

# Penwythnos Gerdded 1af TREGARON

Yng Nghanol Mynyddoedd y Cambria

29 Ebrill - 2 Mai 2011

## Dydd Gwener 29ain Ebrill 'Diwrnod y Briodas Fawr'

**AMSER DECHRAU 19.00** Gwesty'r Talbot  
Lansio Croeso i Gerddwyr-ar lwybr  
cyhoeddus tu ôl i'r Talbot(dibynnu ar y ty-  
wydd-heblaw hynny yn y Talbot)  
Lansio llyfryn teithiau cerdded-7 taith ar  
themaau lleol yng nghwmni **Caradog Jones**  
-y gwr 1af o Gymru(a Thregaron) i ddringo  
Everest!

Yna cyflwyniad ysbrydoledig-  
**Tori James**-y ferch 1af o Gymru i ddringo  
Everest, mynydd ucha'r byd!\*Angen bwcio  
lle ar gyfer y noson.Ffoniwch 01974  
298150



## Dydd Sadwrn 30ain Ebrill

### TAITH 1

Sialens Gerdded Legs 11  
**Arweinyddion:** Andrew a  
Helen Mc Connochie  
**Math o daith** Anodd  
**Amser dechrau** 09.30  
**Lleoliad dechrau** Gwesty'r Tal-  
bot  
**Amser** 6 awr  
**Hyd** 11.11 milltir

\*Gem o BINGO yn ystod y daith  
*Gwobrau ar y ffordd!*

*Bydd Tori James yn ymuno â ni!!*

### TAITH 2

Taith Catrin -Taith Teuluol\*  
**Arweinydd:** Catrin a Catrin  
**Math o daith** Rhwydd  
**Amser dechrau** 16.00  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 2 awr  
**Hyd y daith** 3½ milltir

\*Tystysgrif i bawb am gwblhau'r daith  
Dewch a thegan meddal yn gwmni.

**Gweithgareddau i bobl ifanc rhwng  
13.00 - 18.00**

**Sgiliau Bushcraft /Sesiwn cyfeiriannu /  
Sgiliau gwersylla/Geocaching Ffoniwch 01974 298940  
Angen bwcio lle-Mwyafrif o 48 o bobl ifanc.**

## The 2011 Legs 11 Challenge Walk

Dyddiad cau ar gyfer ffurflenni 10/04/2011.  
Ffurflenni ar gael o 01974 298150



I fynychu taith

ffoniwch 01974 298150

neu ebostwch

info@walktregaron.co.uk

Bydd angen bwcio ymlaen llaw.

Ni chaniateir cwn ar y teithiau tywys yma.



## Sul 1af Mai

### TAITH 3

Abaty Ystrad Fflur heibio Garn Gron i Dregaron  
**Arweinyddion:** Martin Pugh and  
Lawrence Martin  
**Math o daith** Canolig/Anodd  
**Amser dechrau** 09.30  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 4-5 awr  
**Hyd y daith** 9 milltir



### TAITH 4

Eglwys St Caron, Tregaron i Eglwys Dewi Sant  
Llanddewi Brefi(a nôl)  
**Arweinydd:** Dafydd Wyn Morgan  
**Math o daith** Canolig  
**Amser dechrau** 14.00  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 2-3 awr  
**Hyd y daith** 6 milltir



## Llun 2ail Mai

### TAITH 5

Taith yr Eliffant i'r Talbot  
**Arweinydd:** Avarinah Davies  
**Math o daith** Canolig  
**Amser dechrau** 09.00  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 3-4 awr  
**Hyd y daith** 7 milltir



### TAITH 6

Taith Tref Twm  
**Arweinydd:** Dafydd Wyn Morgan  
**Math o daith** Canolig  
**Amser dechrau** 10.30  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 2 awr  
**Hyd y daith** 4 milltir



### TAITH 7

Saffari Cors Caron  
**Arweinydd:** Ian Tillotson  
**Math o daith** Rhwydd  
**Amser dechrau** 14.00  
**Lleoliad dechrau** Gwesty'r Talbot  
**Amser** 2 awr  
**Hyd y daith** 3-4 milltir  
*Addas ar gyfer cadair olwyn*



Mae mapiau o deithiau Tregaron ar  
www.walktregaron.co.uk

Mae llyrfyn am y teithiau cerdded ar gael drwy ffonio 01974 298150.

Angen tocyn i ginio???

Cysylltwch â Tracy @ Gwesty'r Talbot ar 01974 298208

# The 1st Great TREGARON

## Walking Weekend

*In the Heart of the Cambrian Mountains*

**29 April - 2 May 2011**

### Friday 29th April 'Royal Wedding Day'

**START TIME 19.00 Talbot Hotel**  
Walkers Are Welcome Launch-on a local footpath behind the Talbot (weather permitting—otherwise inside Talbot Hotel) Followed by launch of 7 Walk booklet with local themes in the company of **Caradog Jones**, 1st Welsh man to climb Everest.

Inspirational talk by **Tori James**-1st Welsh woman to climb Mt Everest.

\*Booking is essential for the launch event by phoning 01974 298150-limited numbers.



### Saturday 30th April The 2011 Legs 11 Challenge Walk

**WALK 1**  
The 2011 Legs 11 Challenge \*  
**Leaders:** Andrew and Helen McConnochie

**Difficulty:** Hard  
**Start time:** 09.30  
**Start point:** Talbot Hotel  
**Duration:** 6 hours  
**Distance:** 11.11 miles

*\*Game of BINGO along the way!  
Spot prizes en route!!  
Tori James will be joining us!!!*

**WALK 2**  
Catrin Trail-Family Walk\*  
**Leader:** Catrin and Catrin

**Difficulty:** Easy  
**Start time:** 16.00  
**Start point:** Talbot Hotel  
**Duration:** 2 hours  
**Distance:** 3½ miles

\*Certificate given to all that complete the walk.

Bring a soft toy for company!

Closing date for entry forms 10/04/2011.  
Forms available from 01974 298150



Young people's activities from 13.00 - 18.00

Bushcraft skills /Navigation session /  
Wild camp skills/Geocaching Phone 01974 298940  
Booking is essential-Maximum number of 48 applies.

*Need a packed lunch???*

Contact Tracy @ The Talbot Hotel on 01974 298208

### Sunday 1st May

#### WALK 3

Strata Florida Abbey via Garn Gron to Tregaron

**Leaders:** Martin Pugh and Lawrence Martin  
**Difficulty:** Moderate/ Hard  
**Start time :** 09.30  
**Start point:** Talbot Hotel  
**Duration:** 4-5 hours  
**Distance:** 9 miles



#### WALK 4

St Caron's Church, Tregaron to St David's Church Llanddewi Brefi (and back)

**Leader:** Dafydd Wyn Morgan  
**Difficulty:** Moderate  
**Start time:** 14.00  
**Start point:** Talbot Hotel  
**Duration:** 2-3 hours  
**Distance:** 6 miles



### Monday 2nd May

#### WALK 5

The Great Elephant Trek

**Leader:** Avarinah Davies  
**Difficulty:** Moderate  
**Start time:** 09.00  
**Start point:** Talbot Hotel  
**Duration:** 3-4 hours  
**Distance:** 7 miles



#### WALK 6

Twm Town Trail

**Leader:** Dafydd Wyn Morgan  
**Difficulty:** Easy  
**Start time:** 10.30  
**Start point:** Talbot Hotel  
**Duration:** 2 hours  
**Distance:** 4 miles



#### WALK 7

The Cors Caron Safari

**Leader:** Ian Tillotson  
**Difficulty:** Easy  
**Start time:** 14.00  
**Start point:** Talbot Hotel  
**Duration:** 2 hours  
**Distance:** 3-4 miles

*Suitable for wheelchairs*



View maps of Tregaron walks on  
www.walktregaron.co.uk

A walks booklet is available by contacting 01974 298150



Please phone  
01974 298150

to book a walk or email  
info@walktregaron.co.uk  
Advance booking is essential.

*Dogs are not allowed on these guided walks.*

