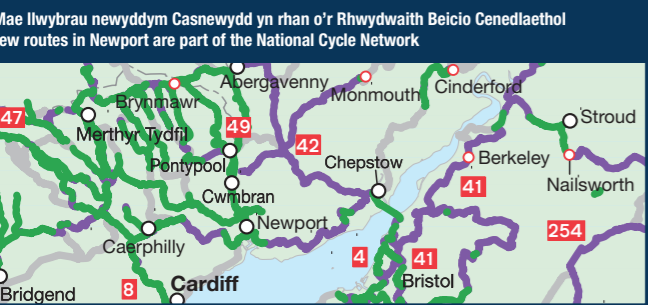




# Caerleon Newport and



## Ynglŷn 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](http://www.sustrans.org.uk)

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



## 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 plerusus i bawb ohonom.

## 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!

### 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 ar-lein o lwybrau cerdded a beicio lleol eich hun. Gallwch hefyd blotio eich siwrnai er mwyn ei rhannu gyda ffrindiau a theulu.

[www.sustrans.org.uk/maps](http://www.sustrans.org.uk/maps) Ffôn: 0845 113 0065

Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Nghymru ar ein gwefan:

[www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)

### Trên a bws



I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafndiaeth gyhoeddus ar gyfer Cymru.

Ewch i [www.cymraeg.traveline-cymru.info](http://www.cymraeg.traveline-cymru.info)

neu ffoniwch 0871 200 22 33 i gael manylion am wasanaethau bws, coets a rheilffordd.

## 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](http://www.sustrans.org.uk/maps) Tel: 0845 113 0065

Discover the very best of the National Cycle Network in Wales on our website:

[www.sustrans.org.uk/walesroutes](http://www.sustrans.org.uk/walesroutes)

**Cycle Hire** - Newport City Cycles 07983 267316

### Train and bus



For travel information contact **Traveline Cymru**, the public transport information service for Wales.

Visit [www.travelinecymru.info](http://www.travelinecymru.info) or call 0871 200 22 33 for bus, coach and rail service details.



## Rhwydwaith cerdded a beicio Casnewydd

Datblygwyd y map hwn i'ch cynorthwyo i deithio o gwmpas Dinas Casnewydd a'r ardal gyfagos ar droed, beic a thrafnidiaeth gyhoeddus. Mae pob grid ar y map yn cynrychioli ar gyfartaledd daith 10 munud ar droed neu 4 munud ar feic, gan ddangos pa mor hawdd yw hi i deithio o gwmpas gan ddefnyddio eich nerth eich hun.

Mae'r llwybr astellog gwych ar draws gorlifdir Afon Wysg ac adran newydd saith mililitr o hyd yn rhoi llwybr cerdded a beicio uniongyrchol rhwng Casnewydd a Chaerllion. Mae'r rhwydwaith yn cysylltu i amwynderau lleol, gwasanaethau a threftadaeth yn cynnwys gorsaf reilffordd Casnewydd, ysgolion ac Amffitheatr Rufeinig fyd-enwog Caerllion.

Mae'r llwybr hefyd yn cysylltu i Lwybr 88 y Rhwydwaith Beicio Cenedlaethol, gan wneud teithiau bob dydd ar droed a beic yn fwy diogel ac yn gynt.

## Newport walking and cycling network

This map has been developed to help you travel around the City of Newport and the surrounding area by foot, bike and public transport. Each grid on the map represents an average 10 minutes' walk or four minutes' cycle ride, showing just how quick it is to get around under your own steam.

The fantastic boardwalk across the River Usk's floodplain and seven miles of new route provides a direct walking and cycling route between Newport and Caerleon. The network connects to local amenities, services and heritage including Newport railway station, schools and Caerleon's world famous Roman Amphitheatre.

The route also links into Route 88 of the National Cycle Network, making everyday journeys by foot and bike safer and quicker.





**Os gwnaethoch fwynhau'r llwybr hwn beth am noddi eich hoff filltir?**

**Noddi milltir**

Gallwch nawr noddi unrhyw filltir ar Fwydwaith Beicio Cenedlaethol Sustrans, boed tynny i chi'n bersonol neu fel anrheg. Fe'gwch becyn dloch, tystysgrif, sticer beic unigryw a ddiweddiadau meolaidd.

**Ewch ar-lein nawr yn [www.sustrans.org.uk/mymile](http://www.sustrans.org.uk/mymile) a noddwch eich milltir heddiw.**

**SUSTRANS**  
WYNNWCH A'R MUDAD  
JOIN THE MOVEMENT

**Mae pob sgwâr grid ar y map hwn yn cynrychioli 1km (0.6 milltir)**

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

**Tua 10 munud**  
 Approximately 10 minutes

**Tua 4 munud**  
 Approximately 4 minutes

**If you enjoyed this route why not sponsor your favourite mile?**

**Sponsor a mile**

Now you can sponsor any mile on Sustrans' National Cycle Network, whether it's just for you or as a gift. You'll receive a thank you pack, certificate, an exclusive bike sticker and regular updates.

**Go online now at [www.sustrans.org.uk/mymile](http://www.sustrans.org.uk/mymile) and sponsor your mile today.**

**SUSTRANS**  
WYNNWCH A'R MUDAD  
JOIN THE MOVEMENT



- Llywodraeth Cymru / Welsh Government**
- Meddygia meddygys teulu**
- GP surgery
  - Lyfrllib
  - Library
  - Gorsaf drwmaw
  - Train station
  - Gorsaf ysiâu
  - Bus station
  - Croswan llosgwrng
  - Amgueddfa
  - Museum
  - Rheolwr amffitheatr
  - Theatre
  - Ysbyty
  - Hospital
  - Rhyd Llwybr Fwydwaith Beicio Cenedlaethol
  - National Cycle Network
  - Road number
- Llywodraeth Cymru / Welsh Government**
- New route - On road / Traffic-free
  - Rhydwaith Beicio Cenedlaethol
  - A'r y Ffordd / D-drafft
  - On Road / Traffic Free
  - Llywodraeth Cymru / Welsh Government
  - Cyngorwori Di-drafft
  - Cycle Route
  - On road / Traffic Free
  - Lôn beico awyrllo
  - Contranrow cycle lane
  - Un stryd yn ffordd
  - One way street
  - Sch
  - School
  - H
  - Hospital
  - U
  - Unigryw
  - Arddirchraod
  - Supermarket



I gael map beicio o ardal ehangach archibwch i'w bacio Lôn Geltaidd - Dwyrair o Stop Sustrans: [www.sustranshop.co.uk](http://www.sustranshop.co.uk)

For a cycle map of the wider area order the Celtic Trail - East cycle map from the Sustrans Shop: [www.sustransshop.co.uk](http://www.sustransshop.co.uk)