Angle: S, R, I, T (summer months only), PO, PT, CP. Strategically placed at the entrance of the Milford Haven waterway, Angle has several notable military features such as Thorn Island and Chapel Bay Forts. The East Blockhouse was begun in the reign of Henry VIII and early in the 20th century, saw the development of batteries for heavy guns. Other interesting features include the new lifeboat station, a medieval fortified residence known as the Tower House, a dovecote and unique colonial style houses.
Pembroke: S, PO, R, B, A, I, PT, T, CP, SP, RS. The historic walled town of Pembroke is perhaps most famous for its magnificent castle, birthplace of Henry VII. Main Street is the ideal place to potter amongst craft and antique shops, cafes, restaurants and pubs.
Castlemartin: PO, R, PT. Castlemartin is a tiny hamlet, once famous for its Castlemartin Welsh Black Cattle. Today an early 18th century circular stone cattle pound in the heart of the village serves as a traffic roundabout.
Bosherston: R, A, PT, T, CP. Bosherston is famous for its lily ponds, but is also home to 14th century St Michael's Church. The village gives access to Broad Haven beach and (when the MOD tank range is not in use) to St Goven's Head and Chapel.
Stackpole: R, PT, T, CP. Stackpole village was moved from its original medieval site in 1735 to accommodate the growing Stackpole Estate. The present day inn occupies a building of 16th century origin, and nearby are interesting areas of woodland and Stackpole Quay. The quay car park gives access to Barafundle, one of Pembrokeshire's most secluded and beautiful beaches.

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 4: De 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:
Ar agor o'r Pasg tan fis Hydref.
Canolfan Ymwelwyr Penfro - Tel 01646 622388
E-bost: pembroke.tic@pembrokeshire.gov.uk
CGY Hwlffordd - Tel 01437 763110
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CGY Aberdaugleddau - Tel 01646 690866
E-bost: milford.tic@pembrokeshire.gov.uk
Cymeradwyir copi o Fap Ordnans OS Explorer OL36 (De 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 yn Ne Orllewin Sir Benfro

Hwlffordd: S, SB, D, B, Ll, G, TC, T, MP, PS, GRh. Mae'r castell canol oesol a'r eglwysi Normanaidd yn brawf o hanes cynnar tref Hwlffordd. Yn 1648 gorchmynnwyd difrodi'r castell gan Cromwell a gwneud Hwlffordd yn dref sirol yn lle Penfro, a deil hynny hyd heddiw. Roedd unwaith yn borthladd ffyniannus ac mae'r cei ar hyd yr afon heddiw yn rhan o ganolfan siopa brysur sy'n ymestyn trwy'r dref. Yn ddiweddar cloddiwyd y Priordy Awstinaidd o'r 13eg ganrif ac fe gynnwys yr unig ardd ganoloesol sydd wedi goroesi ym Mhrydain.
Aber Llydan: S, SB, D, Ll, G, TC, T, MP, PS. Mae'r traeth prydferth yn Aber Llydan wedi denu ymwelwyr ers dechrau'r 19eg ganrif. Yn ystod y cyfnod hwnnw ceid peiriannau ymdrochi (cabanau pren ar olwynion) ar y traeth er mwyn galluogi ymdrochwyr cefnog i newid mewn preifatrwydd. Mae gan y pentref gefndir diwydiannol hefyd a gwelir olion pyllau glo ar ochr ogleddol y traeth.
Sain Ffraid: TC, T, MP. Mae'r enw Sain Ffraid yn ôl pob tebyg yn deillio o St Brigid o Kildare (diwedd 5ed dechrau'r 6ed ganrif). Mae beddau wedi eu gorchuddio gan gerrig mewn mynwent ger y traeth. Mae'r eglwys yn Sain Ffraid yn ganoloesol ond mae'n bosib iddi gael ei chodi ar safle capel cynharach.
Johnston: S, SB, D, B, TC, PS, GRh. Tyfodd y gymuned fechan ond prysur yma o gwmpas yr orsaf rheilffordd yn y 19eg ganrif.
Neyland: S, D, B, T. Cynlluniwyd tref Neyland i raddau helaeth gan Brunel, ac fe'i codwyd gan Rheilffyrdd De Cymru yn yr 1850au. Y cei ar un adeg oedd y derfynfa ble fyddai teithwyr rheilffordd a nwyddau yn gadael i groesi'r Iwerydd. Heddiw, marina ac unedau diwydiannol sydd yn yr ardal.
Angle: S, D, G, T (misoedd yr haf yn unig), SB, TC, MP. Mae Angle wedi ei leoli'n strategol wrth y fynedfa i ddyfrfford Aberdaugleddau ac mae yno nifer o nodweddion milwrol nodedig megis Ynys Thorn a Chapel Bae'r Caerau. Dechreuwyd y Blocws Dwyreiniol yn ystod teyrnasiad Henry VIII ac yn gynnar yn yr 20ed ganrif gwelwyd datblygu magnelfeydd ar gyfer gynnau trymion. Ymhlith nodweddion diddorol eraill mae gorsaf bad achub newydd, annedd-dy caerog canoloesol a adwaenir wrth yr enw Tŷ'r Tŵr, colomendy a thai unigryw mewn arddull drefedigaethol.
Penfro: S, SB, D, B, Ll, G, TC, T, MP, PS, GRh. Mae tref furiog hanesyddol Penfro o bosib yn fwyaf adnabyddus am ei gastell ysblennydd, man geni Henry VII. Y Stryd Fawr yw'r lle delfrydol i loetran ymhlith siopau crefft a chreiriau, caffis, llefydd bwyta a thafarndai.
Castellmartin: SB, D, TC. Pentrefyn bychan yw Castellmartin a oedd yn enwog ar un adeg am ei Wartheg Duon Cymreig Castellmartin. Heddiw mae ffald wartheg gylchynol wedi ei gwneud o garreg yn gynnar yn y 18ed ganrif yng nghalon y pentref yn cael ei ddefnyddio fel cylchfan trafnidiaeth.
Bosherston: D, Ll, TC, T, MP. Mae Bosherston yn enwog am ei lynnoedd lili ond mae hefyd yn gartref i Eglwys St Mihangel o'r 14eg ganrif. O'r pentref gellir cyrraedd traeth Broad Haven a (phan nad yw maes tanciau'r WA mewn defnydd) Pentir St Gofan a'r Capel.
Ystagbwll: D, TC, T, MP. Symudwyd pentref Ystagbwll o'i safle canoloesol gwreiddiol yn 1735 er mwyn ymlediad Ystad Ystagbwll. Mae adeilad y dafarn yn dyddio nôl i'r 16eg ganrif a gerllaw mae ardaloedd coediog diddorol a Chei Ystagbwll. O faes parcio'r cei gellir cerdded i Barafundle, un o draethau prydferthaf a mwyaf neilltuedig Sir Benfro.

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

Dylunio gan Waterfront Graphics.
Cyhoeddwyd gan PLANED © 2006

Map 4
South West Pembrokeshire/ De 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 4: South 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:
Open Easter to October.
Pembroke Visitor Centre - Tel 01646 622388
E-mail: pembroke.tic@pembrokeshire.gov.uk
Haverfordwest TIC - Tel 01437 763110
E-mail: haverfordwestinformationcentre@pembrokeshire.gov.uk
Milford Haven TIC - Tel 01646 690866
E-mail: milford.tic@pembrokeshire.gov.uk
A copy of Ordnance Survey Map OS Explorer OL36 (South 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 South West Pembrokeshire

Haverfordwest: S, PO, R, B, A, I, PT, T, CP, SP, RS. Haverfordwest's medieval castle and Norman churches illustrate the early history of the town. In 1648 Cromwell ordered the castle slighted and that Haverfordwest replace Pembroke as county town, a role it holds to this day. Once a flourishing port the riverside quay is today part of Haverfordwest's busy shopping area, which extends through the town. Haverfordwest's 13th century Augustinian Priory has recently been excavated and includes the only surviving medieval garden in Britain.

Broad Haven: S, PO, R, A, I, PT, T, CP, SP. The beautiful beach at Broad Haven has attracted visitors since the early 19th century. During that period bathing machines (wooden huts on wheels) could be found on the beach to provide private shelter for well to do bathers to change. The village also has an industrial background collapsed coal mines can be seen in the cliffs on the north side of the beach.

St Brides: PT, T, CP. The name St Brides most likely derives from St Brigid of Kildare (late 5th early 6th centuries). There are graves lined with stone in a cemetery near the beach. The church at St Brides is medieval but may have been built on the site of an earlier chapel.

Johnston: S, PO, R, B, PT, SP, RS. A small but busy community, Johnston grew up around the railway station in the 19th century.

Neyland: S, R, B, T. Neyland town was largely designed by Brunel, and built by South Wales Railways in the 1850's. The quay was once the terminus from which railway passengers and goods set off across the Atlantic. Today, the area is occupied by a marina and industrial units.