

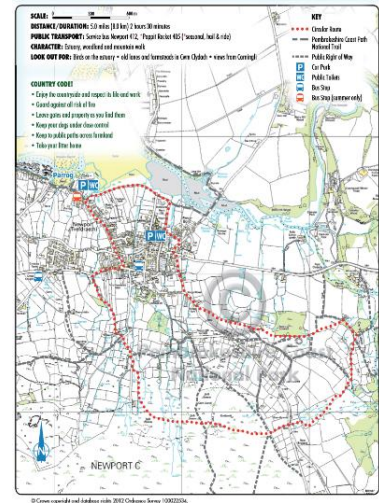
## NEWPORT PATHS GROUP/GRŴP LLWYBRAU TREFDRAETH

The Newport Paths Group are volunteers who aim to improve access to the countryside around Newport for everyone.

Gwirfoddolwyr yw Grŵp Llwybrau Trefdraeth sy'n ceisio gwella mynediad i gefn gwlad o gwmpas Trefdraeth ar gyfer pawb.

Founded in 1999, the Group created the Newport Millennium Trail with information panels and a trail guide. Starting at the Parrog Car Park, it makes an excellent half day circular walk.

Wedi ei sefydlu ym 1999, creodd y Grwp Daith Mileniwm Trefdraeth gyda paneli hysbysrwydd a theithdaflen. Mae'n dechrau ym Maes Parcio'r Parrog ac yn fan cychwyn taith gerdded hanner dydd gylchol hyfryd.



For those needing something less strenuous, the Group organised the Parrog-Cwm Easy Access Path with information panels, leaflets and large print and Braille guides.

Ar gyfer y rhai sy'n hoffi rhywbeth hawddach, trefnodd y Grŵp Daith Gadair Olwyn rhwng Y Parrog â'r Cwm gyda phaneli hysbysrwydd a thaflen mewn orgraff fawr a Braille.



NEWPORT PARROG TO CWM

Easy access walk: 0.8 miles (1.3 km).

The main work of the Group is cutting back the grass and undergrowth along local footpaths in the summer and maintaining them in the winter. This may involve clearing streams, laying stones or gravel, digging ditches or building bridges. We work closely with Pembrokeshire Coast National Park Authority (PCNPA) Rangers.

Prif waith y Grŵp yw torri'r glaswellt ar hyd llwybrau lleol yn ystod yr haf a gofalu amdany'n nhw yn ystod y gaeaf. Gall hyn olygu carthu nentydd, gosod cerrig neu raeau, palu ffosydd neu adeiladu pontydd. Gweithiwn ni yn agos gyda pharcmy'n Parc Cenedlaethol Arfordir Penfro (PCAP).



Our paths make a wonderful network. Download maps of individual paths from the PCNPA website.

Mae ein llwybrau'n gwneud rhwydwaith fendigedig. Gellir lawrlwytho mapiau o lwybrau unigol o wefan PCAP.

The screenshot shows a search interface for walking paths. At the top, there are filters for 'newport', 'Walk Distance', 'Walk Duration', 'Walk Location', and 'Walk Type'. Below the filters is a grid of four path cards. Each card has a photo, a title, and a brief description. The paths are: 1. Newport Parrog to Iron Bridge (Wheelchair Walk, 0.6 miles (1.0 km)). 2. Newport Parrog/Aberrhigian (Short Walk, 3.2 miles (5.1 km), 1 hour 30 minutes). 3. Newport/Carningli (Half Day + Walk, 3.5 miles (5.6 km), 2 hours). 4. Newport Taps (Short Walk, 2.2 miles (3.5 km), 1 hour). A 'READ MORE' link is visible at the bottom right of the grid.

<https://www.pembrokeshirecoast.wales/things-to-do/walking-in-the-park/web-walks/>

We also help the PCNPA eradicate Himalayan Balsam which is invading and spoiling the banks of the Nevern and the Clydach.

Yn ogystal, 'rydym yn rhoi cymorth i PCAP i ddiwreiddio jac-y-neidiwr sy'n goresgyn ac andwyo glannau Afon Nyfer ac Afon Clydach.

<https://www.pembrokeshirecoast.wales/conservation/invasive-non-native-species/himalayan-balsam/>



*Pulling balsam*  
*Tynnu Jac-y-Neidiwr*



*Balsam pulled*  
*Jac-y-Neidiwr wedi ei dynnu*



*It's not all hard work!*  
*Nid yw'n llafur caled i gyd!*

The Group depends on volunteer members. The Group has a committee of members elected at the Annual General Meeting with representatives of the Newport Town Council and PCNPA. The Council and PCNPA support the Group. Anyone is welcome to join and take part. **To join or for more information please contact one of us:**

Mae'r Grŵp yn dibynnu ar aelodau sy'n wirfoddolwyr. Mae gan y Grŵp bwyllgor o aelodau a etholir yn y Cyfarfod Cyffredinol Blynyddol gyda chynrychiolwyr o Gyngor Tref Trefdraeth a PCAP. Mae'r Cyngor a PCAP yn cefnogi'r Grŵp. Gall unrhyw un ymuno a helpu. **Os hoffech chi ymuno neu dderbyn mwy o wybodaeth, cysylltwch ag un ohonom ni os gwelwch yn dda:**

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or/neu

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