Cyfoeth Naturiol Cymru
Natural Resources Wales

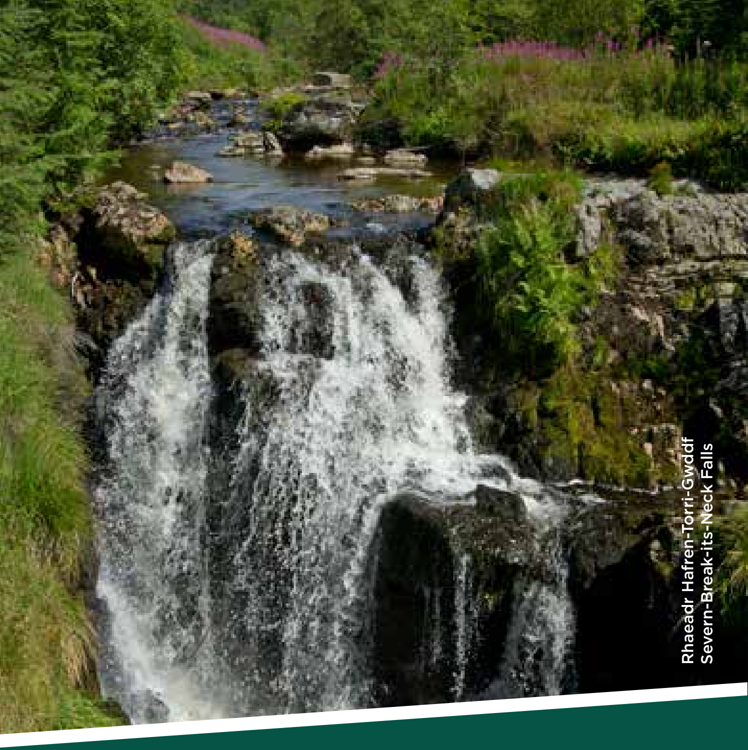
Llwybrau Coedwig
Forest Trails

Llwybrau coedwig Hafren Forest walks

// Holl brofiad y goedwig
The total forest experience

cyfoethnaturiol.cymru
naturalresources.wales

Noddir gan Lywodraeth Cymru
Sponsored by Welsh Government



Rhaeadr Hafren-Torri-Gwddf
Severn-Break-its-Neck Falls

Croeso i Coedwig Hafren a Tharddiad Afon Hafren

Enwyd y goedwig ar ôl yr afon, sy'n dechrau ar ei thaith mewn cors fawnog ym mynyddoedd Pumlumon, mynydd uchaf canolbarth Cymru. Mae'r afon yn troi'n rhuthr gwyllt ymhen dim ac mae rhaeadr yn disgyn yn wyllt drwy'r goedwig. Mae'r llwybr drwy'r goedwig, gydag arwyddion, yn eich galluogi i fwynhau'r afon hardd hon.

Mwynhewch eich ymweliad - Gofal

- Gwisgwch esgidiau cerdded cryf
- Gwisgwch ddillad sy'n gallu gwrthsefyll gwynt, siwmper gynnes os ydych am fynd ar dir uchel a dillad addas os oes argoel o law
- Mae'r goedwig yn lle prysur felly peidiwch ag aflonyddu ar y coedwigwyr a'u gwaith

Welcome to Hafren Forest and the Source of the River Severn

The forest takes its name from Afon Hafren (River Severn) which begins quietly in a squelchy peat bog on Pumlumon, Mid Wales' highest mountain. In no time at all it becomes a torrent with falls and cascades plunging headlong through the forest. Enjoy this beautiful river on our waymarked forest walks.

Enjoy your visit - Take Care

- Wear strong walking shoes or boots.
- Always carry windproofs and a warm sweater if you are going onto high ground and waterproofs in unsettled weather.
- This is a working forest so please keep well clear of forest operations and obey all signs that you encounter.

ALLWEDD/KEY

Llwybr y Rhaeadrau
Cascades Walk

Llwybr Hafren-Torri-Gwddf
Severn-Break-Its-Neck Trail

Llwybr Rhaeadr Blaen Hafren
Blaen Hafren Falls Trail

Llwybr Tarddiad Hafren
Source of the Severn Trail

Llwybr Bro Gwy
Wye Valley Walk

Llwybr Hafren
Severn Way

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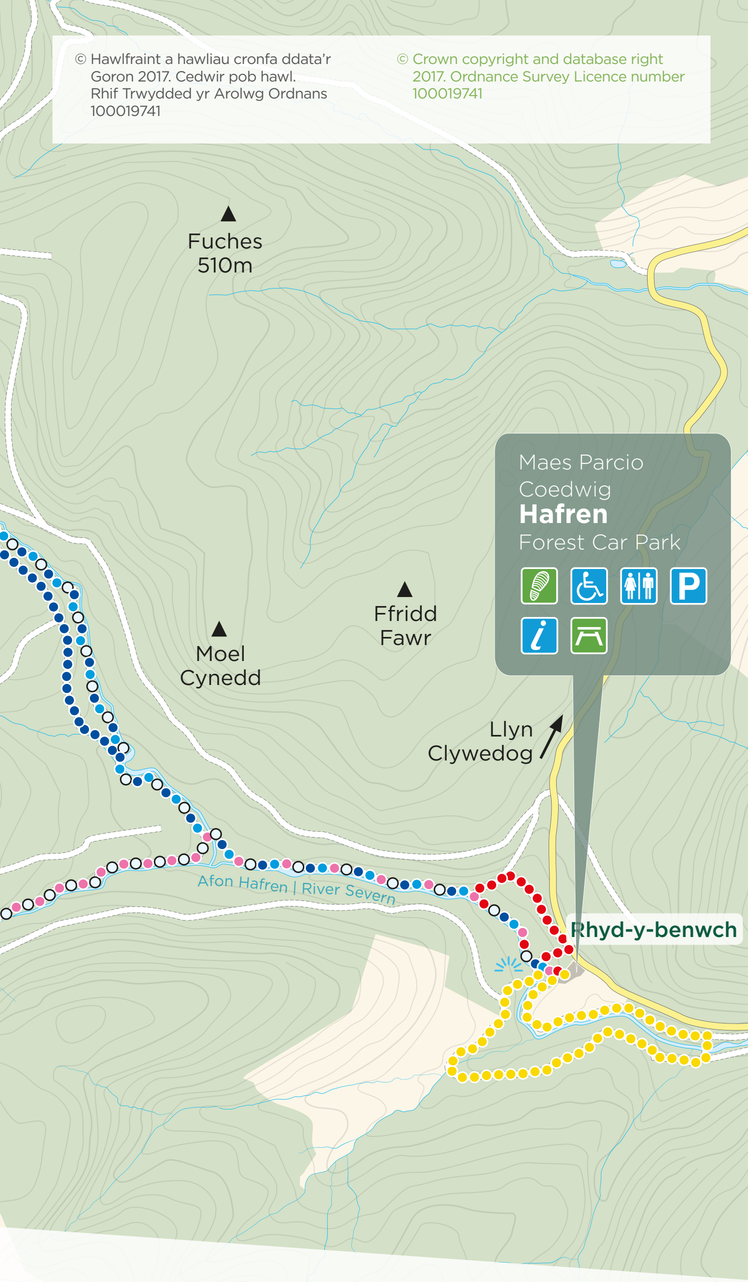

- **P** Parcio / **Parking**
- **i** Gwybodaeth / **Information**
- Hygyrch / **Accessible**
- Toiledau / **Toilets**
- Lle picnic / **Picnic area**
- Golygfan / **Viewpoint**
- Rhaeadr / **Waterfall**
- Archaeoleg / **Archaeological Feature**

Llwybr y Rhaeadrau
Cascades Walk

Y Llwybr

Mae llwybr cylchog i Darddiad Afon Hafren sy'n rhan ddechreuol o Lwybr Afon Hafren, sef llwybr hiraf Prydain ar hyd afon – 210 milltir.

Mantais arall y llwybr yw fod Llwybr Bro Gwy yn dechrau yn y maes parcio hefyd, gan fynd allan o'r goedwig a heibio i Darddiad Afon Gwy, sydd hefyd ar Bumlumon. Gall cerddwyr brwd ddilyn y llwybr yr holl ffordd i Gas-gwent. Mae llwybrau eraill, llawer byrrach, ar gael ar gyfer pob lefel o allu. Mae amrywiaeth trawiadol o adar yn y goedwig, yn eu plith y mae'r Trochwr (sy'n bwydo yn yr afon), y Barcud Coch urddasol ac fe welwch y Gosog swil os ydych chi'n lwcus.

- Llwybr Pob-gallu Rhaeadrau – ½ milltir
- Llwybr Tarddiad Hafren – 7 milltir – gyda Changen i Ben Pumlumon Arwystli (741m) – 3 milltir ychwanegol
- Llwybr Rhaeadr Blaen Hafren – 3 milltir
- Llwybr Hafren-Torri-Gwddf – 1½ milltir
- Safleoedd picnic mewn dolydd ac ar lannau'r afon
- Toiledau – Pasg-mis Hydref

The walks

The outward leg of the Source of the Severn trail forms the beginning of the Severn Way, Britain's longest riverside walk at 210 miles.

The Wye Valley walk starts from this car park and heads out of the forest past the source of the Wye, which also lies on Pumlumon. Ambitious walkers can follow the route all the way to Chepstow. Other much shorter walks cater for all abilities. Keep an eye out for Hafren's wide range of birdlife including the river feeding dipper, the red kite and if you are very lucky, the elusive Goshawk.

What's on offer

- All-ability Cascades Walk – ½ mile
- Source of the Severn Trail – 7 miles – with Spur to Pen Pumlumon Arwystli (741m) – 3 miles extra
- Blaen Hafren Falls Trail – 3 miles
- Severn Breaks-its-Neck Trail – 1½ miles
- Meadow and riverside picnic sites
- Toilets – Easter-October

Llwybr y Rhaeadrau
Cascades Walk

Mae llwybr igam ogam yn eich tywys drwy'r cysgodion i lwybr bordiau sy'n addas i bawb. Mae'n dilyn Afon Hafren hyd at y Rhaeadr.

Amser: ½ awr
Pellter: ½milltir/0.8km
Gradd: Hawdd
Dechrau: Maes Parcio Coedwig Hafren

A shady zig-zag path leads you down to an all ability boardwalk. This takes you along the River Severn to the tumbling Cascades.

Time: ½ hour
Distance: ½mile/0.8km
Grade: Easy
Start: Hafren Forest Car Park

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Llyn Clywedog
Maes Parcio Coedwig
Hafren
Forest Car Park
Afon Hafren | River Severn
Rhaeadrau
Cascades
Llanidloes

Llwybr Hafren-Torri-Gwddf
Severn-Break-its-Neck Trail

Afon Hafren o gwmpas dôl brydferth, drwy goedlan sawrus ac ymlaen i Raeadr Hafren-Torri-Gwddf – mae'n drawiadol iawn.

Amser: 1 awr
Pellter: 1½milltir/2.8km
Gradd: Gweddol
Dechrau: Maes Parcio Coedwig Hafren

Follow the River Severn around an attractive meadow and on to the spectacular Severn-Break-its-Neck Waterfall.

Time: 1 hour
Distance: 1½mile/2.8km
Grade: Moderate
Start: Hafren Forest Car Park

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Llwybr Rhaeadr Blaen Hafren
Blaen Hafren Falls Trail

Mae’r llwybr prydferth hwn yn dilyn Afon Hafren yr holl ffordd i Raeadr Blaen Hafren.

Amser: 1½ awr
Pellter: 3milltir/5km
Gradd: Gweddol
Dechrau: Maes Parcio Coedwig Hafren

This scenic trail takes you alongside the River Severn all the way to Blaen Hafren Falls.

Time: 1½ hours
Distance: 3miles/5km
Grade: Moderate
Start: Hafren Forest Car Park

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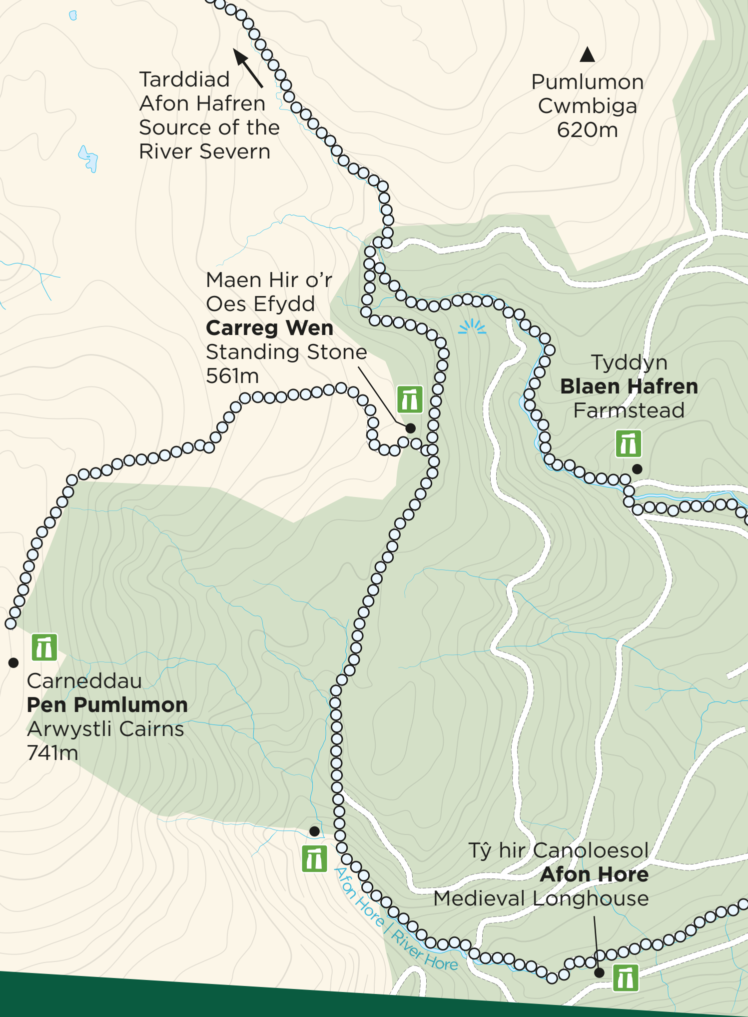
Rhaeadr Blaen Hafren
Blaen Hafren Waterfall



Llwybr Tarddiad Hafren
Source of the Severn Trail

Dilynwch Afon Hafren a'i rhaeadrau dramatig yr holl ffordd i'w tharddiad ar dir uchel, corsiog, agored.

Amser: 4½ awr
Pellter: 7milltir/11km
Gradd: Anodd
Dechrau: Maes Parcio Coedwig Hafren

Follow the River Severn with its dramatic Cascades all the way to its source, high up on open boggy land.

Time: 4½ hour
Distance: 7mile/11km
Grade: Strenuous
Start: Hafren Forest Car Park

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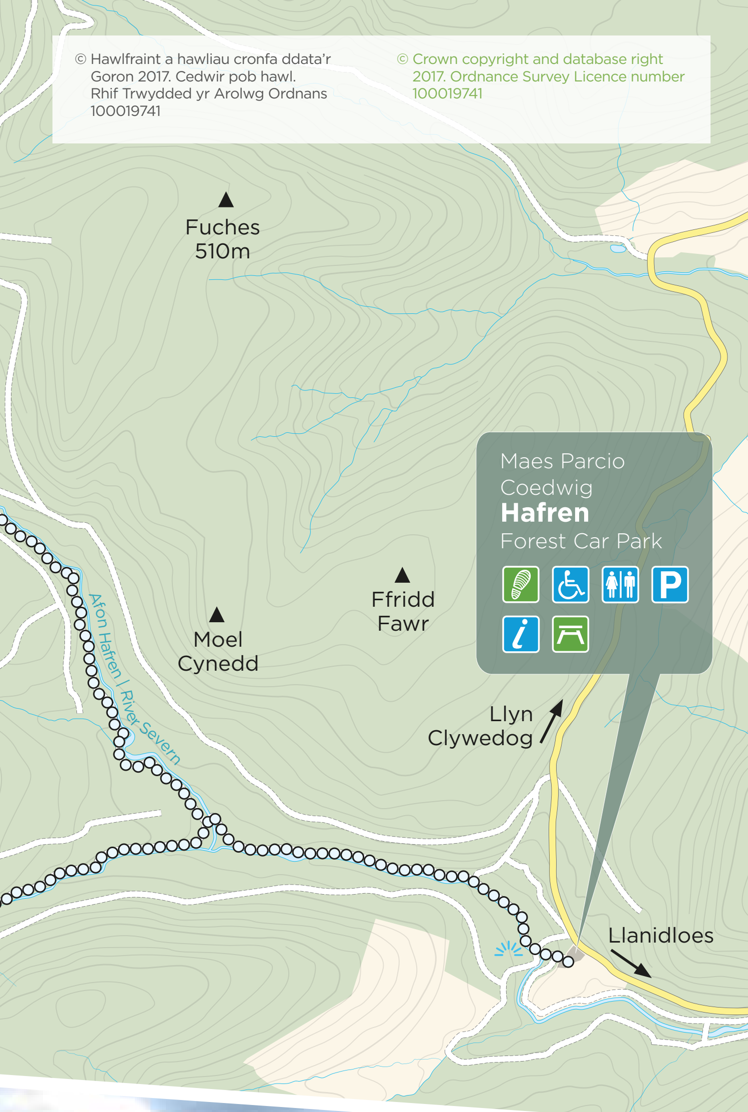


Tarddiad Afon Hafren
Source of the River Severn

Llwybr Bro Gwy
Wye Valley Walk

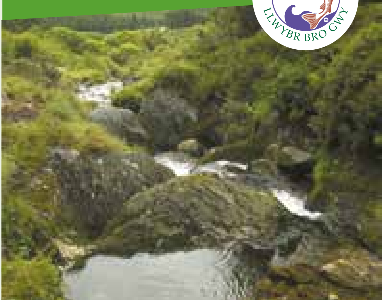
Mae'r llwybr 136 milltir ar hyd Afon Gwy i Gas-gwent yn dechrau yma.

Pellter: 136milltir/218km
Gradd: Llwybr Pellter Hir
Dechrau: Maes Parcio Coedwig Hafren

www.wyevalleywalk.org

The 136-mile walk along the River Wye to Chepstow begins here.

Distance: 136mile/218km
Grade: Long Distance Path
Start: Hafren Forest Car Park



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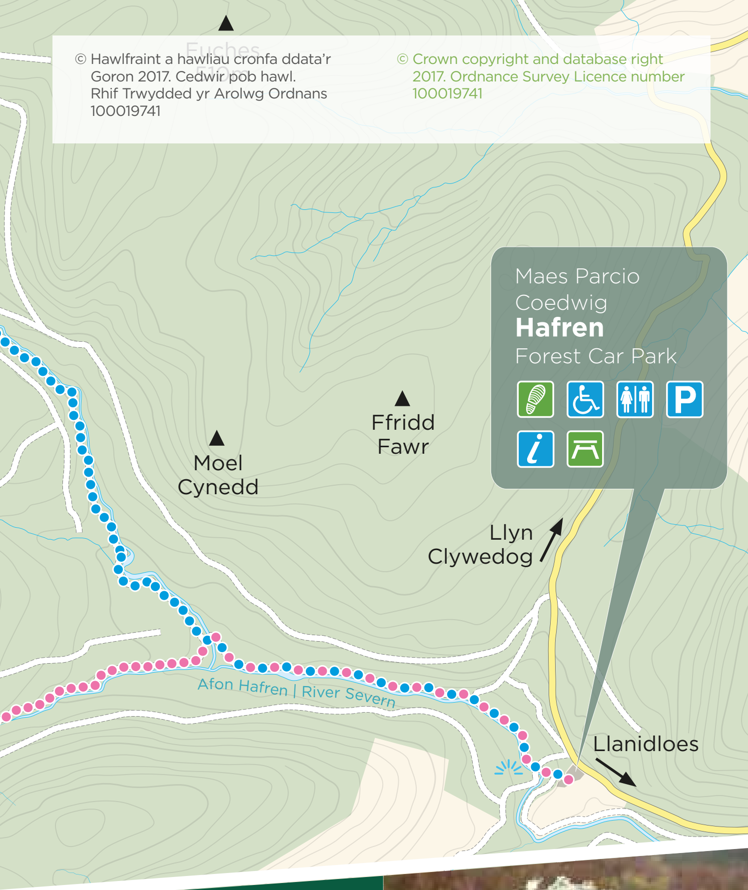


Llwybr Hafren
Severn Way

Mae'r llwybr hiraf ym Mhrydain sy'n dilyn afon, sef 210 milltir, yn dechrau oddi yma. Gallwch ei ddilyn yr holl ffordd i Fryste.

Pellter: 210milltir/338km
Gradd: Llwybr Pellter Hir
Dechrau: Maes Parcio Coedwig Hafren

The longest riverside walk in Britain at 210 miles begins from here. You can follow it all the way to Bristol.

Distance: 210mile/338km
Grade: Long Distance Path
Start: Hafren Car Park

Coedwigoedd a Gwarchodfeydd Natur Cenedlaethol
Forests and National Nature Reserves

1. **Gwarchodfa Natur Genedlaethol Dyfi: Ynyslas a Chanolfan Ymwelwyr**
   Dyfi Ynyslas National Nature Reserve and Visitor Centre

2. **Canolfan Ymwelwyr Bwlch Nant yr Arian**
   Bwlch Nant yr Arian Visitor Centre

3. **Gogerddan**

4. **Coed Maenarthur**

5. **Ystad Hafod**
   Hafod Estate

6. **Y Bwa**
   The Arch

7. **Grogwynion**

8. **Coetir Lloches Ddu**
   Black Covert

9. **Gwarchodfa Natur Genedlaethol Cors Caron**
   Cors Caron National Nature Reserve

10. **Coedwig Hafren**
    Hafren Forest

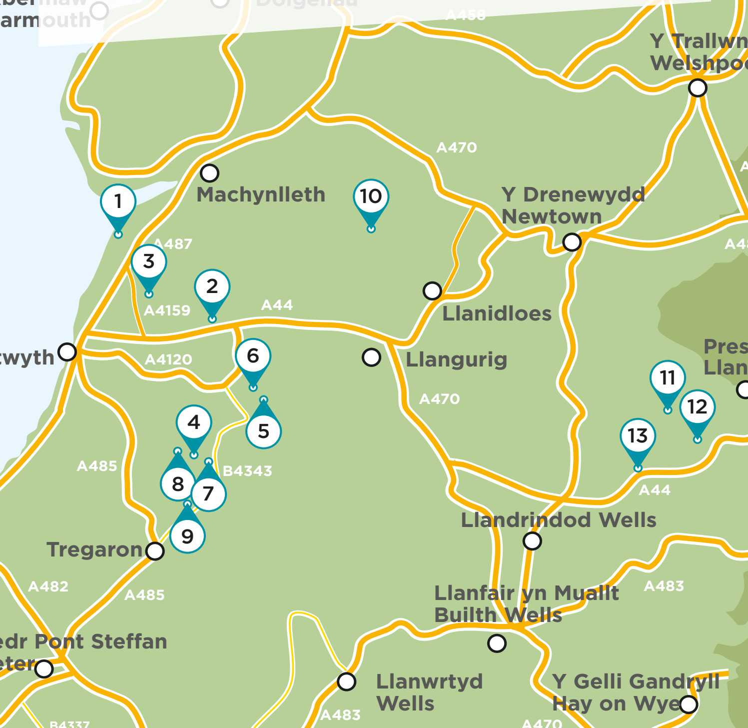
11. **Coedwig Maesyfed (Fishpools)**
    Radnor Forest (Fishpools)

12. **Coed Nash**
    Nash Wood

13. **Coed Cwningar**
    Warren Wood

ALLWEDD/KEY

- Parcio / Parking
- Parcio (tâl) / Parking (charge)
- Parcio (hygyrch) / Parking (accessible)
- Canolfan Ymwelwyr / Visitor Centre
- Toiledau / Toilets
- Cyfleusterau hygyrch / Accessible facilities
- Lle newid babanod / Baby changing
- Caffi / Cafe
- Siop / Shop
- Llwybr cerdded / Walking trail
- Cyfeiriannu / Orienteering
- Croeso i gŵn / Dogs welcome
- Cuddfan bywyd gwyllt / Wildlife hide
- Seiclo / Cycling
- Llwybr beicio mynydd / Mountain bike trail
- Llwybr rhedeg / Running trail
- Llwybr marchogaeth / Horse riding trail
- Maes chwarae / Play area
- Maes picnic / Picnic area



Cyfarwyddiadau: Chwe milltir a hanner ar hyd ffordd gul o **Lanidloes** tuag at **Benffordd las** trwy Hen Neuadd, neu ymlaen o ben uchaf **Llyn Clywedog**.

Directions: Six miles along a narrow road from **Llanidloes** to **Staylittle** via Old Hall, or continue from the head of **Llyn Clywedog**.

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www.naturalresources.wales

Os hoffech yr wybodaeth hon mewn fformat arall, cysylltwch â ni: Ffôn: 0300 065 3000
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Email: enquiries@naturalresourceswales.gov.uk

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