

Trafnidiaeth Gyhoeddus / Public Transport
 Traveline Cymru ☎: 0871 200 22 33
 www.traveline-cymru.info

Ymholiadau National Rail / National Rail Enquiries
 ☎: Cymraeg 0845 60 40 500 / 08457 48 49 50
 www.nationalrail.co.uk

Gwybodaeth Twristiaid / Tourist Information
 www.ymweldageryri.info/
 www.visitsnowdonia.info/
 www.llwybrfordircymru.gov.uk
 www.walescoastpath.gov.uk

Gwefannau eraill / Other websites
 www.ahne-llyn-aonb.org.uk
 www.gwynedd.llyw.cymru
 www.ecoamgueddfa.org



Golygfa dros Aberdaron
 View over Aberdaron

Cynhyrchwyd y daflen hon gan Sustrans gyda chefnogaeth Gwasanaeth AHNE Llŷn a Chyngor Gwynedd

This leaflet has been produced by Sustrans with the support of Llŷn AONB Service and Gwynedd Council.

Sustrans a'r Rhwydwaith Beicio Cenedlaethol

Mae Penrhyn Llŷn yn ffurfio rhan o'r Rhwydwaith Beicio Cenedlaethol, dros 14,000 milltir o lwybrau cerdded a beicio di-draffig, lonydd tawel ac adrannau ar y ffordd ledled y DU. Cydlynir y Rhwydwaith gan Sustrans, yr elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwell lleoedd a gofodau i symud drwyddynt a byw ynddynt.

Sustrans and the National Cycle Network

The Llŷn Peninsula forms part of the National Cycle Network, more than 14,000 miles of traffic-free paths, quiet lanes and on-road walking and cycling routes around the UK. The Network is coordinated by Sustrans, 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.

Mae'n bryd i ni gyd ddechrau gwneud dewisiadau teithio craffach. Camwch ymlaen a chefnogwch Sustrans heddiw. It's time we all began making smarter travel choices. Make your move and support Sustrans today.

www.sustrans.org.uk
 0845 838 0651



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 Photos: © Llŷn AONB
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Penrhyn Llŷn
 Llŷn Peninsula

Cylchdeithiau Beics Llŷn
 Llŷn Circular Cycle Routes



Route 40

Côd Beicio Da Ufuddhewch i reolau'r ffordd Byddwch yn gwrtais

- Ildiwch i gerddwyr
- Cofiwch fod rhai pobl yn drwm eu clyw neu â nam ar eu golwg
- Pan fydd defnyddwyr cadair olwyn neu farchogwyr ildiwch iddynt
- Canwch gloch neu defnyddiwch eich llais yn gwrtais i rybuddio eich bod yn dod

Gofalwch am yr amgylchedd

- Allwch chi gyrraedd man cychwyn eich taith ar feic neu gludiant cyhoeddus?
- Dilynwch y Côd Cefn Gwlad; yn arbennig parchwch dda byw a bywyd gwyllt, ewch â'ch sbwriel adref a chadwch gŵn o dan reolaeth.

Edrychwch ar ôl eich hunan

- Byddwch yn arbennig o ofalus wrth gyffyrdd, wrth feicio i lawr eillydd neu pan fo wyneb y ffordd neu'r llwybr yn anwastad
- Mewn ardaloedd anghysbell gwnewch yn siwr fod gennych fwyd, offer trwsio beic, map a dillad tywydd gwlyb
- Cadwch eich beic mewn cyflwr da i'r ffordd; defnyddiwch olau pan fo gwelededd yn wael
- Ystyriwch wisgo helmed a dillad hawdd eu gweld

Good Cycling Code Obey the rules of the road Be courteous

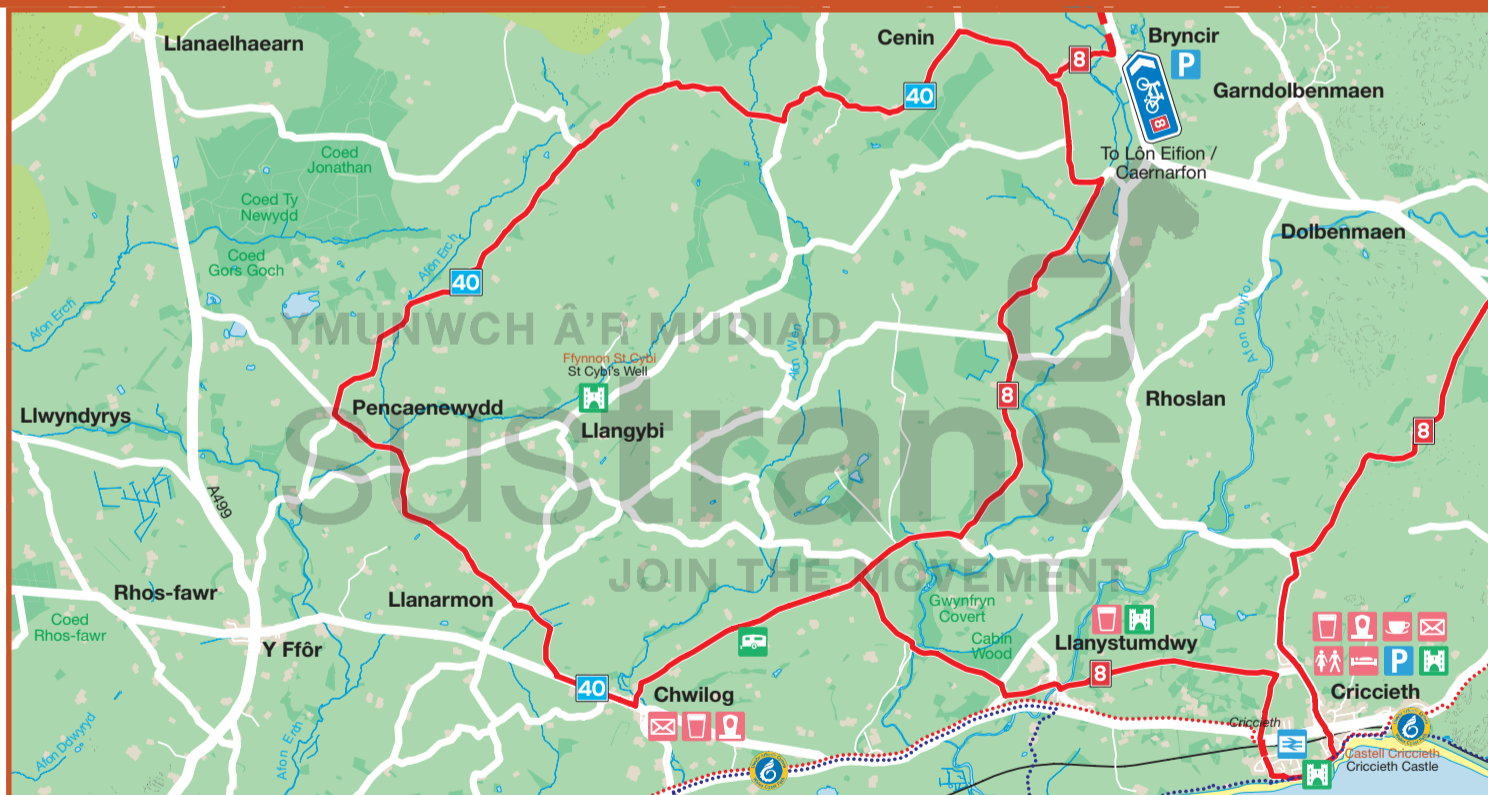
- Give way to pedestrians
- Remember that some people are hard of hearing or visually impaired
- Where there are wheelchair users or horse riders please give way
- Ring a bell or politely call out to warn of your approach

Care for the environment

- Can you reach the start of your journey by bike or public transport?
- Follow the Country Code; in particular respect livestock and wildlife, take your litter home, and keep dogs under close control.

Look after yourself

- Take special care at junctions, when cycling downhill and on loose surfaces
- In remote areas carry food, repair kit, map and waterproofs
- Keep your bike roadworthy; use lights in poor visibility
- Consider wearing a helmet and conspicuous clothing



Beicio ar Benrhyn Llŷn

Beicio yw'r ffordd orau i weld ardal Llŷn ac Eifionydd gyda'i hatyniadau gwych, gan gadw'n iach a helpu'r amgylchedd ar yr un pryd.

Mae'r llwybrau'n dilyn lonydd culion heb fawr o draffig, ac yn arddangos golygfeydd unigryw a godidog o'r arfordir a'r cefn gwlad, llawer ohono wedi'i ddynodi'n Ardal o Harddwch Naturiol Eithriadol (AHNE). Mae arwyddion glas gyda rhifau arnynt yn nodi ffordd mae'r teithiau yn mynd a gallwch gychwyn a gorffen be y mynnwch.

Mae Llwybr 40 tua 14 milltir o hyd, ac mae'n cysylltu â Lôn Eifion drwy Lwybr Beicio Cenedlaethol 8; Mae Llwybr 41 tua 17 milltir a gellir ei ymestyn i gyrraedd Pwllheli; Llwybr 42 yw'r hiraf, yn 27 milltir; ac mae Llwybr 43 yn tua 19 milltir ac mae bron yn cyrraedd pen draw Penrhyn Llŷn. Gellir beicio unrhyw un o'r llwybrau i'r ddau gyfeiriad, neu gellir cyfuno'r llwybrau i greu taith hirach, fwy heriol.

Cycling on the Llŷn Peninsula

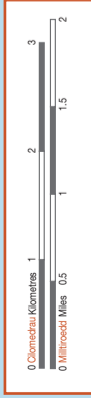
Cycling is the best way of getting to see the Llŷn and Eifionydd area with its wonderful attractions, whilst also staying healthy and helping the environment.

The routes follow narrow lanes with hardly any traffic and pick out unique and breathtaking views of the coast and countryside, much of which has been designated an Area of Outstanding Natural Beauty (AONB). Blue numbered signs have been used to denote the routes and you may start and finish at whichever point you wish

Route 40 is approximately 14 miles in length and connects to Lôn Eifion via National Cycle Route 8; Route 41 is around 17 miles and can be extended to reach Pwllheli; Route 42 is the longest at 27 miles; and Route 43 is approximately 19 miles and almost reaches the tip of the Llŷn Peninsula. Each route can be ridden in either direction or a challenging longer route can be pieced together.

Penrhyn Llŷn / Llŷn Peninsula

- Regional Cycle Network on-road
Rhwylwath Beicio Rhanbarthol ar y ffordd
- Linking routes
Lwybrau cyswllt
- National Cycle Network traffic-free
Rhwylwath Beicio Cenedlaethol Di-drafftio
- National Cycle Network on-road
Rhwylwath Beicio Cenedlaethol ar y ffordd
- Walking route (Wales Coast Path)
Lwybr cerdded (Lwybr Arfordir Cymru)
- Railway station
Gorsaf reilffordd
- Café / Public house
Caffi / Fflatern
- Bike shop / Parking
Slopp Feciâu / Farcio
- Post office / Toilets
Swyddfa Bost / Tolled
- Shop / Accommodation
Slopp / Llety
- Tourist attraction / Tourist information
Atyniad Twristiaid / Gwybodaeth ymwelwyr
- Nature reserve / Leisure centre
Gwarchodfa natur / Canolfan hamdden
- Camping / Caravan
Gwersylla / Caravan
- Area of Outstanding Natural Beauty
Ardal o Harddwch Naturiol Eithriadol



Penrhyn Llŷn yn Ardal o Harddwch Naturiol Eithriadol

Yn 1957, dynodwyd rhan helaeth o Benrhyn Llŷn yn Ardal o Harddwch Naturiol Eithriadol (AHNE), un o 5 AHNE dynodedig yng Nghymru. Mae logo'r AHNE yn dangos brân goesgoch, aderyn sy'n ffurfio arfordir creigiog y penrhyn, ble ceir tua 60 o barau nythau. Mae 155km² o'r Penrhyn yn ffurfio'r AHNE ac mae tua 70% o boblogaeth yr ardal yn siaradwyr Cymraeg. Am ragor o wybodaeth, ewch at www.ahne-llyn-aonb.org

Llŷn Peninsula Area of Outstanding Natural Beauty

In 1957, a large part of the Llŷn Peninsula was designated an Area of Outstanding Natural Beauty (AONB), one of only 5 designated AONBs in Wales. The logo for the AONB shows a Chough, a bird that favours the peninsula's rocky coastline where there are around 60 nesting pairs. The AONB covers 155km² on the Peninsula and about 70% of the area's population are Welsh speakers. For further information please visit www.ahne-llyn-aonb.org

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