



**Wales National Exercise  
Referral Scheme (NERS)**  
Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru



**Cynllun Arfer Da Iechyd Cyhoeddus Cymru**  
Public Health Wales Good Practice Scheme



Pembrokeshire Leisure  
Hamdden Sir Benfro



Parc Cenedlaethol  
Arfordir Penfro  
Pembrokeshire Coast  
National Park

### **Cardiac Rehab & Referral Walk Programme Winter/Spring 2018**

**Contact Points – either Paul Casson – 07866771107 or David Braithwaite – 07890066110**

Please note that the Group Walking falls into the Exercise Referral Scheme programme and therefore incurs a cost of £2 per person – If a membership of Pembrokeshire Leisure is held, dependent on the type of membership a charge may still apply - See David for clarification.

**Walks can change at short notice due to weather conditions- please confirm with David on the day if unsure.**

<b>Date</b>	<b>Venue</b>	<b>Meeting details</b>	<b>Walk length</b>	<b>Walk details</b>
30 January 2018	Marine Walk Fishguard	H'west Cricket Club car park @ 1.05 pm or Car Park in Goodwick Moor behind the petrol station at 1.45 pm (SN947 378)	5 km	Walk encompassing area through the Drim, can be muddy underfoot and then on to tarmac sections through built up areas to Marine Walk. Toilets can be made available, however café likely to be closed.
20 February 218	Canaston Woods <b>New Walk</b>	H'west Cricket Club car park @ 1.05 pm or Entrance to Eastern Canaston Woods, before Bluestone 1.45 pm (SN074 141)	4.2 km	Forest walk, most path ways firm underfoot, but some will be wet and slippery depending on recent weather. Some hills but all manageable with care. No facilities apart from Mother Nature- may be a local hostelry open following walk
6 March 2018	Whitesands/Porthselau/ St Justinians	H'west Cricket Club car park @ 1.05 pm or Car Park at St Justinians at 1.45 pm (SN724 252)	5.3 km	Circular coastal walk round coast path to Whitesands, then muddy tracks through the countryside. Facilities before and after in St David's and a café or two
20 March 2018	Solva/Nine Wells	H'west Cricket Club car park @ 1.05 pm or Car Park at Upper Solva, prior to Bay View Stores at 1.45 pm (SN800 243)	4.8 km	Circular coastal walk on cliffs above Solva to Nine Wells and back via farmland, undulating terrain with great views. Facilities available in Solva and café on way back
3 April 2018	Abermawr/Aberbach <b>New Walk</b>	H'west Cricket Club car park @ 1.05 pm or Car Park at Melin Tregwynt, Aberbach at 1.45 pm (SN894 348)	4.7 km	Circular coastal and woodland walk as well as some roadways, fairly level though maybe wet through the woodland section. Café at Melin Tregwynt may be open
17 April 2018	Wiseman's Bridge/Stepaside Ironworks	H'west Cricket Club car park @ 1.05 pm or Wiseman's Bridge beach car park at 1.45 pm (SN 145 061)	4.8 km	Circular Inland from coast though with good sea views, can be muddy over farm tracks but the majority on good firm ground. Lots of mining and industrial history too. Toilets at start and finish and a hostelry available too.



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**Rhaglen Gerdded Atgyfeirio ac Adsefydlu Cardiaidd Gaeaf/Gwanwyn 2018**  
Pwyntiau Cyswllt – nail ai Paul Casson – 07866771107 neu David Braithwaite – 07890066110

Sylwer bod y Teithiau Cerdded Grŵp yn disgyn o fewn rhaglen Cynllun Atgyfeirio i Wneud Ymarfer Corff a chan hynny codir tâl o £2 y pen – Os ydych yn aelod o Hamdden Sir Benfro, gan ddibynnu ar y math o aelodaeth, efallai y bydd cost yn gymwys – Gofynnwch i David am eglurhad. **Gall teithiau cerdded newid ar fyr rybudd oherwydd amodau'r tywydd – cadarnhewch gyda David ar y diwrnod os ydych chi'n ansicr.**

Dyddiad	Lleoliad	Manylion cyfarfod	Hyd y daith	Manylion y daith
31 Ionawr 2018	Taith Gerdded Forol Abergwaun	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu Faes Parcio yn Rhos Gwdig y tu ôl i'r orsaf betrol am 1.45 pm (SN947 378)	5 km	Taith gerdded yn cynnwys ardal trwy'r Drim, fe all fod yn fwdlyd o dan draed ac yna ymlaen i rannau tarmac trwy ardaloedd trefol i Daith Gerdded Forol. Gall toiledau fod ar gael, serch hynny mae'n debyg y bydd y caffi ar gau.
20 Chwefror 2018	Coedwig Canaston <b>Taith Gerdded Newydd</b>	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu Fynedfa i Goedwig Canaston Dwyreiniol, cyn Bluestone 1.45 pm (SN074 141)	4.2 km	Taith gerdded trwy'r goedwig, gyda rhan fwyaf y llwybrau yn gadarn dan draed, ond bydd rhai yn wlyb ac yn llithrig gan ddibynnu ar y tywydd diweddar. Rhai rhiwiau ond y cyfan yn bosibl gyda gofal. Dim cyfleusterau heblaw am natur – efallai y bydd tafarn lleol ar agor ar ôl y daith
6 Mawrth 2018	Whitesands/Porthselau/ St Justinians	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu Faes Parcio yn St Justinians am 1.45 pm (SN724 252)	5.3 km	Taith gerdded arfordirol gylchol o amgylch llwybr yr arfordir i Whitesands, yna traciau mwdlyd trwy gefn gwlad. Cyfleusterau cyn ac ar ôl yn Nhŷ Ddewi a chaffi neu ddau
20 Mawrth 2018	Solfach/Nawffynnon	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu Faes Parcio yn Solfach Uchaf, cyn Bay View Stores am 1.45 pm (SN800 243)	4.8 km	Taith gerdded arfordirol gylchol ar glogwyni uwchlaw Solfach i Nawffynnon ac yn ôl dros dir ffermio, tir tonnog gyda golygfeydd gwych. Cyfleusterau ar gael yn Solfach a chaffi ar y ffordd yn ôl.
3 Ebrill 2018	Abermawr/Aberbach <b>Taith Gerdded Newydd</b>	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu Faes Parcio Melin Tregwynt, Aberbach am 1.45 pm (SN894 348)	4.7 km	Taith gerdded arfordirol a choetir cylchol ynghyd â rhai ffyrdd, gweddol wastad er fe allai'r rhan trwy'r goedwig fod yn wlyb. Fe allai'r caffi ym Melin Tregwynt fod yn agored.
17 Ebrill 2018	Wiseman's Bridge/Gwaith Haearn Stepside	Maes parcio Clwb Criced Hwlffordd @ 1.05 pm neu faes parcio traeth Wiseman's Bridge am 1.45 pm (SN 145 061)	4.8 km	Taith gerdded gylchol yn fewndirol o'r arfordir er gyda golygfeydd da o'r môr, gall fod yn fwdlyd dros lwybrau fferm ond y rhan helaeth dros dir cadarn da. Llawer o hanes mwyngloddio a diwydiannol hefyd. Toiledau ar y dechrau a'r diwedd a thafarn ar gael hefyd.