

Ffordd arall adeg y penllanw 4.8.km (3 milltir)

Gellir defnyddio'r llwybr bordiau a'r rhyd o'ch blaen am dair awr ar y naill ben a'r llall o'r llanw isel mewn esgidiau cerdded yn ystod amodau tywydd arferol.

Ar bob adeg arall, dilynwch y ffordd darmac i'r gogledd am tua 2.6 km (1.6 milltir) i gyfeiriad Aberdaugleddau. Pan gyrhaeddwch South Mullock, ewch ar hyd y llwybr sy'n arwain tua'r de am 2.1 km (1.3 milltir) ar draws y caeau i ail-ymuno â Llwybr yr Arfordir.

Y Llwybr Cenedlaethol

Mae Llwybr Arfordir Sir Benfro yn dilyn arfordir ysblennydd y sir am 300km (186 milltir). Dyma un o'r 16 Llwybr Cenedlaethol hirbell yng Nghymru a Lloegr.

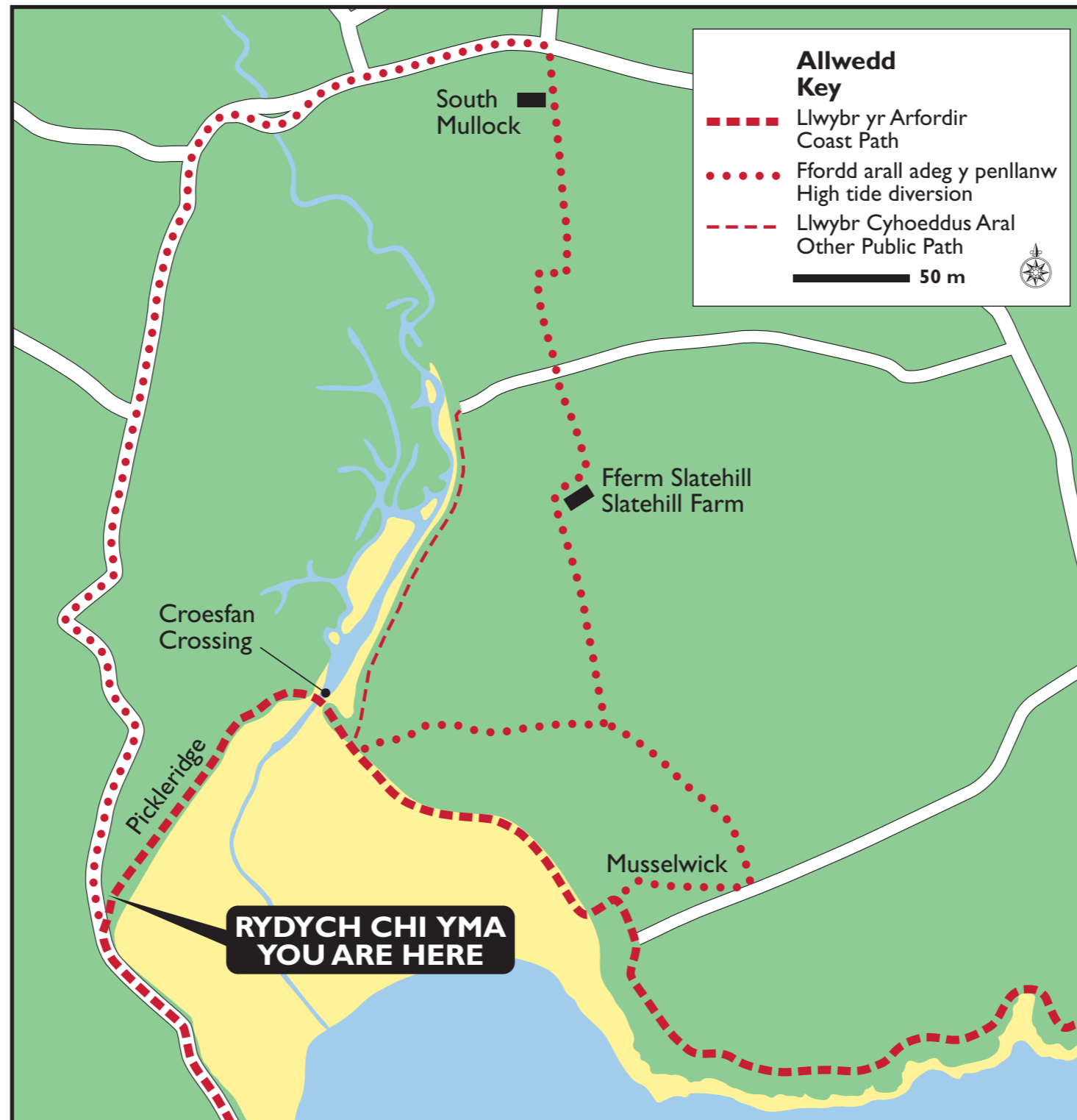
Cynhelir y llwybr gan Awdurdod Parc Cenedlaethol Arfordir Penfro gyda chymorth ariannol Cyfoeth Naturiol Cymru a Llywodraeth Cymru.

Llwybr Arfordir Sir Benfro
Llwybr Cenedlaethol



Pembrokeshire Coast Path
National Trail

Aber y Gann The Gann Estuary



High-tide diversion 4.8 km (3 miles)

The boardwalk and ford ahead of you can be used for three hours either side of low tide in walking boots during normal weather conditions.

At other times, follow the tarmac road northwards for about 2.6 km (1.6 miles) towards Milford Haven. When you reach South Mullock, take the footpath leading south across fields for 2.1 km (1.3 miles) until you re-join the Coast Path.

The National Trail

The Pembrokeshire Coast Path follows the county's magnificent coastline for 300km (186 miles). It's one of the 16 long-distance National Trails in England and Wales.

The Path is maintained by the National Park Authority with funding from Natural Resources Wales and the Welsh Government.

