

Pencoed



- Llwybr beicio / cerdded di-drafftig

Traffic-free cycle / walking route

Llwybr beicio ar y ffordd

On-road cycle route

Torri drwodd

Cut through

Llwybr troed

Footpath

Parth 20mya

20mph zone

Sch Ysgol

Ysgol

School

P+P

Parcio a Cherdded / a Sgwtera

Park & Stride / Scoot

Croesi ar droed

Crossing on foot

Croesfan cerddwyr a beicwyr

Cycle and pedestrian crossing

Croesfan trac trên

Train track crossing

Storfa Beiciau

Bike storage

Gorsaf drenau

Train station
- Eglwys / Capel

Church / Chapel
- Siopau

Shops
- Llyfrgell

Library
- PO

Swyddfa bost

Post office
- Tafarn

Pub
- Caffi / Tecawê / Becws

Café / Takeaway / Bakery
- WC

Toiletau

Toilets
- Gorsaf betrol

Petrol station
- Cofeb

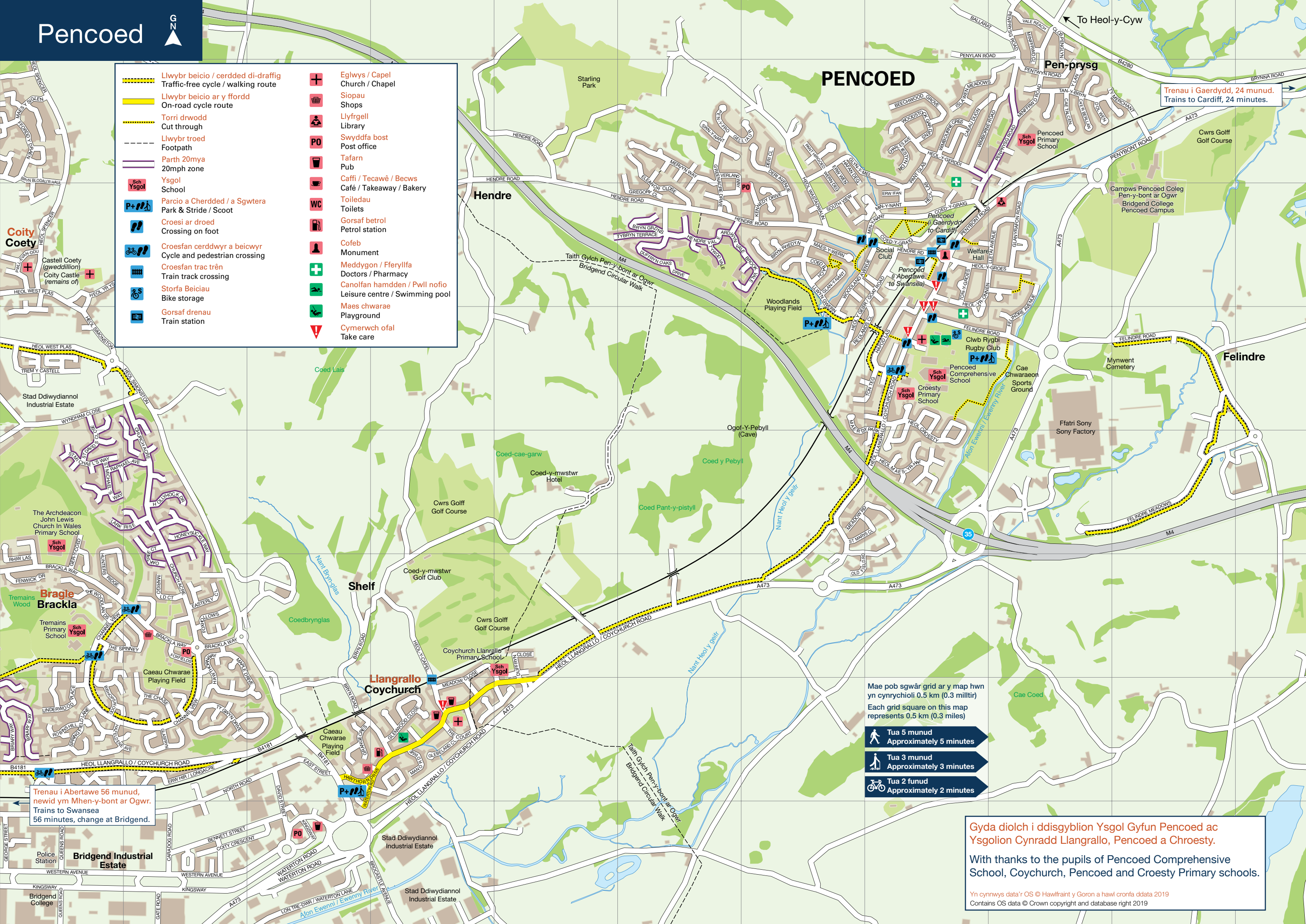
Monument
- Meddygon / Fferylfa

Doctors / Pharmacy
- Canolfan hamdden / Pwll nofio

Leisure centre / Swimming pool
- Maes chwarae

Playground
- Cymerwch ofal

Take care



Trenau i Gaerdydd, 24 munud.
Trains to Cardiff, 24 minutes.

Trenau i Abertawe 56 munud,
newid ym Mhen-y-bont ar Ogwr.
Trains to Swansea
56 minutes, change at Bridgend.

Mae pob sgwâr grid ar y map hwn
yn cynrychioli 0.5 km (0.3 milltir)
Each grid square on this map
represents 0.5 km (0.3 miles)

- Tua 5 munud

Approximately 5 minutes
- Tua 3 munud

Approximately 3 minutes
- Tua 2 funud

Approximately 2 minutes

Gyda diolch i ddisgyblion Ysgol Gyfun Pencoed ac
Ysgolion Cynradd Llangrallco, Pencoed a Chroesty.

With thanks to the pupils of Pencoed Comprehensive
School, Coychurch, Pencoed and Croesty Primary schools.

Yn cynnwys data'r OS © Hawlfraint y Goron a hawl cronfa ddata 2019
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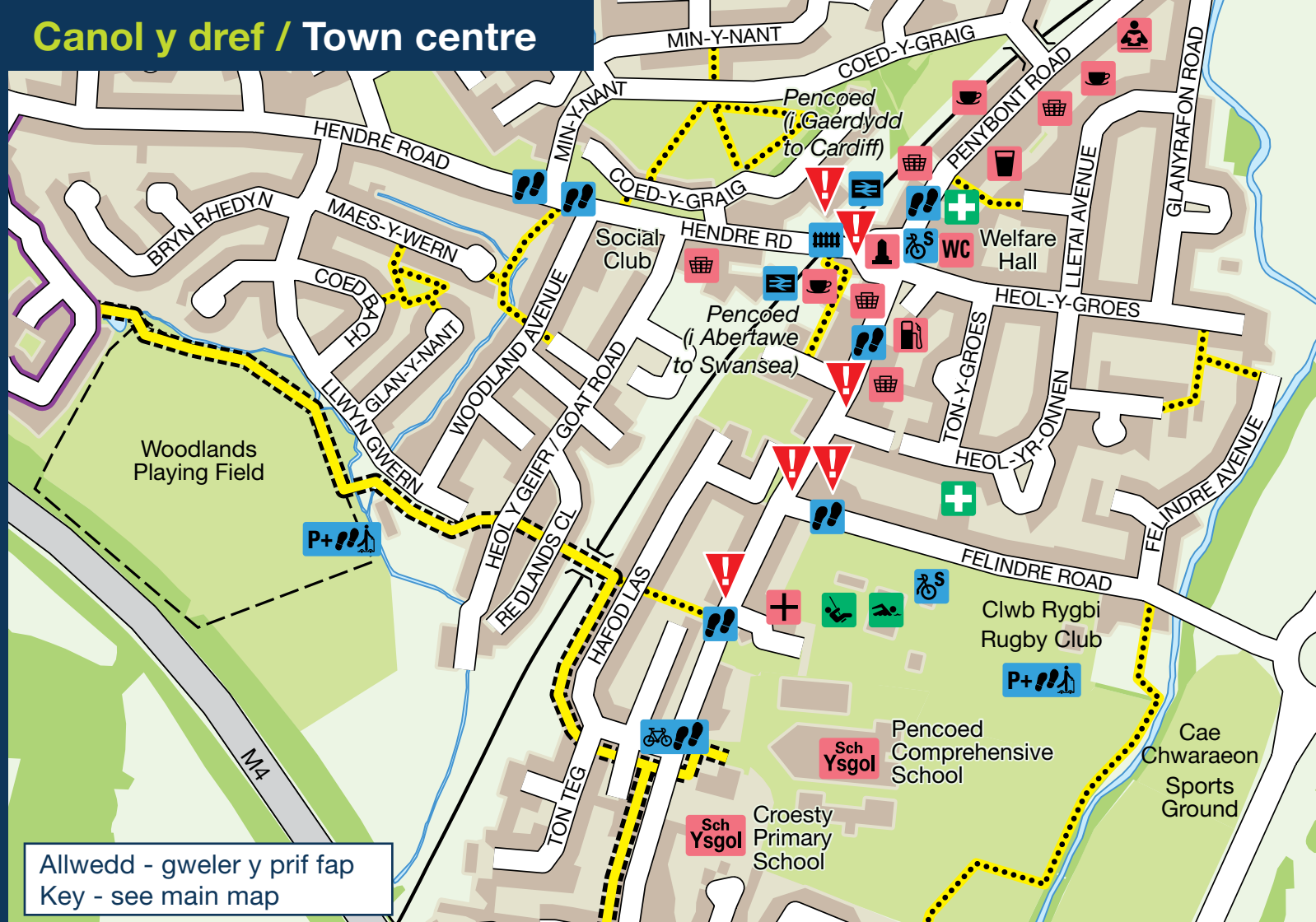
Pencoed

MAP TEITHIO LLESOL / ACTIVE TRAVEL MAP



YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT

Canol y dref / Town centre



Allwedd - gweler y prif fap
Key - see main map

Sustrans yw'r elusen sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau a wnawn bob dydd. Mae ein gwaith yn ei gwneud hi'n bosibl i bobl ddewis siwrneiau iachach, glanach a rhatach gyda gwell lleoedd a gofodau i symud drwyddynt a byw ynddynt.

Mae'n bryd i ni gyd wneud dewisiadau gwell yn y ffordd yr ydym yn teithio. Cymerwch y cam a chefnogwch Sustrans heddiw.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.

@ www.sustrans.org.uk

☎ 0845 113 0065

f www.facebook.com/sustrans.cymru

🐦 @sustranscymru

YMUNWCH Â'R MUDIAD
sustrans
JOIN THE MOVEMENT

Rhesymau da dros deithio o gwmpas ar droed, beic, bws neu drên

Er budd eich iechyd a'ch lles

Mae cerdded a beicio i'r gwaith, i'r siopau neu i ymweld â ffrindiau a theulu yn ffyrdd ardderchog i gynnwys gweithgaredd corfforol rheolaidd yn eich arferion bob dydd. Gall hyn eich cynorthwyo i losgi calorïau, lleihau colesterol a gostwng pwysedd gwaed. Mae gweithgaredd corfforol rheolaidd hefyd yn gwella eich hwyliau, eich teimlad o les a gall gynorthwyo i roi hwb i'ch hunan-barch.

Ar y bws neu'r trê, fe gewch amser i fwynhau'r daith - gwrando ar gerddoriaeth, ymgolli mewn llyfr da neu sgwrsio - a thrwy roi gorffwys i'ch cerbyd gallwch arbed arian hefyd!

Er budd yr amgylchedd

Drwy fynd ar y trê neu'r bws rydych yn lleihau eich allyriadau carbon gan rhwng chwech ac wyth gwaith o gymharu â mynd mewn car. Yn well byth, nid yw cerdded a beicio yn cynhyrchu allyriadau carbon. Mae llai o geir ar y ffordd hefyd yn golygu amgylchedd mwy diogel, yn arbennig ar gyfer plant, a lle mwy dymunol i bawb ohonom.

Er mwyn arbed arian

Un o fanteision teithio o gwmpas o dan eich grym eich hun yw ei fod yn eithriadol o rad. Dim treth car, dim MOT a dim gofidiau am bris petrol. Os byddwch yn cerdded neu'n beicio'n rheolaidd fe arbedwch ffortiwn!

Good reasons to get around by foot, bike, bus or train

For your health and well-being

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. This can help you burn calories, reduce cholesterol and lower blood pressure. Regular physical activity also improves your mood, your sense of well-being and can help boost self-esteem.

On the bus or train, you'll have time to enjoy the journey – listen to music, read a good book or have a chat - and by giving your vehicle a well deserved rest, you can save money too!

For the environment

By taking a train or bus you reduce your carbon emissions by between six and eight times compared to going by car. Even better, walking and cycling do not produce any carbon emissions. Fewer cars on the road also mean a safer environment, particularly for children, and a more pleasant place for us all.

For saving money

One of the things about getting around under your own steam is that it's really cheap. No car tax, no MOT and no petrol price worries. If you walk or cycle regularly you'll save a fortune!

Cysylltu eich siwrnai

Cerdded a beicio



Am ragor o wybodaeth am deithio llesol a llwybrau beicio ym Mhen-y-bont ar Ogwr, ewch i: www.bridgend.gov.uk/cy/preswylwyr/ffyrdd-trafnidiaeth-a-pharcio/llwybrau-teithio-llesol/

Sustrans. Am ragor o fanylion am lwybrau cerdded a beicio ym Mhen-y-bont ar Ogwr: www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps

Dewch i ddarganfod y gorau o'r Rhwydwaith Beicio Cenedlaethol yng Nghymru ar ein gwefan: www.sustrans.org.uk/walesroutes

Trên a bws



I gael gwybodaeth teithio cysylltwch â **Traveline Cymru**, y gwasanaeth gwybodaeth trafnidiaeth gyhoeddus ar gyfer Cymru.

Ewch i www.traveline.cymru neu ffoniwch 0800 464 00 00 i gael manylion am wasanaethau bws, coets a rheilffordd.

Connecting your journey

Walking and cycling



For further information on active travel and cycling routes in Bridgend visit: www.bridgend.gov.uk/residents/roads-transport-and-parking/active-travel-routes/

Sustrans. For further details on walking and cycling routes in Bridgend: www.sustrans.org.uk/wales/national-cycle-network/free-leaflets-and-maps

Discover the very best of the National Cycle Network in Wales on our website: www.sustrans.org.uk/walesroutes

Train and bus



For travel information contact **Traveline Cymru**, the public transport information service for Wales.

Visit www.traveline.cymru or call 0800 464 00 00 for bus, coach and rail service details.



CYNGOR TREF PENCOED TOWN COUNCIL

