

Swansea Valley Trail

The Swansea Valley Trail is a mainly traffic free 15 mile walking and cycling route that takes in the sights of Swansea Bay's vibrant seafront, before journeying into the heart of the area's rich industrial past, and ending in the picture perfect Brecon Beacons National Park.





Passing through a string of communities, and linking up with Route 4 of the popular Celtic Trail at Swansea Bay, the route also connects workplaces, schools and universities, as well as some of Swansea's finest attractions, natural gems and historic wonders – offering fantastic opportunities for both commuting and exploring.

Join the Movement

Sustrans is 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. We're the charity behind many ground breaking projects including the National Cycle Network, over fourteen thousand miles of quiet lanes, traffic-free and on road walking and cycling routes across the UK.

It's time we all began making smarter travel choices. Make your move and start supporting Sustrans today.

-  sustrans.org.uk
-  0845 838 0651
-  facebook.com/Sustrans.cymru
-  twitter.com/sustranscymru

Travelling to and from the Swansea Valley Trail

For train times and public transport visit Traveline Cymru

-  traveline-cymru.info

Explore Sustrans' online catalogue of routes in Wales



-  sustrans.org.uk/walesroutes

Visit the Sustrans Shop for OS maps and guide books



-  sustrans.org.uk/shop

Tourism and information

Swansea Tourist Information Centre

-  Plymouth St, Swansea
-  01792 468 321



Pontardawe Tourist Information Centre

-  Pontardawe Arts Centre, Pontardawe Town Centre
-  01792 863 722

For further information on attractions, activities, eateries and accommodation providers in Wales

-  visitwales.com

Visitor information for the Valleys and Swansea Bay

-  thevalleys.co.uk
-  visitswanseabay.com

Bike Hire

Action Bikes

-  01792 464 640

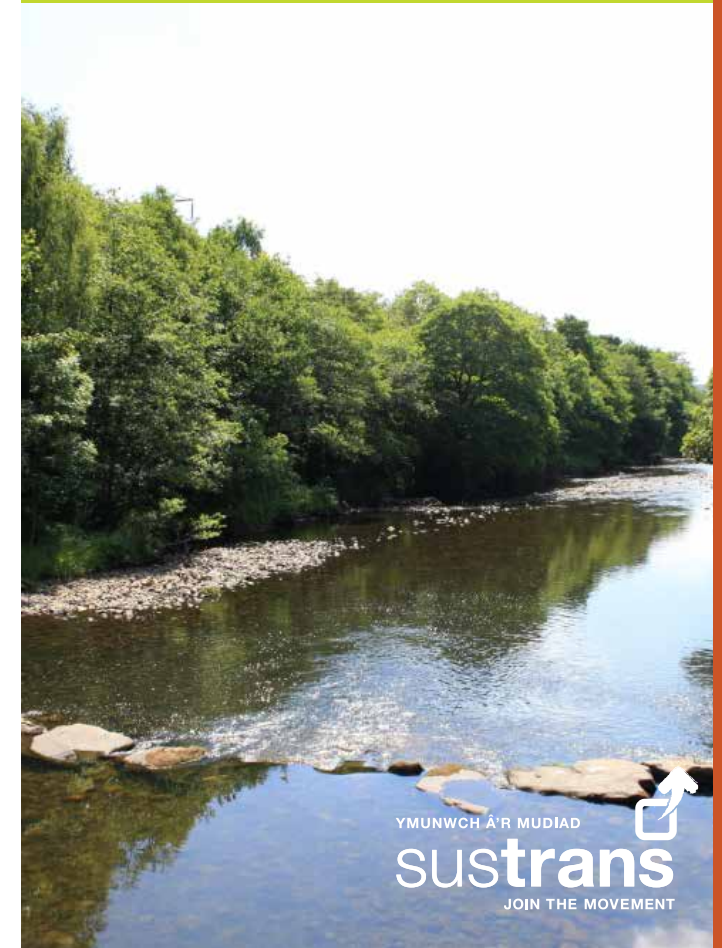
The Bike Hub

-  01792 466 944



Llwybr Cwm Tawe

Bae Abertawe i Fannau Brycheiniog



Llwybr Cwm Tawe

Mae Llwybr Cwm Tawe yn llwybr cerdded a beicio 15 milltir o hyd, ac yn di-draffig am y rhan fwyaf o'r ffordd. Mae'r llwybr yn cymryd mewn golygfeydd arfordir Bae Abertawe, i fyny trwy graidd hanes diwydiannol cyfoethog yr ardal ac yn gorffen yn llun-perffaith Parc Cenedlaethol Bannau Brycheiniog.





Mae'r llwybr yn mynd trwy nifer o gymunedau ac yn cysylltu gyda Llwybr 4 o'r Llwybr Celtaidd ym Mae Abertawe. Mae hefyd yn cysylltu manau gwaith, ysgolion a phrifysgolion, yn ogystal â rhai o atyniadau gorau Abertawe, perllau naturiol a rhyfeddodau hanesyddol – a chynnig cyfleoedd ffantastig ar gyfer taith i'r gwaith a darganfod manau newydd.

Ymunwch â'r Mudiad

Un o brif elusennau'r DU yw Sustrans sy'n galluogi pobl i deithio ar droed, ar feic neu ar drafnidiaeth gyhoeddus ar gyfer mwy o'n siwrneiau bob dydd.

Mae ein gwaith ni yn galluogi pobl i deithio mewn ffordd iachach, glanach ac yn rhatach, gyda bylchau gwell i symud trwyddynt ac i fyw ynddynt. Ni yw'r elusen sy'n gyfrifol am lawer o brosiectau ar draws y DU sy'n torri tir newydd. Maent yn cynnwys y Rhwydwaith Beicio Cenedlaethol; dros bedair mil ar ddeg o filltiroedd o lwybrau cerdded a beicio ar lonydd tawel a llwybrau di-draffig. Mae'n bryd i ni oll ddechrau dewis dulliau doethach o deithio.

Beth am i chi newid eich llwybr hefyd, a dechrau cefnogi Sustrans heddiw.

-  sustrans.org.uk
-  0845 838 0651
-  facebook.com/Sustrans.cymru
-  twitter.com/sustranscymru

Teithio i gyrraedd Llwybr Cwm Tawe

Ewch i Traveline Cymru i gael amseroedd trenau a chludiant cyhoeddus arall

-  traveline-cymru.info

Edrychwch ar gatalog ar-lein Sustrans o'r llwybrau yng Nghymru

-  sustrans.org.uk/walesroutes

Ewch i Siop Sustrans i gael mapiau OS a llyfrau tywys



-  sustrans.org.uk/shop

Twristiaeth a gwybodaeth

Canolfan Groeso Abertawe

-  Stryd Plymouth, Abertawe
-  01792 468 321



Canolfan Groeso Pontardawe

-  Canolfan Celfyddydau Pontardawe, Canol Tref Pontardawe
-  01792 863 722

Am fwy o wybodaeth am atyniadau, gweithgareddau, manau bwyta a darparwyr llety yng Nghymru ewch i

-  visitwales.com

Gwybodaeth ymwelwyr ar gyfer y cymoedd a Bae Abertawe

-  thevalleys.co.uk
-  visitswanseabay.com

Hurio Beics

Action Bikes

-  01792 464 640

The Bike Hub

-  01792 466 944



Swansea Valley Trail

Swansea Bay to the Brecon Beacons



YMUUNWCH Â'R MUDIAD

sustrans

JOIN THE MOVEMENT



Dewch i archwilio hanes diwydiannol Cwm Tawe, a'r adfywiad presennol wrth i'r llwybr yma fynd â chi ar daith o ddarganfod, o Fae Abertawe i Barc Cenedlaethol Bannau Brycheiniog ar hyd afonydd a chamlesi Cwm Tawe.

Mae'n dechrau wrth y môr yn Abertawe yn agos at bont drawiadol, Bont yr Hwyl a chewch weld sut mae ardal dociau Abertawe wedi adfywio; dwy amgueddfa ffantastig, Marina Abertawe a llu o fwytai a chaffis gwych. Ymlaen wedyn i ffwrdd oddi wrth y môr a dilyn llinell Afon Tawe. Gallwch weld yr adeilad eiconig Stadiwm y Liberty a gweddillion gwaith copr hanesyddol. Os byddwch eisiau nwyddau a lluniaeth ar gyfer eich taith mae archfarchnadoedd a siop goffi ym Mharc Siopa'r Morfa, Abertawe.

Wedyn mae'r llwybr yn croesi i ochr orllewinol yr afon a rhedeg i fyny tuag at Glydach. Yno mae darn newydd o'r llwybr yn mynd â chi ar daith ddiddorol heibio Glais (gyda'i Safle o Ddiddordeb Gwyddonol Arbennig) a dros y gwaith celf trawiadol 'Pont Afon Tawe'.

Ymhellach ymlaen mae parc prydferth Coed Gwilym, lle mae Canolfan Treftadaeth Clydach, a lle perffaith i stopio am bicnic. Dilynwch y llwybr wedyn ar hyd y gamlas am tua 2 filltir i dref Pontardawe lle gallwch ymweld â Chanolfan Celf Pontardawe; cael golwg yn y siopau lleol, neu gael rhywbeth i'w fwyta. Mae rhan olaf y daith ardderchog hon yn troelli trwy ochr ddwyreiniol y cwm, trwy Ystalyfera ac Ystradgynlais, lle gallwch ymweld â Gwaith Haearn Ynyscedwyn a chael siopa dipyn mewn archfarchnad leol.

Os ewch ymlaen ar Lwybr 43, gallwch fwynhau golygfeydd ysblennydd o Barc Cenedlaethol Bannau Brycheiniog wrth i chi gwblhau'r daith ryfeddol hon.

Explore Swansea Valley's industrial past and regenerated present as this trail takes you on a journey of discovery from Swansea Bay to Brecon Beacons National Park along the rivers and canals of the Swansea Valley.

Starting at Swansea Waterfront near the impressive Sail Bridge, taking in the regeneration of Swansea's docklands area; two fantastic museums, Swansea Marina and a plethora of great restaurants and cafes, The route then takes you away from the seafront following the line of the River Tawe. Look out for the iconic Liberty Stadium and remains of the historic copper works. If you want to stock up on supplies and refreshments for your journey you can stop off at a supermarket or coffee shop at Swansea Morfa Shopping Park.

Crossing to the west side of the river the route continues up towards Clydach where a new section of route takes you on an interesting journey passed Glais' SSSI (Site of Special Scientific Interest), and over the stunning 'Afon Tawe Bridge' artwork.

Further on you will find the beautiful Coed Gwylim Park, home to Clydach's Heritage Centre and a perfect place to stop off for a picnic. Follow the route along the canal for around 2 miles, to the town of Pontardawe where you can visit the Pontardawe Arts Centre; browse the local shops, or stop off for a bite to eat. The final leg of this fabulous route winds through the east side of the valley through Ystalyfera and Ystradgynlais, where you can visit the Ynyscedwyn Ironworks and top up your supplies at a local supermarket.

Continuing on Route 43 you can enjoy the splendid views of the Brecon Beacons National Park as you complete this fabulous journey.



Lle bydd eich taith nesaf yn mynd â chi?

Mae Llwybr Cwm Tawe'n cysylltu gyda glan y môr yn Abertawe, Port Talbot a Pharc Cenedlaethol Bannau Brycheiniog a gyda changhennau i lu o lwybrau syfrdanol eraill sy'n cynnig cymysgedd gwych o antur a theithiau heriol heb draffig erador, i bobl o bob oed a phob lefel o allu beicio:

Llwybr Celtaidd 4

Mae rhan Abertawe o'r Llwybr Celtaidd yn mynd â chi ar hyd Llwybr Beicio poblogaidd Abertawe tua'r gorllewin, gan gysylltu gyda safle trawiadol Parc Arfordirol y Mileniwm yn Nhref-gŵyr. Tua'r dwyrain, bydd Llwybr 4 yn mynd â chi ar hyd arfordir Aberafan a thrwy brydferthwch Parc Gwledig Margam.

Llwybr Celtaidd 47

Yn un rhan o'r 220 filltir o'r Llwybr Celtaidd, mae'r rhan hon o Lwybr 47 o Lansawel i Bontypridd trwy Gastell-nedd, yn brofiad heriol trwy goedwigoedd a dyffrynnoedd gwyrdd, gyda golygfeydd gwych o Fannau Brycheiniog. I weld pa rannau o Lwybr 47 sy'n di-draffig, ewch i sustrans.org.uk/walesroutes

Cwm Afan 887

Dyma lwybr ffantastig di-draffig, sydd yn defnyddio'r rheilffordd i fynd â chi ar daith hardd o Aberafan i Barc Coedwig Afan. Mae uchafbwyntiau'r daith yn cynnwys Mainc Bortreadau Cwm Afan lle mae tri arwr lleol – Richard Burton, Rob Brydon a'r dyn lleol Dick Wagstaff – yn sefyll yn gadarn mewn dur; golygfeydd trawiadol o'r goedwig, a Chanolfan Ymwelwyr Afan, lle mae'r Amgueddfa Glowyr De Cymru, sydd yn hynod o ddi-ddorol, a hefyd mannau gwych i gael picnic. Gall pobl sy'n hoff o adrenalin gael profi llwybrau beicio mynydd byd-eang Cognition, a'r cyfan yn dechrau a gorffen o'r Ganolfan Ymwelwyr.

Rhwydwaith Beicio Bae Abertawe

Mae Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot a Dinas a Sir Abertawe wedi datblygu cynllun Llwybr Beicio Bae Abertawe, sy'n dangos llwybrau ar gyfer teithiau lleol. Mae'r llwybrau yn cyfuno rhannau ar y briffordd ac oddi arni ac yn cysylltu cymunedau a threfi lleol yn yr ardal. Mae hwn wedi'i seilio ar fap fel un y tube, felly gwylwch am yr arwyddion yn y lliwiau penodol wrth i chi deithio o gwmpas y rhwydwaith. Gallwch weld beth yw'r pelleredd a'r amseroedd ar y map rhyngweithiol a gwylid fideo o'r llwybrau cyn i chi ddechrau yma: cycleswansabay.org.uk

Am fwy o wybodaeth am unrhyw un o'r llwybrau hyn a mwy ewch i: sustrans.org.uk/walesroutes

Where will your next journey take you?

Connecting with Swansea seafont, Port Talbot and Brecon Beacons National Park, the Swansea Valley Route branches out to an array of other wonderful trails that offer a brilliant mixture of traffic-free adventures and challenging rides for all ages and cycling abilities:

Celtic Trail 4

The Swansea section of the mighty Celtic Trail takes you along the popular Swansea Bike Path to the west, connecting with the stunning Millennium Coastal Park at Gowerton. Eastwards, Route 4 will take you along Aberavon seafont and through the beautiful Margam Country Park.

Celtic Trail 47

Part of the 220 mile Celtic Trail, this stretch of Route 47 from Briton Ferry, through Neath to Pontypridd is a challenging adventure through green forests and valleys taking in gorgeous views of the Brecon Beacons. To discover the traffic-free sections of Route 47 go to sustrans.org.uk/walesroutes

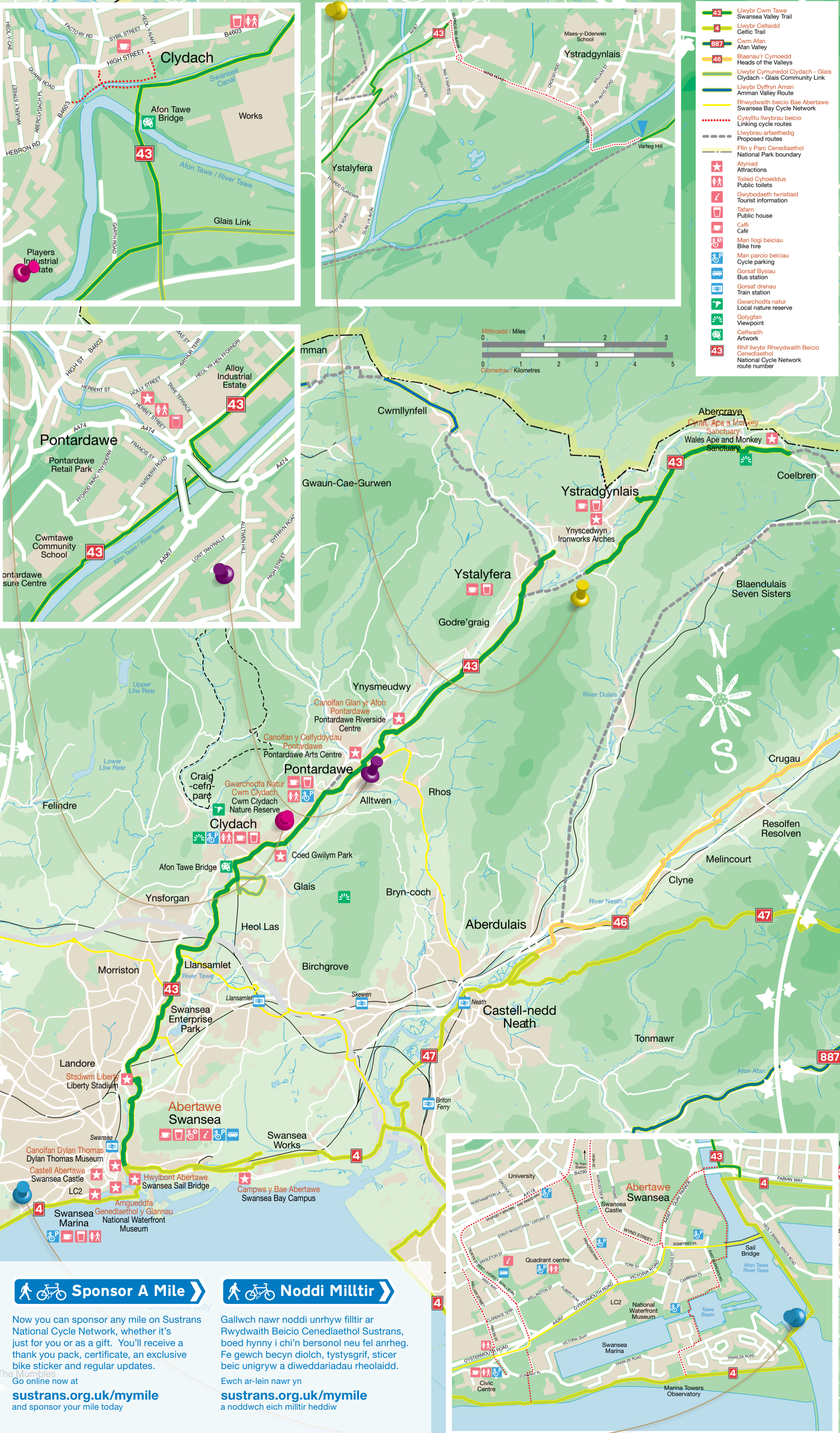
Afan Valley 887

This fantastic traffic-free railway route will take you on a picturesque journey from Aberavon seafont to the picture perfect Afan Forest Country Park. Highlights include the Afan Portrait where three local heroes - Richard Burton, Rob Brydon and local man Dick Wagstaff - stand proudly in weathering steel; the breath-taking views of the Forest, and Afan Visitor Centre with its great picnic areas and the fascinating South Wales Mining Museum. Adrenaline junkies can also experience one of Cognition's World class mountain bike trails, which all start and finish from the Visitor Centre.

Swansea Bay Cycle Network

Neath Port Talbot County Borough Council and City and County of Swansea have developed the Swansea Bay Cycle Route scheme which identifies routes for local journeys. The routes combine on-road and traffic-free sections linking local communities and towns in the area. Based on a tube-style map, keep an eye out for the colour coded signs as you travel around the network. Check out distances and times on the interactive map and watch video footage allowing you to test-run your route at cycleswansabay.org.uk

For more information on any of these routes and more visit: sustrans.org.uk/walesroutes



Sponsor A Mile

Now you can sponsor any mile on Sustrans National Cycle Network, whether it's just for you or as a gift. You'll receive a thank you pack, certificate, an exclusive bike sticker and regular updates. Go online now at sustrans.org.uk/mymile and sponsor your mile today

Noddi Milltir

Gallwch nawr noddi unrhyw filltir ar Rhwydwaith Beicio Cenedlaethol Sustrans, boed hynny i chi'n bersonol neu fel anrheg. Fe gewch becyn diolch, tystysgrif, sticer beic unigryw a diweddariadau rheolaidd. Ewch ar-lein nawr yn sustrans.org.uk/mymile a noddwch eich milltir heddiw