

### Gwybodaeth a chymorth i ymwelwyr:

- Aberystwyth (01970) 612125
- Aberaeron (01545) 570602
- Y Borth (01970) 871174
- Aberteifi (01239) 613230
- Cei Newydd (01545) 560865

Safwe Ceredigion: [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

### Cludiant Cyhoeddus:

Mae gwasanaeth bysyst dyddiol i Aberporth a Thresaith (Rhif 550).

Am ragor o wybodaeth ffoniwch 0870 6082608.

Mae'r daflen yma yn un o gyfres o dafleni ar arfordir a chefn gwlad Ceredigion.

Am ragor o wybodaeth cysylltwch â Chanolfan Groeso neu ysgrifennwch i'r cyfeiriad canlynol:

Adain yr Arfordir a'r Cefn Gwlad,

Adran y Gwasanaethau Amgylcheddol a Thai, Cyngor Sir Ceredigion, Penmorfa, Aberaeron, SA46 0PA.

Gwnaed y gwelliannau i'r llwybrau sydd yn y daflen yma gan Adran y Gwasanaethau Amgylcheddol a Thai.

Dyluniwyd a chynhyrchwyd gan Gyngor Sir Ceredigion, 2001©

Cefnogwyd gan: Cyngor Cefn Gwlad Cymru

Ariennir y cynllun yn rhannol gan Gronfa Ddatblygu Rhanbarthau Ewrop

Darperir data map 1:10,000 yr Arolwg Ordnans sydd yn y daflen hon gan Gyngor Sir Ceredigion fel y trwyddedwyd gan yr Arolwg Ordnans er mwyn dangos trywydd y daith gerdded a nodir. Ni ellir copio'r data sydd ar y map na'i ddefnyddio mewn unrhyw gyhoeddiad arall heb ganiatâd yr Arolwg Ordnans.

### Tourist Information and Assistance:

- Aberystwyth (01970) 612125
- Aberaeron (01545) 570602
- Borth (01970) 871174
- Cardigan (01239) 613230
- New Quay (01545) 560865

Ceredigion website: [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

### Public Transport:

There is a daily bus service serving Aberporth and Tresaith (No 550). For further information tel: 0870 6082608

This is one of a series of leaflets featuring the coast and countryside of Ceredigion.

For further information contact a Tourist Information Centre or write to: Coast and Countryside Section, Department of

Environmental Services and Housing, Ceredigion County Council, Penmorfa, Aberaeron, SA46 0PA.

Improvements to paths included in this leaflet have been carried out by the Department of Environmental Services and Housing.

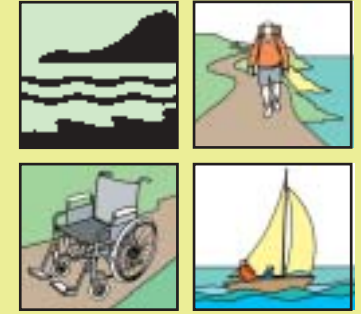
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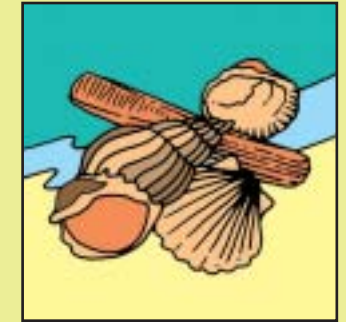
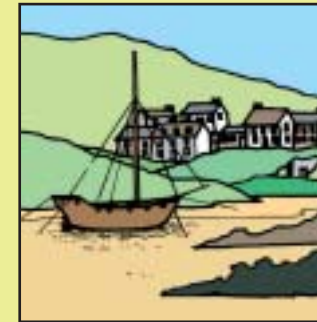
This scheme is partly funded by the European Regional Development Fund

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## CEREDIGION



## TRESAITH and ABERPORTH Coast and countryside walk



## TRESAITH ac ABERPORTH Taith gerdded ar hyd yr arfordir a'r cefn gwlad

25c/p

YR ARFORDIR A'R CEFN GWLAD  
COAST AND COUNTRYSIDE



**Aberporth**

Mae'r llwybr ar ben y clogwyn o Dresaith yn arwain at bentref Aberporth, tua 1 1/2 milltir / 2 km i ffwrdd. Edrychwch am y glochdar y graig (stonechat), corhedydd y waun (meadow pipits) ac efallai y brain coesgoch (chough) prin. Yn ystod yr haf, gallwch weld gloynnod byw ar hyd y llwybr, yn arbennig yr ardaloedd hynny sy'n cael eu diogelu gan brysgwydd y ddraenen ddu.

**Aberporth**

The cliff top path from Tresaith leads to the coastal village of Aberporth, about 1 1/2 miles / 2 km away. Look out for stonechat, meadow pipits, and perhaps the rare chough. During the summer, gatekeeper butterflies are often seen along the coast path, especially in those areas protected by blackthorn scrub.

Datblygodd y pentref yn gyflym tua diwedd yr 17eg ganrif ac ar ddechrau'r 18fed ganrif yn ganolfan forwrol. Erbyn canol y 19eg ganrif roedd yno lawer o longau ym meddiant teuluoedd o Aberporth. Roedd angorfa ddiogel gysgadol yn y traeth mwyaf gogleddol sef Traeth y Dyffryn neu Draeth y Llongau.

The early settlement of Aberporth was centred on Pen Trwyn Cynwyl, the narrow spur of land between its two beaches. The point is named after St Cynwyl, to whom the parish church is dedicated. He is mentioned in the Mabinogion story of 'Culwch and Olwen', and is said to be one of the three men to have escaped from the Battle of Camlan.

Roedd Aberporth yn enwog hefyd am bysgota ysgadan. Defnyddiwyd cychod rhyfio trwm â hwyliâu. Roedd criw o ryw 5 i 8 ym mhob cwch ac roedd gan bob aelod o'r criw 4 i 5 rhywd. Câi'r ysgadan eu halltu'n dda a'u storio ar ben ei gilydd ar gyfer y gaeaf – byddai gan bob teulu storfa neu sied arbennig at y pwrpas hwn. Roedd pysgota ysgadan yn dal i fod yn boblogaidd tan ddechrau'r Rhyfel Byd Cyntaf.



Mick Bains



Mick Bains



The village developed rapidly in the late 17th and early 18th century as a centre for maritime trade. By the mid 19th century a large number of vessels were owned by Aberporth families. The northernmost of the two beaches known as Traeth y Dyffryn or Traeth y Llongau (Beach of the Ships) provided a safe, sheltered anchorage.

Aberporth was also famous for herring fishing. Heavy rowing boats equipped with sails were used. Each boat was manned by a crew of between 5 and 8, with each crew member having 4 to 5 nets. The herring were well salted and were stored in layers for the winter – each family having a store or shed for this purpose. Herring fishing continued until the beginning of the First World War.

Codwyd anheddiad cynharaf Aberporth ar Ben Trwyn Cynwyl, y sbardun cul o dir rhwng y ddau draeth. Enwyd y pwynt er cof am Sant Cynwyl a chysegwyd eglwys y llan yn ei enw hefyd. Mae sôn amdano yn stori 'Culwch ac Olwen' yn y Mabinogion a dywedir iddo fod yn un o'r tri a ddihangodd o Frwydr Camlan.



Yn seiliedig a'r Fapiau 1:10,000 yr Arolwg Ordnans gyda chaniatâd Rheolwr Llyfrfa Ei Mawrhydi. ©Hawlfraint y Goron. Y mae atgynhyrchu heb awdurdod yn torri Hawlfraint y Goron a gall arwain at erlyniad neu achosion sifil. Cyngr Sir Ceredigion . Rhif Trwydded LA09006L, 2001

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**Allwedd ar Gyfer y Map**  
Map Key

- Trywydd wedi'i ddynodi ar gyfer cerddwyr  
Promoted route for walkers
- Trywydd wedi'i ddynodi ar gyfer cerddwyr a chadeiriau olwyn  
Promoted route for walkers and wheelchair users.
- Ffyrdd  
Roads
- Maes Parcio  
Car Park
- Toiled  
Toilet



### Tresaith ac Aberporth

Mae'r llwybr yn dilyn y llwybrau troed o Dresaith ar hyd Afon Saith yn ogystal â'r llwybr ar ben y clogwyn i Aberporth sydd gerllaw. Mae'r llwybr i mewn o'r arfordir yn mynd drwy goedwig cyn dod allan ar dir amaethyddol sy'n nodweddiadol o dirwedd arfordir Ceredigion.

Roedd y ddau bentref arfordirol hyn yn ganolfannau pwysig ar un adeg ar gyfer llongau'n hwylio heibio i Fae Ceredigion a'r tu hwnt.



Arolwg Ordnans Map Landranger – 145  
Arolwg Ordnans Map Explorer– 198  
**Cofiwch ddilyn y Cod Cefn Gwlad.**

Cymerwch ofal ar y llwybrau ar ben y clogwyni.

Ordnance Survey Landranger Map 145  
Ordnance Survey Explorer Map 198

**Please remember to follow the Country Code.**

Take care on cliff-top paths.

### Tresaith and Aberporth

The walk follows footpaths from Tresaith along the Afon Saith as well as the cliff-top path to nearby Aberporth. The route inland passes through woodland before emerging into farmland that typifies the landscape of the Ceredigion coast.

These two coastal villages were once important centres for the sailing ships that plied Cardigan Bay and beyond.

### Tresaith

The seaside village of Tresaith is enclosed by steep shale cliffs overlooking the attractive sandy beach and the waters of Cardigan Bay. The Afon Saith once flowed into the sea here but since being diverted during the last Ice-Age, has tumbled over the cliffs in a cascading waterfall.



### Tresaith

Mae pentref glan môr Tresaith yn swatio yng nghysgod clogwyni siâl serth sy'n tyrru uwchlaw'r traeth tywod deniadol a môr Bae Ceredigion. Arferai Afon Saith lifo i'r afon yma ond ar ôl cael ei dargyfeirio yn ystod yr Oes Iâ ddiwethaf, mae i'w gweld yn disgyn yn rhaeadr dros y clogwyni.

Mae sawl ystyr wedi'i gynnig ar gyfer yr enw Tresaith. Un cynnig yw ei fod yn dalfyriad o 'Traeth Saith' – traeth y saith. Yn ôl y chwedl gwthiodd brenin ei saith merch allan mewn cwch heb na hwyliau na rhwyfau. Fe lanion nhw ar y traeth yma ac yna meddiannu'r saith fferm orau yn y sir.

Dydy'r pentref ei hun ddim yn hen iawn – tan y 19eg ganrif dim ond dau adeilad oedd yno, sef y 'Ship Inn' a bwthyn to gwellt. Perchenogion llongau oedd perchennog Tafarn y Ship, teulu'r Parry, rhwng tua 1830 a 1905. Adeiladwyd y llong gyntaf, cwch pysgota 25 tunnell â'r enw 'New Hope' yn Nhresaith ym 1827. Cludai'r llongau a hwyliai o Dresaith lo mân a chalchfaen i'r pentref.

Mae'r llecyn islaw'r clogwyni, yn gynefin i gyfoeth o fywyd gwylt y môr. Mae'r gwymon ar y creigiau yn gysgod i honosiaid (ling), llyfrothod (blennies) a llyswennod ac yn guddfan i wrachod y môr (wrasse).



There are several versions of the meaning of Tresaith, an abbreviation of 'Traeth Saith' – the beach of the seven. Legend tells of a king casting away his seven daughters in a boat without sails or oars. They landed here and later took possession of the seven best farms in the county.

The village is of recent origins – until the 19th century there were only two buildings, the 'Ship Inn' and a thatched cottage. The owners of the Ship Inn, the Parry family, were ship owners from about 1830 to 1905. Their first vessel, the 25 ton smack 'New Hope' was built at Tresaith in 1827. Vessels operating from Tresaith carried coal culm and limestone to the village.

Below the cliffs, the coastal waters are abundant in marine life. The seaweed-covered rocks provide shelter for ling, blennies and eels and camouflage for wrasse.

