

AMGUEDDFA CYMRU

CAMU 'MLAEN

Ydych chi'n cyfri'ch camau bob dydd? Yma yn Amgueddfa Wlân Cymru gallwn eich helpu i ychwanegu at eich cyfanswm – yn yr Amgueddfa, wrth ymweld â'r Ardd Liwrau a'r Ddôl neu trwy ddilyn Llwybr y Pentref. Maen debyg fod mynd am dro yn dda i'ch iechyd corfforol a meddyliol. Felly cymrwch y cam cyntaf a mwynhau ein Hamgueddfa.

STEPPING OUT

Keeping count of how many steps you do per day? Here at the National Wool Museum we can help you add to your total, while browsing the Museum, visiting our Natural Dye Garden and Meadow, or taking our Village Trail. Taking a walk is said to be good for your health both physically and mentally. So it's time to put your best foot forward and see some of our sights.



LWYBR 1

Tro o gwmpas yr Amgueddfa

Casglwch fap o'r Amgueddfa a'i ddilyn o gwmpas ein hen beiriannau. Cewch glywed mwy am hanes ein pentref a'r oriel decstilau. Trwy ddysgu am hanes gwlân, o gnu i garthen, cewch gip ar y gorrffennol a chyfrannu at nifer eich camau hefyd.

TRAIL 1

A walk around the Museum

Pick up one of our Museum maps and follow it round to see our working machines, our history of the village and our textile gallery. This guide to turning fleece into fabric will not only give you an insight into the past but add to your daily step count too.

TUA
600
O GAMAU

APPROX
600
STEPS



LWYBR 2

Tro o gwmpas yr Ardd Liwrau

Cyn lliwrau cemegol, roedd planhigion yn cael eu defnyddio i liwio gwlân. Dewch am dro o gwmpas yr ardd liwrau. Yma, cewch gyflwyniad i'r mathau o blanhigion oedd yn cael eu defnyddio. Cymerwch hoe heddychlon ar ein sedd gamri, a gweld pa westeion sydd yn y gwesty pryfed!

TRAIL 2

A stroll round the Natural Dye Garden

Before chemical dyes, plants were used to colour the wool. Wander round our natural dye garden which gives an introduction to the types of plants that would have been grown for this purpose, have a mindful moment on our camomile seat and see who is booked into our insect hotel!

APPROX
260
STEPS

LWYBR 3

Ymlwybrwch i'r man ble tyfir helyg ar gyfer basgedi

Dilynwch y llwybr i gefn y ddôl, yma rydym yn tyfu helyg ar gyfer gwehyddu basgedi. Yna, dilynwch y llwybr ar hyd pen y ddôl gan orffen ar bwys y Sied Wyn a'r ffrâm ddeintur. Roedd blancedi yn cael ei dynnu dros y ffrâm i'w sychu.

TRAIL 3

Wander up to where willow is grown for baskets

Follow the path to the back of the meadow where we grow willow for basket weaving, then follow the mown path along the top of the meadow to end up by the Wind Shed and tenter frame, where blankets would have been stretched out to dry, literally 'on tenterhooks'.

APPROX
740
STEPS

TUA
740
O GAMAU



LWYBR 4

Llwybr y Pentref

Casglwch daflen o'r dderbynfa a dechrau'r daith o gwmpas pentref Dre-fach Felindre. Cewch ddysgu llawer o ffeithiau diddorol am yr ardal a mwynhau llwybrau hardd y wlad. Gwisgwch esgidiau addas, mae rhan o'r daith dros lwybr pridd. Nid yw'r llwybr yn addas i gadeiriau olwyn na chadeiriau gwthio.

TRAIL 4

The Village Trail

Pick up a leaflet at the reception desk and start your trip round the village of Dre-fach Felindre. You'll learn lots of facts about the area and walk some of the pretty countryside routes. Part of the route is on dirt tracks, so sensible footwear is advised. This route is not suitable for wheelchairs or pushchairs.

TUA
3,900
O GAMAU

APPROX
3,900
STEPS



LWYBR 5

Llwybr y Brif Ffordd

Dyma lwybr hygyrch o gwmpas rhai o adeiladau hanesyddol Llwybr y Pentref. Gan ddefnyddio'r un map, trowch i'r dde ac aros ar y brif ffordd. Bydd y llwybr yn mynd â chi heibio Tŷ Hir (tua 600 o gamau) ac ymlaen i Sgwâr y Gât ac Eglwys Sant Barnabas.

TRAIL 5

The Main Road Route

An accessible route taking in some of the historic buildings in the Village Trail. Using the same map, head right and stay on the main road. This route takes you past Ty Hir (approx. 600 steps) and on to Sgwâr y Gât and St Barnabas Church.

TUA
1,000
O GAMAU

APPROX
1,000
STEPS



Amcangyfrifon yw'r rhifau uchod, a gallant amrywio rhwng teclynnau cyfri camau.
All calculations are approximate and may vary between step counters.