Crymych: S, PO, R, PT, T, CP, SP.
The village of Crymych developed with arrival of the Railway in 1876. The surrounding hillsides are rich with the archaeological evidence of ancient peoples.
Eglwyswrw: S, PO, SP.
The village takes its name from the Church of St Wrw who is buried here. The churchyard is pre-Christian. The ruins of a Norman Motte and Bailey and a medieval inn are noteworthy features of the village.
Rosebush: S, PO, R, A, PT, CP.
Slate from the quarries of Rosebush were used to roof the houses of Parliament. The village stands below the summit of Foel Cwm Cerwyn.
Maenclochog: S, PO, R, A, I, PT, T, CP, SP.
For generations Maenclochog has been the main trading centre for many of the farms, small villages and slate quarries on the south slopes of the Preseli Hills. In the early 1900's the village was home to a variety of tradesmen including a miller, wheelwright, blacksmith and draper.
Mynachlog-ddu: CP.
Mynachlog-ddu is a small community on the Preseli Hills, which once belonged to the monastery at St Dogmaels. A commemorative stone to the poet Waldo Williams stands nearby.
Llys-y-frân: S, R, I (summer only), T, CP, SP.
The tiny church of St Meilyr's, which nestles in the steep valley at the foot of the damn, remains a focal point for this small community which today is by the 212 acre man-made reservoir, that supplies most of Pembrokeshire's drinking water. The reservoir is situated in the Llys-y-Frân Country Park. The park provides opportunities for fishing and traffic-free walking and cycling, against the backdrop of mature woodlands and open grassland.

Disclaimer
Whilst every care has been taken in the production of this leaflet Pembrokeshire Greenways cannot accept liability for the consequences of any errors or omissions it may contain.

This map is funded by: Pembrokeshire Health Challenge Wales Her Iechyd Cymru Sir Benfro

Design by Waterfront Graphics.
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Map 2: Gogledd Dwyrain Sir Benfro

Am ragor o wybodaeth ynghylch **Lonydd Glas Sir Benfro** galwch 01437 776 313
Amserlenni, mapiau a thaflenni ar gael ar ein gwefan www.pembrokeshiregreenways.co.uk
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Ffôntestun: 0845 60 50 600 www.nationalrail.co.uk
Canolfannau Gwybodaeth i Ymwelwyr:
Ar agor o'r Pasg tan fis Hydref.
Canolfan Ymwelwyr Trefdraeth - Tel 01239 820912
Ebost: info@newporttic.fsnet.co.uk
Cymeradwyir copi o Fap Ordnans OS Explorer OL35 (Gogledd Sir Benfro).
Allwedd i gyfleusterau ar y daith: S - Siop, SB - Swyddfa Bost, D - Diodydd, B - Banc, Ll - Llety, G - Gwybodaeth, TC - Teleffon Cyhoeddus, T - Toiled, MP - Maes Parcio, PS - Parcio Stryd, GRh - Gorsaf Rheilffordd.

Cymunedau yng Ngogledd Dwyrain Sir Benfro

Trefdraeth: S, SB, D, B, Ll, G, TC, T, MP, PS.
Mae Trefdraeth wedi ei amgylchynu gan safleoedd o'r Oesoedd Neolithig, Efydd a Haearn. Corfforwyd Trefdraeth yn fwrdeistref Normanaidd tua dechrau'r 13eg ganrif. Mae'r Cwrt Lît yn dal i gyfarfod ac yn cymell penodi maer y dref gan Farwniaeth Cemaes. Codwyd Castell Trefdraeth (annedd breifat) gan Arglwyddi Normanaidd y Mers ym Marwniaeth Cemaes, ac fe'i dinistriwyd ddwywaith gan Llywelyn ap Iorwerth a Llewelyn ap Gruffydd a bu Owain Glyndŵr yn ymosod ar y castell.
Llandudoch: S, SB, D, Ll, T, MP, PS.
Mae pentref Llandudoch, sydd ar lethr, yn gartref i adfeilion abaty o'r 12ed ganrif, a godwyd gan fynachod Benedictaidd Ffrengig yn 1115. Mae eglwys y plwyf, St Tomos y Merthyr, sydd drws nesaf i'r Abaty, hefyd o ddiddordeb am fod ynddi garreg sagranus, sef yr allwedd i ddehongli sgript hynafol Ogam. Gerllaw, hefyd, mae 'Y Felin' sef melin ddŵr sy'n dal i gynhyrchu blawd.
Cilgerran: S, SB, D, PS.
Mae Castell Cilgerran, sydd wedi ei godi uwchlaw ceunant yn afon Teifi, yn enghraifft dda o gastell Normanaidd. Yn y 12ed a'r 13eg ganrif cafodd y castell ei gipio gan y Cymry a'i adfeddiannu gan y Normaniaid ar ddau achlysur.
Boncath: SB, D, Ll, TC, PS.
Cafodd ei enw oddi wrth yr aderyn 'bwncath'. Arferai'r rheilffordd fynd drwy Foncath ond nid yw bellach mewn defnydd.
Crymych: S, PO, R, PT, T, CP, SP.
Datblygodd pentref Crymych gyda dyfodiad y rheilffordd yn 1876. Mae'r llethrau amgylchynol yn llawn tystiolaeth archeolegol o bobloedd cyntefig.
Eglwyswrw: S, SB, PS.
Cymer y pentref ei enw oddi wrth eglwys Sant Wrw sydd wedi ei gladdu yno. Mae'r fynwent yn gyn-Gristnogol. Mae adfeilion mwnt a beili Normanaidd a thafarn canoloesol yn nodweddion nodedig o'r pentref.
Rosebush: S, SB, D, Ll, TC, MP.
Defnyddiwyd llechi o chwareli Rosebush ar do y Tŷ Cyffredin. Saif y pentref o dan gopa Foel Cwm Cerwyn.
Maenclochog: S, SB, D, Ll, G, TC, T, MP, PS.
Am genedlaethau fe fu Maenclochog yn brif ganolfan masnach i lawer o'r ffermydd, y pentrefi bychain a'r chwareli llechi ar lethrau deheuol y Preselau. Yn gynnar yn y 1900au roedd y pentref yn gartref i amrywiaeth o fasnachwyr gan gynnwys melinydd, saer olwynion, gof a dilledydd.
Mynachlog-ddu: MP.
Mae Mynachlog-ddu yn gymuned fechan ar lethrau'r Preselau a oedd ar un adeg yn eiddo i fynachlog Llandudoch. Saif carreg goffa i'r bardd, Waldo Williams, gerllaw.
Llys-y-frân: S, D, G (haf yn unig), T, MP, PS.
Mae eglwys fechan St Meilir, sydd i'w chanfod ar waelod y dyffryn wrth droed y gronfa ddŵr, yn parhau'n ganolbwynt ar gyfer y gymuned fechan yma wrth ymyl y gronfa 212 erw o wneuthuriad dyn sy'n cyflenwi'r rhan fwyaf o ddŵr yfed Sir Benfro. Mae'r gronfa i'w chanfod ym Mharc Gwledig Llys-y-frân. Mae'r Parc yn darparu cyfleoedd ar gyfer pysgota, cerdded a seiclo mewn ardal ddi-drafnidiaeth a hynny gyda chefnlen o goetiroedd aeddfed a thir pori agored.

Ymwadiad
Tra bo pob gofal wedi ei gymryd wrth gynhyrchu'r daflen yma ni all Lonydd Glas Sir Benfro gymryd cyfrifoldeb am ganlyniadau unrhyw wallau neu fylchau sydd o bosib ynddi.

Noddwyd y map yma gan: Pembrokeshire Health Challenge Wales Her Iechyd Cymru Sir Benfro

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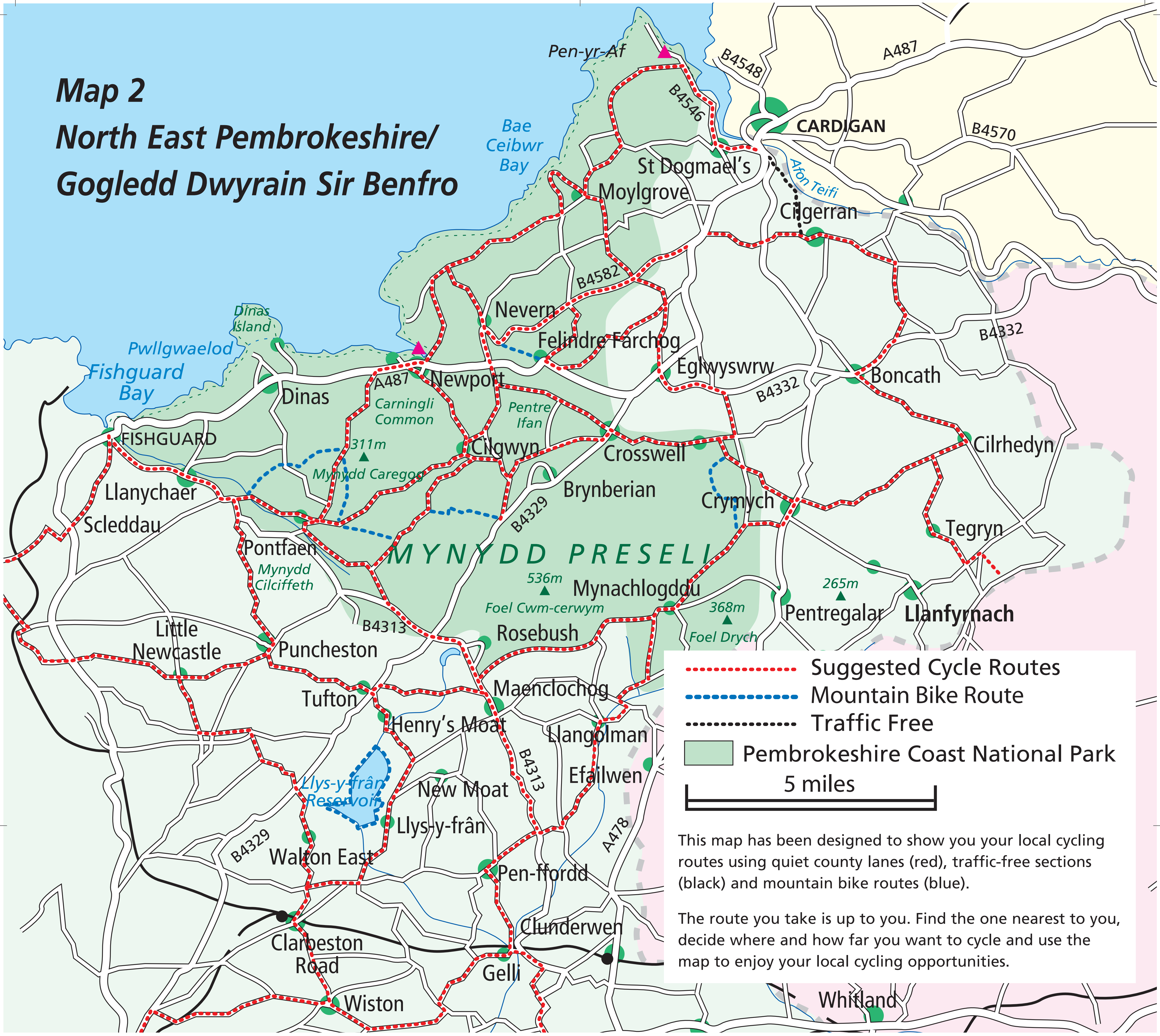

Map 2: North East Pembrokeshire

For more information on **Pembrokeshire Greenways** call 01437 776 313

Timetables, maps and leaflets are available on our website www.pembrokeshiregreenways.co.uk

Travel Information: **Traveline Cymru**: 0870 608 2 608 www.traveline-cymru.org.uk

National Rail Enquiries: 08457 48 49 50

Textphone: 0845 60 50 600 www.nationalrail.co.uk

Tourist Information Centres:

Open Easter to October.

Newport Visitor Centre - Tel 01239 820912

E-mail: info@newporttic.fsnet.co.uk

A copy of Ordnance Survey Map OS Explorer OL35 (North Pembrokeshire) is recommended.

Key to on route facilities: S - Shop, PO - Post Office, R - Refreshments,
B - Bank, A - Accommodation, I - Information,
PT - Public Telephone, T - Toilet, CP - Car Park, SP - Street Parking,
RS - Railway Station.

Communities in North East Pembrokeshire

Newport: S, PO, R, B, A, I, PT, T, CP, SP.

Newport is surrounded by Neolithic, Bronze and Iron Age sites. Newport was incorporated as a Norman borough around the beginning of the 13th century. The Court Leet still meets and recommends the town mayor for appointment by the Barony of Cemaes. Newport Castle (private residence) was built by Norman Marcher Lords in the Barony of Cemaes, it was destroyed twice by Llywelyn ap Iorwerth and Llewelyn ap Gruffydd and attacked by Owain Glyndŵr.

St Dogmaels: S, PO, R, A, T, CP, SP.

The hillside village of St Dogmaels is home to the ruins of a 12th century abbey, which was built in 1115 by French Benedictine monks. The parish church of St Thomas the Martyr, which stands next to the abbey, is also of interest as it contains the sagranus Stone, the key to deciphering ancient Ogham script. Nearby also is 'Y Felin' a working water mill, which continues to produce flour.

Cilgerran: S, PO, R, SP.

Cilgerran Castle perched upon the top of a gorge overlooking the river Teifi is a good example of a Norman Castle. In the 12th and 13th centuries the castle was captured by the Welsh and retaken by the Normans on two occasions.

Boncath: PO, R, A, PT, SP.

The name Boncath derives from the Welsh word for Buzzard 'bwncath'. The railway came through Boncath but the line is no longer in use.