

CERDEDD A BEICIO

Mae canol tref Pontypridd yn farch ac yn wastad ac yn cynnig cyfleoedd cerdded a beicio. Mae'n lle gwych i grwydro ar droed neu ar feic. Mae yna nifer o lwybrau heb lawer o draffig, neu heb draffig o gwbl, sy'n cysylltu'r dref â'r ardal oedd preswyl agos. Mae yna nifer o gyfleusterau cyfllus er mwyn storio beiciau yng nghanol y dref.

www.sustrans.org.uk/walesroutes

I ddysgu mwy am y lwybrau cerdded a beicio yma ewch i

www.stagecoachbus.com/promos-and-offers/south-wales/hop-shop-and-save

Cadwch lygad barud am logo Hop, Shop and Save, fydd yn cynnig gostyngiadau ym musnesau Canol y Dref, i'r sawl sy'n defnyddio'r bysiau. Am ragor o wybodaeth ewch i:

Ffoniwch 0800 464 00 00.

Mae modd prynu amrywiaeth o docynnau bus ar y bysiau yma, p'un ai eich bod chi'n teithio bob dydd neu o dro i dro. Am ragor o wybodaeth ewch i www.travelinecymru.info neu

ac yn darparu bysiau modern, hygyrch sy'n dda ar gyfer yr amgylchedd.

Mae'n haws nag erioed i deithio ar fws i ganol tref Pontypridd gan fod 25 o lwybrau yn cysylltu canol y dref â'r gymunedau lleol a threfi pellach megis Aberhonddu, Y Fenni a Phen-y-bont ar Ogwr. Mae nifer o'r gwasaanaethau yma'n gweithredu o leat unwaith bob 30 munud.

GWASANAETH BYSIAU LLEOL



WALKING AND CYCLING

Compact and with easy gradients, Pontypridd town centre provides excellent opportunities for walking and cycling and is a great place to get around on by foot or by bike. There are a number of mainly traffic free and low traffic routes which connect the town centre with nearby residential areas and the town centre has conveniently located storage facilities for the safe parking of bikes.

www.sustrans.org.uk/walesroutes

To discover these walking and cycling routes go to

www.stagecoachbus.com/promos-and-offers/south-wales/hop-shop-and-save

Look out for the Hop, Shop and Save Logo, offering discounts to bus users, around the Town Centre. For more details go to:

There are a range of bus tickets available on these services, whether you travel everyday or just now and then. To find out more go to www.travelinecymru.info or call 0800 464 00 00.

Bridgend. Many services operate every 30 minutes or more frequently during the day and are provided by modern, fully accessible buses that are kind to the environment.

Travelling to Pontypridd town centre by bus has never been easier with 25 routes linking the town centre with both local communities and places as far away as Brecon, Abergavenny and Y Fenni a Phen-y-bont ar Ogwr. Mae nifer o'r gwasaanaethau yma'n gweithredu o leat unwaith bob 30 munud.

LOCAL BUS SERVICES



GWYBODAETH DDEFNYDDIOL

Os ydych chi'n beicio o gwmpas Pontypridd, dilynwch y camau isod i sicrhau eich bod chi'n ddiogel ac yn gallu mwynhau eich taith:

- **Gwnewch yn siwr ei bod yn hawdd eich gweld.**
Gwisgwch ddillad adlewyrchol sydd â gweledd da a gwisgwch helmed. Os yw'r tywydd yn wael, gwnewch yn siwr bod eich goleuadau blaen a chefn yn gweithio.
- **Dilynwch Reolau'r Ffordd Fawr.**
Gwnewch yn siwr eich bod chi'n rhoi arwyddion clir ar bob adeg fel bod defnyddwyr y ffordd yn effro i beth rydych chi'n mynd i wneud.
- **Mae'n bosib na fydd cerddwyr yn ymwybodol eich bod chi'n beicio tuag atyn nhw...**
...felly byddwch yn gwrtais, arafwch, canwch eich cloch a rhowch ddigon o le iddyn nhw.
- **Mae yn erbyn y gyfraith i feicio ar droedffordd...**
...oni bai bod y ffordd wedi ei marcio ar gyfer beicwyr.

Er ein bod ni wedi gwneud pob dim er mwyn sicrhau dilysrwydd y canllaw yma, mae'n bosib bydd yna newidiadau yn y dyfodol. Dydy Cyngor Rhondda Cynon Taf ddim yn derbyn unrhyw gyfrifoldeb am gywirdeb yr wybodaeth yma.

USEFUL INFORMATION

If you cycle around Pontypridd, to make your journey safer and more enjoyable please follow these simple tips:

- **Ensure that you can be seen.**
Wear high visibility and reflective clothing and a cycle helmet.
During bad weather and darkness have working front and back lights.
- **Follow the Highway Code.**
Use clear signals at all times so that other road users are in no doubt as to what you intend to do.
- **On shared routes with pedestrians...**
...they may not be aware of your approach so be courteous, slow down, ring your bell and give them plenty of space.
- **It is illegal to cycle on the footway...**
...unless it is specifically marked for cyclists.

Whilst every care has been taken to ensure the accuracy of this travel guide, there may be future changes to the information shown. Rhondda Cynon Taf Council can accept no liability for the accuracy of this information.

www.rctcbc.gov.uk
01443 425001



CANLLAW TEITHIAU CYNALIADWY PONTYPRIDD

Canllaw syml sy'n esbonio sut i gyrraedd canol tref Pontypridd o gymunedau lleol

PONTYPRIDD SUSTAINABLE TRAVEL GUIDE

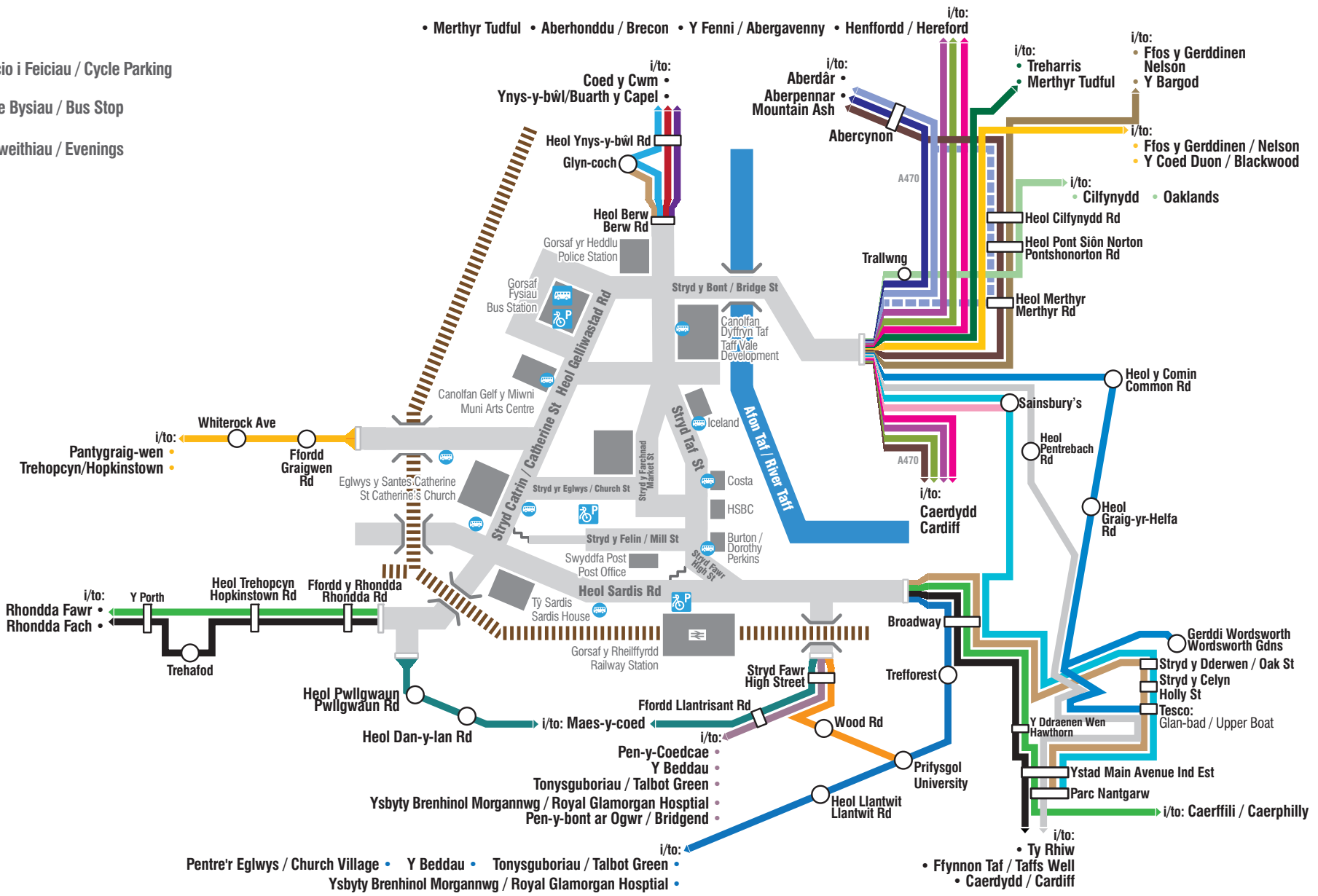
Your easy to use guide to reach Pontypridd town centre from local communities

IONAWR 2019
JANUARY 2019



- Parcio i Feiciau / Cycle Parking
- Safle Bysiau / Bus Stop
- Nosweithiau / Evenings

• Merthyr Tudful • Aberhonddu / Brecon • Y Fenni / Abergavenny • Henffordd / Hereford



Canllaw ar Amllder y Gwasanaethau Frequency Guide to Services

Allwedd Map Key	Rhif y bws Service No	Manylion y daith Route Description	Amser y daith (tua) [mun]	Approximat e journey time [mins]	Canllaw ar Amllder / Frequency Guide			Gweithredir gan Operated by
					Dydd Llun i ddydd Sadwrn Monday - Saturday	Nosweithiau Evening	Dydd Sul Sunday	
	7	Pontypridd → Treharris → Ystrad Mynach → Y Coed Duon / Blackwood	56		Bob awr / Hourly	-	-	Harris Coaches
	25	Pontypridd → Ynys-y-bwl → Perthcelyn → Aberpennar / Mountain Ash → Fernhill	35		-	2 daith / jnys	-	Stagecoach
	60	Pontypridd → Aberpennar / Mountain Ash → Cwmbach → Aberdâr / Aberdare	49		30 mun / mins	-	-	Stagecoach
	60A	Pontypridd → Aberpennar / Mountain Ash → Aberaman → Aberdâr / Aberdare	49		30 mun / mins	3 taith / jnys	-	Stagecoach
	78	Pontypridd → Treharris → Troed-y-rhiw → Merthyr Tudful / Merthyr Tydfil	64		Bob awr / Hourly	-	-	Stagecoach
	90	Pontypridd → Ton-teg → Cae Fardre → Efail Isaf → Gwaunmiskin	38		6 thaith / jnys	-	-	Edwards Coaches
	100	Pontypridd → Y Beddau / Beddau	25		20 mun / mins	4 taith / jnys	9 taith / jnys	Edwards Coaches
	100	Pontypridd → Tonysguboriau / Talbot Green	37		20 mun / mins	4 taith / jnys	7 taith / jnys	Edwards Coaches
	100	Pontypridd → Tonysguboriau / Talbot Green → Ysbyty Brenhinol Morgannwg / Royal Glamorgan Hospital	43		20 mun / mins	2 daith / jnys	7 taith / jnys	Edwards Coaches
	101	Pontypridd → Sainsbury's	9		20 mun / mins	-	-	NAT Group
	102	Pontypridd → Rhydfelen → Glan-bad / Upper Boat, Tesco	21		20 mun / mins	4 taith / jnys	-	NAT Group
	102	Pontypridd → Rhydfelen → Glan-bad / Upper Boat, Tesco → Nantgarw, Coleg Morgannwg	28		20 mun / mins	-	-	NAT Group
	102	Pontypridd → Glyn-coch	9		20 mun / mins	5 taith / jnys	-	NAT Group
	102	Pontypridd → Glyn-coch → Ynys-y-bwl	15		-	1 daith / jnys	-	NAT Group
	103	Pontypridd → Oaklands	17		30 mun / mins	-	-	NAT Group
	103	Pontypridd → Oaklands	17		-	2 daith / jnys	-	Stagecoach
	104	Pontypridd → Y Comin / Common → Glantaf → Glan-bad / Upper Boat	28		Bob awr / Hourly	-	-	NAT Group
	105	Pontypridd → Maes-y-coed → Dan-y-lan	14		Bob awr / Hourly	-	-	NAT Group
	106	Pontypridd → Ynys-y-bwl	17		Bob awr / Hourly	-	-	NAT Group
	106	Pontypridd → Buarth y Capel	20		2 bob awr / hourly	-	-	NAT Group
	107	Pontypridd → Treforest	16		Bob awr / Hourly	-	-	NAT Group
	109	Pontypridd → Graig-wen → Penygraig-wen → Pantygraig-wen → Trehopcyn / Hopkinstown	20		Bob awr / Hourly	-	-	NAT Group
	111	Pontypridd → Glan-bad / Upper Boat, Tesco → Ffynnon Daf / Taffs Well → Tŷ-Rhiw	35		4 taith / jnys	-	-	NAT Group
	112	Pontypridd → Glyn-coch → Ynys-y-bwl	26		-	-	12 taith / jnys	NAT Group
	112	Pontypridd → Sainsbury's → Rhydfelen → Glan-bad / Upper Boat → Parc Nantgarw	29		-	-	12 taith / jnys	NAT Group
	120	Pontypridd → Rhydfelen → Ystad Treforest Estate → Nantgarw Showcase → Caerffili	34		20 mun / mins	3 taith / jnys	-	Stagecoach
	120	Pontypridd → Y Porth → Trealaw → Tonypany → Treorci → Blaen-cwm	77		20 mun / mins	3 taith / jnys	-	Stagecoach
	132	Pontypridd → Rhydfelen → Ystad Treforest Estate → Caerdydd / Cardiff	57		12 mun / mins	4 taith / jnys	18 taith / jnys	Stagecoach
	132	Pontypridd → Y Porth → Tylorstown → Glynrhedynog / Ferndale → Y Maerdy	44		12 mun / mins	7 taith / jnys	16 taith / jnys	Stagecoach
	404	Pontypridd → Y Beddau → Ysbyty Brenhinol Morgannwg / Royal Glamorgan Hospital → Pen-y-Bont ar Ogwr / Bridgend	85		Bob awr / Hourly	-	-	NAT Group
	600	Pontypridd → Abercynon → Aberpennar / Mountain Ash → Aberdâr / Aberdare	36		-	-	6 thaith / jnys	NAT Group
	600	Pontypridd → Caerdydd / Cardiff	27		-	-	2 daith / jnys	NAT Group
	T4	Pontypridd → Caerdydd / Cardiff	37		30 mun / mins	-	11 taith / jnys	Stagecoach
	T4	Pontypridd → Merthyr Tudful / Merthyr Tydfil	30		20 taith / jnys	-	11 taith / jnys	Stagecoach
	T4	Pontypridd → Merthyr Tudful / Merthyr Tydfil → Aberhonddu / Brecon → Y Drenewydd / Newtown	200		6 thaith / jnys	-	-	Stagecoach
	T14	Pontypridd → Caerdydd / Cardiff	37		4 taith / jnys	-	-	Stagecoach
	T14	Pontypridd → Merthyr Tudful → Y Gelli Gandryll / Hay-on-Wye → Henffordd / Hereford	188		4 taith / jnys	-	-	Stagecoach
	X4	Pontypridd → Caerdydd / Cardiff	37		30 mun / mins	4 taith / jnys	-	Stagecoach
	X4	Pontypridd → Merthyr Tudful / Merthyr Tydfil	25		30 mun / mins	5 taith / jnys	-	Stagecoach
	X4	Pontypridd → Merthyr Tudful → Glynebwy / Ebbw Vale → Brynmawr	90		30 mun / mins	5 taith / jnys	-	Stagecoach
	X4	Pontypridd → Merthyr Tudful / Merthyr Tydfil → Glynebwy / Ebbw Vale → Brynmawr → Y Fenni / Abergavenny	126		Bob awr / Hourly	-	-	Stagecoach
	X38	Pontypridd → Cilfynydd → Ffos y Gerddinen / Nelson → Gelli-gaer - Y Bargod / Bargoed	39		Bob awr / Hourly	-	-	NAT Group