



# THOMAS TRAIL

## ABERCANAID

Distance: 6 miles (10km) Time: 3½ hrs.

The trail starts at Pentrebach railway station.

Pellter: 6 milltir (10km) Amser: 3½ awr

Mae'r Llwybr yn dechrau yng Ngorsaf Reilffordd Pentre-bach

N.B. This walk is only suitable for fit walkers with stout footwear.

D.S. Mae'r daith hon yn addas i gerddwyr ffrit yn unig gydag esgidiau cadarn.

- Exit Pentrebach station down the ramp.
- Turn right and cross the river.
- Turn right, follow the river to information panel (stone cairn).
- Turn left, up tarmac footpath.
- Turn right into Pond Row (turn left to view Llwynrynos Inn then rejoin the Trail).
- Turn left, continuing around and up past Ivy Cottage and Graig Cemetery.
- Cross dual carriageway and up along rough track into woodland. (Good Morgannwg Way).
- Turn right at Graig Farm and continue along track for some distance.
- After descending steeply turn left through Forestry gate. (N.B. If you reach old railway track you have gone too far).
- Continue straight upwards to the disused quarry.
- Immediately after passing quarry bear left up the steep slope.
- Turn left at Forest road. Bear left downhill at a fork in the road. (N.B. View over Blaencanoid Farm and Merthyr through trees).
- (Take a short detour up to your right to view the ruin of Pen-y-Lan Farm then rejoin the Trail).
- Continue downhill for some distance after the Farm, ignoring stiles and tracks on the left until an obvious path crosses the Forest road.
- Follow to Forestry car park. Turn right in car parks down main Forest road.
- Turn left opposite the 4th layby (on the right).
- Turn right after crossing stile.
- Continue down through the field, across a second stile and right over a footbridge past Webber's Pond.
- Turn sharp right at first fishing platform.
- Turn left, passing dual carriageway.
- Turn left then immediately right, descend passing through Gethin Farm.
- At bottom of hill turn right then left into Newton Street.
- Take the next left into Chapel Street.
- Take third road right into Cardiff Street. (N.B. to view Abercanaid Primary School and St. Peter and Paul Chapel continue along Chapel Street then rejoin the Trail).
- Continue down Cardiff Street, back across river to Pentrebach station.

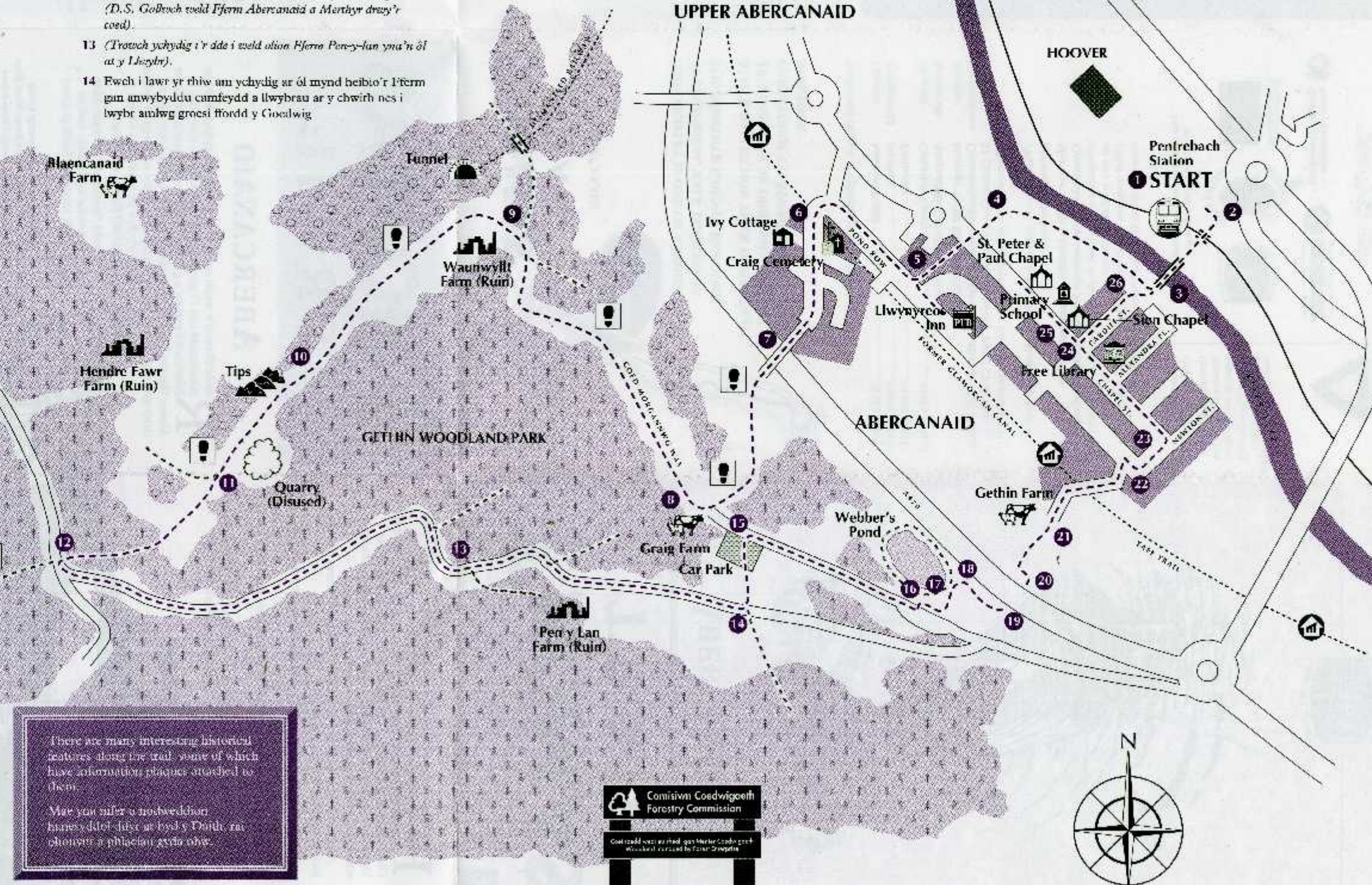
- Ewch allan o Orsaf Pentre-bach i lawr y rhamp.
- Trowch i'r dde ac ar draws yr afon.
- Trowch i'r dde, dilynwch yr afon at y panel gwybodaeth (twmpath cerrig).
- Trowch i'r chwith, i fyny'r llwybr tarmac.
- Trowch i'r dde i Pond Row (trowch i'r chwith i weld Tafarn Llwynrynos yna'n ôl at y Llwybr).
- Trowch i'r chwith, gan barhau o gwmpas ac i fyny heibio Ivy Cottage a Mynwent y Graig.
- Croeswch y ffordd ddeuol ac i fyny ar hyd llwybr garw i'r cued. (Ffordd Goed Morgannwg).
- Trowch i'r dde yn Fferm y Graig ac ymlaen ar hyd llwybr am gryn helleter.
- Ar ôl mynd i lawr y rhiw serth, trowch i'r chwith drwy gâr y Guedwig yn Fferm (os dewch at Hoi Lwybr y Rheilffordd byddwch wedi mynd yn rhy bell).
- Ewch ymlaen i fyny at y chwarel segur.
- Yn union ar ôl y chwarel, ewch i'r chwith i fyny'r llerth serth.
- Trowch i'r chwith wrth gyrraedd Ffordd y Goedwig. (D.S. Golwch weld Fferm Abercanaid a Merthyr drwy'r coed).
- (Trowch ychydig i'r dde i weld olion Fferm Pen-y-lan yna'n ôl at y Llwybr).
- Ewch i lawr yr rhiw am ychydig ar ôl mynd heibio'r Fferm gan unwybyddu camfeydd a llwybrau ar y chwith nes i lwybr anlwg groesi ffordd y Goedwig.
- Dilynwch hwn i'r Parc Ceir. Trowch i'r dde yn y parc ceir i lawr ffordd y Goedwig.
- Trowch i'r chwith gyferbyn â'r 4edd gilfan (ar y dde).
- Trowch i'r dde ar ôl mynd drws y gamfa.
- Ewch i lawr drwy'r cae, dros ail gamfa ac i'r dde dros bont heibio i Webber's Pond.
- Trowch i'r dde'n sydyn wrth y llwyfan pysgota cyntaf.
- Trowch i'r chwith a heibio i ffordd ddeuol.
- Trowch i'r chwith yna'n sydyn i'r dde, i lawr drwy Fferm Gethin.
- Ar waelod y rhiw trowch i'r dde yna i'r chwith i mewn i Newton Street.
- Trowch i'r chwith i mewn i Chapel Street.
- Trydedd ffordd ar y dde i mewn i Cardiff Street. (D.S. I weld Ysgol Gymraed Abercanaid a Chapel Sant Pedr a Sant Paul, etch ar hyd Chapel Street ac yna'n ôl at y Llwybr).
- Ewch i lawr Cardiff Street, yn ôl dros yr afon i Orsaf Pentre-bach.

**Notas:**

- Distances and times are approximate and do not include stops.
- Wear suitable footwear as surfaces may be wet and muddy.
- Maps are not to scale and routes are not guaranteed.
- Use this trail with care, being aware that the forestry land and built up areas are working environments.

**Nodiadau:**

- Rhai brau yn y pellterau a'r amserau ac nid ydych chi gynnwys amser stop.
- Gwisgwch esgidiau addas oherwydd gall y tir fod yn wlyb a heddig.
- Nid ydych chi mapiau ac raddfa na'r lwybrau wedi eu garantio.
- Defnyddwch y Llwybr yn Ofalus - a chofwch fod y tir coedwig a'r manau adeiladu yn fannau gweith.



There are many interesting historical features along the trail, some of which have information plaques attached to them.

Mae yna nifer o nodweddion hanesyddol ddefnyddus ar hyd y Daith, rhai ohonny'n gysylltu â phlaeciau gwybodaeth.

