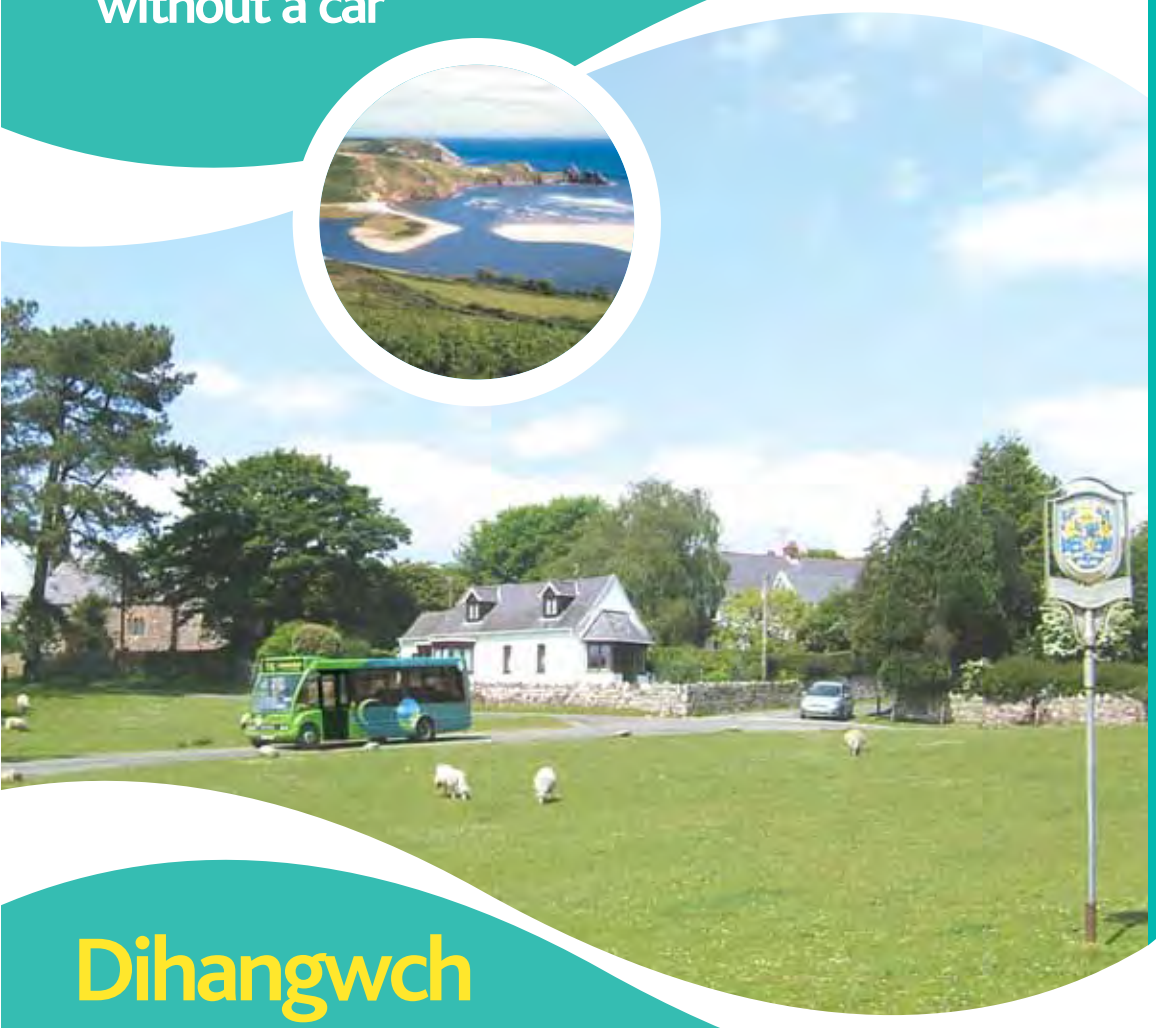
Gower Coast and Countryside

without a car



Dihangwch i Arfordir a Chefn Gwlad Gŵyr heb gar

2011 EDITION

Exploring Gower with the National Trust

Crwydro Gwyr gyda'r Ymddiriedolaeth Genedlaethol

Gower is an Area of Outstanding Natural Beauty with stunning and wonderful landscapes, sandy beaches, open countryside, dramatic cliffs, ancient woodlands, marshes and farmland interspersed with villages. Since 1933 The National Trust (NT) has been committed to caring for Gower for everyone to enjoy and today owns and protects 26 miles (42km) of the coastline. Much of this land is important for wildlife, landscape and archaeology. People have lived on Gower for over 26,000 years - evidence can be found all over the peninsula – and there are the remains of Iron Age hill forts on virtually every high point with plenty more to discover.

A series of walks leaflets have been produced to help you explore the varied and wonderful places on Gower, available from the National Trust Shop and Visitor Centre at Rhossili and at other local outlets. To accompany the walks leaflets are a set of family Eye Spy cards, with quirky facts about interesting features you may see while you are out and about.

Travel to all NT properties is possible by bus, bike or on foot.

Mae Gŵyr yn Ardal o Harddwch Naturiol Eithriadol gyda thirweddau syfrdanol a rhyfeddol, traethau tywodlyd, cefn gwlad agored, clogwyni dramatig, coetiroedd hynafol, morfeydd a thir amaeth, a phentrefi gwasgaredig. Ers 1933 mae'r Ymddiriedolaeth Genedlaethol (yr YG) wedi ymrwymo i ofalu am Benrhyn Gŵyr fel y gall pawb ei mwynhau, ac erbyn heddiw mae'n berchen ar, ac yn gofalu am, 26 milltir (42km) o'i arfordir. Mae rhan helaeth o'r tir hwn yn bwysig oherwydd ei fywyd gwyllt, tirwedd ac archaeoleg. Mae pobl wedi bod yn byw yng Ngŵyr ers dros 26,000 o flynyddoedd - ceir tystiolaeth ym mhob rhan o'r penrhyn - a gellir gweld gweddillion bryngaerau o Oes yr Haearn ar bron bob uchafbwynt, a llu o bethau eraill i'w darganfod.

Cynhyrchwyd cyfres o daflenni teithiau cerdded i'ch helpu i grwydro'r mannau amrywiol a rhyfeddol yng Ngŵyr, ac mae'r rhain ar gael yn Siop a Chanolfan Ymwelwyr yr Ymddiriedolaeth Genedlaethol yn Rhosili ac mewn mannau gwerthu lleol eraill. Mae set o gardiau Mi Welaf I i deuluoedd ar gael ar y cyd â'r taflenni teithiau cerdded, gyda ffeithiau hwyliog ynghylch nodweddion diddorol a allech eu gweld pan fyddwch allan ar grwydr.

Gallwch gyrraedd holl feddiannau'r YG ar y bws, ar feic neu ar gerdded.

Ymddiriedolaeth Genedlaethol
National Trust

BayTrans

Cyngor Cefn Gwlad Cymru
Countryside Council for Wales

City and County of Swansea
Dinas a Sir Abertawe

This leaflet and map is produced by BayTrans with financial support from the Countryside Council for Wales and City & County of Swansea.
Cynhyrchwyd y daflen a'r map hwn gan BayTrans gyda chymorth ariannol gan Gyngor Cefn Gwlad Cymru a Dinas a Sir Abertawe.

Welcome to Gower without a car!

Croeso i Gŵyr heb gar!

Gower Explorer, is the principal bus network in the peninsula and links Swansea every hour weekdays to principal points on the north and south coasts. There are connecting services (generally every two hours) connecting the main routes with smaller villages and a limited service links Llanmadoc, Llangennith and Llanrhidian directly with Rhossili, Port Eynon and Horton. The network lends itself well to those wishing to enjoy the splendid walking that Gower offers as you can return from a different point to your start.

Pennard, Bishopston and all the Mumbles area is served by frequent buses. These are an ideal way to avoid traffic congestion and parking and the extensive network is suitable for getting to the many walks, beaches, attractions, restaurants and cafes; and Oystermouth, noted for its quality shopping.

Y prif rwydwaith bysus ar y penrhyn yw Gower Explorer, ac mae hwn yn cysylltu Abertawe bob awr yn ystod yr wythnos â phrif bwyntiau ar arfordiroedd y gogledd a'r de. Rhedir gwasanaethau cyswllt (fel rheol bob 2 awr) sy'n cysylltu'r prif lwybrau â phentrefi llai ac mae gwasanaeth uniongyrchol cyfyngedig yn cysylltu Llanmadog, Llangynydd a Llanrhidian â Rhosili, Porth Eynon a Horton. Mae'r rhwydwaith yn addas iawn ar gyfer y sawl sy'n dymuno manteisio ar y cyfleoedd cerdded gwych yng Ngŵyr gan y gallwch ddychwelyd at eich man cychwyn o fan gwahanol.

Mae bysus aml yn gwasanaethu Pennard, Llandeilo Ferwallt ac ardal y Mwmbwls. Mae hon yn ffordd ddelfrydol o osgoi tagfeydd trafnidiaeth a phroblemau parcio ac mae'r rhwydwaith eang yn hwyluso cyrraedd y llwybrau cerdded, traethau, atyniadau, bwytai a chaffis niferus; ynghyd ag Ystumllwynarth, sy'n enwog am ei siopau gwych.

Explorer and all day tickets

Gower Day Explorer for unlimited travel from Swansea to Gower on all Gower Explorer buses. Gower Coast Explorer for unlimited travel within the peninsula for a day at a bargain price.

First Day Swansea City for unlimited travel from all parts of Swansea to Mumbles, Bishopston and Pennard.

Explorer and First Day tickets are available allowing unlimited travel for a day or a week with reductions for children and family groups.

Freedom of Wales Flexi Pass

If you are travelling from further afield, choose the all Wales Flexi Pass or the Freedom of South Wales Flexi Rover, valid on trains and all bus services on Gower – for details go to www.walesflexipass.co.uk

Wales Concessionary Travel Pass

Senior citizens and others entitled to this and resident in Wales can travel on the Gower network entirely free of charge!

Explorer a thocynnau drwy'r dydd

Y Gower Day Explorer am deithio diderfyn o Abertawe i Gŵyr ar yr holl fysus Gower Explorer. Y Gower Coast Explorer am deithio diderfyn am ddiwrnod cyfan ar y penrhyn am bris bargen.

Y First Day Swansea City am deithio diderfyn o bob rhan o Abertawe i'r Mwmbwls, Llandeilo Ferwallt a Pennard.

Mae'r tocynnau Explorer a First Day yn rhoi teithio diderfyn am ddiwrnod neu wythnos gyda gostyngiadau i blant a grwpiau teuluol.

Pas Hyblyg Crwydro Cymru

Os ydych yn dod o bellach, dewiswch y Pas Hyblyg Crwydro Cymru neu'r Tocyn Hyblyg Crwydro De Cymru sy'n ddilys ar drenau a'r holl wasanaethau bysus yng Ngŵyr – am fanylion ewch i www.walesflexipass.co.uk

Tocyn Teithio Consesiynol Cymru

Caiff yr henoed a phobl eraill sydd â hawl i hwn ac sy'n byw yng Nghymru deithio ar rwydwaith Gŵyr yn rhad ac am ddim!

Escape to a special place without the car

Dihangwch i Ardal arbennig heb y car

GREAT DAYS OUT BY BUS IN GOWER

Whatever your interest or activity in Mumbles and Gower, there is a bus to get you there. Gower Explorer buses will take you to the every part of the Peninsula except the Mumbles and Pennard which are served by First Cymru.

ACTIVITIES

Walking

Gower has a rich heritage of public footpaths and bridleways which since 2005 have been joined by new areas of open countryside where the public can walk freely on most occasions. The bus provides the perfect, flexible way to make the most of this wonderful network.

To plan a walk, as well as your bus timetables, a good walkers' map which details all available footpaths and public access areas, is essential. The best is the 1:25000 OS Explorer Map 164 Gower.

The National Trust produces excellent pocket guides to Gower walks available at their Rhossili Visitor Centre and Tourist Information Centres.

The Gower Way

The 35 mile Gower Way is a superb long distance walk, along existing rights of way, which crosses the entire Gower Peninsula from Worm's Head Rhossili, over Cefn Bryn to Penlle'r Castell in north Swansea's Mawr region.

For full details of the route including route guide leaflets contact the Gower Society on www.gowersociety.org or write to The Gower Society, Swansea Museum, Victoria Road, Swansea SA1 1SN.

Beaches

Little wonder that Swansea poet Dylan Thomas (1914-53) described the Gower peninsula as "one of the loveliest sea-coast stretches in the whole of Britain".

Whether you're looking for golden sand for sunbathing, swimming, sandcastles or surfing, rock pools to sweep with a fishing net, or just a bit of leisurely beachcombing, you'll find the perfect place a short walk from a bus stop.

Heritage

Gower is full of history and heritage. The Gower Heritage Centre in Parkmill (bus 117 & 118) is based around a working 12th century water-powered mill is a rural life museum and craft centre with craft shops, play areas and child-friendly animals and a fully operational woollen mill.

Gower is home to fifteen historic churches and four medieval castles; and all these can easily be reached by bus.

Adventure Activities

With its extensive coastline, there are numerous water related activities including coastal boat trips from Mumbles and Port Eynon; Sailing at Oxwich Bay; and surfing at Caswell Bay, Rhossili and Llangennith. Inland, try your hand at archery at the Perriswood Archery and Falconry Centre; Trekking at Parc le Breos*; or kite flying at the Gower Kite Centre at Pitton Cross. All are easily reached by bus **Parc le Breos will arrange meet with bus at Parkmill on request*.

Nature Reserves

Three of Wales' top National Nature Reserves are to be found at Oxwich Bay, Rhossili and Llanmadoc; and there are numerous other reserves ranging from the extensive Llanrhidian Marsh in the north to Mumbles Hill in the south; all are easily reached by bus.

Swansea and Mumbles attractions

On poor weather days or just for a change, take the bus from Mumbles or Gower into Swansea for its huge range of attractions, entertainment and eating out. Visit one of Wales' best heritage attractions, the National Waterfront Museum exploring the country's rich industrial and maritime history. There's also LC, Swansea's revitalised leisure centre with its indoor water park, fitness arena, spa with sauna and steam room, poolside café, and much more.

More information

Contact: **Traveline Cymru on 0871 200 22 33;** text: **84268;** web: **www.travelinecymru.info**

The BayTrans web site is packed with information on bus times, places to go, things to do and downloadable walks. Visit: **www.baytrans.org.uk**

DIWRNODAU DIFYR YNG NGŴYR - AR Y BWS

Pa beth bynnag yw eich diddordeb neu eich gweithgaredd yn y Mwmbwls ac yng Ngŵyr, gallwch gyrraedd yno ar y bws. Gall bysus Gower Explorer eich cludo i bob rhan o'r Penrhyn ac eithrio'r Mwmbwls a Pennard, a wasanaethir gan First Cymru.

GWEITHGAREDDAU

Cerdded

Mae Gŵyr ym meddu ar etifeddiaeth gyfoethog o lwybrau troed a llwybrau ceffylau ac ers 2005 mae yma hefyd ardaloedd newydd o gefn gwlad agored ble caiff y cyhoedd gerdded yn rhydd gan mwyaf. Y bws yw'r ffordd hyblyg, berffaith o wneud yn fawr o'r rhwydwaith rhyfeddol hwn.

Pan fyddwch yn cynllunio'ch taith gerdded, ynghyd â chael amserlenni'r bysus, mae map cerddwyr da sy'n cynnwys yr holl lwybrau troed a mynedfeydd cyhoeddus yn hanfodol. Y map gorau yw'r 1:25000 OS Explorer Map 164 Gŵyr.

Mae'r Ymddiriedolaeth Genedlaethol yn cynhyrchu canllawiau poced ardderchog ar gyfer teithiau cerdded yng Ngŵyr ac mae'r rhain ar gael yng Nghanolfan Ymwelwyr Rhosili a Chanolfannau Croeso.

Llwybr Gŵyr

Mae Llwybr Gŵyr yn llwybr cerdded 35 milltir gwych ar hyd llwybrau tramwy sy'n croesi'r Penrhyn cyfan o Ben Pyrod Rhosili, dros Gefn Bryn i Benlle'r Castell yn ardal Mawr gogledd Abertawe.

Am fanylion llawn ynghylch y llwybr, yn cynnwys taflenni llwybr cerdded, cysylltwch â Chymdeithas Gŵyr ar www.gowersociety.org neu ysgrifennwch at Gymdeithas Gŵyr, Amgueddfa Abertawe, Ffordd Fictoria, Abertawe SA1 1SN.

Traethau

Does fawr o ryfeddod i'r bardd o Abertawe, Dylan Thomas (1914-53), ddisgrifio penrhyn Gŵyr fel "un o'r lleiniau o arfordir hyfrytaf ym Mhrydain gyfan".

P'un ai rydych yn chwilio am dywod euraidd ar gyfer torheulo, nofio, cestyll tywod neu syrffio, pyllau glan môr y gallwch eu hysgubo gyda rhwyd bysgota, neu ddim ond eisiau hel broc môr yn hamddenol, byddwch yn taro ar y man perffaith o fewn ychydig funudau o arhosfan bysus.

Treftadaeth

Mae Gŵyr yn llawn o hanes a threftadaeth. Lleolir Canolfan Dreftadaeth Gŵyr yn Parkmill (bws 117 a 118) ar safle melin o'r 12fed ganrif sy'n dal i weithio, ac mae yma amgueddfa bywyd gwledig a chanolfan grefftau gyda siopau crefftau, mannau chwarae ac anifeiliaid sy'n gyfeillgar i blant, ynghyd â melin wlân llawn weithredol.

Mae Gŵyr yn gartref i bymtheg eglwys hanesyddol a phedwar castell canoloesol - a gallwch gyrraedd pob un o'r rhain yn hawdd ar y bws.

Gweithgareddau Antur

Ar arfordir eang Gŵyr gallwch fwynhau gweithgareddau dŵr niferus yn cynnwys tripiau cwch o'r Mwmbwls a Phorth Eynon; hwylio ym Mae Oxwich; a syrffio ym Mae Caswell, Rhosili a Llangynydd. Ac yn y wlad, rhowch gynnig ar saethyddiaeth yng Nghanolfan Saethyddiaeth a Hebogyddiaeth Perriswood; merlota ym Mharc le Breos*; neu hedfan barcut yng Nghanolfan Barcutiaid Gŵyr yn Pitton Cross. Gallwch gyrraedd pob un o'r rhain yn hawdd ar y bws **Bydd Parc le Breos yn trefnu cwrdd â'r bws yn Parkmill ar gais*.

Gwarchodfeydd Natur

Lleolir tair o Warchodfeydd Natur Cenedlaethol blaenllaw Cymru ym Mae Oxwich, Rhosili a Llanmadog, ac mae yma nifer o warchodfeydd eraill yn amrywio o Forfa eang Llanrhidian yn y gogledd i Fryn Mwmbwls yn y de, a phob un yn hawdd eu cyrraedd ar y bws.

Atyniadau yn Abertawe a'r Mwmbwls

Os yw'r tywydd yn ddrwg neu er mwyn newid rhyw ychydig, ewch ar y bws o'r Mwmbwls neu Gŵyr i Abertawe ble ceir detholiad anferth o atyniadau, adloniant a bwytai. Ymwelwch ag un o atyniadau treftadaeth gorau Cymru, Amgueddfa Genedlaethol y Glannau, sy'n archwilio hanes diwydiannol a morwrol cyfoethog y wlad. A beth am yr LC, sef canolfan hamdden adferedig Abertawe gyda'i pharc dŵr dan do, yr ardal ffitrwydd, y sba gyda'i ystafell sawna a stêm, y caffi ger y pwll, a llawer mwy.

Rhagor o wybodaeth

Cysylltwch â **Traveline Cymru ar 0871 200 22 33**; testun **84268**; gwefan **www.travelinecymru.info**

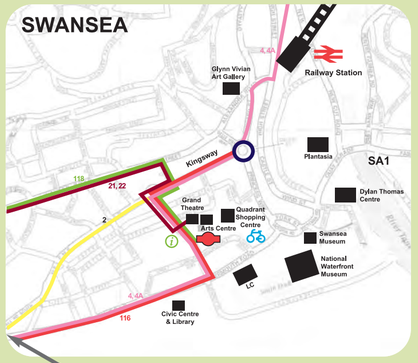
Mae gwefan BayTrans yn cynnwys llu o wybodaeth ynghylch amserau bysus, llefydd y gallwch ymweld â nhw a theithiau cerdded y gellir eu lawrlwytho. Ewch i **www.baytrans.org.uk.**

Every care has been taken to ensure that information in this leaflet was correct when going to press but services can be subject to alteration at short notice. *Pictures courtesy of: City & County of Swansea© and Transport for Leisure Ltd*.

Cymerwyd pob gofal i sicrhau bod y wybodaeth yn y daflen hon yn gywir ar adeg mynd i'r wasg, ond gallai gwasanaethau gael eu newid ar fyr rybudd. *Lluniau drwy garedigrwydd Dinas a Sir Abertawe, Yr Ymddiriedolaeth Genedlaethol a Transport for Leisure Cyf.*

Gower and Mumbles by bus
Gŵyr a'r Mwmbwls ar y Bws

Escape to a special place without the car
Dihangwch i Ardal arbennig heb y car



To Felindre (Bus 142) & Penlle'r Castell

Gowerton Railway Station

Gower Way

Penclawdd

Crofty Inn

Crofty

Llanmorlais

Blue Anchor

Gowerton

Three Crosses

Dunvant

Llanrhidian Sands

Llanrhidian Marsh Nature Reserve

Llanrhidian Marsh

Whiteford Burrows Nature Reserve

Whiteford Sands

Whiteford National Nature Reserve

Cwm Ivy Woods

Britannia Inn

Broughton Beach

Llanmadoc Church

Cheriton Church

Landimore

Llanmadoc

Cheriton

Weobley Castle

Llanrhidian Church

Llanrhidian

Gower Way

Killay Marsh Nature Reserve

Gelli Hir Woods

Killay

Upper Killay

Railway Inn

Hospital

Sketty

Uplands

SWANSEA

Wales National Pool

Kings Head Hotel

Llangennith

Llanmadoc Hills

Ryer's Down

Burry Green

Llangennith Beach

Llangennith Church

Greyhound Inn Oldwalls

Oldwalls Leisure

Cilibion

Pengwern Common

Fairwood Common

Broad Pool Cillibion

Arthurs Stone

Reynoldston Church

Reynoldston Green

Little Reynoldston

Cefn Bryn

Parc Le Breos Trekking

Gower Heritage Centre

Parkmill

Penmaen Church

Penmaen

Kilvrough Manor Woods

Kittle

Pennard Church

Bishopston

Bishopston Church

Murton

Clyne Gardens

Clyne Farm Activity Centre

Blackpill Lido

Oystermouth Beach

Oystermouth

Newton

The Mumbles

Mumbles Hill Nature Reserve

Limeslade

Limeslade Beach

Langland Bay

Caswell Bay

Bishop's Wood Nature Reserve

Bishopston Valley

Pwll Du Cliffs Nature Reserve

Rhossili Beach

Rhossili Down

Rhossili Church

Rhossili

National Trust Visitors Centre

Worm's Head

South Gower Coast National Nature Reserve

Mewslade Beach

Gower Way

Pitton

Pilton Green

Knelston

Berry Wood Nature Reserve

Llandewi Church

Scurlage

Swimming Pool

Perriswood Archery

Nicholaston

Nicholaston Church

Nicholaston Burrows Nature Reserve

Penrice Church

Penrice

Three Cliffs Bay

Pobbles Beach

Pennard

Pennard Castle

Pennard Cliffs

Oxwich National Nature Reserve

Oxwich Bay Beach

Oxwich Cross

Oxwich Castle

Oxwich Church

Oxwich Green

Horton

Port Eynon Church

Port Eynon

Port Eynon Beach

Paviland Cave

Port Eynon Nature Reserve

Gower Bus Routes

2, 2A, 2B, 14	Swansea - Pennard Cliffs, Swansea - Oystermouth - Newton - Limeslade
2C	Summer Season Only
117, 118	Swansea - Killay - Oxwich - Horton - Port Eynon - Rhossili
118	Swansea - Killay - Llanrhidian - Llanmadoc - Llangennith
118	Swansea - Pennard - Oxwich - Port Eynon - Rhossili - Sundays & Bank Holiday Mondays
116	Swansea - Killay - Gowerton - Llanrhidian
115	Llanmadoc / Llangennith - Horton / Port Eynon
4, 4A	City Centre Bus Route (train station to bus station)
21, 22	Swansea - Killay - Three Crosses

City and County of Swansea - Dinas a Sir Abertawe

Gower explorer

First

Footpaths & Cycle Routes

- Public Rights of Way
- Cycle & Walking Route
- Gower Way Walking Route

Please note these routes are approximate and an Ordnance Survey Map should be used in conjunction with this map.

Key to Attractions & Services

- B & B
- Cafe
- Snacks & Bar Food
- Restaurant
- Information
- Pub
- Youth Hostel
- General Store
- Hotel
- Post Office
- Public Toilets
- Pharmacy
- Hospital A&E
- Railway Station
- Bus Station
- Bus Stop
- Bays, Beaches, Water Activities
- Boat Trips
- Surfing
- Swimming Pool
- Cycle Hire
- Trekking
- Nature Reserve
- Cave
- Woodland
- Historic Church
- Heritage Centre
- Standing Stone
- Castle
- On Foot
- Information
- Archery
- Public Access Land

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