Teithiau Cerdded Cil-y-cwm

Yr Adar.
Os byddwch yn ffodus efallai y bydd ambell Hebog Tramor, Boda a Barcud yn troelli yn yr wybren wrth i chi grwydro'r fro. Mae Cigfrain yn gyffredin yn y cyffiniau, ac mae'n bosibl y gwelwch Walch Glas yn rhuthro gydag ymyl perth er mwyn ceisio dal adar mân. Mae'r coedwigoedd derw trawiadol yn gynefin pwysig i Wybedogion Brith, Corhedyddion y Coed, Teloriaid y Coed, a Thingochiaid, ac mae rhostiroedd yr ucheldir yn gartref i Gwtiaid Aur, Mwyalchod y Mynydd, a Chudyllod Bach. Ar lannau'r nentydd a'r afonydd efallai y byddwch yn gweld Bronwennod y Dŵr, Siglennod Llwyd a Phibyddion y Dorlan, ynghyd ag ambell Hwyaden Ddanheddog.

1 **Yng Nghil-y-cwm**, cofiwch edrych am y gwteri coblog, yr eglwys ganoloesol a'i murluniau hynod, a Chapel y Groes sy'n adeilad hyfryd. Ynghudd y tu cefn i'r eglwys, gan edrych dros afon Gwenlais, y mae'r Ysgoldy Fach, a fu'n un o Ysgolion Cylchynol Griffith Jones yn y ddeunawfed ganrif.

2 **Bwthyn adfeiliedig Efail Fach** oedd man geni Morgan Rhys (1716-1779). Morgan Rhys oedd un o emynwyr mawr Anghydffurfiaeth Cymru, a bu'n athro yn yr ysgolion cylchynol o 1757 ymlaen.

3 **Mae'r hen ffordd Rufeinig** o Lanymddyfri i Bumsaint yn croesi'r ffordd fawr yn y man hwn. Yn ôl Richard Fenton, yr hynafiaethydd, a welodd y ffordd yn gynnar yn yr 1800au "the portion I saw was a raised Ridge from 15 to 20 feet wide passing through a moory piece of ground, yet retaining a very solid and firm appearance."

4 Rhwng 1875 ac 1959, yr oedd **ysgoldy Berrisbrooke** yn ysgol eglwysig a wasanaethai ardal wledig eang.

5 Ger y man lle mae'r llwybr yn cyrraedd y ffordd fawr gallwch weld y **pwll lle crynhoid dŵr** ar gyfer y pynfarch i yrru melin flawd Golchfa. Mae adfeilion y felin i'w gweld o hyd ger y pwll.

6 Enwyd **pentref bychan Siloh** ar ôl y capel a sefydlwyd yno gan y Methodistiaid yn y bedwaredd ganrif ar bymtheg. Saif Siloh ar un o ffyrdd y porthmyn, a slawer dydd yr oedd yno efail a thafarn a gâi eu defnyddio gan y porthmyn ar eu taith.

7 O ddiwedd yr ail ganrif ar bymtheg ymlaen **Cefntrenfa** oedd cartref y Lewis Boweniaid. Mae'r tŷ a'r tai mas atyniadol yn nodweddiadol o gartrefi mân foneddigion Sir Gaerfyrddin ar ddiwedd y ddeunawfed ganrif.

8 Mae **dau dwmpath llosg** yn y golwg ger y llwybr ar bwys tŷ Abergwenlais. Yn ôl archeolegwyr arferai'r twmpathau hyn o gerrig a golosg llosg, sydd yn dyddio o Oes yr Efydd, fod yn fannau coginio.

9 Codwyd **Capel Soar** tua 1740, ac mae'n bosibl taw dyma'r capel cynharaf gan y Methodistiaid yng Nghymru. Bu William Williams Pantycelyn (1717-1791), yr emynydd enwog, yn aelod oes yno.

10 **Rhiw Cilgwyn** yw un o'r mannau gorau yn Sir Gaerfyrddin i gael golwg ar ogoniant y wlad gyfagos. Ar ben y rhiw mae olion fod y tir wedi ei aredig amser maith yn ôl, ac mae'n bosibl taw yn yr oesoedd canol y digwyddodd hynny ddiwethaf. Ar adegau yn y gorffennol byddai cnydau yn cael eu tyfu ar dir uchel, gan fod yr hinsawdd yn dwymach nag yw ar hyn o bryd.

11 Os edrychir tua'r gogledd-orllewin mae adfeilion **plas Neuadd Fawr** yn y golwg, y tu hwnt i gaeau helaeth parcdir yr ystad.

Gwalch glas
Sparrowhawk

Llwybrau a Argymhellir — Recommended Route
Hawliau Tramwy Eraill — Other Rights of Way

Hawlfraint y Goron © Crown Copyright LA09007L/97/01

Cil-y-cwm Country Walks

The bird life.
Peregrine, Buzzard and Red Kite may be seen sharing the same thermals to gain height. Ravens are a common sight and a lucky observer might see a Sparrowhawk dashing along a hedgerow in pursuit of small birds. The beautiful Oak woodlands support important populations of Pied Flycatcher, Tree Pipit, Wood Warbler and Redstart while the upland heath is home to Golden Plover, Ring Ouzel and Merlin. The rivers and streams are frequented by Dipper, Grey Wagtail and Common Sandpiper and occasionally Goosander.

1 **In Cil-y-cwm** look out for the cobbled gutters, the medieval church with its fascinating wall paintings, and pretty Capel y Groes Independent chapel. Hidden behind the church, overlooking the river Gwenlais, is Ysgoldy Fach; this old school house was one of Griffith Jones's Welsh Circulating Schools in the 18th century.

2 **The ruined cottage of Efail Fach** was the birthplace of Morgan Rhys (1716-1779). He was one of the great hymn writers of Welsh nonconformity and served as a teacher in the Circulating Schools from 1757 onwards.

3 **The Roman road** from Llandovery to Pumsaint crosses the road at this point. The antiquarian Richard Fenton saw the road in the early 1800s and wrote "the portion I saw was a raised Ridge from 15 to 20 feet wide passing through a moory piece of ground, yet retaining a very solid and firm appearance."

4 From 1875 to 1959, **Berrisbrooke schoolhouse** was a church school, serving a wide rural area.

5 Where the footpath meets the road is the **pond that fed the mill leat** to power Golchfa Corn Mill. The ruins of the mill building can still be seen alongside the pond.

6 The **small village of Siloh** takes its name from its 19th century Methodist chapel. Siloh stands on a droving road and there was once a smithy and an inn here used by passing drovers.

7 **Cefntrenfa** was the home of the Lewis Bowen family from the late 17th-century. The house and its attractive outbuildings are typical of the minor gentry homes of Carmarthenshire in the late 18th century.

8 Near the historic home of Abergwenlais, two **"burnt mounds"** lie close to the trackway. Such crescent-shaped mounds of burnt stone and charcoal, dating to the Bronze Age, are thought by archaeologists to be cooking places.

9 **Soar Chapel** was built in about 1740, and may be the earliest Methodist chapel in Wales. The famous hymn-writer William Williams Pantycelyn (1717-1791) was a lifelong member here.

10 **Rhiw Cilgwyn** is one of the most impressive viewpoints in Carmarthenshire. At the top of the hill, the ploughmarks that may have been left by medieval farmers can still be seen. Crops were grown at high altitudes at times in the past when the climate was warmer than at present.

11 The derelict **mansion of Neuadd Fawr** stands to the north-west of this point, and can be seen beyond the large fields of the estate parkland that lie alongside the road.

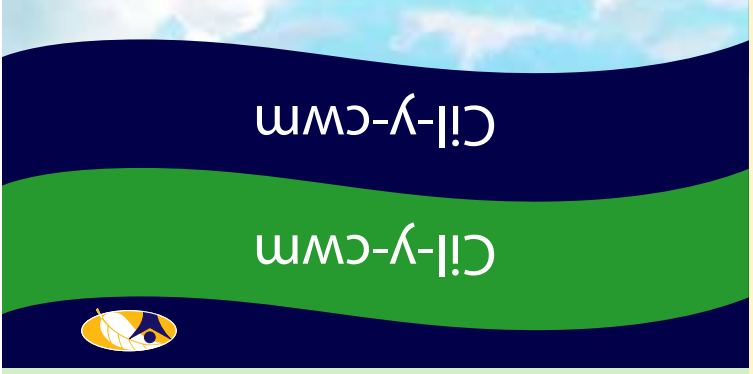
Ysgyfarnog
Brown Hare

Llwybrau Sir Gaerfyrddin
Carmarthenshire County Walks

Cynnor Sir Gâr Carmarthenshire County Council

Llwybrau Sir Gaerfyrddin • Carmarthenshire County Walks •

Cil-y-cwm

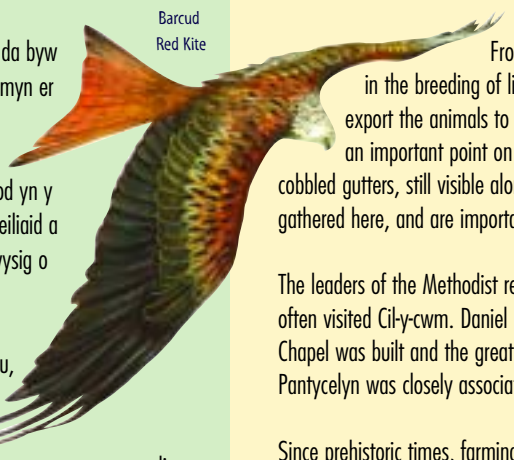


Cil-y-cwm

Mae pentrefi dymunol Cil-y-cwm a Rhandir-mwyn yn llechu ym mlaenau Dyffryn Tywi, sef ardal hynod o brydferth ymhell o dwrw ac anrhaith y byd diwydiannol. Mae'r ardal yn gyforiog o gynefinoedd sydd yn cynnal amrywiaeth hynod o blanhigion ac anifeiliaid, yn enwedig adar. Er bod Gwarchodfa Natur Genedlaethol (Coedwig Allt Rhyd y Groes), Ardal Gadwraeth Arbennig (Mynydd Mallaen, sef ardal helaeth o rostir yr ucheldir), ynghyd ag un o warchodfeydd mwyaf prydferth y Gymdeithas Genedlaethol Er Gwarchod Adar (Dinas) yn yr ardal, mae'n dal i fod yn un o berlau cudd Sir Gâr.

Mae cymunedau wedi bod yn y fro ers o leiaf 5000 o flynyddoedd. Ar y bryniau cyfagos mae carneddau, claddfeydd a meini hir a godwyd gan bobl Oes yr Efydd, yn ogystal â nifer o fryngaerau o Oes yr Haearn. Arferai llengoedd Rhufain deithio trwy'r ardal yn rheolaidd – mae'r ffordd Rufeinig rhwng eu caer yn Llanymddyfri a'r mwyngloddiau aur ym Mhumsaint yn mynd ychydig i'r de o bentref Cil-y-cwm.

Yn yr oesoedd canol, yr oedd cwmwd Mallaen, sydd yn cynnwys ardal Cil-y-cwm, yn eiddo i Dywysogion Deheubarth; o bryd i'w gilydd byddai'r tywysogion yn dianc i'r ardal fynyddig hon i gael lloches yn ystod y rhyfeloedd â'r Eingl-Normaniaid yn y ddeuddegfed ganrif a'r drydedd ganrif ar ddeg.



Barcud
Red Kite

O'r unfed ganrif ar bymtheg ymlaen bu cynnydd o ran magu da byw yng Nghymru; ac yn sgîl hynny yr oedd galw mawr am borthmyn er mwyn gyrru anifeiliaid i drefi mawrion a dinasoedd Lloegr. Yr oedd Cil-y-cwm yn ganolfan bwysig ar un o brif ffyrdd y porthmyn i'r dwyrain. Byddai'r gwteri coblog, sydd yn dal i fod yn y golwg ar hyd y brif stryd, yn cael eu defnyddio i fwydo'r anifeiliaid a oedd wedi eu crynhoi yno; mae'r olion hyn yn dystiolaeth bwysig o fwrlwm y fasnach hon slawer dydd.

Ers oes yr arth a'r blaidd, dibynnai'r gymuned leol ar amaethu, ac mae hynny wedi dylanwadu'n fawr ar ei chymeriad. Yn ystod y canrifoedd diwethaf mae'r plastai mawrion a'u hystadau enfawr, megis Neuadd Fawr, wedi cyrraedd anterth eu grym ac yna wedi cilio i ebargofiant, ond erys traddodiad amaethyddol yr ardal yn gryf.

The Walks

The charming little village of Cil-y-cwm is set amongst a network of footpaths, bridleways and byways. Although the valley sides are steep and offer challenging hikes onto the expansive upland areas of Mynydd Mallaen, gentler alternatives are available along the valley bottom or along country lanes.

Anyone venturing onto the upland areas is advised to take along wet weather gear an ordnance survey map and a compass.

Cil-y-cwm

The charming villages of Cil-y-cwm and Rhandir-mwyn nestle in the upper reaches of the Towy river valley, an area of spotless beauty untouched by the ravages of industry. A wealth of habitats support an outstanding array of plant and animal life, especially bird life. The area boasts a National Nature Reserve (Allt Rhyd y Groes wood), a Special Area for Conservation, (Mynydd Mallaen, an extensive area of upland heath) and one of the RSPB's most beautiful bird reserves, (Dinas) and yet it remains one of Carmarthenshires best kept secrets.

Communities have settled in the area for at least 5000 years. Burial cairns and standing stones raised by Bronze Age people survive on local hills, and there are also several Iron Age hillforts. Roman legions marched through this area – the Roman road between their fort at Llandovery and the gold mines at Pumsaint passes just south of Cil-y-cwm village.

In medieval times, the commote of Mallaen, which includes the Cil-y-cwm area, was an important estate of the Princes of Deheubarth, who often used the mountains of the area as a refuge during the wars with the Anglo-Norman invaders during the 12th and 13th centuries. By the 14th century, the woods of Mallaen were being used for pig rearing, and the local population paid their taxes to the lord of the manor in the form of oats, lambs and pigs.

From the 16th century onwards, there was an increase in the breeding of livestock in Wales and the droving trade developed to export the animals to the large towns and cities of England. Cil-y-cwm was an important point on one of the main droving routes to the east. The cobbled gutters, still visible along the main street, were used to feed animals gathered here, and are important surviving evidence of the trade.

The leaders of the Methodist revival during the 18th century, such as Howel Harries, often visited Cil-y-cwm. Daniel Rowlands bought the land on which the Methodist Chapel was built and the great hymn writer and preacher William Williams Pantycelyn was closely associated with the cause.

Since prehistoric times, farming has been the backbone of the local community and has greatly influenced its character. In recent centuries, great mansions and large estates, such as Neuadd Fawr, have come and gone, but the pastoral farming traditions of the area have remained strong.

Y Teithiau Cerdded

Saif pentref hyfryd Cil-y-cwm yng nghanol rhwydwaith o lwybrau cerdded, llwybrau ceffylau a lonydd bach. Er bod ochrau'r dyffryn yn serth o'r llwybrau i dir uchel oc eang Mynydd Mallaen yn cynnig dipyn o her, mae llwybrau ysgafnach ar gael ar hyd gwaelod y dyffryn neu ar hyd lonydd bach y wlad.

Cynghorir unrhyw un sy'n bwriadu mynd i gerdded ar yr ucheldir i fynd â dillad pwrpasol ar gyfer tywydd gwlyb gyda nhw yn ogystal â map Ordnans a chwmpawd.

Eisiau gwybod rhagor?

Mae'r llwybr hwn yn un o gyfres Llwybrau Sir Gaerfyrddin. I gael rhagor o wybodaeth am y llwybrau yn y gyfres cysylltwch a'r:
Uned Parciau a Cefn Gwlad,
Ty'r Nant, Parc Busnes Trostre, Llanelli, SA14 9UT.
Ffôn: (01554) 747500
www.sirgar.gov.uk

A chithau wedi cerdded un o'n llwybrau, efallai y carech wybod bod yna dri pharc gwledig yn Sir Gaerfyrddin – Pen-bre, Gelli Aur ar bwys Llandeilo, a Llyn Llech Owain ar bwys Gorslas. Mae pob un yn cynnig cyfleoedd rhagorol i bawb fwynhau cefn gwlad.

Want to know more?

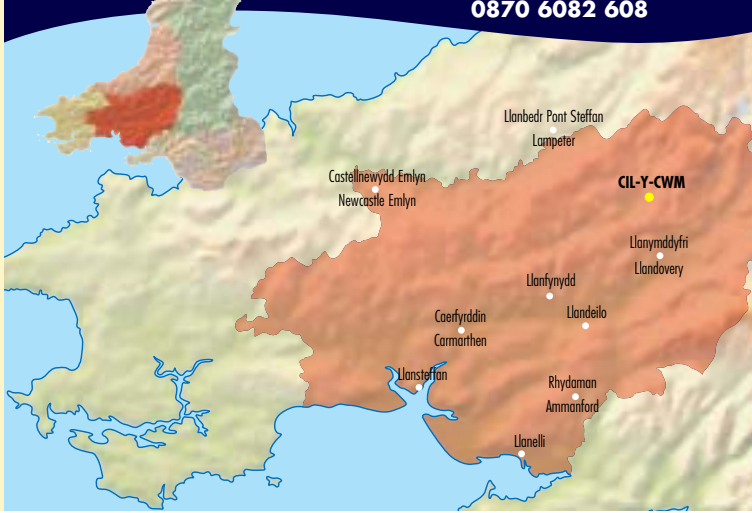
This is one of a series of country walks in Carmarthenshire. For further information of walks in this series contact:
Parks and Countryside Unit,
Ty'r Nant, Trostre Business Park, Llanelli, SA14 9UT.
Telephone: (01554) 747500
www.carmarthenshire.gov.uk

Now that you have enjoyed one of our walks you may like to know that there are three Country Parks in Carmarthenshire – Pembrey Country Park, Gelli Aur near Llandeilo and Llyn Llech Owain near Gorslas, all offering excellent opportunities for enjoying the countryside.

Trafnidiaeth Gyhoeddus: I gael y wybodaeth ddiweddaraf am y Gwasanaethau Trafnidiaeth Gyhoeddus Ledled Cymru ffoniwch:

Public Transport: For up-to-date information, phone the All Wales Public Information Helpline:

0870 6082 608



Y Rheolau Cefn Gwlad

Mwynhewch gefn gwlad a pharchwch ei fywyd a'i waith.

- Gofalwch nad vdych yn achosi tanau.
- Cawch bob gât.
- Gofalwch fod gennych reolaeth ar eich cŵn.
- Cadwch ar lwybrau cyhoeddus ar draws tir amaeth.
- Defnyddiwch gatiau a sticlau i groesi ffensys, perthi a waliau.
- Gadewch lonydd i ddo bvw, cnydau a pheiriannau.
- Ewch â'ch sbwriel nôl gyda chi.
- Helpwch ni i gadw pob ffynhonnell dŵr yn lân
- Diogelwch fywyd gwyllt, planhigion a choed.
- Cymerwch ofal arbennig ar ffyrdd cefn gwlad.
- Peidiwch â gwneud unrhyw sŵn diangen.

Cyngor Cefn Gwlad Cymru
Countryside Council for Wales

BTCV Cymru

Cyngor Cymuned Cil-y-cwm
Cil-y-cwm Community Council

The Country Code

Enjoy the countryside and respect its life and work.

- Guard against all risk of fire.
- Fasten all gates.
- Keep your dogs under close control.
- Keep to public paths across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take your Litter home.
- Help to keep all water clean.
- Protect Wildlife plants and trees.
- Take special care on country roads.
- Make no unnecessary noise.

Amser Hamdden
Leisure Time