

- 3 Nid yw'r llwybr wedi'i ddiffinio'n dda wrth iddo groesi'r gweundir agored a dringo i mewn i waith plannu'r goedwigaeth. Arweiniodd prinder o goed ar ddiwedd y Rhyfel Byd Cyntaf at blannu conwydd ar draws tipyn o ucheldiroedd Cymru.
- 4 Mae rhai coed cynharach yn goroesi yn y goedwigaeth, gan gynnwys coed derw tociedig.
- 5 O drac y goedwigaeth, mae'r llwybr yn bwrw tua'r dde trwy'r goedwig i'r borfa agored.
- 6 Mae camfa'n arwain at ardal arall o dir meddal. Nid oes llwybr clir.
- 7 Mae banc yn marcio hen ymyl y comin.
- 8 Ewch i mewn i goetir Coed Dolgoed. Mae gan y rhan hon o'r goedwig, Coed Cnwch, lawer o goed hŷn.
- 9 Mae ffrwd naddedig mewn craig yn dilyn y gyfuchlin o gwmpas y llethr, gan gasglu ddŵr ar gyfer olwyn ddŵr.
- 10 Dengys yr ardal is ar fapiau'r ystadau fel mawndir, lle torrwyd mawn ar gyfer tanwydd.

Llwybr Y Llethr 1 milltir / 1.5 km 20 munud

- 1 O'r maes parcio, cerddwch yn syth i fyny'r ffordd tuag at Bantfydwedwen, heibio i flaen tŷ Mynachlog Fawr, sy'n llenwi safle Ffreutur yr abat.
- 2 Mae ffin y cae i ddwyrain y ffordd yn cynnwys onnen dociedig fawr. Roedd yocio'n golygu torri'r canghennau ar ryw bellter uwchlaw'r tir, fel na fyddai'r blagur sy'n aildyfu'n cael eu bwyta gan anifeiliaid pori.
- 3 I'r chwith, mae modd gweld gweddillion gefail. Cariodd ffrwd ddŵr o Afon Glasffrwd i yrru olwyn ddŵr i roi grym i feginau ar gyfer gwaith gof. Ceir tystiolaeth geoffisegol ar gyfer gwaith metel yn y caeau o'i chwmpas.
- 4 Croesodd y ffrwd a'r trac y ffordd fodern fan hyn. Ewch drwy'r gât ar y chwith a dilynwch y llwybr yn gyfochrog â ffin y cae. Mae'r ffin yn marcio ymyl y caeagle, a gallai rhai o'r coed derw fod wedi cychwyn fel gwrych.
- 5 Daw'r tracffordd yn llai diffiniedig, ond ewch ymlaen at y gât a dychwelwch ar hyd y ffordd.
- 6 Y goeden ywen wrth ffin y fynwent yw'r un hynaf a hwyrach mai dyma'r goeden y dywedwyd ei bod yn nodi bedd Dafydd ap Gwilym.

Riverside trail 1.5 miles / 2.5 km 45 minutes

- 1 From the visitor car park, go north past the churchyard to the stile. The path crosses the Afon Teifi on a footbridge. The floodplain of the river was used as a meadow by the monks to feed their livestock in the winter.
 - 2 The path turns left to follow the bank of the River Teifi. On the hillside to the north the buildings of Bron Y Berllan can be seen. There are veins of lead and zinc ore in the hillside at this point and the stone has been mined for many years. Grassed-over spoil tips are still visible. The ore was crushed to a powder and the lead-rich parts were separated by floating and collected for smelting.
 - 3 The shape of the Teifi valley is a result of glaciation in the last Ice Age. The valley floor is covered with mixed stone left behind when the ice retreated. The river now winds through the material, eroding it away, especially when in flood. To the north the Abbey Consols opencast lead ore quarry worked until the 1950s.
 - 4 The Afon Glassfrwd joins the Afon Teifi here. The course of the Glasffrwd was diverted by the monks, who built a stone-lined bank to keep the water away from the Precinct.
 - 5 A leat took water from the river along the woodland boundary here to supply a mill in the village.
 - 6 The path follows the route of a tramroad to the field boundary. The path stays within the field. The foundations of workers' cottages can be seen alongside the path to the south. The village of Ponrhydfendigaid grew to accommodate the lead miners in the late 19th century.
 - 7 The path crosses another bridge to reach more workers' housing.
- You can now either retrace your steps or walk along the road to return to the Abbey.

Woodland trail 3.5 miles / 5 km 2 hrs

- 1 From the bridge over the stream, follow the path to the right, past the farm buildings. These were built in the 19th century when Mynachlog Fawr was a tenant farm of the Vaughan family (Earls of Lisburne). The stream follows the old road line.
- 2 The path crosses the Afon Glassfrwd as it enters the flood plain. The river is crossed by a ford to carry the road up the hill. This woodland, called Coed Abaty or Coed Cornwall, was managed by the monks as source of fuel and timber for building. The hazel and ash was coppiced (cut down to a stump) on a regular basis so that new straight shoots would

grow. The woodland was maintained for many years but was cut down in the 1910s, leaving only a few oaks standing.

- 3 The path is not well defined as it crosses the open moorland and climbs into the forestry planting. A shortage of timber at the end of the First World War led to the planting of coniferous trees across much of the Welsh uplands.
 - 4 Within the forestry some earlier trees survive, including pollarded oaks.
 - 5 From the forestry track the path heads to the right through the wood to the open pasture.
 - 6 A stile leads into another area of soft ground. There is no clear path.
 - 7 A bank marks the old edge of the common pasture.
 - 8 Enter the Coed Dolgoed woodland. This part of the wood, Coed Cnwch, has many older trees.
 - 9 A rock-cut leat follows the contour around the hillside, collecting water for a waterwheel.
 - 10 The low area is shown on estates maps as turbary, where peat was cut for fuel.
- You can now either retrace your steps or walk along the road to return to the Abbey.

Hillside trail 1 mile / 1.5 km 20 minutes

- 1 From the car park walk right up the road towards Pantfydwedwen, past the front of Mynachlog fawr house, which occupies the site of the Refectory of the abbey.
- 2 The field boundary east of the road contains a large pollarded ash tree. Pollarding involved cutting the branches at some distance above the ground, so that the re-growing shoots would not be eaten by browsing animals.
- 3 To the left the remains of a forge are visible. A leat carried water from the Glasffrwd to drive a waterwheel to power bellows for blacksmithing. There is geophysical evidence for metalworking in the surrounding fields.
- 4 The leat and track crossed the modern road here. Go through the gate on the left and follow the path parallel with the field boundary. The boundary marks the edge of the precinct, and some of the oak trees may have originated as a hedge.
- 5 The trackway becomes less well defined, but continue to the gate and return along the road.
- 6 The yew tree by the churchyard boundary is the oldest one, and may be the tree mentioned as marking Dafydd ap Gwilym's grave.