

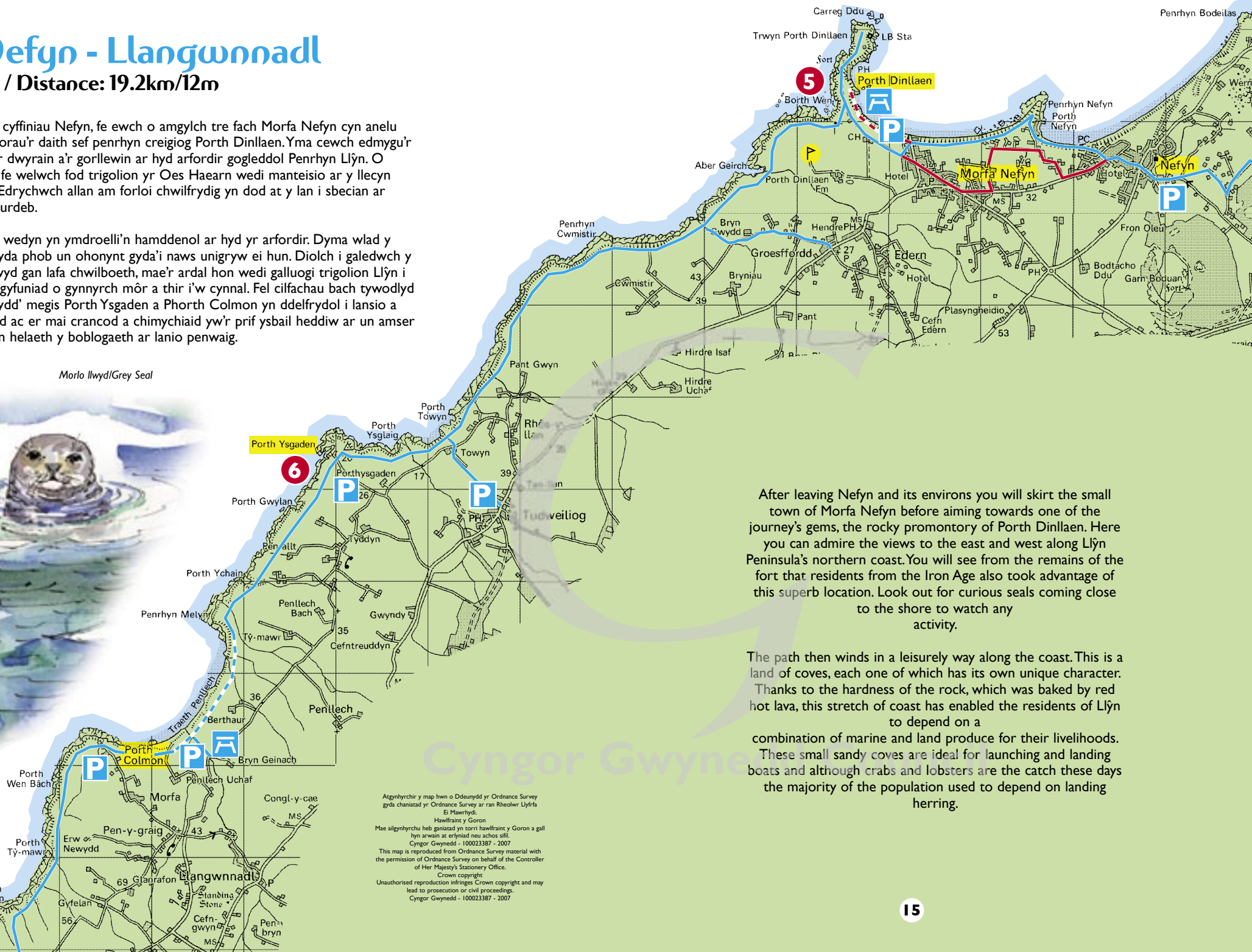
# 4: Nefyn - Llangwnnadr

Pellter / Distance: 19.2km/12m

Wedi gadael cyffiniau Nefyn, fe ewch o amgylch tre fach Morfa Nefyn cyn anelu at un o drysorau'r daith sef penrhyn creigiog Porth Dinllaen. Yma cewch edmygu'r golygfeydd i'r dwyrain a'r gorllewin ar hyd arfordir gogleddol Penrhyn Llŷn. O olion y gaer, fe welwch fod trigolion yr Oes Haearn wedi manteisio ar y llecyn hynod hwn. Edrychwch allan am forloi chwilfrydig yn dod at y lan i sbectian ar unrhyw brysurdeb.

Mae'r llwybr wedyn yn ymdroelli'n hamddenol ar hyd yr arfordir. Dyma wlad y 'porthydd' gyda phob un ohonynt gyda'i nawn unigryw ei hun. Diolch i galedwch y graig, a bobwyd gan lafa chwilboeth, mae'r ardal hon wedi galluogi trigolion Llŷn i ddbynnu ar gyfuniad o gynnyrch môr a thir i'w cynnal. Fel cilfachau bach tywodlyd mae'r 'porthydd' megis Porth Ysgaden a Phorth Colmon yn ddelfrydol i lansio a glanio cychod ac er mai crancod a chimychiaid yw'r prif ysbail heddiw ar un amser dibynnai rhan helaeth y boblogaeth ar lanio penwaig.

Morlo llwyd/Grey Seal



After leaving Nefyn and its environs you will skirt the small town of Morfa Nefyn before aiming towards one of the journey's gems, the rocky promontory of Porth Dinllaen. Here you can admire the views to the east and west along Llŷn Peninsula's northern coast. You will see from the remains of the fort that residents from the Iron Age also took advantage of this superb location. Look out for curious seals coming close to the shore to watch any activity.

The path then winds in a leisurely way along the coast. This is a land of coves, each one of which has its own unique character. Thanks to the hardness of the rock, which was baked by red hot lava, this stretch of coast has enabled the residents of Llŷn to depend on a combination of marine and land produce for their livelihoods. These small sandy coves are ideal for launching and landing boats and although crabs and lobsters are the catch these days the majority of the population used to depend on landing herring.

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