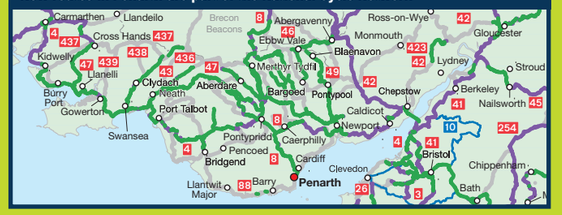
MAP TEITHIO BYW / ACTIVE TRAVEL MAP



Penarth

Mae llwybrau newydd ym Mhenarth yn rhan o'r Rhwydwaith Beicio Cenedlaethol
New routes in Penarth are part of the National Cycle Network



Yngln â Sustrans

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd.

Mae'n bryd i bawb ohonom ddechrau gwneud dewisiadau teithio craffach.
Camwch ymlaen a chefnogwch Sustrans heddiw.

About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

It's time we all began making smarter travel choices.
Make your move and support Sustrans today.

www.sustrans.org.uk

Mae llwybrau newydd ym Mhenarth yn rhan o brosiect cenedlaethol Sustrans mewn partneriaeth â
New routes in Penarth are part of a national Sustrans project in partnership with

ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

BRO MORGANNWG

GO CYMRU

YMUNWCH Â'R MUDIAD
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Elusen gofrestredig rhif 326550 (Cymru a Lloegr) SC039263 (Yr Alban).
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Rhesymau da dros deithio o gwmpas ar droed, beic, bws neu drên

Er budd eich iechyd a'ch lles

Mae cerdded a beicio i'r gwaith, i'r siopau neu i ymweld â ffrindiau a theulu yn ffyrdd ardderchog i gynnwys gweithgaredd corfforol rheolaidd yn eich trefn arferol bob dydd. Gall hyn eich cynorthwyo i losgi calorïau, lleihau colesterol a gostwng pwysedd gwaed. Mae gweithgaredd corfforol rheolaidd hefyd yn gwella eich hwyliau, eich teimlad o les a gall gynorthwyo i roi hwb i'ch hunan-barch.

Ar y bws neu'r trên, fe gewch amser i fwynhau'r daith - gwrando ar gerddoriaeth, ymgolli mewn llyfr da neu sgwrsio - a thrwy roi gorffwys i'ch cerbyd gallwch arbed arian hefyd!

Er budd yr amgylchedd

Drwy fynd ar y trên neu'r bws rydych yn lleihau eich allyriadau carbon gan rhwng chwech ac wyth gwaith o gymharu â mynd mewn car. Yn well byth, nid yw cerdded a beicio yn cynhyrchu allyriadau carbon. Mae llai o geir ar y ffordd hefyd yn golygu amgylchedd mwy diogel, yn arbennig ar gyfer plant, a lle mwy pleserus i bawb ohonom.

Er mwyn arbed arian

Un o fanteision teithio o gwmpas o dan eich grym eich hun yw ei fod yn eithriadol o rad. Dim treth car, dim MOT a dim gofidiau petrol. Os byddwch yn cerdded neu'n beicio'n rheolaidd fe arbedwch ffortiwn!

Cysylltu eich siwrnai

Cerdded a beicio

Sustrans. Porwch, lawrlwythwch a chreu mapiau arlein o lwybrau cerdded a beicio lleol eich hun. Gallwch hefyd blotio eich siwrnai er mwyn eu rhannu gyda ffrindiau a theulu.
www.sustrans.org.uk/maps Ffôn: **0845 113 0065**
Ewch i'n gwefan routes2ride er mwyn canfod y llwybrau y gallwch eu reidio yn eich amser hamdden
www.routes2ride.org.uk/wales

Trên a bws

I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafnidiaeth gyhoeddus ar gyfer Cymru.
Ewch i **www.cymraeg.traveline-cymru.info**
neu ffoniwch **0871 200 22 33** i gael manylion am wasanaethau bws, coets a rheilffordd.

Rhwydwaith cerdded a beicio Penarth

Datblygwyd y map hwn i'ch cynorthwyo i deithio o gwmpas Penarth ar droed, beic a thrafnidiaeth gyhoeddus. Mae pob grid ar y map drosodd yn cynrychioli siwrnai gyfartalog 10 munud ar droed neu daith 4 munud ar feic, gan ddangos pa mor gyflym y gallwch deithio o gwmpas pan fyddwch yn penderfynu cerdded neu fynd ar feic.

Mae gan Benarth nifer o amwynderau yn cynnwys siopau, caffis a thafarndai, cyfleusterau addysg, celf a hamdden sy'n cynnwys y pier a'r parc - i gyd o fewn pellter cerdded a beicio hawdd o ganol y dref.

Mae'r llwybrau newydd yn rhan o rwydwaith fwy o lwybrau beicio a cherdded sy'n cysylltu Penarth â Phont y Werin, ar draws Afon Elai i Fae Caerdydd, tra hefyd yn caniatáu i chi deithio yn y dref ac o'i hamgylch yn ddiogel ac mewn amgylchedd pleserus.

Beth am deithio'n egnïol a siopa'n lleol drwy ddefnyddio'r cerdyn SiP (Siopa ym Mhenarth), sy'n rhoi disgownt i ddeiliaid y cerdyn mewn siopau lleol? I gael rhagor o wybodaeth cysylltwch â:
http://gpgpenarth.org.uk/projects/shop-in-penarth

Mae'r map hwn hefyd yn dangos llwybrau ac arosfannau bws er mwyn eich galluogi i gysylltu i siwrneiau pan fyddwch angen teithio ymhellach.

Good reasons to get around by foot, bike, bus or train

For your health and well-being

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. This can help you burn calories, reduce cholesterol and lower blood pressure. Regular physical activity also improves your mood, your sense of well-being and can help boost self-esteem.

On the bus or train, you'll have time to enjoy the journey – listen to music, read a good book or have a chat - and by giving your vehicle a well deserved rest, you can save money too!

For the environment

By taking a train or bus you reduce your carbon emissions by between six and eight times compared to going by car. Even better, walking and cycling do not produce any carbon emissions. Fewer cars on the road also mean a safer environment, particularly for children, and a more pleasant place for us all.

For saving money

One of the things about getting around under your own steam is that it's really cheap. No car tax, no MOT and no petrol price worries. If you walk or cycle regularly you'll save a fortune!

Connecting your journey

Walking and cycling

Sustrans. Browse, download and create online maps of local walking and cycling routes. You can also plot your journey to share with friends and family.
www.sustrans.org.uk/maps Tel: **0845 113 0065**
Visit our routes2ride website to discover the routes you can ride in your leisure time
www.routes2ride.org.uk/wales

Train and bus

For travel information contact **Traveline Cymru**, the public transport information service for Wales. Visit **www.travelinecymru.info** or call **0871 200 22 33** for bus, coach and rail service details.



Why not travel actively and shop locally using the SiP (Shop in Penarth) card, which gives users of the card discounts at local shops?
For more information contact:
http://gpgpenarth.org.uk/projects/shop-in-penarth

This map also displays bus routes and stops to enable you to link into journeys where you need to travel further afield.

Penarth



Mae pob sgwar grid yn cynrychioli
1 cilomedr (0.6 milltir)

Each grid square on this map represents
1 kilometre (0.6 miles)

Tua 10 munud
Approximately 10 minutes

Tua 4 munud
Approximately 4 minutes

- Llwybr bysiau — Bus route
- Llwybr bws a ffordd feicio awgrymedig — On-road bus and suggested cycle route
- X5 — Rhif llwybr bysiau — Bus route number
- Lôn fysiau — Bus lane
- Arhosfan bws — Bus stop
- Llwybr beiciau a awgrymir — Suggested cycle route
- Lôn feiciau — Cycle lane
- Llwybr troed/beiciau di-draffig — Traffic-free cycle/foot path
- Llwybr di-draffig dan ddatblygiad — Proposed traffic-free path
- Llinell reilffordd/Gorsaf drenau — Railway line/Train station
- Llwybr troed — Footpath
- Ardal siopa leol — Local shopping area
- Siop feiciau — Bike shop
- Ysgol — School
- Ysbyty — Hospital
- Llyfrgell — Library
- Swyddfa bost — Post office
- Canolfan Gymunedol — Community Centre
- Canolfannau Iechyd a Chlinigau'r GIG — NHS Health Centres and Clinics
- Deintydd — Dentist
- Rhwydwaith Croesfannau Twcan — Network Toucan Crossings
- Parcio beics — Cycle parking
- Tacsi dŵr — Water taxi
- Allt serth — Steep hill
- Stryd un ffordd — One way street
- Lôn feicio gwrth lif — Contra flow cycle lane

Cynlluniwyd y map hwn i blygu a ffitio yn eich poced.

This map has been designed to fold and fit in your pocket.

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