

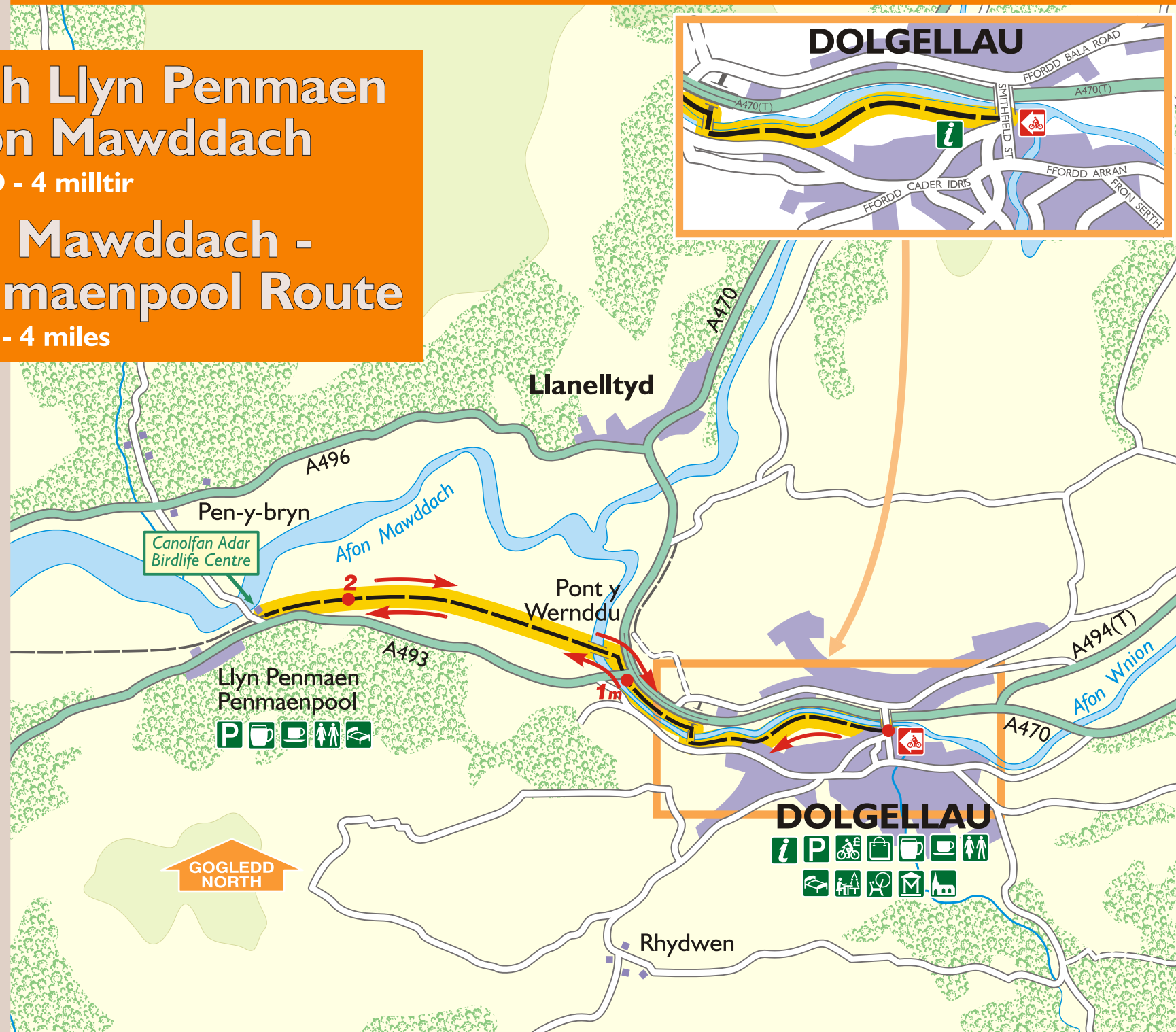
# Taith Llyn Penmaen - Lôn Mawddach

Taith D - 4 milltir

# Lôn Mawddach - Penmaenpool Route

Ride E - 4 miles

Eryri - Snowdonia



## Taith D - Taith Llŷn Penmaen

- Mae'n hawdd teithio y llwybr yma wrth ddilyn arwyddion taith genedlaethol rhwydwaith 8.
- Mae'r daith yn dechrau o gongl gogledd orllewin maes parcio y Marian yn Nolgellau ac yn rhedeg yn gwbl wastad yr holl ffordd i Bont Abermaw.
- Wedi teithio am tua hanner milltir, awgrymir i chwi ddod oddi ar eich beic i groesi'r bont droed sydd yn ran o lwybr cyhoeddus ac ail ddechrau beicio yr ochr arall. Teithio ymlaen am tua milltir cyn bo angen croesi yr A493 mae darpariaeth wedi ei farcio ar ochr y ffordd.
- Gadael y ffordd ger Pont y Wernddu ac ymlaen am Llyn Penmaen.
- Bydd angen teithio drwy faes parcio y warchodfa adar a chroesi'r ffordd sydd yn mynd at y dollborth. Mae'r drafnidiaeth yn teithio yn ara deg yma.
- Daw'r daith i ben o flaen gwesty George III. Dilynwch yr un daith yn ôl i Ddolgellau.

## Ride E - Penmaenpool route

- As with the longer Mawddach Route, this is an easy to follow cycle as it again utilises the National Cycle Route 8 along the Mawddach Trail.
- The ride starts in the north-west corner of the Marian car park in Dolgellau. It follows the relatively level Mawddach Trail all the way to Barmouth Bridge.
- After approximately half a mile we recommend that you dismount at the footbridge as it forms part of a public footpath. Re-mount on the other side and continue left on the Mawddach Trail for approximately one mile. It is necessary to cross the A493 and a provision for cyclists is marked at the side of the road. Care must be taken when crossing.
- Go immediate left and cycle through the National Park carpark. The subsequent lane between the carpark and Pont-y-Wernddu (bridge) can be used by cars so be careful! Beyond the bridge continue along the Mawddach Trail off-road until Penmaenpool is reached.
- At Penmaenpool continue through the nature reserve carpark. Cycle across the access road to the tollhouse and bridge. At this point the road traffic is usually slow.
- The ride ends in front of the George III Hotel. To return retrace the journey to Dolgellau.