

1. Trowch i'r dde wrth y peiriant talu ac arddangos wrth i chi adael y maes parcio a dilynwch yr arwyddion am llwybr troed tuag at yr hostel ieuencid. Ewch drwy ddwy giât fochyn bren wedi'u gosod mewn waliau cerrig a chyn yr un nesaf, yn union o'ch blaen, trowch i'r dde i fyny trac rhwng waliau cerrig.

Turn right by the pay and display machine as you exit the car park, following footpath signs towards the youth hostel. Pass through two wooden kissing gates set in stone walls and before the next one immediately ahead, turn right up a track between stone walls

2. Yng nghyffordd y llwybr, trowch i'r dde a dilyn y llwybr sy'n troelli'n raddol i'r chwith ac i fyny drwy goetir llawn prysgwydd a heibio hen chwareli. Wrth i'r môr ddod i'r golwg, trowch i'r chwith i fyny'r trac llydan, i'r chwith o'r slabiau o greigiau, a dringwch i'r brig, gan ddewis llwybr drwy'r eithin a'r grug

At the path junction, turn right and follow the path swinging gradually left and up through scrubby woodland and past old quarries. As the sea appears ahead, turn left up the wide track to the left of the slabs of rock, and climb to the top, choosing a route through the gorse and heather.

3. O ben draw'r pentir, ger y garreg goffa, mwynhewch y golygfeydd o'r bae a'r pentref. Yna, gyda'ch cefn at fae Porth Eynon, dilynwch y llwybr glaswelltog llydan wrth ymyl y clogwyn. Fe welwch chi Glustog Fair a Gludlys Arfor yn tyfu yma.

From the end of the headland near the stone memorial, enjoy the views of the bay and village. Then with your back to Port Eynon bay, follow the wide grassy path next to the cliff edge, along which Thrift and Sea Campion grow.

4. Pan fydd bae Pwll Owrtun yn ymddangos islaw, fe welwch chi drac yn arwain i lawr tuag at wal gerrig. Dilynwch y trac hwn drwy'r gamfa yn y wal gerrig ac o amgylch ymyl y bae, gan gymryd y fforch i'r chwith pan fydd y llwybr yn rhannu.

When Overton Mere bay appears below, you will see a track leading down towards a stone wall. Follow this through the stile in the stone wall and around the edge of the bay, taking the left hand fork where the path divides.

5. Anelwch am y wal gerrig a chroeswch y gamfa ar Glogwyn Owrtun. Dros y gamfa ar y dde, gwelir gweddillion hen ardd wedi'i thrin. Dilynwch y llwybr nesaf at y môr ac ewch dros y gamfa ac ar Glogwyn Longhole. Ychydig i'r chwith o'r gamfa hon, gwelir gweddillion hen odyn galch. Trowch i'r dde yn y fan yma i ddilyn y llwybr i fyny'r cwm, nesaf at y wal gerrig

Aim for the stone wall and cross the stile into Overton Cliff. Just over the stile to the right are the remains of an old, cultivated garden. Follow the path next to the sea and across the stile into Longhole Cliff. Just to the left of this stile are the remains of an old lime kiln. Turn right here to follow the path up the valley, next to the stone wall.

Ar y copa, mae gennych ddewis. Mae'r daith fyrrach hon yn eich arwain yn ôl i Borth Eynon drwy droi i'r dde. Os am gerdded ymhellach, trowch i'r dde a dilyn y llwybr arfordirol glaswelltog llydan sy'n mynd yn ei flaen heibio Trwyn Rhosili. Gyda map OS, gallwch lunio llwybr cylch neu gerdded mor bell ag y dymunwch ac yna troi'n ôl. Trwy wneud hyn, fe welwch chi'r arfordir o ddau bersbectif gwahanol. Cofiwch gadw digon o egni i gyrraedd yn ôl i Borth Eynon!

At the top you have a choice. This shorter walk takes you back to Port Eynon by turning right. If you want to walk further, turn left and follow the wide grassy coast path which carries on past Rhossili point. With an OS map you can work out a circular route, or just walk as far as you want and then turn back. This way you see the coastline from two different perspectives. Remember to leave enough energy to get back to Port Eynon!

6. O droi i'r dde yn y fan yma, ewch drwy'r giât fochyn fetel yn y wal gerrig, gan ddilyn y llwybr sy'n agor allan i drac fferm.  
When you turn right at this point, go through the metal kissing gate in the stone wall, following the path which opens out into a farm track.

--- Llwybr Footpath

200m tua  
200m approx



8. Ewch heibio i gyfres o stepiau sy'n arwain yn ôl i lawr i Glogwyn Owrtun ac at drac bychan sy'n arwain i bentref Owrtun. Cymerwch y llwybr bychan nesaf i'r chwith, drwy giât bren i gae. Dilynwch y llwybr rownd i'r dde, gan ddod allan yn ôl wrth ymyl y chwareli. Trowch i'r chwith a dilynwch eich camau unwaith eto heibio'r chwareli, i lawr y bryn, rownd tro i'r dde ac yna troi i'r chwith pan gyrhaeddwch chi'r arwyddion. Dilynwch y trac rhwng y waliau cerrig, trowch i'r chwith a dychwelwch i'r maes parcio.

Pass a set of steps which lead back down to Overton Cliff and a small track which leads to Overton Village and take the next small path to the left through a wooden field gate. Follow the path round to the right, emerging back near the quarries. Turn left and retrace your steps past the quarries, down the hill, swinging round to the right, and then turning left when you reach the signs. Follow the track between the stone walls, turn left and return to the car park.

Llwybr yr Arfordir Gorllewin  
Coast Path West

Longhole  
Cave Cliff

Gorllewin  
West

Overton Cliff

Overton Mere

Overton Mere Bay

Port Eynon  
Point

Port Eynon

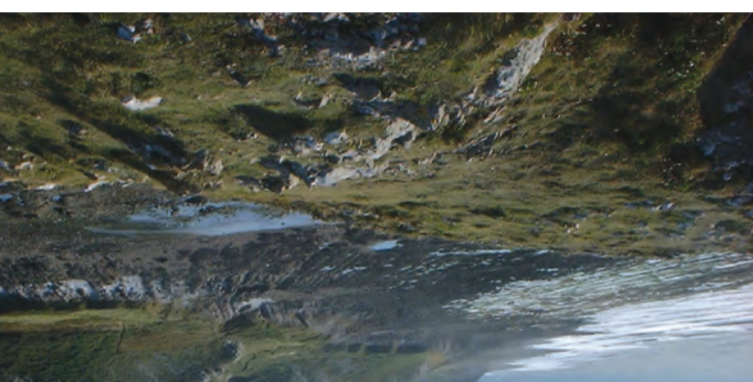
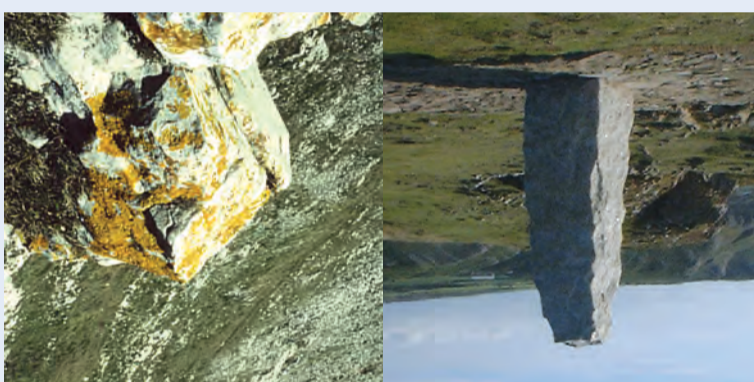
Sedger's  
Bank



compartments. Heritage Lottery Fund. They also provide ideal stock-proof sheep! The stone walls dividing the reserves have been rebuilt recently using traditional skills, funded by the cannot control their numbers in the same way as ponies or by walkers. Whilst rabbits are a useful grazing animal, we paths are kept short because of rabbits grazing and erosion mechanical management where necessary. Most of the happen in the future and in the meantime, undertaking improving the fencing and water supplies, so that it might reserves are not currently grazed we are working towards longer widely used as a management technique. Where create such a varied habitat, and for safety reasons, fire is no with very little other input. Mechanical cutting does not mosaic of grassland, heath and scrub can be maintained (here) and breeds are kept at the right density, an ideal technique. If appropriate species (ideally ponies or sheep condition for wildlife. Grazing is the ideal management and working towards keeping the habitat in the best Our management is aimed at keeping access open and safe, geology and geomorphology.

Mae'r daith hon yn cynnwys pedair o warchodfeydd natur yr Ymddiriedolaeth Natur ar hyd Arfordir De Gŵyr. Mae'r rhain yn rhan o'r gyfres o glogwyni calchfaen sydd o bwysigrwydd rhyngwladol rhwng Forth Eynon a Rhosili. Mae'n wedi'u dynodi fel Safle o Ddiddordeb Gwyddonol Arbennig, yn ymgeisydd ar gyfer Ardal Gadwraeth Arbennig ac yn Warchodfa Natur Genedlaethol bostibl. Hefyd, maent yn rhan o Ardal o Harddwch Naturiol Eithriadol Gŵyr ar Arfordir Trefadol. Mae'r warchodfeydd yn cynnwys llwyfandiroedd uchel, clogwyni calchfaen, glannau creigiog a glaswellttr ag ynddo llystyfiant, yn cynnwys rhosir a llwyni. Mae'r gwarchofeydd i gyd o ddiddordeb botanegol arbennig ac maent hefyd yn bwysig ar gyfer daeareg a geomorffoleg.

Wrth reoli, rydym yn ceisio sicrhau mynediad agored a diogel, a gweithio tuag at gadw'r cyneffn yn y cyflwr gorau er lles bywyd gwylt. Porï yw'r dechneg reoli fwyaf amlwg yn ymgyrchu ar ymddiriedolaeth natur. Mae'n golygu bod hynny'n gallu digwydd yn y dyfodol. Yn y cyfamsen, rydym yn rheoli'r fecanyddol lle bo angen. Mae'r glaswellt ar y rhan fwyaf o'r llwybrau'n cael ei gadw i lawr gan gwynnigod a thrwy eiddad cerddwyr. Er bod cwynnigod yn anifeiliaid pori defnyddiol iawn, nid oes modd rheoli eu niferoedd yn yr un modd â merod neu ddefaid! Mae'r wallau cerrig sy'n gwahanu'r warchodfeydd wedi cael eu hailadeiladu'n ddiweddar gan ddefnyddio sgiliau traddodiadol, gyda chyllid gan Gronfa Dreftadaeth y Loteri. Mae'n yn darparu 'corllanau' defnyddiol ar gyfer cadw stoc oddi mewn iddynt.



This walk takes in four of the Wildlife Trust's nature reserves along the South Gower Coast. These form part of the internationally important series of limestone cliffs between Port Eynon and Rhosili. They are designated as a Site of Special Scientific Interest, a candidate Special Area of Conservation and a potential National Nature Reserve, as well as being part of the Gower Area of Outstanding Natural Beauty and the Heritage Coast. The reserves consist of higher plateau areas, bordering limestone cliffs, and rocky shores and vegetated grassland, including heath and scrub. All the reserves are of exceptional botanical interest and are also important for geology and geomorphology.

**Walk Description** - A circular walk along the spectacular South Gower Coast through several Wildlife Trust nature reserves.

**Directions to the start of the walk** - Port Eynon village lies at the end of the A4118. There are a public car park (pay and display during summer), refreshments (summer only) and public toilets.

**Buses** - Gower Explorer and First Cymru (numbers 114 and 119) from Swansea Quadrant bus station. [www.traveline-cymru.org.uk/](http://www.traveline-cymru.org.uk/) 0870 608 2 608 for more information.

**Access notes** - The coastal path is a public right of way and can suffer from erosion in places. Take care on any steep or cliff-edge sections. There are moderate ascents and descents on this walk.

**Your safety** - If walking alone, please tell someone where you are and what time to expect you back. Wear appropriate clothing and footwear, planning ahead for changes in the weather. An Ordnance Survey map is useful for additional information.

Follow the countryside code.

**Disgrifiad o'r Daith** - Taith gerdded ar ffurf cylch ar hyd Arfordir trawiadol De Gŵyr, drwy sawl gwarchodfa natur yn perthyn i'r Ymddiriedolaeth Natur.

**Cyfarwyddiadau ar gyfer cyrraedd man cychwyn y daith** - Gwelir pentref Porth Eynon ym mhen yr A4118. Ceir maes parcio cyhoeddus (talu ac arddangos yn ystod yr haf), lluniaueth (yn ystod yr haf yn unig) a tholedau.

**Bysus** - Gower Explorer a First Cymru (rhifau 114 ac 119) o Orsaf Fysus Quadrant yn Abertawe. [www.traveline-cymru.org.uk/](http://www.traveline-cymru.org.uk/) 0870 608 2 608 am wybodaeth bellach.

**Nodiadau am fynediad** - Mae'r llwybr arfordirol yn hawl tramwy cyhoeddus a gall ddioddef o erydiad mewn manau. Cymerwch ofal ar unrhyw fannau serth ac ar hyd ymylon y clogwyni. Mae sawl allt i'w cael ar y llwybr hwn.

**Eich diogelwch** - Os yn cerdded ar eich pen eich hun, cofiwch ddweud wrth rywun ble rydych a faint o'r gloch y dylent eich disgwyl yn ôl. Gwisgwch ddillad ac esgidiau priodol, gan gynnwys ymlaen ar gyfer y newidiadau yn y tywydd. Mae map Arolwg Ordnans yn ddefnyddiol bob amser er mwyn cael gwybodaeth bellach.

Cadwch at y cod cefn gwlad.

**The Wildlife Trust of South and West Wales** works to conserve all forms of wildlife. We manage nearly 100 nature reserves comprising woodlands, meadows, moors, marshes, and islands such as Skomer. We campaign on your behalf against damaging development, provide advice on your land management needs and help people of all ages to understand and enjoy our wildlife.

**You can help....**Volunteers are essential to the Trust. Whatever your interest and ability, your spare time is valuable to us.

**Members are vital** in supporting our work. Your contribution makes the Trust even more effective and every member strengthens the voice of the Trust. Join today if you want to help save local wildlife.

For more details of volunteering or joining as a member, call your nearest office; Tondu, Bridgend 01656 724100 Cilgerran, Cardigan 01239 621600 Or email; [info@welshwildlife.org](mailto:info@welshwildlife.org)

**Mae Ymddiriedolaeth Natur De a Gorllewin Cymru yn gweithio i warchod pob math o fywyd gwylt.** Rydym yn rheoli bron i 100 o warchodfeydd natur sy'n cynnwys coetiroedd, rhosydd, corsydd ac ynysoedd fel Sgomer. Rydym yn ymgyrchu ar eich rhan yn erbyn datblygiadau niweidiol, yn darparu cyngor ynghylch eich anghenion rheoli tir ac yn helpu pobl o bob oedran i ddeall a mwynhau ein bywyd gwylt.

**Gallwch chi helpu....**Mae gwirfoddolwyr yn allweddol i waith yr Ymddiriedolaeth. Waeth beth yw eich diddordeb a'ch gallu, mae eich amser sbâr yn werthfawr i ni.

Mae **aelodau'n hanfodol** er mwyn cefnogi ein gwaith. Mae eich cyfraniad yn gwneud yr Ymddiriedolaeth yn fwy effeithiol fyth ac mae pob aelod yn cryfhau llais yr Ymddiriedolaeth. Ymunwch â ni heddiw os am helpu i achub bywyd gwylt lleol.

Am fanylion pellach am wirfoddoli neu i ymuno fel aelod, ffoniwch eich swyddfa agosaf: Tondu, Pen-y-bont ar Ogwr 01656 724100 Cilgerran, Aberteifi 01239 621600 Neu anfonwch e-bost: [info@welshwildlife.org](mailto:info@welshwildlife.org)

This leaflet was produced with support from: Cynhyrchwyd y daflen hon gyda chefnogaeth gan:



The Wildlife Trust of South and West Wales  
Ymddiriedolaeth Natur De a Gorllewin Cymru



# South Gower Coast Taflen Arfordir De Gŵyr

Produced by Fitzpatrick Woolmer Design - 01634 711 771

**WALK FACTS**  
6856 steps  
3.03 miles  
236.5 kcal

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Gwarchod Natur ar gyfer y Dyfodol  
Protecting Wildlife for the Future