

# Afon Lwyd Trail

The Afon Lwyd Trail is a picturesque 16-mile traffic free route that runs from Cwmbran in the south, through Pontypool and up to the Blaenavon World Heritage Site in the north. It takes in all the great sights, stunning landscapes and gorgeous green spaces the area has to offer.

Following first a canal and then a former railway it offers an easy route for all users. With a gradual incline rising from south to north this totally traffic free route makes it perfect for families.

The Trail passes through many valley communities and has great connections to buses and trains so it offers a healthy, pleasant and low cost way to commute to work or school. You might also just choose one small section to explore or one place you want to visit via the bus and train stations at Pontypool and Cwmbran.

## 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 thirteen thousand miles of quiet lanes, traffic-free and on-road walking and cycling routes across the UK.

## Share the Path!

Shared-use paths are a great way to get around by bike, but they're also used by many other people. It's important to follow a few basic rules so that everyone can enjoy them as much as possible.

Please check the code of conduct at [sustrans.org.uk](http://sustrans.org.uk) or [torfaen.gov.uk](http://torfaen.gov.uk)

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

- [sustrans.org.uk](http://sustrans.org.uk)
- 0845 838 0651
- [facebook.com/Sustrans.cymru](https://www.facebook.com/Sustrans.cymru)
- [twitter.com/sustranscymru](https://twitter.com/sustranscymru)

## Travelling to and from the Afon Lwyd Trail

### By cycle

Both Cwmbran and Pontypool stations offer excellent signed links to the trail.

To the south the route joins to NCN route 49 and 47 as well as the rail and bus stations at Newport.

To the west the route joins NCN route 466 which links to Crumlin

To the north via the Monmouthshire and Brecon canal NCN route 49. This links to NCN 46 for connections to the valleys via Brynmawr or Abergavenny for bus and rail stations.

For train times and public transport information visit:

- [traveline-cymru.info](http://traveline-cymru.info)

To explore the best of the network visit

- [sustrans.org.uk/wales/national-cycle-network](http://sustrans.org.uk/wales/national-cycle-network)

For maps and guide books:

- [shop.sustrans.org.uk](http://shop.sustrans.org.uk)

### Tourism and information

**Blaenavon World Heritage Centre**

- [Church Road, Blaenavon, NP4 9AE](http://Church Road, Blaenavon, NP4 9AE)
- 01495 742333
- [blaenavon.tic@torfaen.gov.uk](mailto:blaenavon.tic@torfaen.gov.uk)

**Abergavenny National Park & Tourist Information Centre**

- [Swan Meadow, Monmouth Road, Abergavenny, NP7 5HL - situated in the Bus Station Car Park.](http://Swan Meadow, Monmouth Road, Abergavenny, NP7 5HL - situated in the Bus Station Car Park.)
- 01873 853254
- [Abergavennyic@breconbeacons.org](mailto:Abergavennyic@breconbeacons.org)
- [beacons-npa.gov.uk](http://beacons-npa.gov.uk)

To find local hire centres and bike shops visit

- [cyclehireinfo.com](http://cyclehireinfo.com)
- [theact.org.uk](http://theact.org.uk)

For cycle friendly accommodation

- [bedsforcyclists.co.uk](http://bedsforcyclists.co.uk)

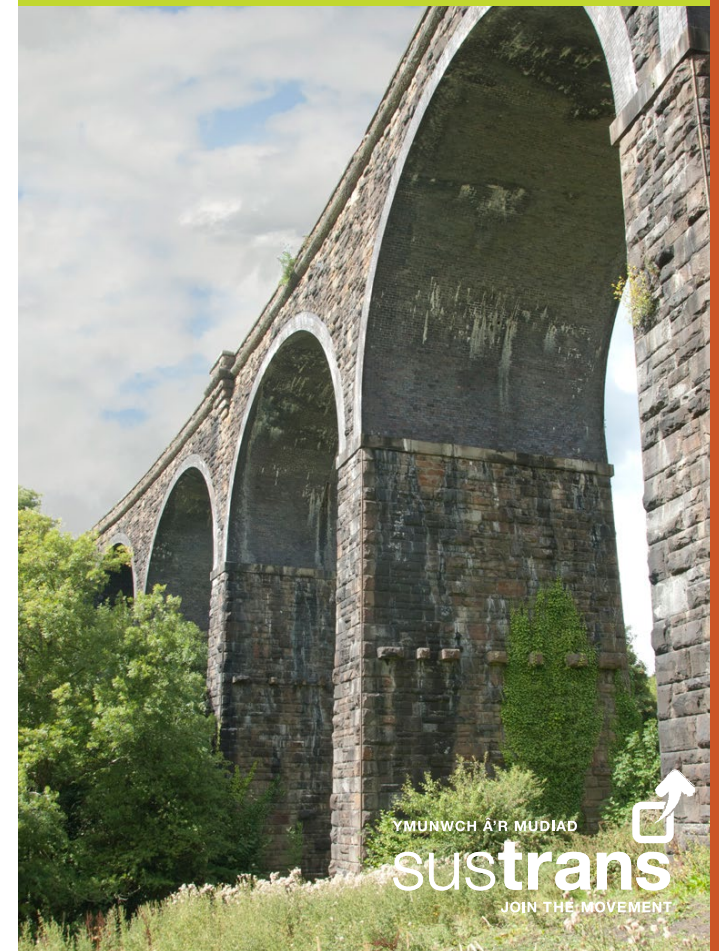
For further information on attractions, activities, places to eat and accommodation providers.

- [visitblaenavon.co.uk](http://visitblaenavon.co.uk)
- [thevalleys.co.uk](http://thevalleys.co.uk)
- [visitwales.com](http://visitwales.com)



# Llwybr Afon Lwyd

Cwmbrân i Flaenafon



# Llwybr Afon Lwyd

Llwybr hardd, dawel 16 milltir o hyd yw Llwybr Afon Lwyd ac mae'n ymestyn o Gwmbrân yn y de, drwy Bont-y-pŵl ac i fyny i Safle Treftadaeth y Byd Blaenafon yn y gogledd. Mae'n mynd heibio'r holl golygfeydd gwych, tirweddau anhygoel a'r gwyrddni yn yr ardal.

Gan ddilyn camlas i gychwyn ac yna hen reilffordd mae'n lwybr hawdd ar gyfer pawb sy'n ei ddefnyddio. Gyda goledd raddol yn codi o'r de i'r gogledd, mae'r llwybr dawel hon yn berffaith ar gyfer teuluoedd.

Mae'r Llwybr yn mynd drwy nifer o gymunedau'r cymoedd ac mae cysylltiadau bus a thren rhagorol iddo, felly mae'n cynnig ffordd iach, hyfryd a rhad i gymudo i'r gwaith neu'r ysgol. Efallai hefyd y byddwch am ddewis un adran fechan i'w harchwilio neu fan penodol yr hoffech ymweld ag ef gan ddefnyddio'r gorsafodded bus a thren sydd ym Mhont-y-pŵl a Chwmbrân.

## Ymunwch â'r Mudiad

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, ar feic neu gan ddefnyddion trafniadaeth cyhoeddus am ragor o'r siwrneiau a wneir gennym bob dydd.

Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis ffyrdd iachach, glanach a rhatach i deithio, gyda llefydd a manau gwell i deithio drwydynt a byw ynddynt. Ni yw'r elusen sy'n gyfrifol am nifer o brosiectau arloesol sy'n cynnwys y Rhwydwaith Beicio Cenedlaethol, sef dros dair mil ar ddeg o filltiroedd o lwybrau cerdded a beicio tawel, I ledled y DU.

## Rhannwch y Llwybr!

Mae llwybrau rhannu defnydd yn ffordd ragorol i deithio ar feic, ond cant hefyd eu defnyddio gan nifer o bobl eraill. Mae'n bwysig dilyn ychydig o reolau sylfaenol fel y gall pawb eu mwynhau cymaint a phosibl. Gwiriwch y cod ymddygiad yn [sustrans.org.uk](http://sustrans.org.uk) neu [torfaen.gov.uk](http://torfaen.gov.uk)

Mae'n bryd i bawb ohonom ddechrau gwneud dewisiadau teithio doethach. Camwch ymlaen a dechreuwch gefnogi Sustrans heddiw.

- [sustrans.org.uk](http://sustrans.org.uk)
- 0845 838 0651
- [facebook.com/Sustrans.cymru](https://www.facebook.com/Sustrans.cymru)
- [twitter.com/sustranscymru](https://twitter.com/sustranscymru)

## Teithio i Llwybr Afon Lwyd ac yn ôl

### Ar feic

Mae gorsafodded Cwmbrân a Phont-y-pŵl yn rhoi cysylltiadau ag arwyddion rhagorol i'r Llwybr.

I'r de mae'r llwybr yn ymuno â llwybrau 49 a 47 y RhBC yn ogystal â'r gorsafodded tren a bus yng Nghasnewydd.

I gyfeiriad y gorllewin mae'r llwybr yn ymuno a llwybr 466 y RhBC sy'n cysylltu i Grymlyn.

I gyfeiriad y gogledd ar hyd Camlas Sir Fynwy ac Aberhonddu mae llwybr 49 y RhBC. Mae hon yn cysylltu â llwybr 46 y RhBC a chysylltiadau i'r cymoedd drwy Frynmawr neu'r Fenni ar gyfer gorsafodded bus a thren.

I gael amseroedd trenau a gwybodaeth am drafniadaeth gyhoeddus ewch i:

- [traveline-cymru.info](http://traveline-cymru.info)

Er mwyn archwilio rhannau gorau'r rhwydwaith ewch i:

- [sustrans.org.uk/wales/national-cycle-network](http://sustrans.org.uk/wales/national-cycle-network)

I gael mapiau ac arweinyfrau:

- [shop.sustrans.org.uk](http://shop.sustrans.org.uk)

### Twristiaeth a gwybodaeth

#### Canolfan Treftadaeth y Byd Blaenafon

- [Heol yr Eglwys, Blaenafon, NP4 9AE](http://Heol yr Eglwys, Blaenafon, NP4 9AE)
- 01495 742333
- [blaenavon.tic@torfaen.gov.uk](mailto:blaenavon.tic@torfaen.gov.uk)

#### Canolfan Groeso a Chanolfan y Parc Cenedlaethol Y Fenni

- [Swan Meadow, Heol Trefynwy, Y Fenni, NP7 5HL](http://Swan Meadow, Heol Trefynwy, Y Fenni, NP7 5HL)  
- wedi ei lleoli ym Maes Parcio yr Orsaf Fysiau.
- 01873 853254
- [Abergavennyic@breconbeacons.org](mailto:Abergavennyic@breconbeacons.org)
- [beacons-mpa.gov.uk](http://beacons-mpa.gov.uk)

Er mwyn dod o hyd i ganolfannau llogi a siopau beic lleol ewch i

- [cyclehireinfo.com](http://cyclehireinfo.com)
- [theact.org.uk](http://theact.org.uk)

I ganfod llety addas i feicwyr

- [bedsforcyclists.co.uk](http://bedsforcyclists.co.uk)

I gael rhagor o wybodaeth am atyniadau, gweithgareddau, manau i fwyta a darparwyr llety.

- [visitblaenavon.co.uk](http://visitblaenavon.co.uk)
- [thevalleys.co.uk](http://thevalleys.co.uk)
- [visitwales.com](http://visitwales.com)



# Afon Lwyd Trail

Cwmbran to Blaenavon



YMUUNWCH Â'R MUDIAD

**sustrans**  
JOIN THE MOVEMENT



# Llwybr Afon Lwyd

Gan ddechrau i'r de o ganol tref bywiog Cwibrân, mae'r daith dawel, gwyh hon yn dilyn llwybr tynnu camlas brydferth a hen linell rheilffordd sy'n rhidyll o hanes diwydiannol cyfoethog Cymru. Mae'n diweddu yn yr hen byllau a'r gwaith haearn ym Mlaenafon lle gallwch fynd 300 troedfedd o dan ddaear a gweld sut oedd bywyd ar gyfer y miloedd a oedd yn gweithio ar y ffas!

Mae'r 6 milltir gyntaf yn mynd â chi ar hyd glan Camlas Aberhonddu a Mynwy drwy ganol Cwibrân ar hyd coridor gwyrdd sy'n gyfoethog mewn bywyd gwyllt. Mae tref Cwibrân yn enwog am ei chanolfan siopa. Fodd bynnag, os nad yw siopa yn eich diddori yna gallwch fwynhau lluniaeth yn rhai o'r tafarndai hardd sydd ar lan y gamlas, neu aros am gwpanaid o de a thamaid o gacen yn y caffi hen ffasiwn ym masn camlas Pont-y-moel.

Gan adael y gamlas, ymunwch a llwybr 492 ym Mhont-y-pŵl, lle gallwch aros i ymweld ag amgueddfa hyfryd y dref gyda'i hystafelloedd te traddodiadol ac arddangosion rhagorol, neu porchw drwy'r stondinau niferus ym Marchnad Dan Do hanesyddol Pont-y-pŵl. O Bont-y-pŵl mae'r llwybr yn dilyn yr hen reilffordd, sydd ar agor i gerddwyr, beicwyr a marchogwyr ceffylau, ac mae llawer ohono yn rhan o Warchodfa Natur Leol Coridor Cwmafon.

Ein cyrchfan olaf yw Blaenafon, sydd erbyn hyn yn Safle Treftadaeth y Byd. Cewch ddysgu am hanes diwydiannol cyfoethog yr ardal yng Nghanolfan Treftadaeth y Byd Blaenafon a manteisio ar gyngor ynglŷn ag atyniadau, gweithgareddau a digwyddiadau yn yr ardal, gan cynnwys Y Pwll Mawr: Amgueddfa Lofaol Cymru, Gwaith Haearn Blaenafon, Bragdy Rhymney, Rheilffordd Blaenafon a Phont-y-pŵl, Tref Treftadaeth Blaenafon a Gwarchodfa Natur Leol Llynnoedd y Garn.

# Afon Lwyd Trail

Starting south of Cwibrân's vibrant town centre, this fantastic traffic-free trail follows a picturesque canal towpath and former railway line both steeped in Wales' rich industrial history. It ends at the former pits and iron works at Blaenafon where you can go 300 feet underground and see what life was like for the thousands of men who worked at the coalface!

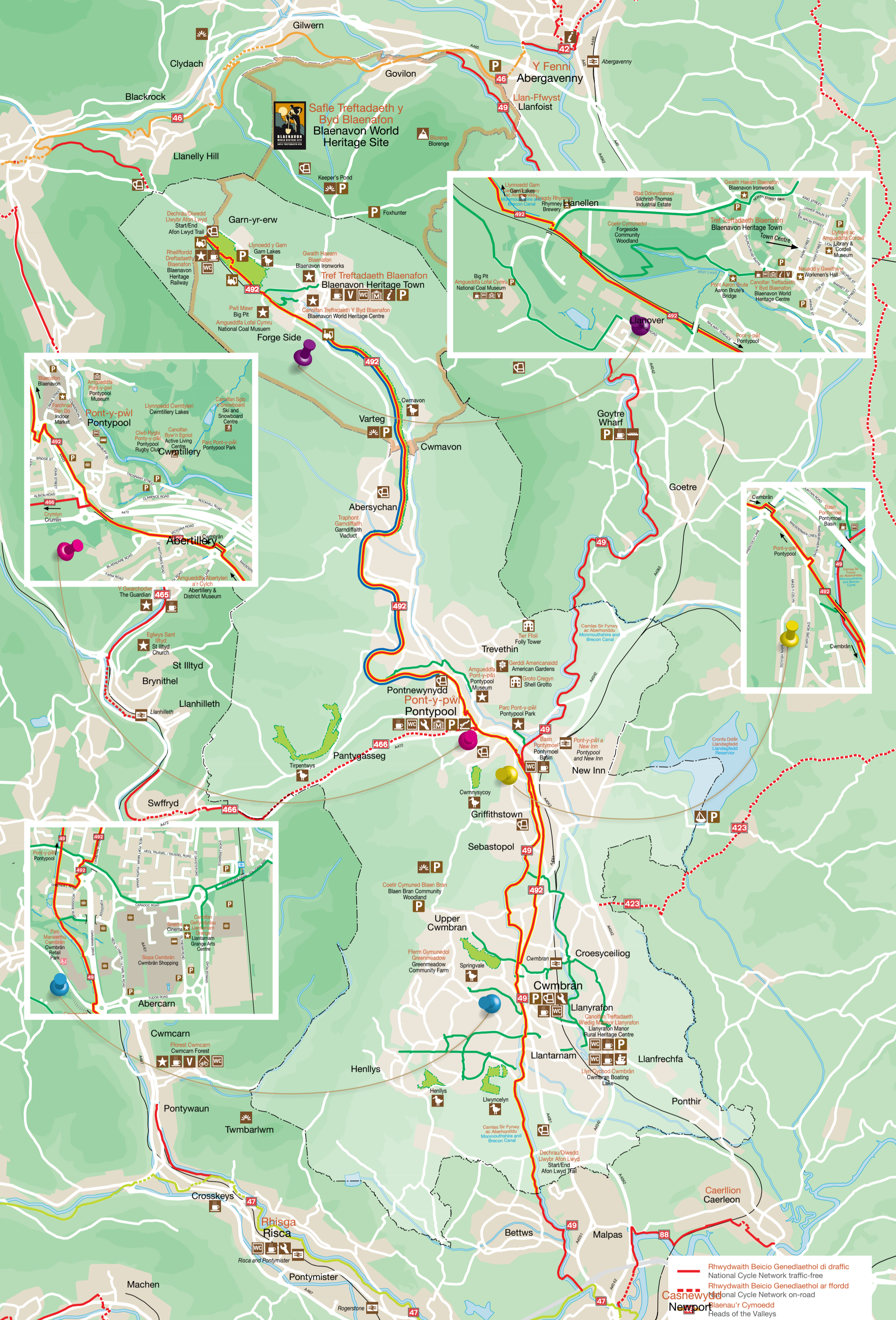
The first 6 miles takes you alongside the Monmouthshire and Brecon Canal through the heart of Cwibrân along a green corridor rich in wildlife. Cwibrân is well known for its shopping centre, however if shopping is not your thing then take refreshment in some of the picturesque canal side pubs or stop of for a cup of tea and slice of cake at the quaint café at Pontymoel canal basin.

Leaving the canal join route 492 at Pontypool, where you can stop off and visit the town's gem of a museum with its vintage tea rooms and great exhibits, or browse the many stalls inside Pontypool's historic Indoor Market. From Pontypool the route follows the former railway, open for walkers, cyclists and horse riders to enjoy and much of its length forms part of the Cwmafon Corridor Local Nature Reserve.

Our final destination is Blaenafon now famous as a World Heritage Site. Discover the area's rich industrial history at the Blaenafon World Heritage Centre and take advice on the attractions, activities and events in the area, including the Big Pit: National Coal Museum, Blaenafon Ironworks, Rhymney Brewery, Pontypool & Blaenafon Railway, Blaenafon Heritage Town and the Garn Lakes Local Nature Reserve.







### Lle aiff eich taith nesaf â chi?

Gan deithio drwy ganol Torfaen mae Llwybr Afon Lwyd yn cysylltu i nifer o lwybrau ac atyniadau eraill

**Canolfan Dreftadaeth Wledig Maenordy Llanfyrfa a Llynnoedd Cychod Cwmbrân**  
Dilynwch y dolenni o orsaf Cwmbrân i gyfeiriad y de ar lan dwyreiniol Afon Lwyd.

**Llwybr 49**  
O Bont-y-moel i Lan-ffwyst dilynwch lwybr 49 ar hyd Camlas Sir Fynwy ac Aberhonddu i gael golygfeydd ysblennydd o Ddyffryn Afon Wysg a'r Mynyddoedd Du.

**Llwybr 88**  
Taith feicio ragorol ar lan Afon Wysg i ganol tref Rufeinig Caerleon.

**Lower Machen**  
**Llwybr 423**  
Llwybr ar gyfer beicwyr profiadol sydd â digon o nerth yn eu coesau. Reidiwch y brynau tonnog i Drefnywch drwy dref farchnad brydferth Brynbuga.

**Blaenau'r Cymoedd**  
Nid oes prinder rhiwiau ar y llwybr hwn, ond mae'r golygfeydd yn gwneud yr ymdrech yn werth chwell. Delfrydol ar gyfer y beiciwr mwy profiadol sy'n chwilio am antur egniol ar ddwy olwyn. Mae yno hefyd adrannau di-draffig addas i'r teulu yn ardal Y Fenni a Brynmawr.

**Y Lôn Geltaidd**  
Mae Llwybr 47 yn daith ddi-draffig drawiadol yr holl ffordd i Daith Taf heibio i 14 loc camlas, Traphont Hengoed a tri pharc gwledig Sirhywi, Penalta a Thaf Bargoed. Er mwyn cael antur beicio mynydd llawn her dilynwch lwybr 47 i gyfeiriad y gorllewin o Daith Taf i Gastell-nedd!

**Llwybr 466**  
Llwybr ar gyfer y beicwyr mwy profiadol i Grymlyn a'r cwm gorllewinol gan ymuno â Llwybr 492 ym Mhont-y-pŵl. Ewch i gyfeiriad y gogledd o Lanhilledd ar lwybr 465 er mwyn gweld cerflun mawreddog Gwarcheidwad y Cymoedd!

### Where will your next journey take you?

Travelling right through the heart of Torfaen the Afon Lwyd Trail links to many other routes and attractions

**Llanfyrfa Manor Rural Heritage Centre and Cwmbran Boating Lakes**  
Follow the links from Cwmbran station south alongside the east side of the Afon Lwyd river.

**Route 423**  
A route for experienced cyclists with strong legs. Ride the rolling hills to Monmouth via the pretty market town of Usk.

**Celtic trail**  
Route 47 is a spectacular traffic free ride all the way to the Taff Trail via the amazing 14 locks, Hengoed Viaduct and the 3 country parks of Sirhowy, Penalta and Taff Bargoed. For a challenging mountain bike adventure follow route 47 westward from the Taff trail to Neath!

**Route 49**  
From Pontymoel to Llanfoist follow route 49 along the Monmouthshire and Brecon canal for spectacular views of the Usk Valley and the Black Mountains.

**Heads of the Valleys**  
This route is not short of a hill or two, but the views are well worth the effort. Perfect for the more experienced cyclist looking for an invigorating 2-wheel adventure. There are also some fabulous traffic-free family friendly sections around Abergavenny and Brynmawr.

**Route 466**  
A route for more experienced cyclists to Crumlin and the western valley joining route 492 at Pontypool. Go north from Llanhilleth on route 465 to see the imposing Guardian!

**Route 88**  
Outstanding ride alongside the river Usk right into the heart of the Roman town of Caerleon.

- Rhwydwaith Beicio Genedlaethol di draffig National Cycle Network traffic-free
- Rhwydwaith Beicio Genedlaethol ar ffordd National Cycle Network on-road
- Blaenau'r Cymoedd Heads of the Valleys
- Llwybr Celtaidd Celtic Trail
- Llwybrau eraill Other routes
- Llwybr ceffyl Horse route
- Ffin Safle Treftadaeth y Byd World Heritage boundary
- Rhif Llwybr y Rhwydwaith Beicio Genedlaethol National Cycle Network Route number
- Siop Feiciau Bike shop
- Canolfan Groeso Tourist information
- Tafarn Public house
- Toileddau Toilets
- Atyniadau Attractions
- Caffi Cafe
- Maes parcio car Car parking
- Gorsaf Drenau Train station
- Golygfa Viewpoint
- Hwyllo Sailing
- Archfarchnad Supermarket
- Canolfan hamdden Leisure centre
- Gerddi Gardens
- Atyniad hanesyddol Historic attraction
- Canolfan ymwelwyr Visitor centre
- Amgueddfa Museum
- Top mynydd Mountain top
- Rheilffyrdd treftadaeth Heritage railways
- Gwarchodfa natur leol Local nature reserve
- Ganolfan beicio mynydd Mountain bike centre
- Safle cwch camlas Canal boat site
- Canolfan sgïo Ski centre
- Gorsaf fysiau Bus station

