

Llwybr Sgwd yr Eira (o faes parcio Craig y Ddinas)
Sgwd yr Eira Trail (from Dinas Rock car park)

LLWYBR
TRAIL

5



Sgwd yr Eira

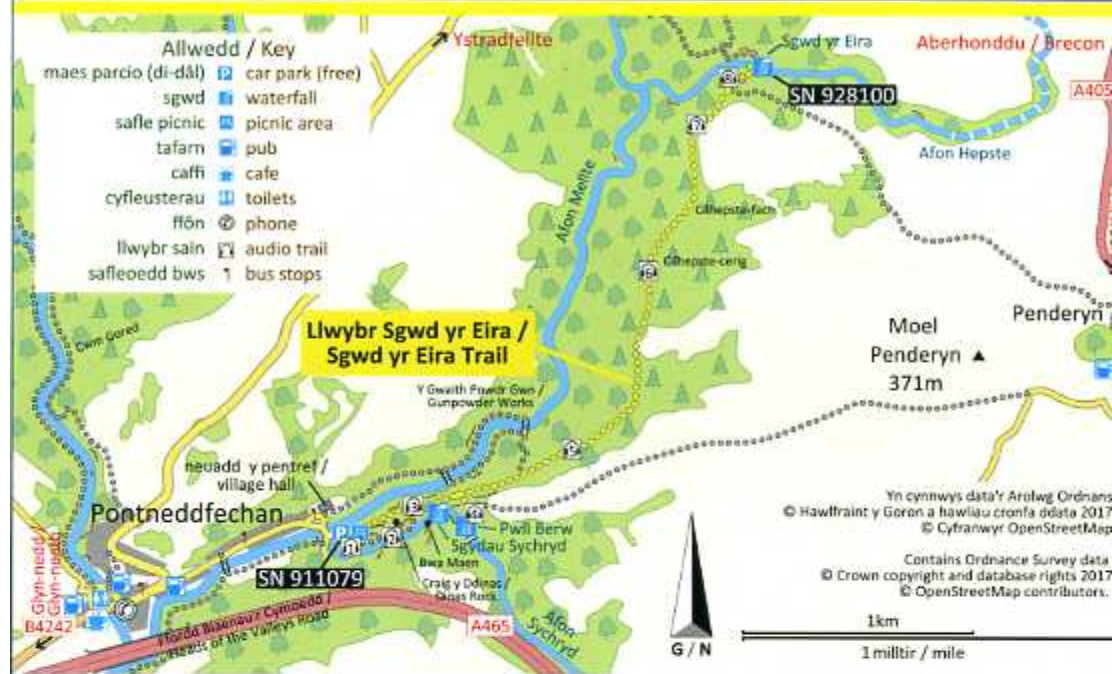
	DECHRAU START	 Tir dan draed Terrain	 Y Ffactor Waw Wow Factor	 Torfeydd Crowds	 Amser Time	 Ffalter Distance
LLWYBR TRAIL 5	Maes parcio Craig y Ddinas Cyfeirnod grid: SN 911079 Dinas Rock car park Grid reference: SN 911079	2	3	4	2 awr/ hours	4 milltir/miles (6.4 km)

Llwybr deniadol sy'n cordeddu uwchlaw ceunentydd dwfn a choediog Mellte a Hepste er mwyn cyrraedd rhaeadr boblogaidd a thrawiadol Sgwd yr Eira.

Gan ddechrau eich taith ym maes parcio Craig y Ddinas, dilynwch arwyddbyst y llwybr sy'n codi i'r chwith o brif wyneb y graig. Ar ôl i chi dacio'r dechreuad serth a llithrig, weithiau, dilynwch arwyddbyst y llwybr melyn dros ben Craig y Ddinas.

A scenic and lofty walk contouring above the deep wooded Mellte and Hepste gorges to reach the popular and impressive fall of Sgwd yr Eira.

Starting your walk at Dinas Rock car park, follow the waymarked path which rises up to the left of the main cliff face. After this steep and sometimes slippery start, follow the yellow waymarked route over the top of Dinas Rock.




Mae'r enw'n cyfeirio at y ffaith fod bryngaer neu 'ddinas' yma yn ystod yr Oes Haearn. Anwybyddwch y llwybrau sy'n disgyn i'r cymoedd i'r ddwy ochr, ac arhoswch ar y llwybr uchel drwy goedwig sydd newydd ei thorni – gall fod yn fwdlyd dan draed. Rydych chi'n anelu at raeadr boblogaidd Sgwd yr Eira, ble gallwch sefyll ar y llwyfan creigiog y tu ôl i'r llen o ddŵr.

 Mae cenedlaethau o Gymry wedi ceisio gwneud eu ffortiwn yma. Gallwch glywed mwy drwy lawrlwytho llwybr sain Sgwd yr Eira ar:

The rock's Welsh name Craig y Ddinas translates as 'rock of the fortress', and refers to the site's use as a hillfort during the Iron Age.

Ignore the paths that descend to the valleys either side and stay on the elevated path through recently felled woodland which can be muddy underfoot. Your destination is the popular Sgwd yr Eira waterfall, where you can stand on the rocky ledge behind the curtain of falling water.

 Generation after generation have sought their fortunes here. To hear more download the Sgwd yr Eira audio trail at:



www.breconbeacons.org/audiotrails