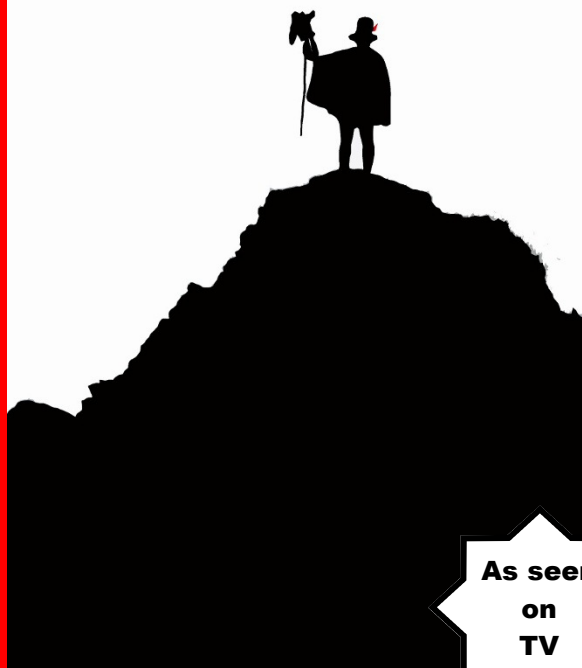


Twm's Treks!

Language, culture and heritage
through walking Wales

Guided walks for you!



As seen
on
TV

www.twmstreks.com



07748 675798

mail@twmstreks.com

Book
NOW
call

Tregaron

Trek 1 */**/**

Trek Twm's Town Trail, Twm's Cave or the Twm Trail
Distance 4 miles/8 miles/20 miles



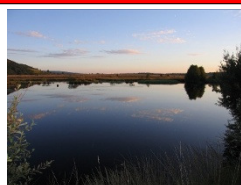
Trek 2 ***

Trek up to GARN GRON,
Tregaron's highest mountain
Distance 6 miles



Trek 3 *

Trek into CORS CARON's
tranquil environment
Distance 2-3 miles



Trek 4 **

Trek to PENTRE BACH- home to
Sali Mali and her friends
Distance 4-5 miles



Trek 5 **

Trek in the footsteps of the
Romans! LLANDDEWI BREFI
Distance 5 miles



Trek 6 ***

Trek back in time in the
footsteps of the DROVERS
Distance 6 miles



Trek 7 **

Trek the journey of the poor
Talbot Hotel ELEPHANT!
Distance 5 miles



Ceredigion

1. Ceredigion Coastal Path trek
2. The Dylan Thomas Trail
3. Pumlumon- Ceredigion's highest peak
4. Strata Florida-The Monk's Walk
5. Wonderful Wind Farm Walk
6. Ladies and Gentlemen-The Hafod
7. Castle Valley-Iron Age forts
8. The Ogwyn Davies Art Trail and many more.....

Wales

Also available for visits to the National Parks including Snowdonia with an ascent of Snowdon, at 3560 ft, Wales' highest peak.

Grading for Treks 1-7

* Easy ** Medium *** Hard

Treks will start in front of the Talbot Hotel, but some will involve travel. Distances described are walking distances only.

Twm's Treks is a guided walks service located in Tregaron, Ceredigion, Wales. If you require an experienced guide/guides for walking around Tregaron, Ceredigion or Wales, please contact us as soon as possible.

Twm's Treks wishes to ensure that your walking experience with us is safe, pleasurable and unforgettable. Please look at the menu of walks then contact Dafydd on 07748 675798.

Tailor-made walks at affordable prices.

All walk guides hold a valid Outdoor First Aid Certificate and have completed a Mountain Leader Training Course.

Day trip cost from (2010 prices):

Child	£10
Adult	£15
Family of 4	£45

*Call for group/1/2-day deals
+Cost of travel not included

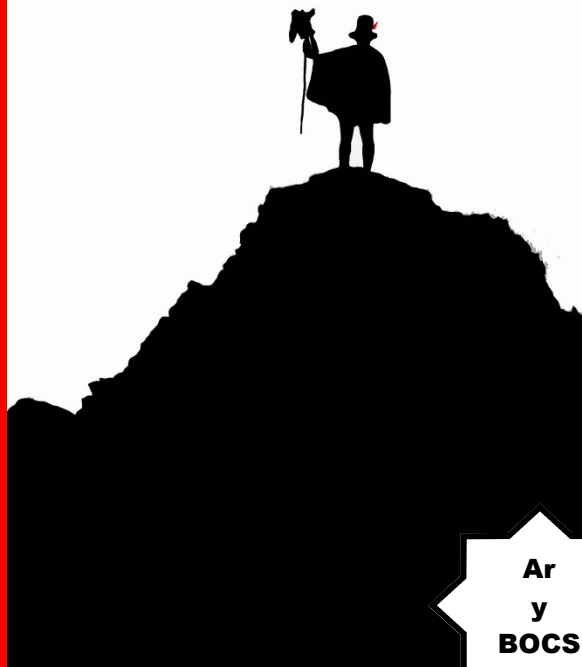
Every effort has been taken to ensure the details were correct when going to press.



Teithiau Twm!

laith, diwylliant a threftadaeth
drwy gerdded Cymru

Teithiau tywys i chi!



Ar
y
BOCS

www.twmstreks.com



07748 675798

mail@twmstreks.com

Rhowch
ALWAD
nawr

Tregaron

Taith 1 */**/***

Teithiwch Taith Tref Twm, ogof
Twm neu Daith Twm
Pellter 4 milltir/8 milltir/20milltir



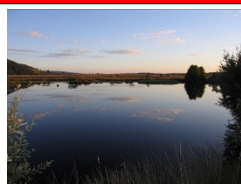
Taith 2 ***

Teithiwch i fyny mynydd uchaf
Tregaron-GARN GRON
Pellter 6 milltir



Taith 3 *

Teithiwch o amgylch
tangnefedd CORS CARON
Pellter 2-3 milltir



Taith 4 **

Teithiwch ardal PENTRE BACH
cartref Sali Mali a'i ffrindiau
Pellter 4-5 miles



Taith 5 **

Teithiwch yn ardal y Rhufeiniaid
LLANDEWI BREFI
Pellter 5 milltir



Taith 6 ***

Teithiwch yn ôl mewn amser ar
daith y PORTHMYN
Pellter 6 milltir



Taith 7 **

Teithiwch gyda'r ELIFFANT yn
ôl i Westy'r Talbot
Pellter 5 milltir



Ceredigion

1. Taith Arfordirol Ceredigion
2. Dilyn Llwybr Dylan Thomas
3. Pumlumon-Copa uchaf Ceredigion
4. Mynachod Ystrad Fflur
5. Melinau Gwynt diddorol
6. Yr Hafod
7. Cestyll a chaerau'r sir
8. Taith Gelf Ogwyn Davies a llawer mwy.....

Cymru

Cyfleoedd ar gyfer ymweliadau â Pharciau
Cenedlaethol Cymru gan gynnwys Eryri, lleoliad
mynydd uchaf Cymru, Yr Wyddfa, 3560 tr.

Graddio ar gyfer Teithiau 1-7

* Rhwydd ** Cymhedrol *** Anodd
Man cwrdd fydd o flaen Gwesty'r Talbot gyda rhai
teithiau yn dechrau yno, neu bydd angen teithio.
Hyd y daith gerdded yn unig sydd yn y ddisgrifiad.

Mae Teithiau Twm yn wasanaeth teithiau tywys wedi'i
leoli yn Nhregaron, Ceredigion, Cymru. Os oes angen
tywysydd/wyr profiadol arnoch ar gyfer crwydro'n lleol
yma yn Nhregaron, neu Geredigion neu ardaloedd
eraill o Gymru, cysylltwch a ni'n syth.

Nod Teithiau Twm yw sicrhau bod eich profiad cerdded
yn ddiogel, pleserus a bythgofiadwy. Edrychwch ar y
fwydlen o deithiau sydd ar gael a chysylltwch gyda
Dafydd ar 07748 675798

Teithiau wedi'u teilwra am brisiau fforddiadwy.

Bydd gan pob arweinydd dystysgrif Cymorth Cyntaf ac
mi fyddant wedi cwblhau cwrs Arweinydd Mynydd.

Cost am ddiwrnod (prisiau 2010):

Plentyn	£10
Oedolyn	£15
Teulu o 4	£45

*Ffoniwch am bris grŵp/
dêl 1/2 diwrnod

Costau teithio yn ychwanegol

*Rydyn wedi ceisio sicrhau fod y wybodaeth yma mor gywir ag sy'n
bosib cyn mynd i'r wasg.*

