber
- 5 Eglwys Sant Tysilio – St Tyslio’s Church
- 6 Eglwys Gadeiriol Bangor – Bangor Cathedral
- 7 Castell Biwmares – Beaumaris Castle
- 8 Castell Caernarfon – Caernarfon Castle
- 9 Ffynnon Gybi – St Cybi’s Well
- 10 Castell Harlech – Harlech Castle
- 11 Siambr Gladdu Dyffryn Ardudwy – Dyffryn Arduddwy Burial Chamber
- 12 Abaty Cymer – Cymer Abbey
- 13 Eglwys Sant Cadfan – St Cadfan’s Church
- 14 Eglwys Sant Clement – St Clements Church
- 15 Capel Maesyronnen – Maesyronnen Chapel

- 1 Capel Sant Trillo – St Trillo’s Chapel
- 2 Eglwys Sant Tudno, Y Gogarth – St Tudno’s Church, Great Orme
- 2 Castell Conwy – Conwy Castle
- 3 Eglwys Gadeiriol Llanelwy – St Asaph Cathedral
- 4 Capel a Ffynnon Sanctaidd Gwenffrewi – St Winefride’s Chapel and Holywell
- 5 Abaty Dinas Basing – Basingwerk Abbey
- 7 Castell y Fflint – Flint Castle

- 1 Eglwys Gadeiriol Tyddewi – St David’s Cathedral
- 2 Eglwys a Charreg Brynach Sant – St Brynach’s Church and Stone
- 3 Eglwys Mair o Aberteifi – Our Lady of the Taper Church
- 4 Capel Daniel Rowlands – Daniel Rowlands Chapel
- 5 Abaty Ystrad Fflur – Strata Florida Abbey
- 6 Eglwys Sant Nicolas – St Nicholas Church

- 1 Capel Non – St Non’s Chapel
- 2 Llys yr Esgob a Mur Clos Cadeirlan Tyddewi – St David’s Bishop’s Palace & Close Wall
- 3 Llys Esgob Llandyfai – Lampheys Bishops Palace
- 4 Castell Talacharn – Laugharne Castle
- 5 Castell Cydweli – Kidwelly Castle
- 6 Capel Moreia – Moriah Chapel
- 7 Eglwys Gadeiriol Gatholig Sant Joseff – St Joseph’s Catholic Cathedral
- 8 Abaty a Phorthdy Castell-nedd – Neath Abbey and Gatehouse
- 9 Abaty Margam ac Amgueddfa Cerrig Margam – Margam Abbey and Margam Stones Museum
- 10 Castell Caerffili – Caerphilly Castle
- 11 Eglwys Gadeiriol Sant Gwynllyw – St Woolos Cathedral
- 12 Eglwys Ddiwygiedig Unedig y Tabernacl – Tabernacle United Reform Church
- 13 Castell Cas-gwent – Chepstow Castle

- 1 Eglwys Norwyaidd – Norwegian Church
- 2 Eglwys Gadeiriol Gatholig Dewi Sant – St David’s Catholic Cathedral
- 3 Castell Caerdydd – Cardiff Castle
- 4 Eglwys Gadeiriol Llandaf – Llandaff Cathedral
- 5 Castell Coch – Castell Coch
- 6 Capel Groeswen – Groweswen Chapel
- 7 Eglwysi’r Faenor – Vaynor Churches
- 8 Eglwys Gadeiriol Aberhonddu – Brecon Cathedral

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