



Graig Fawr

Ringwork (SN 628066)

Graig Fawr is a particularly large ring cairn at some 50 or so metres in diameter believed to have dated from the Bronze Age.

It also has an internal ring, which is easier to make out on the ground. Its use is unknown, however it's believed it could have been a cattle pound.

Amddiffynfa Gylch y Graig Fawr (SN 628066)

Mae'r heneb gaeedig hon, y credir ei bod yn dyddio o'r Oes Efydd, yn gylch carnedd arbennig o fawr, gyda diamedr tua 50 metr. Mae ganddi gylch mewnol llai hefyd y gellir ei weld o'r ddaear.

Mae ei diben yn anhysbys, ond cred rhai haneswyr ei bod o bosibl wedi cael ei defnyddio fel ffald.



Wimberries

(Bilberry)

Wimberries are often associated with improvement of night vision and it is claimed that World War 2 Pilots consumed Wimberry jam for this very reason; however there is no scientific evidence to substantiate this claim.

However, Wimberries are used nowadays to show children how to brush their teeth correctly, as any improperly brushed areas will be heavily stained.

Llusi Duon Bach

Yn aml cysylltir llusi duon bach â gwella golwg nos a honnir bod peilotiaid yr Ail Ryfel Byd wedi bwyta jam llusi duon bach am y rheswm hwn. Serch hynny, nid oes unrhyw dystiolaeth wyddonol i gefnogi'r honiad hwn.

Fodd bynnag, defnyddir llusi duon bach heddiw i ddangos i blant sut i lanhau eu dannedd yn gywir gan y bydd y rhannau nad ydynt wedi'u brwsio'n gywir yn cael eu staenio'n drwm.

Useful Information

- O.S. Explorer map 165 Swansea.
- Mobile phone coverage is generally good, but reception can be poor in valley bottoms.
- The weather is changeable, so you may need waterproofs and stout footwear.
- For local public transport information: www.traveline-cymru.org.uk www.baytrans.org.uk
- Swansea Tourist Information Centre: www.visitswanseabay.com Tel: 01792 468321 E-mail: tourism@swansea.gov.uk
- Contact the Countryside Access Team: www.swansea.gov.uk/countrysideaccess Tel: 01792 635746 or 01792 635230 E-mail: countrysideaccess@swansea.gov.uk
- www.visitswanseabay.com

Gwybodaeth ddefnyddiol

- Map Explorer 165 A.O. Abertawe.
- Mae derbyniad signalau ffonau symudol yn dda ar y cyfan, ond gall fod yn wael ar waelod cymoedd.
- Mae'r tywydd yn gyfnewidiol, felly gallai fod angen dillad gwrth-ddŵr ac esgidiau cryf arnoch.
- I gael gwybodaeth am gludiant cyhoeddus lleol, ewch i: www.traveline-cymru.org.uk www.baytrans.org.uk
- Canolfan Croeso Abertawe: www.dewchifaeabertawe.com Rhif Ffôn: 01792 468321 E-bost: tourism@swansea.gov.uk
- Cysylltwch â'r Tîm Mynediad i Gefn Gwlad: www.swansea.gov.uk/countrysideaccess Rhif Ffôn: 01792 635746 neu 01792 635230 E-bost: countrysideaccess@swansea.gov.uk
- www.dewchifaeabertawe.com



Red Kite

By the turn of the 20th Century Red Kites were nearing extinction with only an isolated population remaining in Mid Wales.

However, thanks to the efforts of individuals and organisations their numbers are gradually increasing and they are now a common sight in the Swansea Valleys.

The Red Kite was voted bird of the Century in 1999. A year later, it was also dubbed Wales' National Bird.

A rare White Red (*Leucistic*) Kite has also been spotted over Cwmcerdinen.

Y Barcut Coch

Erbyn troad yr 20fed ganrif, roedd y Barcut Coch yn brin ac ar drengi, gyda phoblogaeth fan hyn a fan draw yn unig ar ôl yng nghanolbarth Cymru.

Fodd bynnag, diolch i ymdrechion unigolion a sefydliadau, mae eu niferoedd yn cynyddu'n raddol ac maent bellach yn olygfa gyffredin yng Nghwm Tawe.

Pleidleisiwyd y Barcut Coch yn aderyn y ganrif ym 1999. Flwyddyn yn ddiweddarach, fe'i henwyd yn Aderyn Cenedlaethol Cymru.

Mae Barcut Coch Gwyn (*lewicstig*) prin hefyd wedi'i weld dros Cwmcerdinen.



Area information

This three and a half mile circular walk which gives spectacular views towards Gower and the Brecon Beacons is in one of Swansea's most unspoilt rural landscapes.

The route passes through archaeological remains and the best remaining example of upland dry heath still in the Swansea Area – designated as Graig Fawr Site of Special Scientific Interest.

Gwybodaeth am yr Ardal

Mae'r gylchdaith dair milltir a hanner hon, gyda'i golygfeydd ysblennydd tua Gŵyr a Bannau Brycheiniog, yn un o ardaloedd gwledig mwyaf diliychwyn Abertawe.

Mae'r llwybr yn mynd drwy olion archeolegol a'r enghraifft orau o rostir uchel sych sydd ar ôl yn ardal Abertawe – ardal a ddynodwyd yn Safle o Ddiddordeb Gwyddonol Arbennig y Graig Fawr.

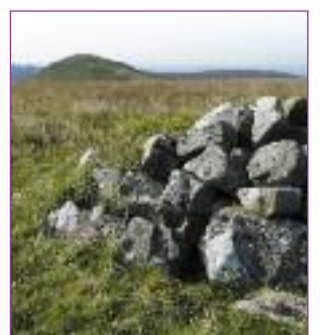
Photographs / Lluniau

Phil Marshall, Matt Painton.
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Y Barcut Coch © Hawlfraint y Goron (2010) croeso cymru.



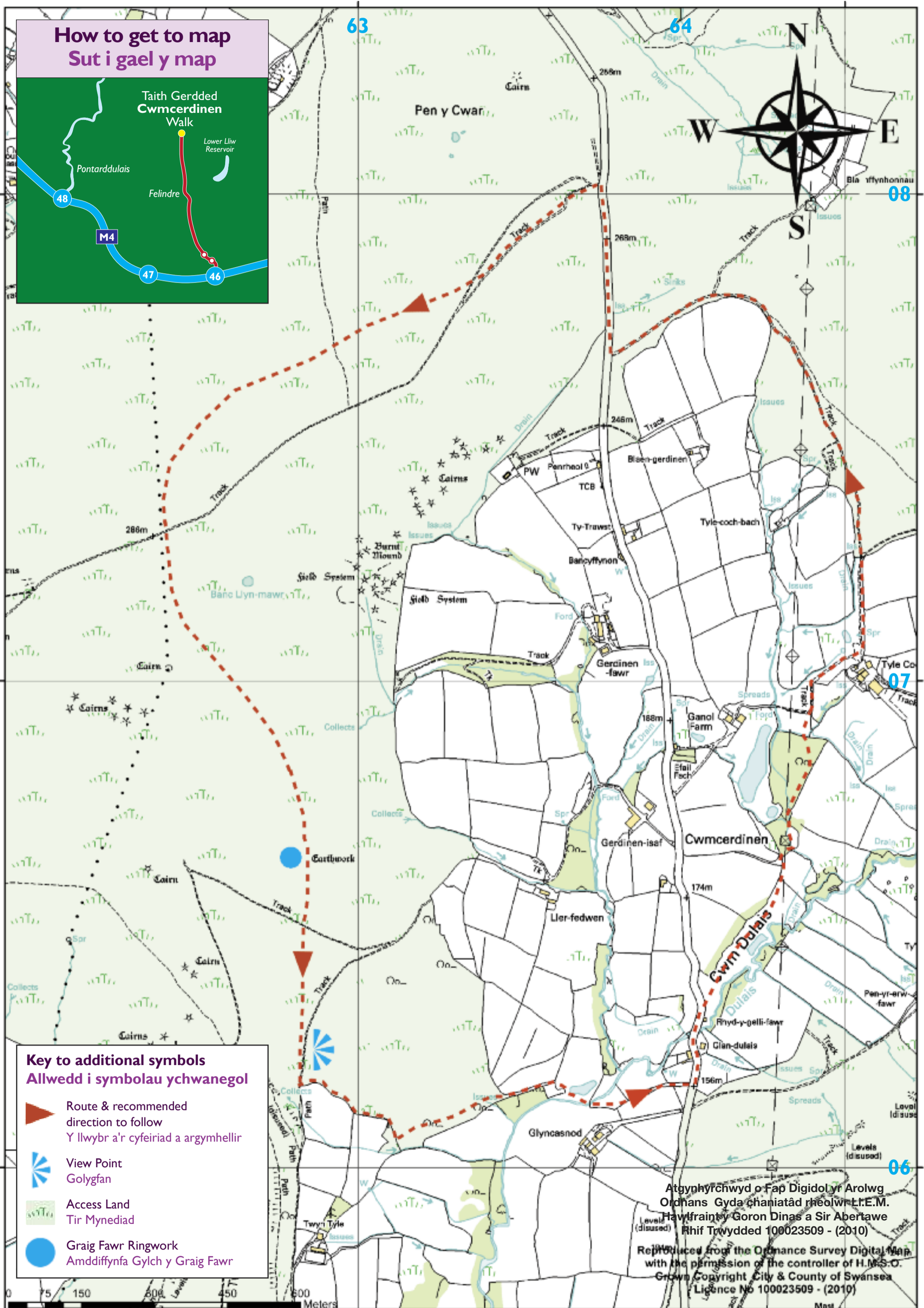
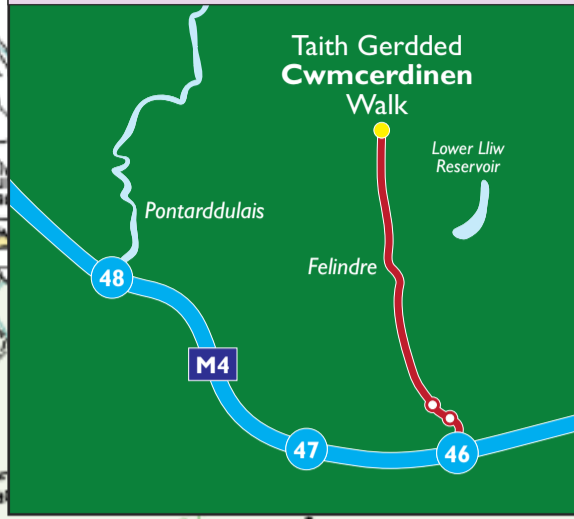
Taith Gerdded Cwmcerdinen Walk

3.5 MILES 6KM - 2 HOURS
3.5 FILLTIR 6KM - 2 AWR







Taith Gerdded Cwmcerdinen Walk

How to get to map Sut i gael y map



Key to additional symbols Allwedd i symbolau ychwanegol

-  Route & recommended direction to follow
Y llwybr a'r cyfeiriad a argymhellir
-  View Point
Golygfan
-  Access Land
Tir Mynediad
-  Graig Fawr Ringwork
Amddiffynfa Gylch y Graig Fawr

Atgynhyrchwyd o Fap Digidol yr Arolwg Ordnans Gyda chaniatâd rheolwr L.E.M. Hawffraint y Goron Dinas a Sir Abertawe Rhif Trwydded 100023509 - (2010)

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