


Zail Benwythnos
Gerdded Bro Tregaron



05/06/07 Mai 2012
www.cerddedtregaron.co.uk
ym Mynyddoedd Y Cambria



Dyddiad / Date	Enw'r daith / Name of walk	Pellter/ Distance	Cyfarfod / Meet	Arweinydd / Leader
Sat 5 May 2012	The Tregaron 2012 Great Olympwalk Challenge. <i>Inspired by the London 2012 Olympic Games and will involve a run, a throw and a jump not forgetting the walk!!!</i> <i>Spot prizes on route.....(C)</i>	12 miles Hard This walk requires the completion of an entry form, available from the leader. This walk will have a special entry fee of £5.00.	Y Talbot 8.30 a.m.	Dafydd 01974 298150
Sat 5 May 2012	Taith Catrin Trail(7 year old) Taith i'r teulu/Family walk(C)	4 miles Easy to moderate	Y Talbot, 4pm	Catrin 01974 298150
Sat 5 May 2012		Derek Brockway @ Y Talbot Tregaron 7.30 p.m. Weatherman Walking in Wales £4.00 Adults Children Free *Tickets available from Y Talbot on 01974 298208*		
Sun 6 May 2012	Tregaron to Pontrhydfendigaid via Garn Gron and Strata Florida abbey, moorland and woods Visiting the Red Lion in Bont(L)	11 miles Moderate to hard	Y Talbot, 10am fee includes return bus arranged from Pontrhydfendigaid	Lawrence 01974 298166
Sun 6 May 2012	Romans, Railways, One Man and his dog Visiting the Foelallt Inn (C)	4.5 miles Easy to moderate	Foelallt Inn Llanddewi Brefi 2pm	Dafydd 01974 298150
Mon 7 May 2012	A gentle walk which takes you to an excellent vantage point for views of both Cors Caron and Tregaron town. (C)	5 miles Easy to moderate	Y Talbot, 9am	Aled & Teleri 01974 298734
Mon 7 May 2012	The Iron Age Hill Fort of Pen y Bannau and the ruins of the Cistercian Abbey at Strata Florida. Onesteepest climb!! Visiting the Black Lion Bont(C)	5 miles Moderate	Black Lion, Pontrhydfendigaid, 2pm	Andrew & Helen 07854 088142

PRE-BOOKING IS ESSENTIAL FOR ALL WEEKEND WALKS.

Some walks will have limited spaces.

Walks are £3.00 (unless stated otherwise) and free for all under 16s.

Book two walks for £5.00. Book three walks for £7.00

Contact the leader to book your walk.

(C) = Circular walk (L) = Linear walk

Dim cwn/No dogs

Clwb Cerdded Crwydro Caron Crwydro Caron Walking Club

2012



sefydlwyd/established 2003



www.cerddedtregaron.co.uk/www.walktregaron.co.uk

info@cerddedtregaron.co.uk

*****YMAELOWCH NAWR / JOIN NOW*****

Pwysig

- Rhaid ichi fod yn sicr eich bod yn gallu llwyddo i gerdded unrhyw daith rydych chi'n ymuno â hi.
- Bydd y rhan fwyaf o deithiau yn mynd i'r mynydd, felly rhaid ichi gario'r pethau hyn bob amser: esgidiau cerdded cryfion, siaced a throwsglaw, dillad cynnes, menig a het, digon o ddwr a/neu ddiod boeth, pecyn o fwyd, tameidiau bwyd, chwiban a chymorth cyntaf personol. Gofynnwch i Ysgrifennydd y Clwb am fwy o wybodaeth ynghylch cyfarpar.
- Cedwir at y Cod Cefn Gwlad bob amser.
- Gall newid yn y tywydd effeithio ar y daith, bydd penderfyniad yr arweinydd yn derfynol ymhob achos.
- Gofynnir ichi rannu ceir a chostau trafniadaeth gyda cherddwyr eraill.
- Sylwch mai chi eich hunan sy'n llwyr gyfrifol am eich gweithredoedd eich hun. Ni all y Clwb, ei swyddogion, nac arweinwyr y daith gerdded dderbyn unrhyw gyfrifoldeb am unrhyw ddamwain, colled, na niwed o ganlyniad ichi fynychu'r daith gerdded.
- Ni chaniateir cwn ar deithiau'r Clwb.

Important

- You must satisfy yourself that you are able to do any walk that you join.
- Most walks visit the mountains and you must bring the following with you every time: walking boots, waterproof jacket, waterproof trousers, warm clothing, gloves and hat, plenty of water and/or hot drink, packed lunch, snacks, a whistle and personal first aid. Further advice regarding equipment is available from the Club Secretary.
- The Countryside Code will be followed at all times.
- A change in weather can affect a walk and the Leader's decision, in all cases, will be final.
- Please share lifts and transport costs with the other walkers.
- Please note that you are totally responsible for your own actions. The Club, its officers and walk leaders will not be held responsible for any accident or loss incurred as a result of attending a walk.
- Dogs are not permitted of Club walks.

Swyddogion y Clwb / Club Officials

Cadeirydd/Chair

Ian Tillotson 01974 298329

Trysorydd/Treasurer

Teleri Garner 01974 298734

Swyddog Llwybrau/Footpath Officer

Aled Garner 01974 298734

Swyddog Cyrchoedd a Sialensau/Expedition and Challenges Officer

Martin Pugh 01974 298989

Visit us on

facebook

Ysgrifennydd/Secretary

Dafydd Wyn Morgan 01974 298150

Swyddog Adloniant/Entertainment Officer

Andrew McConochie 07854 088142

Ysgrifennydd Cofnodion/Minutes Secretary

Helen Jones 01974 493633

Sul/Sun 19 Awst/August

7 4 Gradd/Grade Lawrence Martin
milltir/miles awr/hours A/B 01974 298166
Coedtir, melinau gwynt a thir agored. Woods, windfarms and open country, great views

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 10am

Sad/Sat 8 Medi/September

7 milltir/miles 6 awr/hours Gradd/Grade C Martin Pugh 01974 298989
Cylchdaith o amgylch cwm Blaen Taf Fechan gan gynnwys Corn Du a Phen y fan-cyfle i aros noson/Circular walk around the Blaen Taf Fechan bowl taking in Corn Du and Pen y Fan, with a chance to stay overnight and patronise the local facilities.

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 8am

Sad/Sat 22 Medi/September

8 milltir/miles 5 awr/hours Gradd/Grade C Dafydd Wyn Morgan
01974 298150

Snowdon Ranger

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 7am
or 9.30 Snowdon Ranger Car park

Sul/Sun 7 Hydref/October

8 milltir/miles 4 awr/hours Gradd/Grade B Jim Cowie 01974 831639
Esgyniad o tua 1000 tr llwybrau a choed ac ucheldir.
Varied scenery on a mixture of paths and tracks, woods and some open moorland;
c 1000ft of ascent

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 9:30am
neu maes parcio Ystrad Fflur/or Strata Florida car park 10am

Sul/Sun 14 Hydref/October

6 milltir/miles 4 awr/hours Gradd/Grade B Avarinah 01974 298259
Dringwch i gopa mynydd ucha D Prydain-Pen y fan
Climb the heights of Pen-y-fan for the best views of the Brecons.

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 8:30am

Sad/Sat 20 Hydref/October

4 milltir/miles 2 awr/hours Gradd/Grade A Ian Tillotson 01974 298329
Lliwiau'r Hydref ar y Gors. The autumn colours of the bog at its best

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 10am

Llun/Mon 26 Rhagfyr/December

4 milltir/miles 2 awr/hours Gradd/Grade A/B Dafydd Wyn Morgan 01974
298150

Taith cymunedol blynyddol y clwb. The annual community family walk

Cwrdd Sgwâr Tregaron/Meet Tregaron Square 10am

Trefenter a/and Mynydd Bach

Lawrence Martin
01974 298166

Sad/Sat 14 Ionawr/January **Eryri yn yr eira/ Snowy Snowdonia**
 tbc milltir/miles 6 Gradd/Grade Aled & Teleri Garner
 awr/hours D 01974 298734
 Cerdded gaeafol yn y Glyderau-dubynnol ar y tywydd (angen crampons)
 Winter walking on the Glyderau, route depending on conditions (may require crampons)
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **7am**

Sad/Sat 21 Ionawr/January **Hafod Gaeafol / Hibernial Hafod**
 4 2 Gradd/Grade Linda Seabrook 01974
 milltir/miles awr/hours A/B 299100 & Ian Tillotson
 Gwerthfawrogwch Stad Yr Hafod.
 Appreciate the natural beauty of the Hafod estate.
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **10am**

Sul/Sun 5 Chwefror/February **Gors i gopa/Peat to Peak**
 8 milltir/miles 5 awr/hours Gradd/Grade B/C Avarinah 01974 298259
 Cylchdaith o Gors Caron i Garn Gron.
 Circular walk from Tregaron bog to Garn Gron summit
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **9am**

Bob Dydd Mawrth o 13 Mawrth i 3 Ebrill/ Every Tuesday from 13 March to 3 April **Taith Twymo'r Traed/ Winter warmups**
 2-3 milltir/miles 1-1.5 Gradd/Grade Aled & Teleri Garner
 awr/hours B 01974 298734
 Ychydig o filltiroedd o amgylch Tregaron, dewch a thorts pen!
 A few miles around Tregaron - just turn up with a headtorch!
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **7:30pm**

Sul/Sun 25 Mawrth/March **Nant Rhys a Phen y Garn/ Nant Rhys and Pen y Garn**
 9 milltir/miles 5 awr/hours Gradd/Grade C Jim Cowie 01974 831639
 Esgyniad o 1800 tr ar ucheldir corsiog, llwybray coedwig ger Cwm Ystwyth.
 1800ft of ascent on moorland tracks, forest paths and open moorland near Cymystwyth, with a look at Cefn Croes
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **9:30am**

Sul/Sun 15 Ebrill/April **Arfordir a Chwm Wyre/ Coast and Cwm Wyre**
 9 5 Gradd/Grade Lawrence Martin
 milltir/miles awr/hours B 01974 298166
 Cerdded ger clogwyni Llanrhystud, i Landdeiniol ac ar hyd Cwm Wyre
 Along the cliffs north from Llanrhystud, lunch inland in Llanddeiniol and returning along wooded Cwm Wyre.
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **10am**

**Mae RHAID i chi ffonio'r arweinydd cyn mynychu unrhyw daith
 You MUST phone the walk leader in advance before joining any walk**

05/06/07 Mai/May 2012

Zail Benwythnos Gerdded Bro Tregaron / The 2nd Bro Tregaron Walking Weekend

The 2nd Bro Tregaron Walking Weekend



05/06/07 May 2012

www.walktregaron.co.uk
 in the Cambrian Mountains

Gweler cefn y rhaglen am wybodaeth / See back page for full details

Sad/Sat 12 Mai/May **Sgramblo yn y Glyderau/ Scramble on the Glyders**
 6 6-8 awr/hours Gradd/Grade Aled & Teleri Garner
 milltir/miles C/D 01974 298734
 Scramblo yn y Glyderau – cyflwyniad i sgramblo gradd 1.
 Snowdonia scramble around the Glyderau – grade 1 introduction to scrambling.
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **7am**

Sad/Sat 19 Mai/May **Pwer cuddiedig y Rheidol/ Hidden power of the Rheidol**
 5 milltir/miles 3 awr/hours Gradd/Grade B Dylan Hemmings 01570 423758
 Darganfyddwch Cwm Rheidol-taith am ddim o amgylch Pwerdy hydro-electric.
 Discover the beauty and hidden power of the Rheidol valley - a walk including a free tour around the hydro electric power station.
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **10:30am**, neu maes parcio Rheidol Power Station / or Rheidol Power station car park 11:10am

Sul/Sun 3 Mehefin/June **Llech Ddu Spur, Eryri/Snowdonia**
 11 7 / 8 Gradd/Grade Chris Hodgson
 milltir/miles awr/hours C/D 01970 617827
 Bydd Clwb Cerdded yn ymuno a Rambler Aberystwyth am daith yn y Carneddau.
 The club joins Aberystwyth Ramblers for a strenuous walk on the best parts of the Carneddau, some grade 1 scrambling, head for heights required!
 Cwrdd Sgwâr Tregaron/Meet Tregaron Square **7:30am**

Sul/Sun 17 Mehefin/June **Y Can Camau/The Hundred Steps**
 5 3 to 4 Gradd/Grade Margaret Lewis
 milltir/miles awr/hours B 01341 422601
 Arthog i Ddinas Olau, golygfeydd gwych o'r Mawddach ar draws Bae Aberteifi.
 Arthog to Dinas Olau, spectacular views of the Mawddach estuary and across Cardigan Bay. Bring 60p for the estuary bridge toll!
Cwrdd maes parcio Marian, Dolgellau /Meet Dolgellau, Marian car park 10:30am

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