



Welcome / Croeso

Discover the magic of ancient woodlands in this series of six walks around the Gower area.

Rich in wildlife, beauty and atmosphere, ancient woodlands are one of our most precious habitats. Over centuries of continuous woodland cover they have developed complex communities of trees, plants, fungi, and microorganisms, which support a whole host of animal species.

They can also be rich in archaeological remains - clues to their historic importance to people as a source of timber, fuel and food.

Although always fascinating, ancient woodlands are perhaps at their finest in spring when the flowers of the woodland floor are at their peak.

Dewch i ddarganfod cyfaredd coetiroedd hynafol yn y gyfres hon o chwe thaith gerdded o gwmpas ardal Gŵyr.

Gyda chyfoeth o fywyd gwylt, harddwch ac awyrgylch, mae coetiroedd hynafol yn un o'n cynfeinoedd mwyaf gwerthfawr.

Dros ganrifedd o orchudd coedwigol di-dor, maent wedi datblygu cymunedau cymhleth o goed, planhigion, fyngau a micro-organebau sy'n cynnal llu o rywogaethau anifeiliaid.

Gallant hefyd gynnwys cyfoeth o olion archaeolegol - clwiau ynglyn â'u pwysigrwydd hanesyddol i bobl fel fynhonnell pren, tanwydd a bwyd.

Er bod bob amser yn dldiddorol, mae'n debyg bod coetiroedd hynafol ar eu gorau yn y gwanwyn pan fo blodau llawr y coetir yn eu hanterth.



1. Cwm Ivy Woods - an ancient ash wood clinging to limestone slopes by the shores of Gower's wild north coast

Nicholaston Woods - a peaceful woodland haven overlooking South Gower's Oxwich Bay and National Nature Reserve

Bishopston Valley - mysterious caves and underground streams shrouded in a sheltered wooded valley

Bishop's Wood - a short walk with a fine sea view through coastal woods with huge specimens of oak, ash and beech

Penllergare Valley Woods - ancient valley floor woodlands mingle with Victorian landscaping and recent plantations to create a fascinating woodland mosaic

Cwm Clydach - a remote and secluded wooded river valley on the fringes of Swansea's northern uplands

2. Coed Cwm Iorwg - coed ynn hynafol sy'n glynu wrth lethrau calchfaen ar lannau arfordir gogleddol gwylt Gŵyr

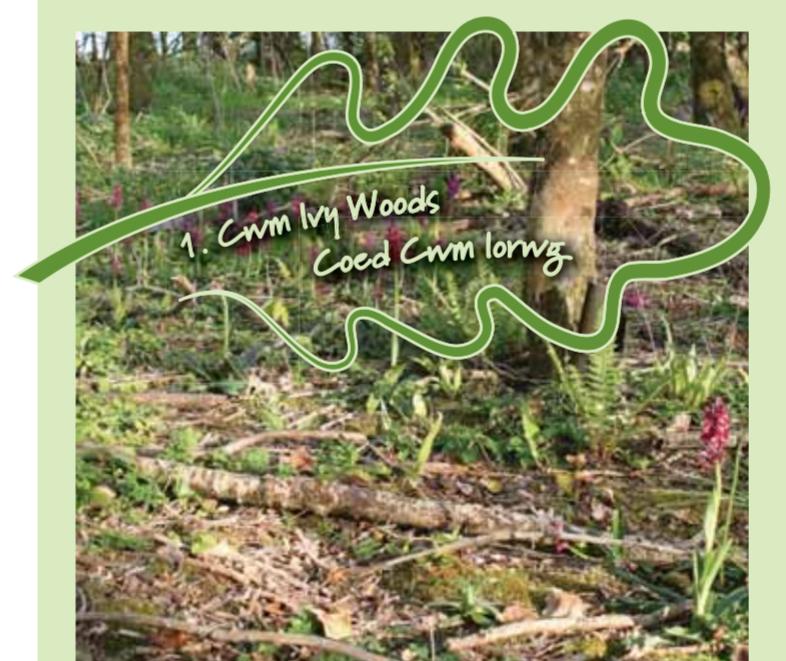
Coed Nicholaston - hafan goetir heddychlon â golyga dros Fae a Gwarchodfa Natur Genedlaethol Oxwich yn ne Gŵyr

Dyffryn Llandeilo Ferwallt - ogofeydd dirgel a nentydd tandaearol yngudd mewn dyffryn coedig cysgodol

Coed yr Esgob - taith gerdded fer â golyga wych o'r môr trwy goed arfordirol gydag enghreifftiau enfawr o dderw, ynn a bedw

Coed Cwm Penllergaer - mae coetiroedd hynafol ar lawr y cwm yn cymysgu â thirlunio oes Victoria a phlannu diweddar i greu mosâig coedwigol rhyfeddol

Cwm Clydach - dyffryn afon coedig anghysbell a diarfodd ar gyrrion ucheldir gogleddol Abertawe

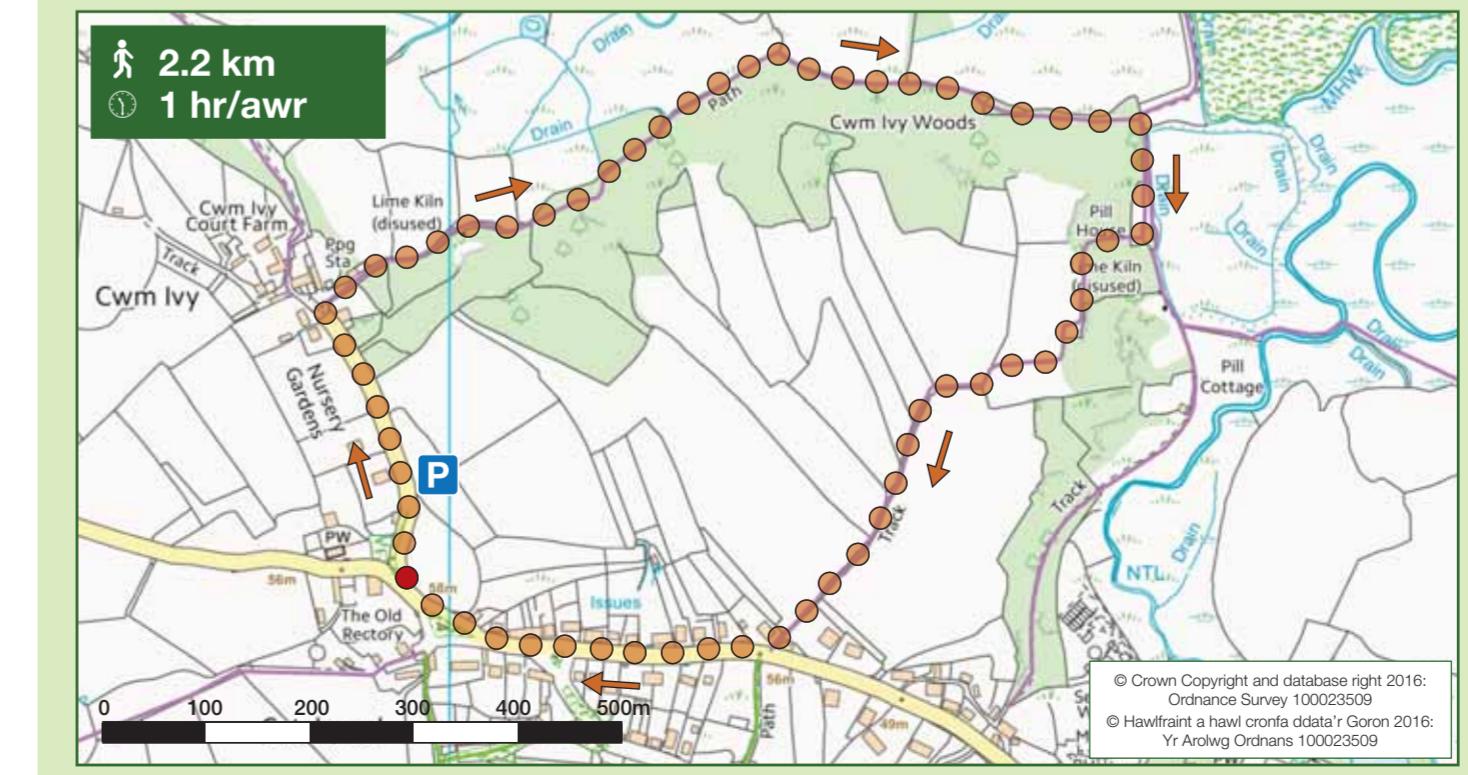


This lovely walk takes in the Wildlife Trust Reserve of Cwm Ivy Woods with fine views over the neighbouring Burry Inlet

The wood itself is a fine example of ancient ash woodland with some superb old trees. Oak, sycamore and planted beech are also present with a shrub layer of hazel, and wild clematis climbing and scrambling through the canopy.

The ground flora contains abundant bluebell, dog's mercury, wood aven and early purple orchid. Fallen timber and limestone outcrops support a thriving community of ferns, mosses and liverworts.

The walk skirts the seaward edge of the wood, passing the National Trust's bird hide, before ascending through the woods and returning over pastures to the village where a short stretch on the road brings you back to the start point.



Trails and Contacts / Dodelaeth Penllergaer

1. Wildlife Trust of South and West Wales / Mwldiadedolaeth Natur De a Gorllewin Cymru
01656 724100
www.wildlifetrustswales.org.uk/nature-reserves/wales-out-and-about/

2. Natural Resources Wales / Cydninaseudlais Genedlaethol Cymru
0300 065 3000
www.naturalresources.wales/out-and-about/

3. National Trust / Ymddiriedolaeth Genedlaethol
01792 390636
www.nationaltrust.org.uk/pennard-pwll-du/

4. City and County of Swansea Nature Conservation Team / Gwasanaeth Natur / Sifir Abertawe
01792 344224
www.swansea.gov.uk/biodiversity/seascape.aspx

5. Penllergare Trust / Ymddiriedolaeth Penllergaer
01792 635749
www.swansea.gov.uk/biodiversity/seascape.aspx

6. Royal Society for the Protection of Birds / Cydninaseudlais Frenhinol er Boids /
01792 344224
www.rspb.org.uk/gwyddonfa/

7. Gwent Wildlife Trust / Gwasanaeth Natur Abertawe
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discovergwent.org.uk/gwyddonfa/

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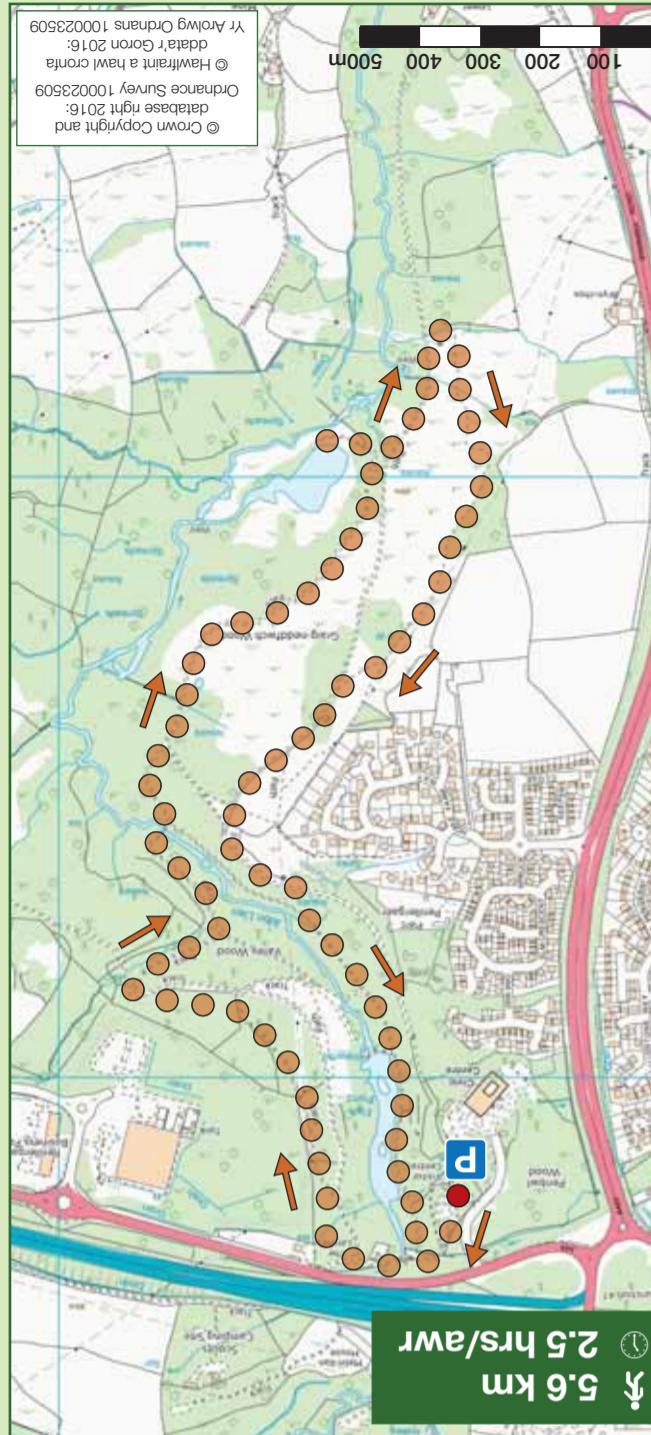
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01792 344224
discovergwent.org.uk/gwyddonfa/

64. Gwent Wildlife Trust / Gwasanaeth



Ac yntau'n ystafed breifat John Dillwyn Llewelyn ar un adeg, mae'r safle'n amrywiaeth o gweithiadau hynnyfrol, codd a phlanhigion a blannuwyd gan y Fictoriaid a chwechedwigaeth fodern. Mae'r llwybyr yn diliyn ymyl pen gorllewinol y safle cyn troi i'r de twy Blaebell Wood sydd wedi'i enwi'n addas, cydnabu'n diliyn twy ddiwylyn nant serth gydag engwheiffilau gwylch o gornwydd wedi'u planu. Dilynwch yr afon (Sapperton's Bridge) i gyrraedd llwybyr llydan a fydd yn eich awrwaen (trwy ddargyferiad byr) i'r llyn isaf. Yn ôl ar y prif lwybr, trwch i'r dde yn union ar ôl y llinellau power gan ddiingo llethrâu Cray Nydfwr i llywyr wedyn yn diliyn yr hen rodfa a oedd yn swawn at y plasty gwreiddiol. Dilynwch hon nes bod llwybr bychan yn disgyrn yn serth i'r dde i ymuno â llwybr llawer y dyffryn gan fynd heibio i'r rhaeadr a'r llyn uchaf i'w gwbwlhau'r glychdath.

TART / DECRAU (GR/CG - SS 623 991)
Rail Information / Gwylodaeith am y Llynbyr
Penllegrage Trust visitor centre off the A48
Llanguafofan ymweletwr Ymddinedolaeth
Genllegrage oddi ar yr A48
SA4 9GS

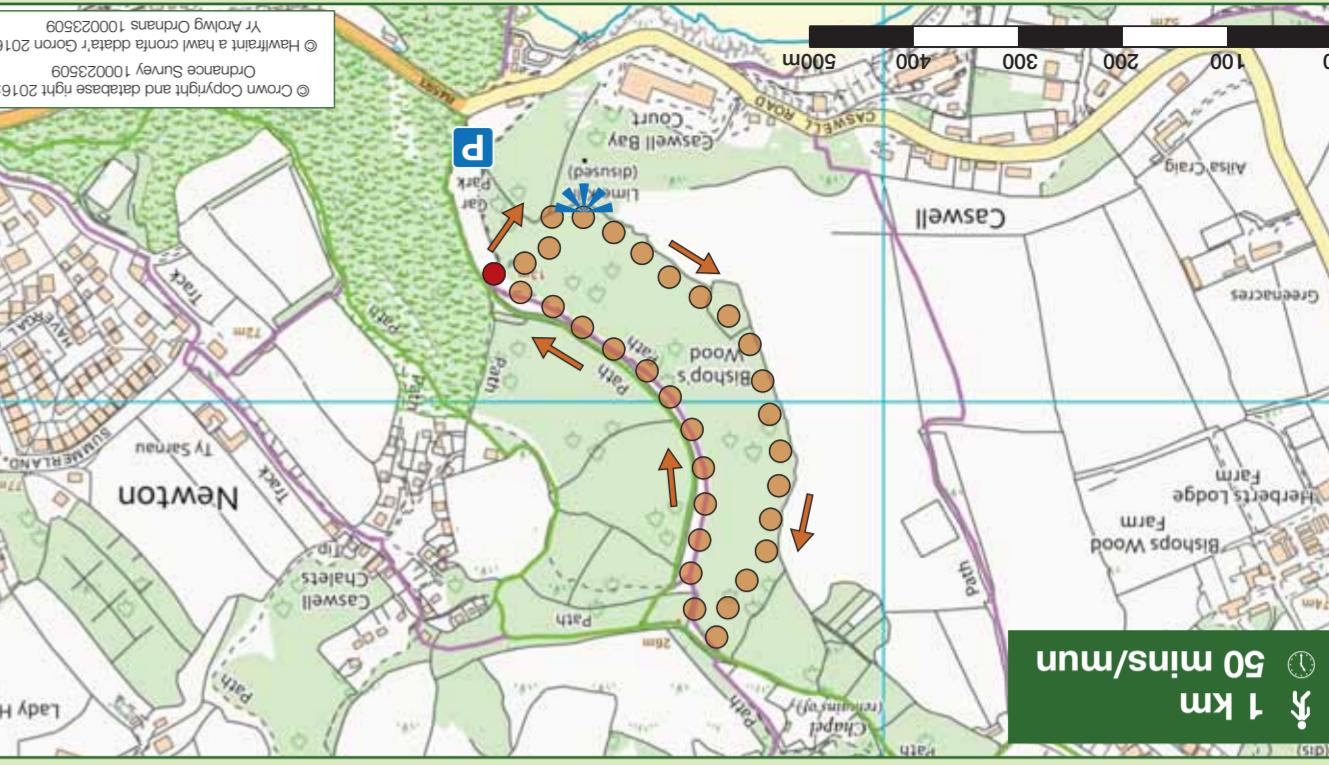
ARKING / PARCIO
Urpuose built car park with toilets and cafe
Places parcio pwrrasol â tholliedau a chaffi
us stop 900m to the east on A48
affle bws 900m i'r dwyrafn ar yr A48

UBLIC TRANSPORT / CLUDIANT CYHOEDDU
Steep sections, muddy paths, natural obstacles,
steps. Shorter routes on site. Maps available
om visitor centre.

WYBRYDADYDD / CYMRU'R CYMRU
Channau serth, llwybrau mwldy, rhwystrau
atoliol, gribiau. Llwybrau byrrach ar y safle.

LAPAU AR GAEL O'R GANOFAN YMWELETWR:

<p>PARKING / PARCIO</p> <p>Maes parcio talu ac arddangos Pwy and display car park</p> <p>Bus stop opposite car park entrance Safle bus gyferbyn â mynedfa'r maez parcio</p> <p>Steep steps, uneven rocky narrow paths. Can be muddy. Valley floor section of route is flat and suitable for wheelchairs and pushchairs.</p> <p>Gristiau seith, llwybrau cul, creigio, anwastad. Gall fod yn fwydlyd. Mae'r rhain o'r llywyr sydd ar lawn y dyffryn yn wastad ac yn addas i gadefinâu olwyn a chadefinâu gwthio.</p>
<p>START / DECHRAU (GR/CGL - SS 594 878)</p> <p>From the nature reserve entrance at the north end of Caswell Bay car park</p> <p>O fyndra'r warchoedfa natur ym mhenn googleddol maes parcio Base Caswell</p> <p>Maes parcio ac arddangosos Bus stop opposite car park entrance Safle bus gyferbyn â mynedfa'r maez parcio</p> <p>PUBLIC TRANSPORT / CLUDIANT CYHOEDDUS</p> <p>Trail information / Gwylodaeith am y Llwybr</p>



A short walk through mature ancient ash woods, with a fine sea view from the start point steep steps on the left lead to a viewpoint overlooking the Bristol Channel. Continuing on, the woodland contains fine specimens of ash and oak trees with abundant hazel. Look for well-worn badger runs leading to the fields above. Visit in spring for stunning displays of bluebell, wild garlic and wood anemone. You may also find other ancient woodland indicators such as spindle, beech and dog's mercury. After approximately 500m, wooden steps lead down beneath huge beech trees - the laughing call of green woodpeckers is often heard here. The wooden roundhouse was built in 2002 using local green oak timber as an outdoor classroom and shelter.



Mae'r coetir hyafol yn gorcheddol i'w blygu'n ddilyseddol. Mae'r goed ynglŷn â'r coed yma hae'n gwellthi ymddyddi mwynglodol hanesyddol. Yn un adeg yw'r rhain fwyaf o'r goed yma gyda hae'n ddiogonedd o blanhigion sy'n tysto i goetir hynafol. Mae letterau a llawer y dyffryn yn trith o gligofeli. Mae calcfahren sy'n gallu rhoi her i'r cerddwr ond sy'n gyrynefin wych ar gyfer mwsgolau a rhedyn. Gan ymestyn ar hyd y myl uchaf y coetir, gyda gogolygfrydd da dros y canopï, mae'r llwybr wedyn yn diwsgynt i le mae'r afon danddaearol yn dod i'r golewg. Diliynwch lawr y dyffryn i fynd i'r safon, gan fynd heibio ogoft ac iddi new addas, sef Guzzle Hole - ceiswich y ddiwympedig anferth Daw Pit cy'n dinigo llechweddol - a chedwyl.

TART / DECRAU (GR/CG - SS 573 892)

Llywyr cymunedus gyfeirbyn a'r Beaufort Arms, public footpath opposite Beaufort Arms, Little Llywyr information / Cywibodaeth am y Llywyr

on the road in village / Ar y ffordd yn y pentref

ARKING / PARCIO

bus stop by start point (25m)

affle bws ger y man dechrau (25m)

steep paths, steps, uneven rocky paths, can
be wet and muddy. Not suitable for pushchairs
or wheelchairs. NB - in times of high rainfall the
alley floor route can flood - take care!

wybrau seith, grisiau, llwybrau creigioig
nwawsstad. Gall fod yn wylod ac yn gwylod. Anaddas
gadaelinau gwthio neu gadaelinau olywn. DS - pan
glaw trwm, gall lliffog y ddyfryd ffurfiol ar lawr y dyfryn.

START / DECHRAU (GR/CG - SS 503 881)

Trail information / Gwylodaeith am y Llwybr

PARKING / PARCIO

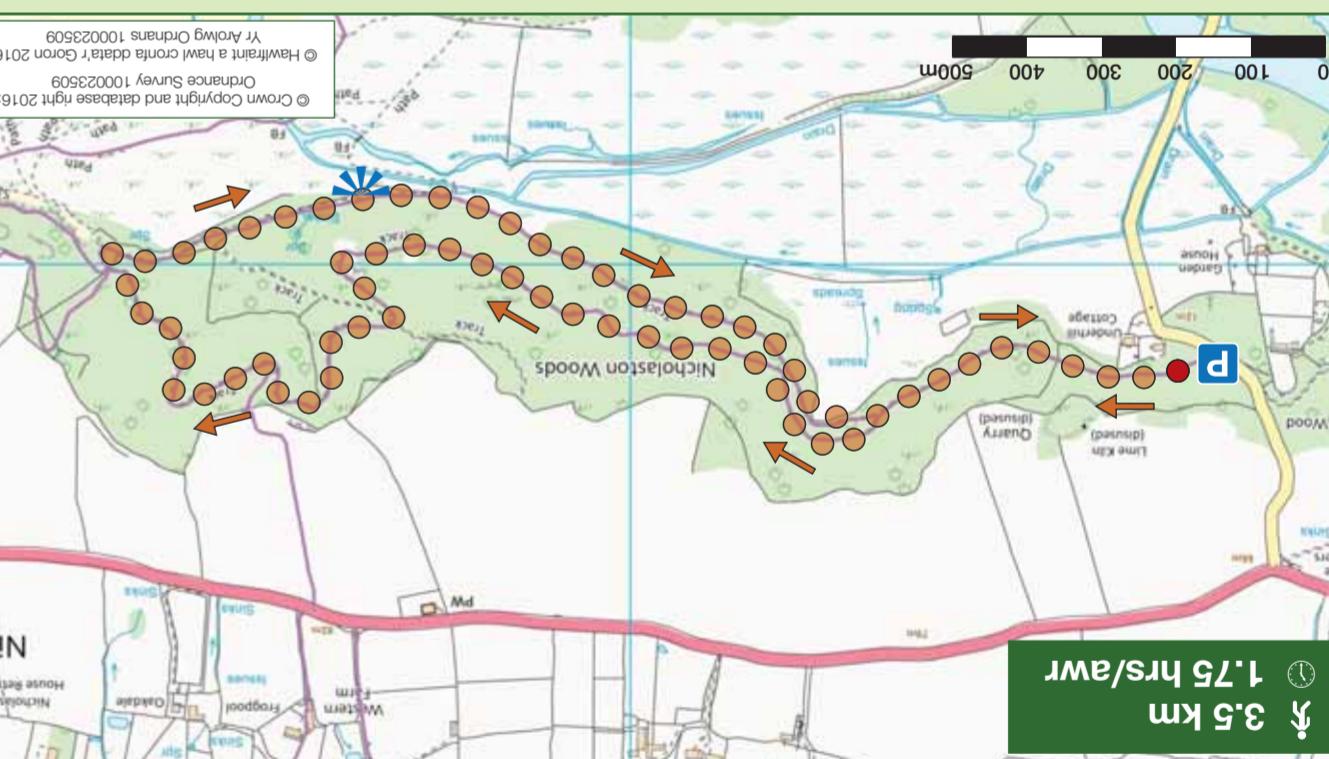
Room for two cars, NB poor visibility
Lle ar gyfer dau gar, DS gwelodedd gweak
Buses stop (Oxwich Towers) 300m away
Safe bws (Oxwich Towers) 300m i ffwrdd

PUBLIC TRANSPORT / CLUDIANT CYHOEDDUS

Oxwich - man dechrau 300m ar y chwith
O'r A4118 mae ffordd ellaiad yn arwain i'r de
to Oxwich - start point 300m on left
From the A4118 a secondary road leads south
Oxwich - man dechrau 300m ar y chwith
Lle ar gyfer dau gar, DS gwelodedd gweak
Buses stop (Oxwich Towers) 300m away
Safe bws (Oxwich Towers) 300m i ffwrdd

gyffredinol mae'r mwynyr yn wasiad ac yn gadael dan
dradd oedd Mae gnisiau i w drivngo er mwyn cyrhaedd y coed. Yn
is generally level and firm underfoot but with
some short inclines, and muddy sections.

There are steps to get into the wood. The path



A scenic walk through varied woodland on south-facing slopes overlooking the sea. Mature specimens of oak and ash are scattered throughout the wood, sections of which have been planted with beech and conifers which add to the diversity of the woodland.

Look out in spring for spectacular carpets of wild garlic or ramsons and dense patches of bluebell. Throughout the year, the shiny evergreen fronds of hart's-tongue fern are abundant.

There are particularly luxuriant growths of old-man beard - our only native Clematis - which climbs among the canopy and forms liana-like hanging stems.

At the highest point of the walk is a fine view southwards over Oxwich bay and the dunes and marshes of Oxwich National Nature Reserve.