

# TEITHIAU'R WAUN

## Pompren Wredog

<p><i>Pellter: 6.75 km (4.2 milltir); dringo ~ 100 m. Llwybrau a lonydd (rhan o'r daith ar briffordd brysur). Peth dringo serth i fyny.</i></p>		<p><i>Distance: ~ 6.75 km (~ 4.2 miles); ascent ~ 100m. Paths and lanes (partly along busy main road). Some steep climbing.</i></p>
<p>O faes parcio'r Ganolfan ewch at y briffordd a throï i'r chwith (i'r de).</p>	A	<p>From the Canolfan car-park go to the main road and turn left (south).</p>
<p>Dilynwch y ffordd fawr (gyda gofal) am ~ 875 m, i lawr yr allt, dros Bont Cynnant a'r Afon Gwyrfai, heibio i'r dafarn a'r orsaf trê'n ar y chwith, at gyffordd â lôn fechan i'r dde, wrth ymyl cyfnewidfa ffôn.</p>	B	<p>Follow the main road (with care) for ~ 875 m, down the hill, across Pont Cynnant over the river Gwyrfai, past the pub and station on the left, to a junction with a narrow lane to the right, near a telephone exchange.</p>
<p>Trowch i'r dde i fyny'r lôn fechan a'i dilyn i fyny'r allt am ~ 1 km at gyffordd (lle mae'r lôn yn troi'n sydyn i'r chwith); dilynwch y lôn sy'n mynd yn syth ymlaen yma. Ar ôl ~ 200 m mae'r lôn yn troi yn drac.</p>	C	<p>Turn right up the the lane and continue uphill for ~ 1 km to a junction (where the lane turns sharply left); take the lane going straight ahead here. After ~ 200 m the lane becomes a track.</p>
<p>Dilynwch y trac drwy nifer o giatau am ~ 1 km nes mae'n dod allan ar lôn yn arwain at fferm Yr Erw. <i>Mae golygfeydd ardderchog o bentre'r Waun-fawr ar y dde ac, yn nes ymlaen, daw castell Caernarfon i'r golwg i'r gogledd-orllewin.</i></p>	D	<p>Follow the track through several gates for ~ 1 km until it emerges on a lane leading to Yr Erw farm. <i>There are excellent views of Waun-fawr village on the right and, further on, Caernarfon castle can be seen to the north-west.</i></p>
<p>Trowch i'r dde ar hyd y lôn at gyffordd ychydig cyn y bont dros y rheilffordd. Ewch i'r dde yma ar hyd y lôn sy'n cydreddeg â'r rheilffordd, heibio i orsaf Cyffordd Tryfan ar y chwith i chi.</p>	E	<p>Turn right along the lane to a junction just before the bridge over the railway. Go right here along the lane running alongside the railway past Tryfan Junction station on your left.</p>
<p>Ar ôl mynd heibio i'r orsaf ewch i'r chwith dros y rheilffordd (Croesfan Tryfan) a dilyn y lôn, gyda'r rheilffordd ar y dde ichi, am ~ 500 m at gyffordd.</p>	F	<p>After passing the station turn left to cross the railway (Tryfan Crossing) and continue along the lane, with the railway on the right, for ~ 500 m to a junction.</p>
<p>Ar y gyffordd ewch i'r chwith tuag at fuarth y fferm (NID y trac sy'n mynd i'r dde o dan y rheilffordd). Ar fuarth y fferm daliwch i'r dde drwy giat ger hen adeilad, a dilyn y trac garw i lawr at y bont Pompren Wredog dros yr Afon Gwyrfai.</p>	G	<p>At the junction turn left towards the farmyard (NOT the track to the right under the railway). In the farmyard bear right through a gate next to an old building, and follow the rough track down to the bridge Pompren Wredog over the river Gwyrfai.</p>
<p>Croeswch y bont ac ewch i fyny'r ochr arall a throï i'r dde ar groesffordd y traciau a dilyn y lôn at y briffordd (neu, lle mae lôn arall yn ymuno o'r chwith, gellir dilyn yr arwyddion llwybr troed i'r dde ar draws caeau at y briffordd).</p>	H	<p>Cross the bridge and go up the other side and turn right at the crossroad of tracks, follow the lane to the main road (or, where another lane joins from the left, follow the footpath signs to the right across the fields to the main road).</p>
<p>Trowch i'r dde a dilyn y ffordd fawr (gyda gofal) yn ôl at Y Ganolfan.</p>	I	<p>Turn right and follow the main road (with care) back to Y Ganolfan.</p>
<p><a href="#">Cliciwch yma i gael map ar y We</a> →</p>		<p>map ← <a href="#">Click here for a map on the Web</a></p>