

Taith gerdded noddedig – cerdded arfordir Sir Gaerfyrddin



Sponsored walk – Carmarthenshire coastal path

Nod / Aim

- Sialens i bob aelod o deulu'r Dderwen – rhieni, plant, mamgus/dadcus, staff
- Cerdded llwybr arfordir Sir Gaerfyrddin mewn 2 ddiwrnod
- Cyfle i deuluoedd gymdeithasu o dan reolau covid
- Cadw'n iach – iechyd a lles

- A challenge for all members of y Dderwen's family – parents, pupils, grandparents, staff
- Walk the Carmarthenshire coastal path in two days
- Opportunity for families to socialise under covid regulations
- Keep fit – health and wellbeing



1 – 10km
 2 – 20km
 3 – 6km
 4 – 12km
 = 48km

5 – 12km
 6 – 12km
 7 – 7km
 8 – 13 km
 = 44km

**48km + 44km
 = 92km (57 m)**

Dydd Sadwrn, Gorffennaf 10

Cymal	Ble	Pellter	Hyd	Amser	Her
1	Bynea – Doc y Gogledd	6.2m	2 ½ awr	7am	2/5
2	Doc y Gogledd – Pwll	2.3m	1 awr	9:30am	1/5
3	Pwll –Harbwr Porth Tywyn	2.4m	1 awr	10:30am	1/5
4	Harbwr Porth Tywyn – Parc Pembre	2m	45mun	11:30am	1/5
5	Parc Pembre– Cydweli	10m	2 ½ awr	12:15pm	3/5
6	Cydweli - Glanyfferi	3.7m	2 ½ awr	3:45pm	2/5
7	Glanyfferi - Caerfyrddin	8.4m	2 ½ awr	5:45pm	4/5

Dydd Sul, Gorffennaf 11eg

Cymal	Ble	Pellter	Hyd	Cychwyn	Her
8	Caerfyrddin – Llansteffan	8.5m	3 ½ awr	6am	4/5
9	Llansteffan – Scott’s Bay	1m	½ awr	9:30am	1/5
10	Scott’s Bay – Sancler	9m	3 ½ awr	10am	4/5
11	Sancler – Talacharn	5.5m	2 ½ awr	1:30pm	3/5
12	Talacharn – Broadway	2m	1 awr	4pm	1/5
13	Broadway - Amroth	9.5m	3 awr	5pm	5/5

Pryd? / When?

- 2 ddiwrnod
- Dydd Sadwrn a dydd Sul Gorffennaf 10+11
- 9am – 7pm
- Dydd 1 – Llanelli i Gaerfyrddin
- Dydd 2 – Caerfyrddin i Amroth

- 2 days
- Saturday and Sunday July 10+11
- 9am – 7pm
- Day 1 – Llanelli to Carmarthen
- Day 2 - Carmarthen to Amroth



Pwy?

- Teuluoedd
- Rhieni, mamgus/dadcus a plant
- Rhai rhannau ddim yn addas i blant
- Niferoedd yn dibynnu ar gyfyngiadau'r Llywodraeth – falle yn 30 o oedolion ar gyfer pob cymal

- Families
- Parents, grandparents and children
- Some sections not suitable for children
- Numbers subject to covid regulations – could be max. 30 adults in a group for each section

Targed

- £3000
- 60 teulu yn codi £50 yr un o arian nawdd

- £3000
- Equivalent to 60 families raising £50 each in sponsorship

