

# CAMU 'MLAEN

Ydych chi'n cyfri'ch camau bob dydd?

Yma yn Amgueddfa Lleng Rufeinig Cymru, gallwn eich helpu i ychwanegu at eich cyfanswm. Archwiliwch Oriel yr Amgueddfa, darganfod Ystafell y Barics a gorymdeithio allan i'r Ardd Rufeinig.

## LWYBR 1



Mae gan yr Oriel lwyth o drysorau cudd ac olion hanes y Rhufeiniaid. Dewch i fwynhau'r arddangosiadau, gweld y casgliadau mwyaf o emau i gael eu darganfod yn yr Ymerodraeth Rufeinig, a'r darnau ysgrifenedig hynaf ar gofnod yng Nghymru. Ewch am dro i Ystafell y Barics lle gallwch wisgo mewn copi o arfwisg a dychmygu eich bod yn Filwr Rhufeinig.

## LWYBR 2



Beth am ychydig o awyr iach wrth fynd i weld sut allai Gardd Rufeinig ym Mhrydain fod wedi edrych? Cyflwynodd y Rhufeiniaid erddi addurniadol i Brydain fel llefydd ar gyfer hamddena a mwynhau. Cymerwch eiliad i eistedd ac ymlacio, cyn ymlwybro o gwmpas y cloddiau blwch, coed cypres a gwinwydd!

Os ydych chi am gerdded mwy fyth heddiw, beth am fynd ymlaen i archwilio Baddondai'r Gaer, yr Amffitheatr a Wal y Gaer a Barics Maes Prysg, sydd i gyd o fewn pellter cerdded i'r Amgueddfa ac yn llawn hanes y Rhufeiniaid.

Amcangyfrifon yw'r rhifau uchod, a gallant amrywio rhwng teclynau cyfri camau.

# STEPPING OUT

Keeping count of how many steps you do?

Here at the National Roman Legion Museum we can help you add to your total. Explore the Museum Gallery, discover the Barrack Room and march your way out to the Roman Garden.

## TRAIL 1



The Gallery has some amazing hidden gems and pieces of Roman history. Explore the displays, spot the largest gemstone collection found anywhere in the Roman Empire and the oldest pieces of writing in Wales. Wander down to the Barrack Room where you can try on some replica armour and imagine being a Roman Soldier.

## TRAIL 2



Get some fresh air and see how a Roman Garden in Britain might have looked. The Romans introduced ornamental gardens to Britain as places for leisure and pleasure. Take a moment to sit and relax, before maybe marching around the box hedges, cypress trees and vines!

If you'd like to carry on your step count today, why not explore the Fortress Baths, the Amphitheatre, Fortress Wall and Prysg Field Barracks, which are all in walking distance from the Museum and full of Roman history.

All calculations are approximate and may vary between step counters.

