

- 81** Lliwbr Rhydwaith Beicio Cenedlaethol
National Cycle Network route
- Lliwbr beicio a awgrymir
Suggested cycle route
- Lliwbr beicio / cerdded di-draffig
Traffic-free cycle / pedestrian route
- Parth 20mya
20mph zone
- Lliwbr troed
Footpath
- Ysgol
School
- Coll
College
- Uni
University
- H
Ysbyty
Hospital
- PW
Man addoli
Place of worship
- Siopau
Shops
- Canolfan croeso
Tourist information
- Llyfrgell
Library
- Swyddfa bost
Post office
- Croesfan twcan
Toucan crossing
- Gorsaf drenau
Train station
- Croesfan
Level crossing
- Gorsaf fysiau
Bus station
- Parcio beiciau
Cycle parking
- Gorsaf trwsio beiciau
Bike repair station
- Gorsaf gwefru E-feiciau
E-bike charging point
- Cymerwch ofal
Take care
- Canolfan hamdden
Leisure centre
- Reilffordd treftadaeth
Heritage railway
- Amgueddfa
Museum
- Atyniad twristiaid
Tourist attraction

Mae pob sgwâr grid ar y map hwn yn cynrychioli 0.5 km (0.3 milltir)
Each grid square on this map represents 0.5 km (0.3 miles)

Tua 5 munud
Approximately 5 minutes

Tua 2 funud
Approximately 2 minutes



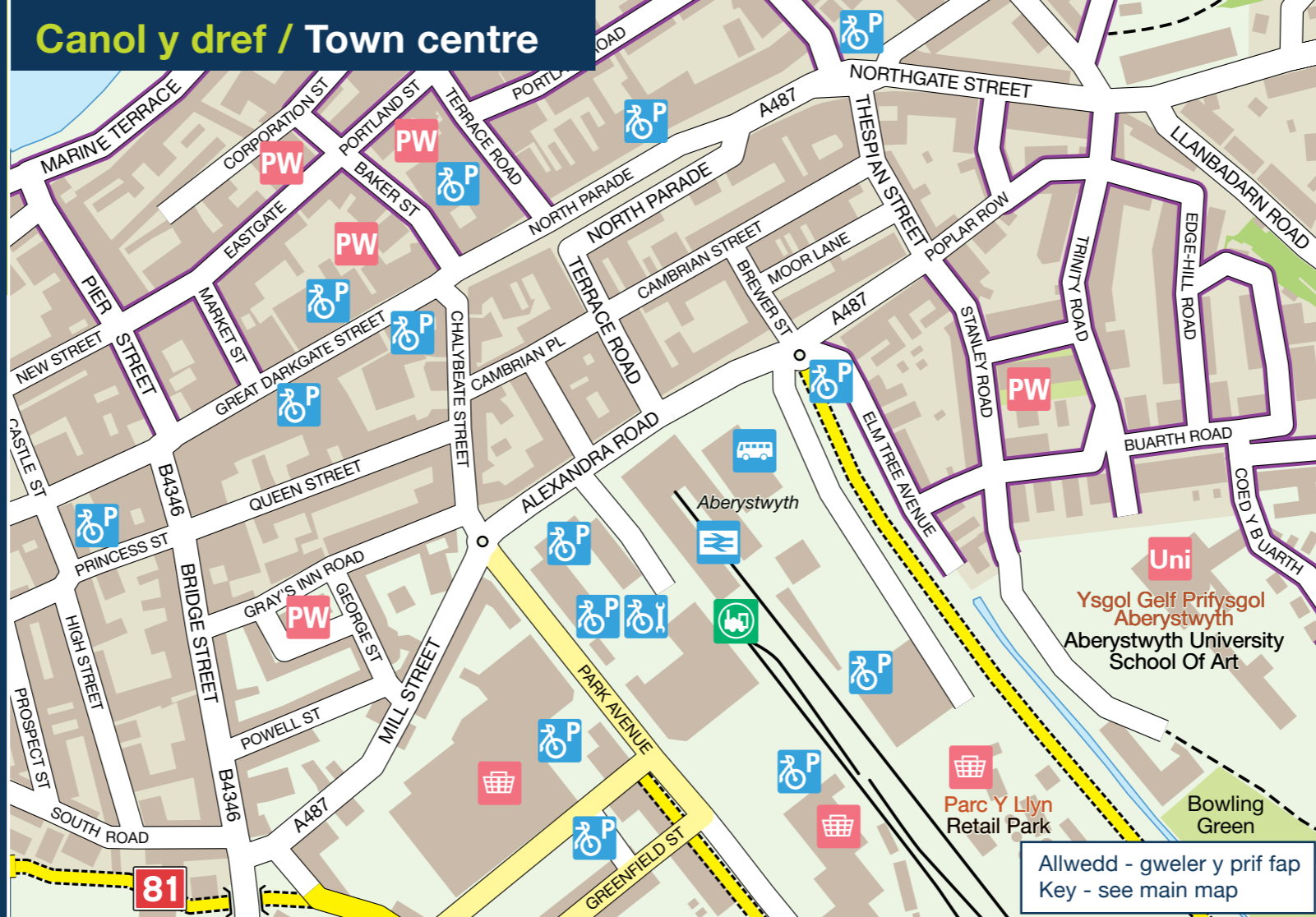
Aberystwyth



YMUWCH Â'R MUDIAD
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MAP TEITHIO LLESOL / ACTIVE TRAVEL MAP

Canol y dref / Town centre



Allwedd - gweler y prif fap
Key - see main map

Cysylltu eich siwrnai

Cerdded a beicio



Ceredigion. Am ragor o fanylion am deithio llesol a llwybrau beicio yng Ngheredigion, ewch i: www.ceredigion.gov.uk/preswylwr/teithio-ffyrdd-a-pharcio/teithio-llesol/

Sustrans. Porwch, lawrlwythwch a chreu mapiau ar-lein o lwybrau cerdded a beicio lleol. Gallwch hefyd blotio eich siwrnai er mwyn ei rhannu gyda ffrindiau a theulu. www.sustrans.org.uk/maps Ffôn: 0845 113 0065

Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Nghymru ar ein gwefan:

www.sustrans.org.uk/walesroutes
Am ragor o fanylion am lwybrau cerdded a beicio yn Aberystwyth: www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps

Trên a bws



I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafndiaeth gyhoeddus ar gyfer Cymru.

Ewch i www.traveline.cymru neu ffoniwch 0800 464 00 00 i gael manylion am wasanaethau bws, coets a rheilffordd.

Connecting your journey

Walking and cycling



Ceredigion. For further details on active travel and cycling routes in Ceredigion visit:

www.ceredigion.gov.uk/resident/travel-roads-parking/active-travel/

Sustrans. Browse, download and create online maps of local walking and cycling routes. You can also plot your journey to share with friends and family.

www.sustrans.org.uk/maps Tel: 0845 113 0065

Discover the very best of the National Cycle Network in Wales on our website:

www.sustrans.org.uk/walesroutes
For further details on walking and cycling routes in Aberystwyth: www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps

Train and bus



For travel information contact **Traveline Cymru**, the public transport information service for Wales. Visit www.traveline.cymru or call 0800 464 00 00 for bus, coach and rail service details.

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwell lleoedd a gofodau i symud drwyddynt a byw ynddynt.

Mae'n bryd i ni gyd wneud dewisiadau gwell yn y ffordd yr ydym yn teithio. Cymerwch y cam a chefnogwch Sustrans heddiw.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.

@ www.sustrans.org.uk
0845 113 0065
www.facebook.com/sustrans.cymru
@sustranscymru

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Rhesymau da dros deithio o gwmpas ar droed, beic, bws neu drên

Er budd eich iechyd a'ch lles

Mae cerdded a beicio i'r gwaith, i'r siopau neu i ymweld â ffrindiau a theulu yn ffyrdd ardderchog i gynnwys gweithgaredd corfforol rheolaidd yn eich arferion bob dydd. Gall hyn eich cynorthwyo i losgi calorïau, lleihau colesterol a gostwng pwysedd gwaed. Mae gweithgaredd corfforol rheolaidd hefyd yn gwella eich hwyliau, eich teimlad o les a gall gynorthwyo i roi hwb i'ch hunan-barch.

Ar y bws neu'r trên, fe gewch amser i fwynhau'r daith - gwranddo ar gerddoriaeth, ymgolli mewn llyfr da neu sgwrsio - a thrwy roi gorffwys i'ch cerbyd gallwch arbed arian hefyd!

Er budd yr amgylchedd

Drwy fynd ar y trên neu'r bws rydych yn lleihau eich allyriadau carbon gan rhwng chwech ac wyth gwaith o gymharu â mynd mewn car. Yn well byth, nid yw cerdded a beicio yn cynhyrchu allyriadau carbon. Mae llai o geir ar y ffordd hefyd yn golygu amgylchedd mwy diogel, yn arbennig ar gyfer plant, a lle mwy dymunol i bawb ohonom.

Er mwyn arbed arian

Un o fanteision teithio o gwmpas o dan eich grym eich hun yw ei fod yn eithriadol o rad. Dim treth car, dim MOT a dim gofidiau am bris petrol. Os byddwch yn cerdded neu'n beicio'n rheolaidd fe arbedwch ffortiwn!

Good reasons to get around by foot, bike, bus or train

For your health and well-being

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. This can help you burn calories, reduce cholesterol and lower blood pressure. Regular physical activity also improves your mood, your sense of well-being and can help boost self-esteem.

On the bus or train, you'll have time to enjoy the journey - listen to music, read a good book or have a chat - and by giving your vehicle a well deserved rest, you can save money too!

For the environment

By taking a train or bus you reduce your carbon emissions by between six and eight times compared to going by car. Even better, walking and cycling do not produce any carbon emissions. Fewer cars on the road also mean a safer environment, particularly for children, and a more pleasant place for us all.

For saving money

One of the things about getting around under your own steam is that it's really cheap. No car tax, no MOT and no petrol price worries. If you walk or cycle regularly you'll save a fortune!

