

YR EFAIL THE FORGE - 16 milltir / miles

RHEOLFA CHECK POINT	DISGRIFIAD DESCRIPTION	RHIF GRID GRID REF	PELLTER (CILOMEDR) DISTANCE (KM)	CYFANSWM (CILOMEDR) TOTAL DISTANCE (KM)	AMCANGYFRIF AMSER (MUNUDAU) EST TIME (MINS)	AMCANGYFRIF AMSER GWIRIONEDDOL EST. ACTUAL TIME	TERFYN AMSER CUT OFF TIME
Cychwyn Start	Ysgol Gyfun Martin Sant St Martins Comp.	ST 15524 86332			0	08.30	
Cychwyn hyd at 1 Start to 1	Castell Rhiw'r- perrai Ruperra Castle	ST 21882 86451	10.5	10.5	2awr 40munud 2hrs 40mins	11.10	12.30
1 - 2	Machen	ST 21015 89029	5.5	16	1awr 30munud 1hr 30mins	12.40	14.30
2 - 3	Heol y Fan Van Road	ST 17191 86393	6	22	2awr / hrs	14.40	17.00
3 hyd at y Diwedd 3 - Finish	Ysgol Gyfun Martin Sant St Martin Comp.	ST 15524 86332	3.8	25.8	1awr 30munud 1hr 30mins	16.10	
		Cyfanswm / Total	25.8	25.8			
					+30mun (egwyl) +30min (break)	16.40	

NODWCH OS GWELWCH YN DDA

- 1 Gwnewch yn sicr eich bod yn ymweld â'r rheolfannau os gwelwch yn dda. Gwnewch yn sicr bod eich band arddwrn wedi cael ei sganio ym mhob rheolfa ac ar y diwedd.
- 2 Os byddwch eisiau gorffen y daith gerdded yn gynnar neu'n cael trafferth, arhoswch wrth reolfa. Bydd staff y rheolfa'n cysylltu gyda phencadlys y daith, i gael cymorth.
- 3 Os ewch ar goll, os cewch drafferth neu eich bod eisiau gorffen y daith yn gynnar ac na allwch gyrraedd rheolfa, ffoniwch ni ar rif pencadlys y daith a byddwn ni'n eich cynorthwyo.
- 4 Peidiwch, os gwelwch yn dda, â mynd adref heb adael i'r staff ym mhencadlys y daith wybod eich bod wedi cwblhau'r daith gerdded neu eich bod yn dymuno gorffen yn gynnar.

PLEASE NOTE

- 1 Please ensure that you visit checkpoints. Make sure that your wrist band has been scanned at all checkpoints and at the finish.
- 2 If you wish to finish the walk early or are having difficulties wait at a check point. Staff at the checkpoint will contact the walk HQ for assistance.
- 3 If you are lost, are having difficulties or wish to finish the walk early and cannot get to a checkpoint phone us on the contact number for the Walk HQ and we will help.
- 4 Please do not go home without letting staff at the Walk HQ know that you have completed the walk or that you wish to finish the walk early.

**Rhif Ffôn Pencadlys y Daith / Argyfwng
Contact Number for Walk HQ / Emergencies**

07774123484