

Mae'r gylchdaith hir hon yn cychwyn yn hen bentref chwarelyddol Trefor ar arfordir gogleddol Llŷn ac yn mynd ymlaen i Glynog Fawr, arhosfan pwysig i bererinion yr Oesoedd Canol ar y daith i Ynys Enlli. Yna, mae'r daith yn cylchu brynau uchel mawredog Bwlch Mawr, Gyrn Goch a Gyrn Ddu, gan ddilyn godre'r copaon. Mae'r golygfeydd a gewch werth pob ymdrech gan y byddwch yn gweld ymhell ar draws Llŷn a thu hwnt.

Manylion y daith

Amcan o hyd: 15km/9.3 milltir.

Amcan o'r amser: 5 awr.

Map AO: graddfa 1:25 000 Explorer 254.

Man cychwyn/gorffen: Maes parcio traeth Trefor, SH376 473. Dewis arall yw Clynnog Fawr, SH414 497.

Mynediad a chyfleusterau

Parcio: Digon o leoedd parcio ym maes parcio traeth Trefor, LL54 5LB. Neu ar y stryd yng Nghlynnog, LL54 5PD.

Bws: Mae gwasanaeth bws rheolaidd rhwng Caernarfon a Phyllheli. Bws rhif 12.

Toiledau: ym maes parcio'r traeth, Trefor, ac ym mhentref Clynnog.

Lluniaeth: Siop gorsaf betrol yng Nghlynnog; siop leol yn Nhrefor.

Nodwch

- Er nad oes darnau gwirioneddol anodd i'r daith hon, mae **dringfa raddol** ar y llwybr er mwyn cylchu Bwlch Mawr a'r brynau eraill.
- Braslun yw'r map hwn. Argymhellir defnyddio'r **map AO** uchod.
- Cofier gadw at y Còd Cefn Gwlad: **Parchwch, Diogelwch, Mwynhewch** naturalresources.wales/media/3598/cod-cefn-gwlad.pdf

4 Cylchdaith Clynnog Trefor



Cyfarwyddiadau'r gylchdaith

Gan gychwyn y daith ym maes parcio traeth Trefor, dilynwch y llwybr i gyfeiriad y briffordd rhwng Caernarfon a Phyllheli (A499) a dilynwch y llwybr beicio sy'n gyfochrog gyda'r ffordd wrth iddo gylchu godrau'r Garn Ddu a'r Gyrn Goch i Glynog Fawr. gyda'i ffynnon sanctaidd a'i eglwys hynod. Yng Nghlynnog, cymerwch y llwybr sy'n dringo o gefn y pentref i ymuno â lôn dawel i ddringo'n raddol y tu cefn i Bwlch Mawr, ac ymlaen ar draws rhosdir moel ond trawiadol gyda godrau de-ddwyreiniol y Gyrn Goch a'r Gyrn Ddu. Mae'r llwybr wedyn yn disgyn yn raddol yn ôl i Drefor, lle bydd rhan olaf y daith yn eich arwain drwy goedwig aeddfed at droed Yr Eifl, heibio'r hen chwarel gan ddychwelyd at y maes parcio ar hyd Llwybr yr Arfordir.

Mannau o ddiddordeb

Mae pentref glan môr **Trefor** ① yn bodoli o ganlyniad i graig ithfaen Yr Eifl, sef y tri bryn sy'n edrych dros y pentref. Agorwyd chwarel ithfaen yng nghanol y bedwaredd ganrif ar bymtheg a gellir gweld lefelydd y chwarel ar y copa mwyaf gorllewinol. Ar y copa mwyaf dwyreiniol, sef Tre'r Ceiri, mae olion un o'r gwrthgloddiau o Oes yr Haearn sydd yn y cyflwr gorau yn Ewrop.

Gall y golygfeydd ar hyd y daith dros fryniau **Bwlch Mawr**, **Gyrn Goch** a **Gyrn Ddu** ② fod yn eang pan fo'r tywydd yn ffafril, yn cynnwys golygfeydd dros tair gwlad (Cymru, Lloegr ac Iwerddon) ac Ynys Manaw. Mae'r golygfeydd o'r Eifl yn ddihafal.

Mae gan **Glynog Fawr** ③ un o'r tair o eglwysy plwyf mwyaf nodedig yng Ngwynedd. Mae'n ymdebygu i Gadeirlan o ran graddfa o'i gymharu ag eglwysy eraill yn Llŷn, ac fe sylwch chi arni'n syth o'r ffordd fawr, gyda'i thŵr uchel a'i chapel bylchfuriog ar wahân. Mae'n eang ac yn olau braf y tu mewn gyda tho pren coeth a chroglen gywrain (sy'n gwahanu'r gangell a chorff yr eglwys).

Sefydlwyd mynachlog pwysig yng Nghlynnog yn y seithfed ganrif gan Beuno Sant, y dathlir ei ddydd gwyl ar Ebrill y 21^{ain}. Roedd yr Eglwys yng Nghlynnog yn un o'r manau mwyaf sanctaidd yng Nghymru, ar y cyd ag Eglwys Tyddewi yn Sir Benfro ac Ynys Enlli. Pan ddyfarnodd y Pab Calixtus II fod dwy daith i Dyddewi'n gyferth ag un i Rufain, daeth pererindodau o fewn Cymru'n fwyfwy poblogaidd ac erbyn yr unfed ganrif ar ddeg a'r ddeuddegfed ganrif, roedd y daith i Enlli'n boddi dan bererinion, a phob un ohonynt yn aros yng Nghlynnog wrth gysegdfa enwog Beuno. Mae arddangosfa ddiddorol am yr eglwys yn cynnwys gwaith diweddar y gellir ei weld yn www.treftadaetheryri.info/cy/location/437/st-beuno-church/.

Mae **Ffynnon Beuno** ④ wedi'i lleoli o fewn amgae gerrig ac mae'n un o nifer o ffynhonnau sanctaidd ar y llwybr o Dreffynnon i Enlli. Credai'r pererinion y gellid gwella unrhyw

salwch drwy ymweld â manau arbennig ac yfed dŵr o Ffynhonnau Sanctaidd.



Starting at the former quarry village of Trefor on the north coast of Llŷn, this long walk continues on to Clynnog Fawr, an important stop for medieval pilgrims en-route to Bardsey Island, and then back around the imposing high hills of Bwlch Mawr, Gyrn Goch and Gyrn Ddu, with panoramic views across the Llŷn and beyond making it well worth the effort.

Walk details

Approx. distance: 15km/9.3 miles.

Approx. time: 5hrs.

OS Map: Scale 1:25 000 Explorer 254.

Star/finish: Beach car park, Trefor, SH376 473. Alternatively from Clynnog Fawr, SH414 497.

Access and amenities

Parking: ample parking at Trefor beach car park, LL54 5LB. Street parking at Clynnog Fawr, LL54 5PD.

Bus: There is a regular no. 12 bus service between Caernarfon and Pwllheli.

Toilets: at the beach car park, Trefor; also in Clynnog Village.

Refreshment: petrol station/store in Clynnog, and a convenience store in Trefor.

Please note

- Even though there are no particularly difficult parts to this walk, there is a **long gradual climb** in order to circle Bwlch Mawr and adjacent hills.
- This map is a rough guide only. We recommend you use the above **OS map**.
- Remember to adhere to the Countryside Code: **Respect, Protect, Enjoy**
naturalresources.wales/media/1369/the-countryside-code.pdf

4 Clynnog Trefor Circular walk



Points of interest

The seaside village of **Trefor** ① owes its existence to the granite rock of Yr Eifl, the three hills that overlook the village. A granite quarry opened in the mid 19th century and the quarry workings can be seen on the westernmost point of the three summits. The most easterly summit, Tre'r Ceiri has the remains of one of the most well preserved iron age fortifications in Europe.

Views from the walk over the hills of **Bwlch Mawr, Gyrn Goch** and **Gyrn Ddu** ② can be extensive in favourable weather conditions and include views of over three countries (Wales, England & Ireland) and the Isle of Man. There are also excellent views of Yr Eifl.

Clynnog Fawr ③ has one of the most notable parish churches in Gwynedd. It is cathedral-like in scale compared to the other churches on the Llŷn, and is immediately noticeable from the main road with its high tower and separate, battlemented chapel. It has a bright and spacious interior with fine timber roof and elaborate rood screen (the partition between the chancel and nave).

A major monastery was founded at Clynnog in the 7th century by St Beuno, whose festival day is held on the 21st of April. The Church at Clynnog was one of the holiest places in Wales alongside St David's in Pembrokeshire and Bardsey Island. When Pope Calixtus II ruled that two journeys to St David's were to be regarded as the equivalent of one to Rome, pilgrimage within Wales became increasingly popular, and by the 11th and 12th century the route to Bardsey was inundated with pilgrims, all of whom stopped at Beuno's famous shrine in Clynnog. An interesting exhibition on the church, which includes recent work, can be viewed at www.treftadaetheryri.info/en/location/427/st-beuno-church/

Ffynnon Beuno ④ is situated in a stone-walled enclosure and is one of a number of holy wells on the route from Holywell to Bardsey. Pilgrims believed their illness would be cured by visiting particular places and drinking water from these wells.



Walk directions

Beginning the walk at Trefor beach car park, follow the route in the direction of the main Caernarfon to Pwllheli Road (A499) and follow the cycle path parallel with the road as it edges around the foot of Garn Ddu and Gyrn Goch to Clynnog Fawr with its holy well and church. At Clynnog take the footpath that climbs up behind the village to join a quiet lane which takes you around the south east side of Bwlch Mawr. Leave the lane here for a gradual climb up behind Bwlch Mawr, and on through a bleak yet spectacular open heathland and moor landscape to skirt the south east sides of Gyrn Goch and Gyrn Ddu. You then gradually descend back towards Trefor, where the final part of the walk will take you up through mature woodland to the foothills of Yr Eifl, past the old quarry and back to the car park via the coastal path.

