The village grew considerably during the railway era and, unusually was the site of two significant railway stations, Letterston East, of which little now remains and Mathry Road, through which a few trains still pass although the station is closed.

Croesgoch: PO, R, PT.
Part of the parish of Llanrhian, this is a small village on a fairly busy road. At nearby Mesur y Dorth there is an early Christian sculpted stone set into the roadside hedge. There are two art galleries in the village and an imposing Chapel building all near the public house.

Hayscastle Cross: R, PT.
A small community, at its centre the public house, which has a colourful history. It was licensed in 1861 and is still run by the same family.
The church of St Mary is thought to be of Celtic origin and nearby are slight remains of a medieval earthwork castle, possibly the home of one of the knights of the bishop of St Davids. There are remains of a wartime Radar Base on the road to Wolfscastle and on the same road at the Tre Rhos Common, an area of heathland has been designated a site of special interest.

Trefin: PO, R, A, PT, SP. There are ruins of a water mill named Melin Trefin at Aberfelin, which was owned by the Bishop of St Davids. The Coastline here had a reputation as a haven for smugglers.

Porthgain: R, CP. Porthgain and its port have an industrial past. Local stone and slate were quarried from the surrounding area and exported from the port along with locally produced bricks. The industry declined after the first world war and today the harbour is used mainly by pleasure boats and lobster fisherman.

St Davids: S, PO, R, B, A, I, PT, T, CP, SP. St Davids is the smallest city in Britain and has been attracting visitors to its Cathedral for over a thousand years. From the middle ages pilgrims have flocked to St Davids. The Cathedral as it is today was built in the 12th century on the site of St Davids original monastery. The Bishops Palace which is located alongside the Cathedral was built in the 14th century.

Roch: PO, R, PT, SP. The landscape of Roch is dominated by Roch Castle, which sits perched on a rocky outcrop. Built in the 13th century it is now privately owned.

Disclaimer
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Design by Waterfront Graphics.
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Map 1: Gogledd Orllewin 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
Gwybodaeth Teithio: **Traveline Cymru**: 0870 608 2 608 www.traveline-cymru.org.uk
Ymholiadau Rheilffordd Cenedlaethol: 08457 48 49 50
Ffôntestun: 0845 60 50 600 www.nationalrail.co.uk
Canolfannau Gwybodaeth i Ymwelwyr:
CGY Abergwaun - Tel 01348 873484
E-bost: fishguardharbour.tic@pembrokeshire.gov.uk
CGY Harbwr Abergwaun - Tel 01348 874737
E-bost: fishguard.tic@pembrokeshire.gov.uk
Canolfan Ymwelwyr Tyddewi - Tel 01437 720392
E-bost: enquiries@stdavids.pembrokeshirecoast.org.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 Orllewin Sir Benfro

Abergwaun: S, SB, D, B, Ll, G, TC, T, MP, PS, GRh. Mae Abergwaun nawr yn borthladd fferi o bwys ar gyfer hwylio i Iwerddon. Dau gan mlynedd nôl roedd ardal Y Cwm o Abergwaun yn ganolfan fasnach brysur. Roedd yr iard longau'n nodedig am ei llongau hwyliau sgwâr a'i sgwneri. Ar yr 22ain Chwefror 1797 yn ystod y Rhyfeloedd Napoleanaidd fe laniodd milwyr Ffrengig ar safle Carregwastad a hynny oedd yr ymgais ddiwethaf i oresgyn tir mawr Prydain.

Wdig: S, SB, D, Ll, G, TC, T, PC, PS, GRh. Pentref pysgota bychan gydag ond ychydig o fythynnod oedd Wdig yn wreiddiol. Ond fe newidiodd hynny pan gwblhawyd doc anferth yn 1906. Adeiladwyd y doc gan gwmni rheilffordd a deil yn derfynfa ar gyfer y brif reilffordd o Abertawe.

Pen Strwmbl: MP. Mae'r Goleudy ym Mhen Strwmbl wedi ei osod ar ynys wedi ei gwahanu oddi wrth y tir mawr gan fwlch cul. Fe'i codwyd yn 1908 a'i wneud yn awtomatig yn 1980. Mae hen wylfa Ail Ryfel Byd nawr yn safle pwysig ar gyfer gwylio adar, dolffiniaid, llamhidyddion a morfilod.

Llangloffan: D.
Pentrefyn tawel iawn sy'n nodedig heddiw am ei Fferm Gaws sydd ar agor i'r cyhoedd. Mae gwarchodfa natur yn cael ei datblygu ger rhagnentydd Cleddau Wen. Gellir ei gyrraedd ar hyd y bont gerrig ac fe wêl cerddwyr un o'r enghreifftiau gorau o gorstir yng Nghymru.
Credir bod y capel trawiadol, sydd â'i Fedyddfa yn yr afon ger y bont, yn hŷn na'r un capel o eiddo'r Bedyddwyr yn Sir Benfro gyfan. Ar draws y ffordd o'r capel mae nifer o adeiladau fferm yn dyddio o'r 18ed ganrif.

Treletert: S, SB, D, Ll, TC, PS.
Pentref prysur a arferai fod yn Faenor Normanaidd yn cael ei reoli gan Letard, Fflemiad yr honnid fod y trigolion lleol a'r Sefydliad Eglwysig yn ei gasáu. Ar un adeg cynhelid marchnad wartheg bwysig ar safle yng nghanol y pentref a arferai fod yn gastell mwnt.
Tyfodd y pentref yn sylweddol yn ystod oes y rheilffordd ac, yn anarferol, ceid dwy orsaf rheilffordd o bwys, Dwyrain Treletert, nad oes fawr ohoni ar ôl, a Heol Mathri, lle mae rhai trenau yn dal i deithio trwyddi er bod yr orsaf ei hun wedi ei chau.

Croesgoch: SB, D, TC.
Mae'r pentref bychan hwn ar y naill ochr i ffordd gymharol brysur yn rhan o blwyf Llanrhian. Gerllaw yn Mesur y Dorth mae yna garreg Gristnogol gerfiedig gynnar wedi ei gosod yn y clawdd. Mae yna ddwy oriel gelf yn y pentref a chapel mawr, oll gerllaw tŷ tafarn.

Croes Cas-lai: D, TC.
Canolbwynt y gymuned fechan yw'r dafarn sy'n meddu ar hanes hynod. Fe'i trwyddedwyd yn 1861 ac mae'r un teulu yn dal i'w gadw.
Credir bod eglwys St Fair yn Geltaidd ei tharddiad a gerllaw mae olion prin castell pridd canoloesol, a oedd o bosib yn gartref i un o farchogion Esgob Tyddewi. Mae gweddillion Safle Radar adeg y rhyfel i'w weld ar y ffordd i Gas-blaidd ac ar yr un heol, ar Gomin Tre Rhos, ceir darn o rhostir sydd wedi ei ddynodi'n safle o ddiddordeb arbennig.

Trefin: SB, D, Ll, TC, PS. Mae adfeilion melin ddŵr a adwaenir wrth yr enw Melin Trefin yn Aberfelin. Roedd yn eiddo i Esgob Tyddewi. Roedd gan yr arfordir fan hyn enw am fod yn hafan i smyglwyr.

Porthgain: D, MP. Mae yna hanes diwydiannol i Borth-gain a'i borthladd. Naddwyd cerrig a llechi mewn chwareli o amgylch yr ardal a'u hallforio o'r porthladd ynghyd â brics wedi eu cynhyrchu'n lleol. Dirywiodd y diwydiant ar ôl y Rhyfel Byd Cyntaf ac erbyn heddiw defnyddir yr harbwr yn bennaf gan longau pleser a physgotwyr cimychiaid.

Tyddewi: S, SP, D, B, Ll, G, TC, T, MP, PS. Tyddewi yw'r ddinas leiaf ym Mhrydain a denwyd ymwelwyr yno i'r Gadeirlan ers dros fil o flynyddoedd. Heidiodd pererinion i Dyddewi ers yr Oesoedd Canol. Codwyd y Gadeirlan bresennol yn y 12ed ganrif ar safle mynachdy gwreiddiol Dewi Sant. Codwyd Palas yr Esgob sydd wedi ei leoli yn ymyl y Gadeirlan yn y 14eg ganrif.

Y Garn: SP, D, TC, PS. Mae tirlun Y Garn o dan drem Castell y Garn sydd wedi ei osod ar garn greigiog. Fe'i codwyd yn y 13eg ganrif ac mae nawr mewn perchnogaeth breifat.

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.

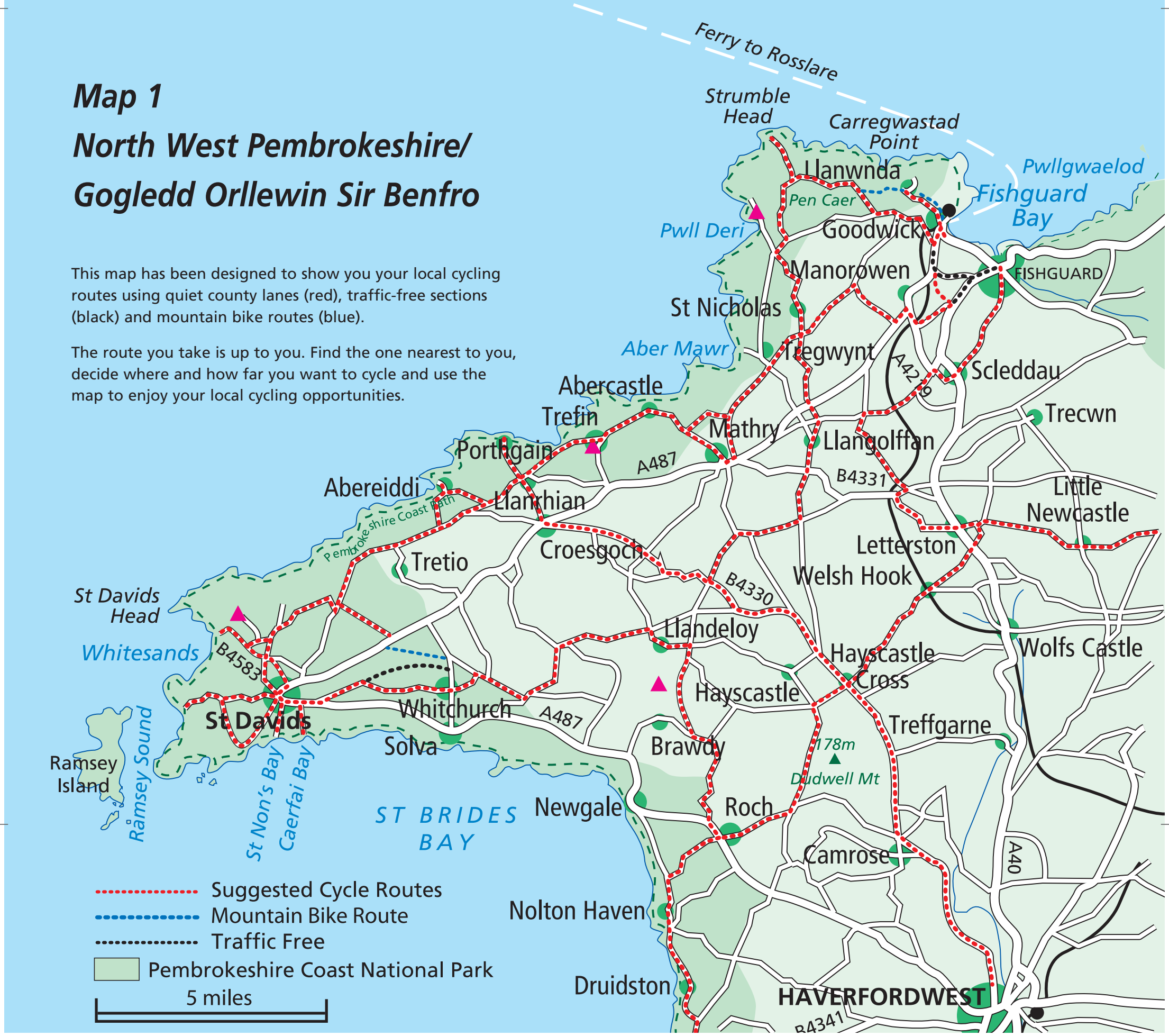
Noddwyd y map yma gan:

Dylunio gan Waterfront Graphics.
Cyhoeddwyd gan PLANED © 2006

Map 1
North West Pembrokeshire/ Gogledd Orllewin Sir Benfro

This map has been designed to show you your local cycling routes using quiet county lanes (red), traffic-free sections (black) and mountain bike routes (blue).

The route you take is up to you. Find the one nearest to you, decide where and how far you want to cycle and use the map to enjoy your local cycling opportunities.



Map 1: North West 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:
Fishguard TIC - Tel 01348 873484
E-mail: fishguardharbour.tic@pembrokeshire.gov.uk
Fishguard Harbour TIC - Tel 01348 874737
E-mail: fishguard.tic@pembrokeshire.gov.uk
St Davids Visitor Centre - Tel 01437 72039
E-mail: enquiries@stdavids.pembrokeshirecoast.org.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 West Pembrokeshire

Fishguard: S, PO, R, B, A, I, PT, T, CP, SP, RS. Fishguard is now a major ferry port for sailings to Ireland. Two hundred years ago Fishguard's Lower Town was a bustling trade centre. The shipyard was renowned for its square-rigged vessels and schooners. On the 22nd February 1797 during the Napoleonic Wars Carregwastad Point near Fishguard was the landing site for the French in what is now known as the last invasion of the British mainland.

Goodwick: S, PO, R, A, I, PT, T, CP, SP, RS. Originally a small fishing village with only a small number of cottages Goodwick changed forever with the completion of the huge dock in 1906. The dock was built by the railway company and it is still the terminus for the main line railway from Swansea.

Strumble Head: CP. The Lighthouse at Strumble Head is situated on an island separated from the mainland by a narrow gap. It was built in 1908 and automated in 1980. An old World War II lookout is now an important bird, dolphin, porpoise, and whale watching site.

Llangolffan: R.
A very quiet hamlet noted these days for its Cheese Farm, which is open to the public. A nature reserve is being developed near the headwaters of the Western Cleddau. It is accessible by the stone river bridge, taking walkers on to one of the best examples of Fen in Wales. There is an impressive chapel, thought to be the oldest Baptist chapel in Pembrokeshire, which has its Baptistery in the river near the bridge. Across the road from the chapel are a number of 18th century farm buildings.

Letterston: S, PO, R, A, PT, SP.
A busy village, once a Norman Manor ruled by Letard, a Fleming reputed to be hated by the locals and the Church Establishment. At one time an important cattle market was held on the village green, once the site of a castle motte.