Taith Cae Adda Walk

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Taith Gerdded Cae Adda

Cyfoeth Naturiol Cymru
Natural Resources Wales

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Cae Adda Walk

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Dechrau:	Ger Canolfan Saethu Dyffryn Dyfi Parcio cyfyngedig
Cyfeirnod Grid:	SH 806 051
Pellter:	10 km – 6.2 milltir
Gradd:	Canolig, gyda rhai mannau serth
Tirwedd:	Caeau, llwybrau garw
Mapiau:	Arolwg Ordnans Explorer – 215
Lluniaeth:	Caffi ym maes saethu Cwm Dyfi

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1 O'r blwch post, ewch i fyny'r bryn ar y lôn darmac sy'n troi'n sydyn i'r dde, wedyn gan gadw i'r chwith i Ddaulwyn ewch drwy giât ac i fyny'r trac. Ewch i fyny trwy dair giât i fynd heibio adfeilion Esgair-hyder ar y chwith, ac wedyn trwy ddwy giât arall cyn troi i'r dde'n syth, ar hyd y trac a thrwy giât.

2 Lle mae'r llwybr yn hollti, trowch i'r chwith i fyny'r bryn trwy giât, ac wedyn i'r dde i fynd heibio pwll ar y chwith a thrwy giât ac ymlaen i ymuno â thrac clir. Dilynwch y llwybr trwy ddwy giât, ac wedyn cerddwch i'r chwith o'r coedydd conwydd i fynd i lawr trwy giât tan gyrraedd tai allan Ysgubor Fraithwen. Trowch i'r dde i gyrraedd ffordd darmac, ac wedyn i'r dde eto i fynd trwy giât tuag at Gae Adda. Dilynwch y ffordd dros grid gwartheg ac ymhellach i lawr trowch i'r chwith dros bont i gerdded i fyny'r bryn gan gadw'r ffermdy ar y chwith. Ewch o gwmpas ochr y ffermdy ac wedyn trowch i'r dde i iard y fferm. Cerddwch yn syth ymlaen rhwng y tai allan i fynd trwy giât ar ochr bellaf yr iard.

3 Cerddwch i lawr y bryn i groesi rhyd, ac wedyn yn groeslinol i'r chwith i fyny'r bryn trwy ddwy giât ac ymlaen i drac caregog. Ar ael y bryn lle'r mae'r trac yn darfod, trowch i'r chwith a cherdded ar draws ochr y bryn tuag at ben coetir i groesi nant a chamfa.

4 Ewch ymlaen heibio tri phwll ar y dde ac wedyn ychydig i'r chwith i fyny'r bryn i fynd trwy ddwy giât ger planhigfa fach. Wrth i'r llwybr ddechrau darfod, ewch yn syth ymlaen gan droi ychydig i'r dde cyn ailymuno â'r trac ychydig ymhellach ymlaen cyn mynd trwy giât i goedwig Pant y Saeson. Cerddwch ar hyd y trac, gan gymryd y troad cyntaf ar y chwith wrth ochr arwyddbost i ddilyn llwybr at ffin y goedwig. Ewch trwy giât gan gerdded yn syth ymlaen i ymuno â thrac, ac wedyn trowch i'r dde.

5 Ewch trwy giât gan ddilyn yr arglawdd o gwmpas ochr y bryn, cyn troi i'r chwith i fynd i lawr trwy giât ger rhywfaint o goed. Ewch i lawr y bryn i fynd trwy giât ger brwyn, ac wedyn ymlaen ychydig cyn ymuno â llwybr gwelltog gyda nant i'r dde sy'n arwain i lawr i'r coetir. Dilynwch y trac dros y nant i fynd trwy dair giât, wedyn trowch i'r chwith i iard y fferm, ac wedyn i'r dde i fynd trwy giât i fynd heibio'r tŷ eto.

6 Pan fydd y ffordd yn hollti ychydig ar ôl y bont, trowch i'r chwith i fynd trwy ddwy giât i gerdded ar hyd ffin y coetir. Pan fydd y llwybr yn hollti, cadwch i'r chwith gan fynd i lawr trwy giât cyn dod allan ar drac wrth ochr giât. Trowch i'r chwith i gerdded yn ôl i'r dechrau.

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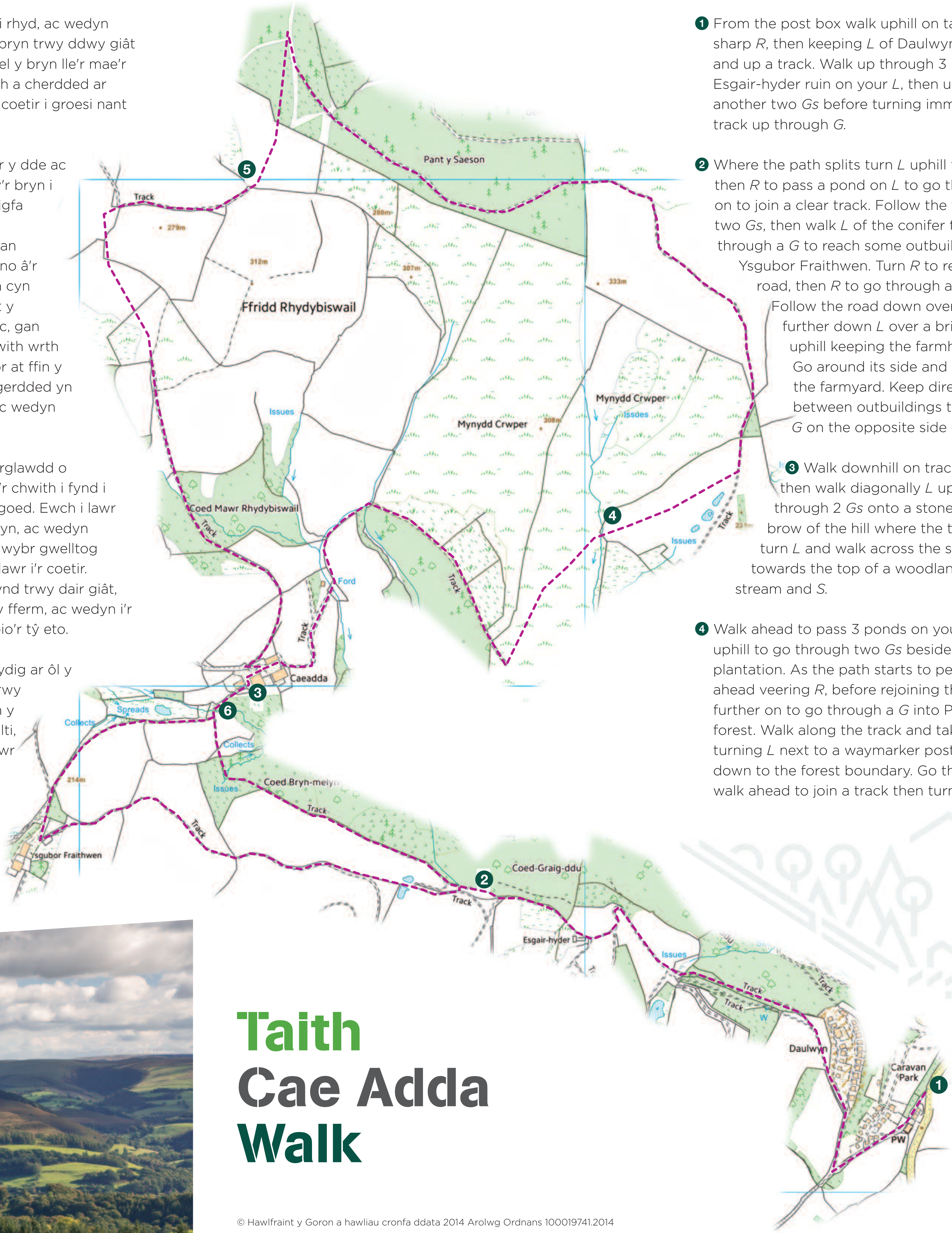

1 From the post box walk uphill on tarmac lane going sharp *R*, then keeping *L* of Daulwyn through a *G* and up a track. Walk up through 3 *Gs* to pass Esgair-hyder ruin on your *L*, then up through another two *Gs* before turning immediately *R* along track up through *G*.

2 Where the path splits turn *L* uphill through a *G*, then *R* to pass a pond on *L* to go through a G and on to join a clear track. Follow the track through two *Gs*, then walk *L* of the conifer trees to go down through a *G* to reach some outbuildings at Ysgubor Fraithwen. Turn *R* to reach a tarmac road, then *R* to go through a *G* for Cae Adda. Follow the road down over a *CG* and further down *L* over a bridge to walk uphill keeping the farmhouse on your *L*. Go around its side and then veer *R* into the farmyard. Keep directly ahead between outbuildings to go through a *G* on the opposite side of the yard.

3 Walk downhill on track to cross a ford, then walk diagonally *L* uphill to go through 2 *Gs* onto a stoney track. At the brow of the hill where the track peters out, turn *L* and walk across the side of the hill towards the top of a woodland to cross a stream and *S*.

4 Walk ahead to pass 3 ponds on your *R*, then veer *L* uphill to go through two *Gs* beside a small plantation. As the path starts to peter out, continue ahead veering *R*, before rejoining the track a little further on to go through a *G* into Pant y Saeson forest. Walk along the track and take the first turning *L* next to a waymarker post to follow a path down to the forest boundary. Go through a *G* and walk ahead to join a track then turn *R*.

Start:	Near Dovey Valley Shooting Centre Limited car parking
Grid Reference:	SH 806 051
Distance:	10 km – 6.2 miles
Grade:	Moderate with some steep sections
Terrain:	Fields, rough tracks
Maps:	OS Explorer - 215
Refreshments:	Café at Dyfi Valley shooting range

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5 Go through a *G* and follow the raised embankment around the side of the hill, before turning *L* to go down through a *G* next to some trees. Walk downhill to go through a *G* next to some rushes, then continue a short distance before joining a grass track with stream on your *R* which leads down into the woodland. Follow the track across a stream to go through 3 *Gs*, then turn *L* into the farmyard, then *R* to go through a *G* to pass the house again.

6 Where the road forks just after the bridge, turn *L* to go through two *Gs* to walk along woodland boundary. Where the path splits, keep *L* and go down through a *G*, before emerging on a track next to a *G*. Turn *L* to retrace your steps.

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