



**Llwybrau Marchogaeth**  
**Horse Riding Routes**

**Morfa Heli a Nant**

**Stream and Saltmarsh**

**Cymedrol | Moderate**

Pellter | Distance: 2½m | 3.8km  
Amser | Time: 1 awr | hour

UCHAFBWYNTIAU: Golygfeydd a bywyd gwylt Afon Ogwr ac amrywiaeth o gynffinoedd y twyni tywod.

HIGHLIGHTS: Views and wildlife of the River Ogmore and the variety of habitats found in the sand dunes.

**Fynnon Burrow**

**Burrows Well**

**Cymedrol | Moderate**

Pellter | Distance: 2½m | 4km  
Amser | Time: 1¼ awr | hours

UCHAFBWYNTIAU: Fynnon Burrow - ffynnon galchfaen unigryw yng Nghymru.

HIGHLIGHTS: Burrows Well - a limestone spring unique in Wales.

**Traeth a Llwyfandir**

**Beach and Plateau**

**Cymedrol | Moderate**

Pellter | Distance: 4½m | 7.4km  
Amser | Time: 2½ awr | hours

UCHAFBWYNTIAU: Y darn hir o draeth tywodlyd a golygfeydd panoramig o'r arfordir o'r grib galchfaen.

HIGHLIGHTS: The stretch of sandy beach and the panoramic views of the coast from the limestone ridge.

Llwybrau cyswllt  
Link trails

**Amrywiaeth o Llwybrau ar Droed neu ar gefn Ceffyl**

O'r fan hon gallwch ddringo twyn tywod uchaf Cymru, sef y 'Big Dipper' fel y'i gelwir yn lleol, sydd mewn gwirionedd yn dwyn sydd wedi ffurfio ar ben cefnen galchfaen.

Mae dringo i'w ben yn waith eithaf caled, ond mae hi werth yr ymdrech er mwyn yr olygfa sydd o'r copa - dilynwch arwyddion **Llwybr y Trochwr Mawr**. Os ydych am gyrraedd y traeth yn uniongyrchol croeswch y bont a dilynwch arwyddion **Llwybr y Traeth**.

Os ydych ar gefn ceffyl rhowch gynnig ar un o'n tri llwybr marchogaeth sydd wedi'u harwyddo gyda symbolau ceffyl. Mae'n rhaid cael trwydded i farchogaeth ar y llwybrau hyn - ar gael o Swyddfa Ystad Merthyr Mawr, CF32 0LR, 01656 662413.



**A Range of Trails on Foot or Horse**

From here you can climb the highest sand dune in Wales, known locally as the 'Big Dipper', which is actually a dune formed on top of a limestone ridge.

It's quite heavy-going uphill but the views when you reach the top are well worth the effort - follow the waymarked **Big Dipper Walk**. If you want to get straight to the beach cross the bridge and follow the waymarked **Beach Walk**.

If you are on horseback try one of our three waymarked riding routes - with horse symbols. To ride these trails a permit is required - available from the Merthyr Mawr Estate Office, CF32 0LR, 01656 662413.



**Llwybrau Cerdded**  
**Walks**

**Llwybr y Trochwr Mawr**

**Big Dipper Walk**

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**Anodd | Strenuous**

Pellter | Distance: ½m | 1km  
Amser | Time: ½ awr | hour

UCHAFBWYNTIAU: Y golygfeydd ysbennedd o'r copa wedi i chi ddringo i fyny'r tywod meddal.

HIGHLIGHTS: The spectacular views from the top after you have climbed uphill on soft sand.

**Llwybr y Traeth**

**Beach Walk**

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**Cymedrol | Moderate**

Pellter | Distance: 1m | 1.8km  
Amser | Time: ½ awr | hour

UCHAFBWYNTIAU: Mwynhau twyni tywod Merthyr Mawr a'u hamrywiaeth o fywyd gwylt a chynffinoedd ar y ffordd i'r traeth.

HIGHLIGHTS: Experiencing Merthyr Mawr Warren's sand dunes and its variety of wildlife and habitats on the way to the beach

**Llwybr y Grib**

**Ridge Walk**

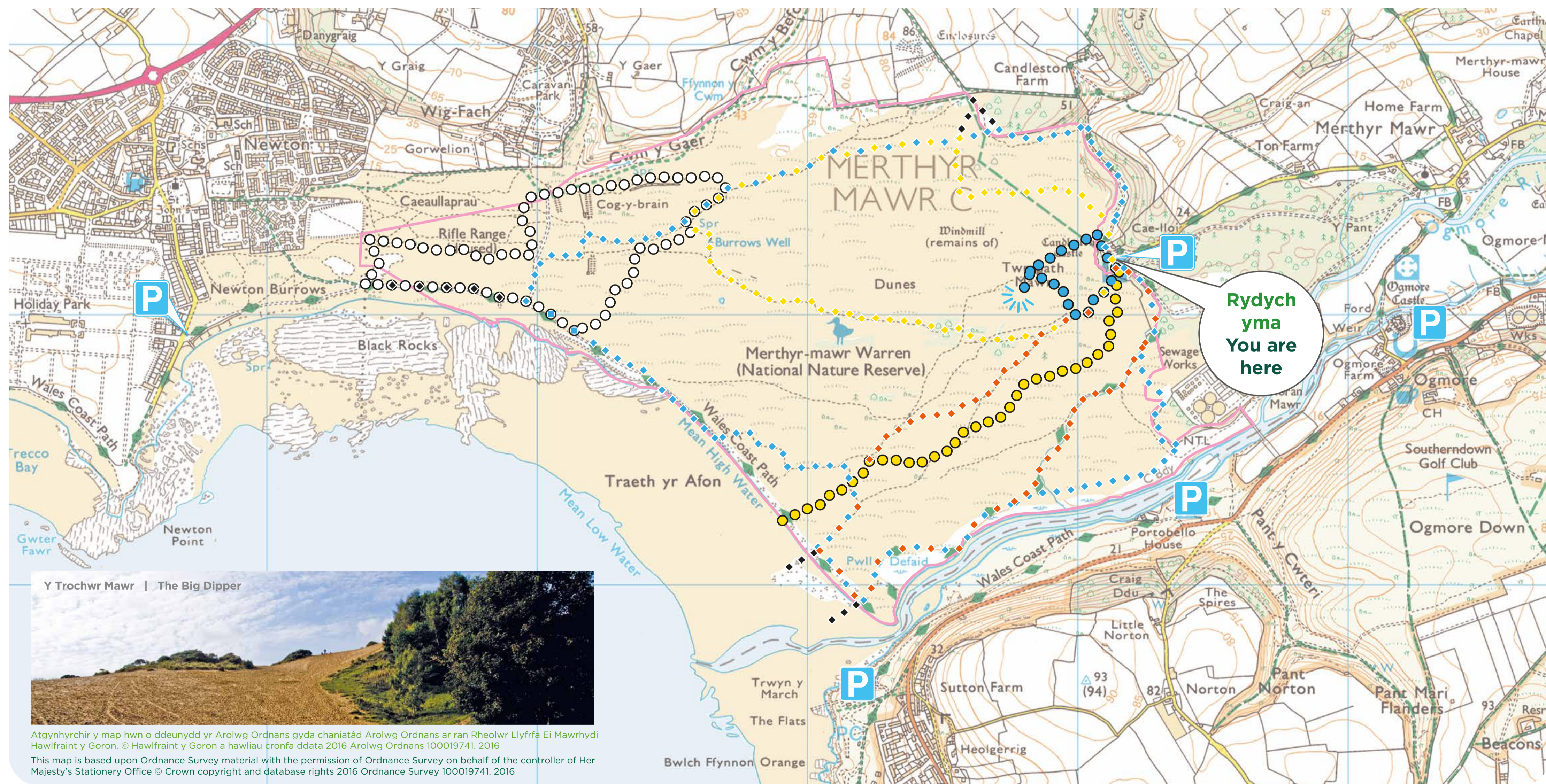
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**Cymedrol | Moderate**

Pellter | Distance: 2¼m | 3.5km  
Amser | Time: 1½ awr | hours

UCHAFBWYNTIAU: Golygfa banoramig o'r arfordir o'r grib galchfaen.

HIGHLIGHTS: The panoramic view of the coast from the limestone ridge.



Y Trochwr Mawr | The Big Dipper  
Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi Hawlfraint y Goron. © Hawlfraint y Goron a hawliau cronfa ddata 2016 Arolwg Ordnans 100019741. 2016  
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[www.cyfoethnaturiol.cymru](http://www.cyfoethnaturiol.cymru)  
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0300 065 3000



Llwybr Arfordir Cymru  
Wales Coast Path



MERTHYR MAWR  
ESTATE



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