

Make for the stile at Pant y Ffyrch again and once over it follow the obvious onward path which climbs gently out of the hollow on the slope above the route you followed earlier. As you start to descend, pass a large boulder of basal grit then turn right down the incline to Pen Cribarth; this time do not cross the stile but take the obvious track off to the left (signed 'Ynyswen') heading down through otherwise rough slopes adorned with broken gritstone pavements.

Keeping a fenced spring on your right, make downhill for a stile at a field corner with a wood beyond. Cross the stile and head along the lower edge of the field with **Abercrae Wood** on your right.

Notice large boulders of Old Red Sandstone beside the path in the field - these are 'glacial erratics' dumped here towards the end of the last ice age by the melting Tawe Valley glacier which carried them from hills further north.

Cross a further stile then immediately turn right through a field gate into the wood.

Natural oak and hazel woods like this thrive on the wet acid soils common in the gritstone areas of the Geopark.

The stoney ridge of Cribarth rises above Abercrae Wood and the upper Swansea Valley.



4 Take the right-hand track down through the woods through several gates to Abercrae Farm. Turn right through the farm gate along the lane to the Abercrae Inn (bus stop here). Pass the Copper Beech Inn and



Please follow the Countryside Code, taking special care to leave gates as you find them and keeping your dog on a short lead around sheep.



A new simple geology map of Fforest Fawr Geopark is available from National Park information centres to help you understand the landscape you're walking through.

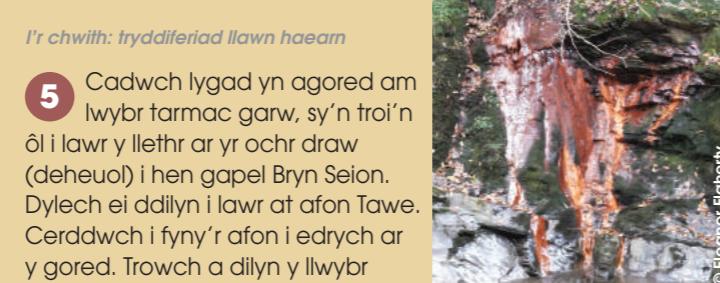
Anelwch eto am y gamfa ym Mhant-y-Ffyrch ac ar ôl ei chroesi, dilynwr y llwybr amlwg ymlaen sy'n dirngio'n raddol o'r pant ar y llethr uwchben y llwybr y buoch yn ei ddilys gynnau. Wrth ddechrau disgyn, ewch heibio i glodfaen mawr o rut gwaelodol ac yna troi'r dde i lawr yr inclén i Ben Cribarth: y tro yma, peidwch â chroesiai'r gamfa ond cymherwch y llwybr amlwg i'r chwith (gyda'r arwydd 'Ynys-wen') gan anelu i lawr a hyd llethrâu sydd fel arall yn arw ac sydd wedi'u haddurno â phalumentydd gruffaen foredig.

Gan gadw ffynnon sydd wedi'i ffensiôl ar y dde, ewch am lawr at gamfa yng nghornel y cae gyda choed y tu hwnt iddi. Ewch dros y gamfa a mynd ar hyd ymhl isâr cae gyda **Choed Aber-craf** ar y dde.

Sylwch ar y clogeini mawr o Hen Dywodfaen Coch wrth ochr y llwybr yn y cae - rhai 'dyfed rhewlifol' yw'r rhain a olynnywedd yma tua diwedd yr oes iâ ddiwetha gan rewlif Cwm Tawe wrth iddo doddi a'u cludo o frysiau ymhellach i'r goledd. Mae coed deri a chyll naturiol fel hyn yn ffynnu ar y priddoedd asid gwylbyb sy'n gyffredin yn ardaloedd gruffaen y Geoparc.

Ewch dros gamfa arall a thro'i'n syth i'r dde dwy'r giât gae i'r coed.

Mae esgair garegog y Cribarth yn codi uwchben Coed Aber-craf a Chwm Tawe Uchaf.



5 Cadwch lygad yn agored am llwybr tarmac garw, sy'n troi'n ôl i lawr y llethr ar yr ochr draw (deheuol) i hen gapel Bryn Seion. Dylech ei ddilys i lawr at afon Tawe. Cerdwch i fyny'r afon i edrych ar y gored. Trowch a dilyn y llwybr i lawr yr afon drwy'r ceunant.

Mae'r llwybr cerdded yn gorwedd dros hen gyflenwyd y gamfas a adnewyddwyd gan Ddyrifffyrryd Prydain (Glandŵr Cymru erbyn hyn) yn 2011. Ar un adeg, arweiniodd chwarter milltir ymhellach at flaen Camlas Abertawe a gwbllhwyd hyd at Fasn Rheolau ym 1794. Cewch gyfie i edymgyr' ceunant cul a dorwyd gan yr afon i creigiau'r Cystradau Glos ymog ymddygo'n serth. Yma ac acau mae'r holl haearn sydd i'w gael yn naturiol yn y creigiau hyn (sydd mewn mannau yn cynnwys haearnfeini) yn cael ei ddangos gan y tryddiferiadau coch rhyllyd. Cadwch eich lygad yn agored am drochwr y a glas y dorian!



Mae'r afon yn troi i llo o dan ffordd osgoi Aber-craf. Ewch dwy'r giât fochn yma, yna daliwrch ar y llwybr wrth iddo redeg ochr yn ochr a'r briffordd. Wrth gyrraedd llain yr A4067, ewch yn ôl i'r dde ar llwybr cul i fyny i Heol Tawe a'r swyddfa bost, lle gallwr ffynhau hoe haediannol ac ychydig luniaeth.



4 Cymerwch y llwybr i'r dde i lawr drwy'r coed a thrwy sawl giât i fferm Aber-craf. Trowch i'r dde dwy'r giât y fferm ar hyd y lôn i Dafarn Aber-craf (mae safle bws yma). Ewch heibio i Dafarn y Copper Beech ac ymlaen i'r gorllewin ar hyd y palwrn with ymhl Heol Tawe, y brif stryd drwy'r pentref, am 550m ymhellach.



Mae map daeareg syml newydd o Geoparc y Fforest Fawr ar gael gan Ganolfannau Gwybodaeth y Parc Cenedlaethol i'ch helpu i ddeall y dirwedd rydych yn cerdded drwyddi.



5 Look out for a rough tarmac track doubling back down the slope on the opposite (south) side from the old Bryn Seion chapel. Follow it down to the River Tawe. Walk upstream to view the weir. Turn and follow the path down-river through the gorge.

The walkway overlies the former canal feeder which was refurbished by British Waterways (now Glandŵr Cymru) in 2011. It once led a further quarter of a mile to the head of the Swansea Canal which was completed to the Rheolau basin in 1794. Admire the narrow gorge cut by the river into the steeply dipping Coal Measures rocks. In places the naturally high iron content of these rocks (which in places contain ironstones), is betrayed by vivid rust red seepages.

Watch out for dippers and kingfishers!

Kingfishers frequent the river

The river turns away to flow under the Abercrae bypass. Pass through a kissing gate here then keep to the path as it runs parallel to the main road. On reaching the verge of the A4067 road, double back to the right on a narrow path back up to Heol Tawe and the post office where you can enjoy a well-earned rest and some refreshment.

Key / Allwedd

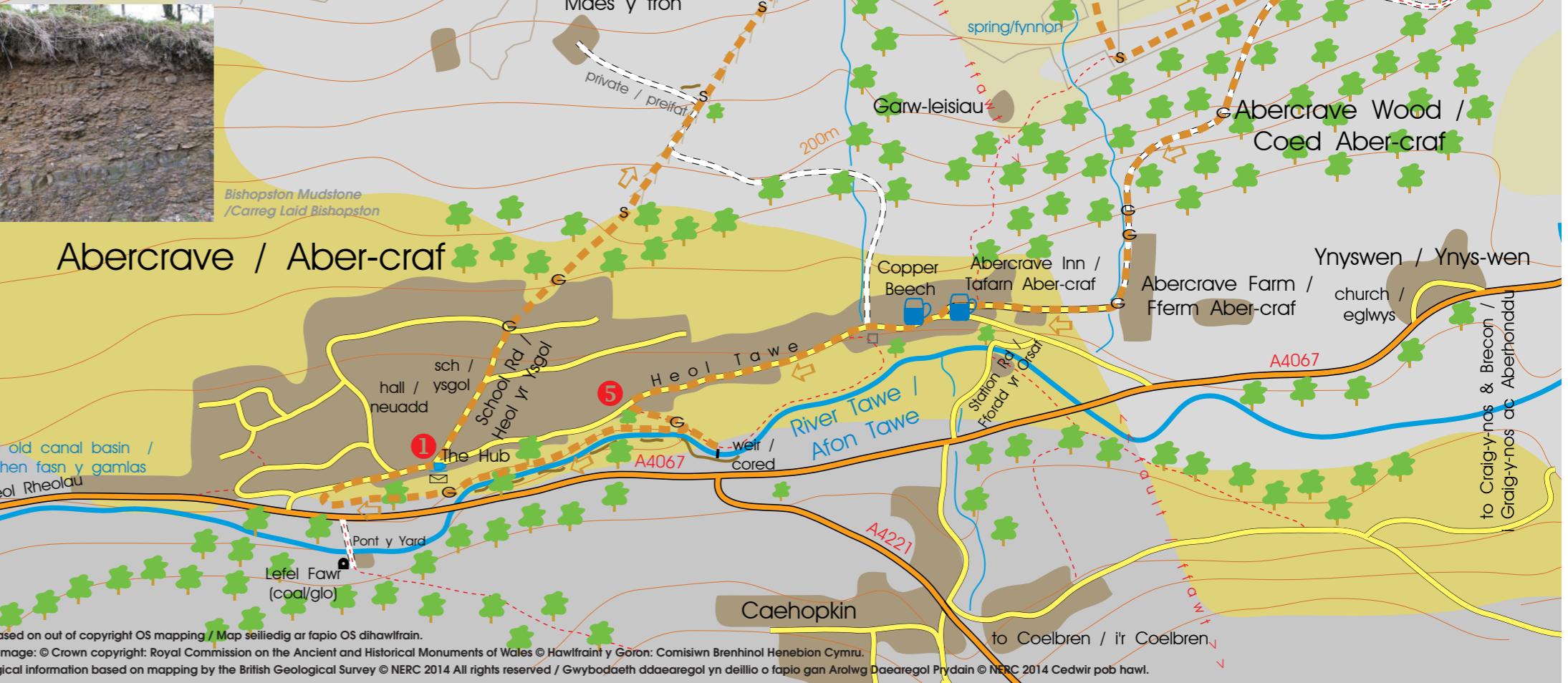
- 2 walk route / llwybr y dath gerdded
- other paths / llwybrau eraill
- main road / priffordd
- minor road / isffordd
- farm track / lôn fferm
- old tramroad / hen dramffordd
- incline / inclén
- s,g stile, gate / sticill, giât
- summit, hollow / copa, pant
- contours at 20m interval / cyfuchliniau fusol 20m

for colours used to show different rock types, see cross-section / am y liiliau a ddefnyddir i ddangos gwahanol fathau o greigiau, gweler y croesoriaid

0 kilometre / cilomedr
0 mile / milltir 0.5



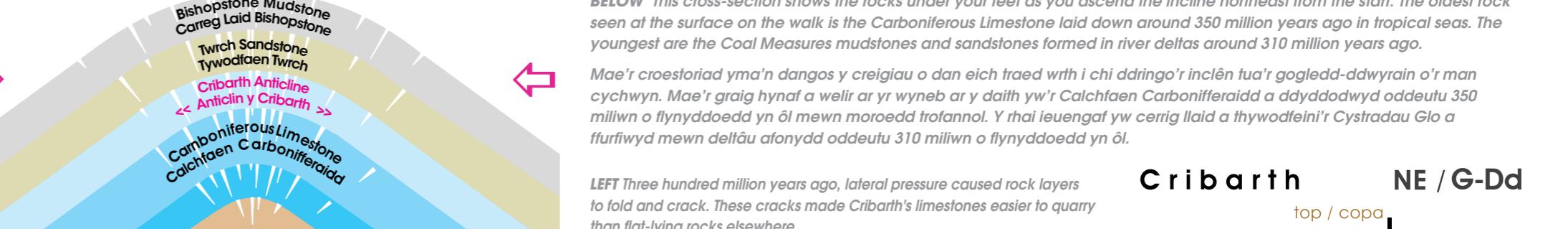
Abercrae / Aber-craf



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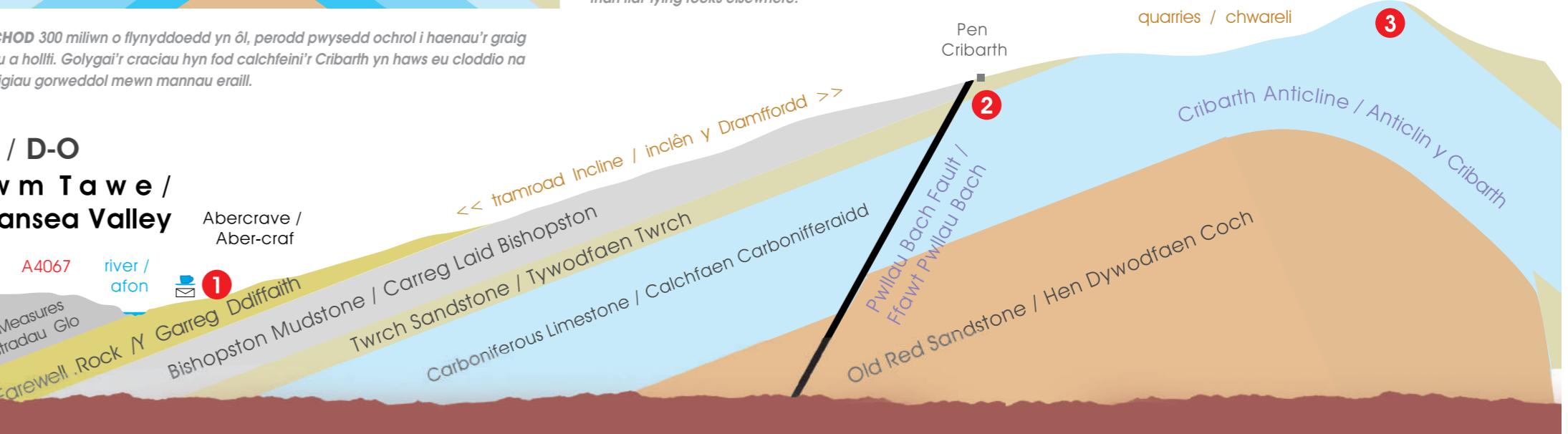
Geological Information based on mapping by the British Geological Survey © NERC 2014 All rights reserved / Gwybodaeth daearegol yn ddilis o fapio gan Arolwg Daeargeg Prydain © NERC 2014 Cedwir pob hawl.



BELOW This cross-section shows the rocks under your feet as you ascend the incline northeast from the start. The oldest rock seen at the surface on the walk is the Carboniferous Limestone laid down around 350 million years ago in tropical seas. The youngest are the Coal Measures mudstones and sandstones formed in river deltas around 310 million years ago.

Mae'r croesoriaid yma'n dangos y creigiau o dan eich traed with i chi ddringo'r inclén tua'r gogledd-ddwyrain o'r man cychwyn. Mae'r graig hynaf a welir ar yr wyneb ar y dath yw'r Calchfaen Carboniferaid a ddyddodwyd oddeutu 350 miliwn o flynyddoedd yn ôl mewn moroedd trofannol. Y rhai ieuencaf yw cerrig llaid a thywodfeini'r Cystradau Glos a ffurfiwyd mewn deltau afonydd oddeutu 310 miliwn o flynyddoedd yn ôl.

LEFT Three hundred million years ago, lateral pressure caused rock layers to fold and crack. These cracks made Cribarth's limestones easier to quarry than flat-lying rocks elsewhere.



Cribarth NE / G-Dd

top / copa
quarries / chwareli

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