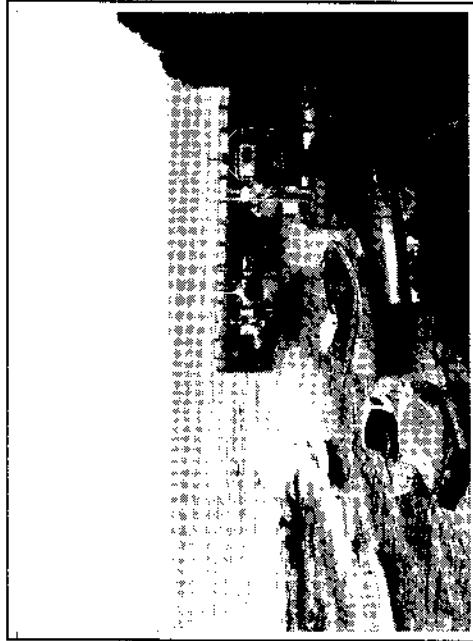


Adelladwyd 14 o longau bychain yn harbwr Abersoch rhwng 1774 a 1854. Mae traeth Trwyn y Fach gerllaw, sydd yn perthyn i'r Ymddiriedolaeth Genedlaethol, yn un cysgodol a phoblgaidd.



Harbwr Abersoch

Abersoch Harbour

14 small ships were built in the harbour at Abersoch between 1774 and 1854. The beach at nearby Trwyn y Fach, which now belongs to the National Trust, is sheltered and popular.

Saif y ddwy Ynys Tudwal ym Mae Abersoch. Dywedir bod modd cerdded unwaith ar dral mawr o'r Ynys Fach, yr agosaf at y lan, i Drwyn yr Wyflla ar y tir mawr. Codwyd goleudy ar yr ynys hon yn 1877. Cysegwyd cell ar yr Ynys Fawr i Sant Tudwal, fu'n byw am ym y bed ganrif. Ceisiodd y Tad Henry Bailey Maria Hughes a'i ddilynwyr ail-sefydlu cymdeithas fynachaidd yno, ond difethwyd eu mynachlog yn 1887 gan storm enfawr.

The two St Tudwal Islands where, according to tradition, Saint Tudwal lived in the 6th century, are situated in the bay off Abersoch. It is said that it was once possible to walk from Ynys Fach (the smaller of the two, and the nearest to the shore) to Trwyn yr Wyflla on the mainland at a time of very low tide. A Trinity House lighthouse was erected on this island in 1877. Father Henry Bailey Maria Hughes and his followers attempted to re-establish a monastic society, but their monastery was destroyed in 1887 by an enormous storm.

Mae rhwydwaith llwybrau cefn gwlad Penrhyn Llŷn yn cynnwys lonydd glas, llwybrau cyhoeddus a lonydd. Dylid dilyn yr arwyddion bob amser. Awgrym yn unig o'r llwybr a geir yma, a dylid defnyddio'r talienni efo'r map/lau OS priodol i'r cylch (cyfres Pathfinder).

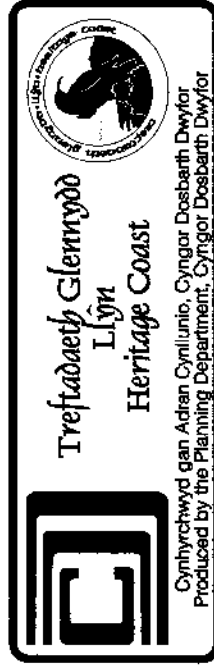
The footpath network on the Llŷn Peninsula includes tracks, public footpaths and country lanes. Signposts should be followed at all times. This leaflet is intended as a guide only, and should be used in conjunction with the relevant OS map/s from the Pathfinder series.

Yn 1985 sefydlwyd Prosiect Rheolaeth Cefn Gwlad Llŷn gan Gyngor Dosbarth Dwyfor. Gwneir gwaith ymarferol ar llwybrau cyhoeddus a gwarchod y tirun er mwyn diogelu'r amrywiaeth o fywyd gwyllt, megis y frân goesgoch a welir ar ein logo.

The Llŷn Countryside Management Project was set up by Cyngor Dosbarth Dwyfor in 1985. Practical work is undertaken on public footpaths and protecting the landscape in order to safeguard the variety of wildlife, such as the chough depicted on our logo.

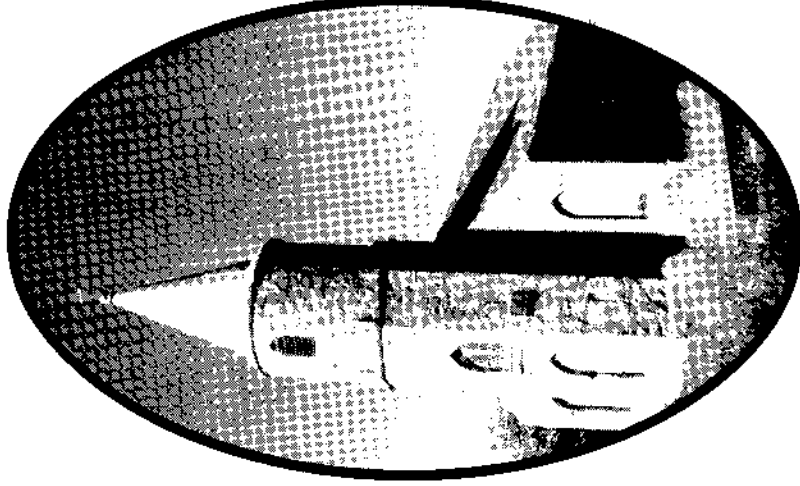


DILYNWCH REOLAU CEFN GWLAD FOLLOW THE COUNTRY CODE



HARTASMAPA

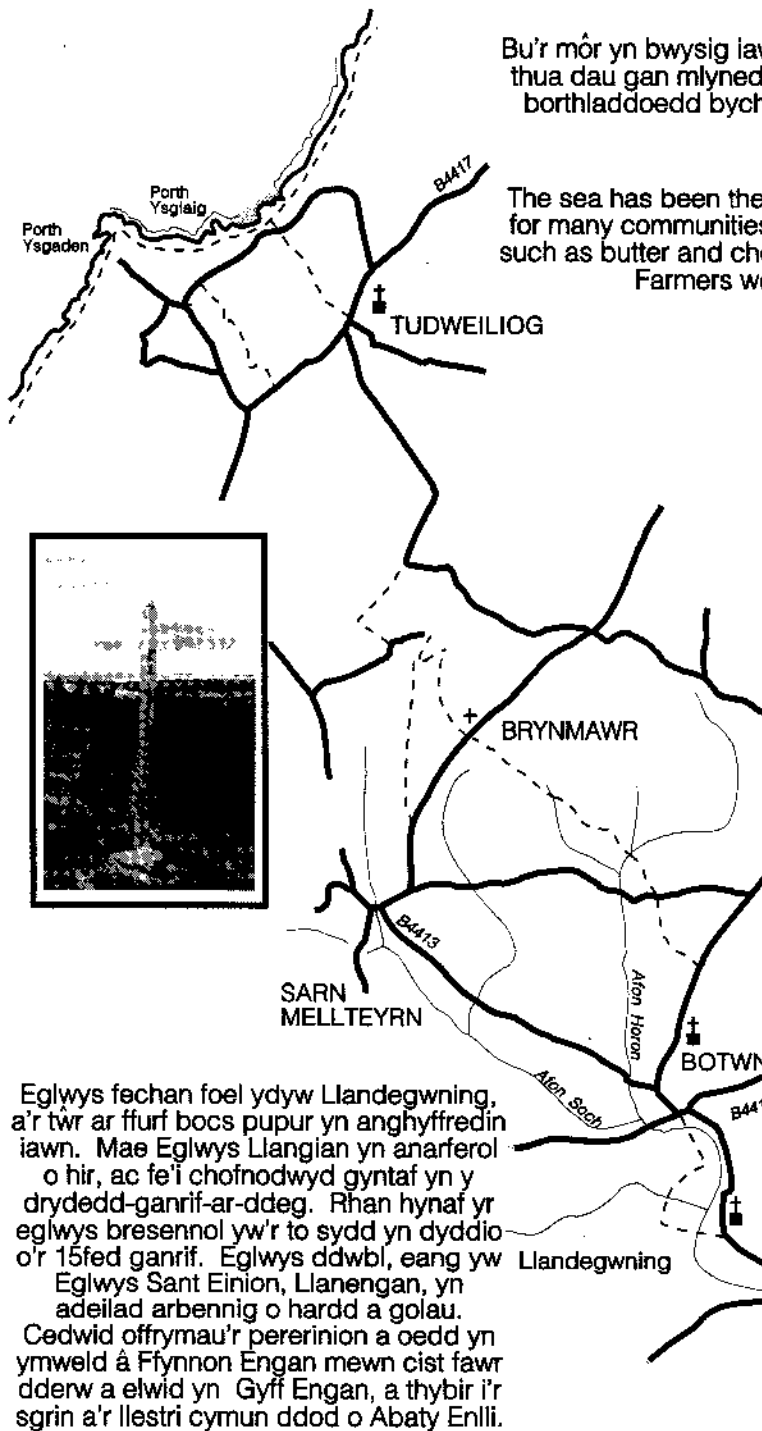
RHWYDWAITH LLWYBRAU
LLŷN
FOOTPATH NETWORK



PORTH YSQADEN
ABERSOCH

Bu'r môr yn bwysig iawn fel cyswllt Pen Llŷn â gweddill y byd am rai canrifoedd, a thua dau gan mlynedd yn ôl, allforiwyd cynnyrch fferm megis ymenyn a chaws o borthladdoedd bychain megis Porth Ysgaden. Dibynnai'r ffermwyr gryn dipyn hefyd ar halltu a gwerthu penwaig.

The sea has been the main link with the outside world and provider of sustenance for many communities on Llŷn for centuries. Two hundred years ago, farm goods such as butter and cheese were exported from small ports such as Porth Ysgaden. Farmers were also dependent on salting and selling herring.

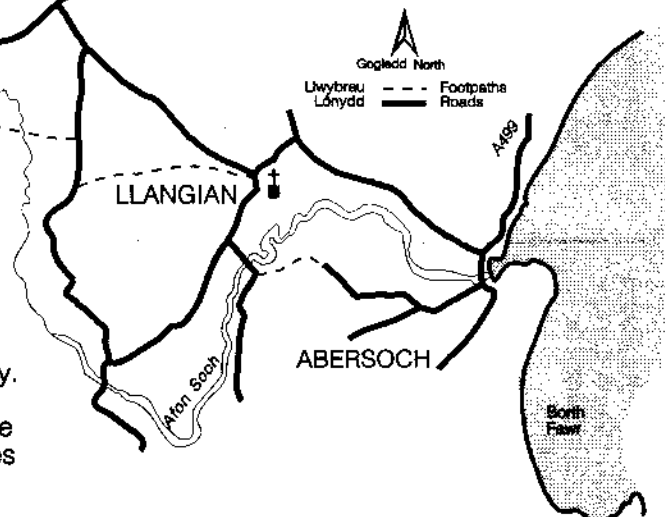


Sefydlwyd Ysgol Botwnnog yn y 15fed ganrif gan ŵr o'r enw Henry Rowland, a ddaeth yn Esgob Bangor yn ddiweddarach.

Ysgol Botwnnog (School) was established in the 15th century by Henry Rowland, who later became Bishop of Bangor.

Eglwys fechan foel ydyw Llandegwning, a'r twr ar ffurf bocs pupur yn anghyffredin iawn. Mae Eglwys Llangian yn anarferol o hir, ac fe'i chofnodwyd gyntaf yn y drydedd-ganrif-ar-ddeg. Rhan hynaf yr eglwys bresennol yw'r to sydd yn dyddio o'r 15fed ganrif. Eglwys ddwbl, eang yw Eglwys Sant Einion, Llanengan, yn adeilad arbennig o hardd a golau. Cedwid offrymau'r pererinion a oedd yn ymweld â Ffynnon Engan mewn cist fawr dderw a elwid yn Gyff Engan, a thybir i'r sgrin a'r llestri cymun ddod o Abaty Enlli.

Eglwys Llandegwning, a small and bare church, has a very unusual tower in the form of a petter pot. Eglwys Llangian, however, is an unusually long church, first recorded in the 13th century. The oldest part of the present church is the roof which dates from the 15th century. The vast double church of Saint Einion, Llanengan, is particularly beautiful with much natural daylight. Pilgrims' offerings, kept in a large oak chest, made this a rich church. The screen and communion plates are believed to have come from Ynys Enlli (Bardsey).



Cychwynna'r Afon Soch ar ei thaith yng nghyffiniau Mynydd Cefnamwlch, ac mae'n nadreddu ei llwybr trwy Forfa Neigwl a llifo i'r môr ym Mhen Cei, Abersoch. Dywedir mai'r un yw'r gair soch â hwch. Mae'r coed a'r gwrychoedd ar hyd ei glannau yn rhoi cysgod a mannau magu i famaliaid megis ystumod, draenogod, moch daear ac efallai dyfrgwn. Defnyddir y llystyfiant hefyd fel llwybr gwyrdd gan y dylluan frech, y dringwr bach a chnocell y coed. Mae'r lindys a chreaduriaid di-asgwrn-cefn eraill sy'n disgyn i'r dŵr yn fwyd i'r pysgod, yn ogystal â phryfed sydd yn byw yn yr afon ei hun megis ffurf cynnar y gwainbryf a chleren Fai.

The Afon Soch begins its journey in the vicinity of Mynydd Cefnamwlch, snakes its way through Morfa Neigwl and flows into the sea at Pen Cei, Abersoch. The Welsh word 'soch' is said to be the same as the word 'hwch' (sow). Vegetation along the river bank provides shelter and breeding areas for mammals including bats, hedgehogs, badgers and maybe otters. It also forms a woodland corridor for a great diversity of bird species from owls and woodpeckers to tits and treecreepers. Caterpillars and other invertebrates feed on overhanging trees, and drop into the water. These, together with many aquatic invertebrates including the larvae of mayfly and caddis, provide an important source of food for fish.