

Bike it Walk it Beiciwch Cerddwch

**Easy going walking
and cycling for all
abilities and ages.**

Cerdded a
beicio
hamddenol ar
gyfer pob lefel
ac oedran.



Every Tuesday / Dydd Mawrth

Guided bike ride, or learn to cycle for free. 2 wheel bikes, trikes, tandems and handbikes.

Taith Beicio, neu dysgwch seiclo am ddim
Beics 2 olwyn, 3 olwyn, beics dwbwl a beics llaw.

Location / Lleoliad:
**Parc Barry Sidings Country Park
Pontypridd
10am – 12:30pm**

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Pontlottyn Walk / 45 minutes
Cerdded ym Mhontlottyn / 45 munud

Location / Lleoliad:
Meet 10:15am at community Centre
Cyfarfod 10:15 yn y Ganolfan Gymunedol
10:15am - 11am

Every Thursday / Dydd Iau

Coffee Morning with indoor activities.
Bore Coffi gyda gweithgareddau dan do.

Location / Lleoliad:
Pontlottyn Boys and Girls Club
Clwb Bechgyn a Merched Pontlottyn
10am - 12pm

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1pm Easy Going Cycling. Guided bike Rides at various locations within Caerphilly and Blaenau Gwent, bikes provided.
- **Contact Rob for more details.**

1pm Seiclo Hamddenol. Taith beicio mewn lleoliadau amrywiol o fewn ardal Caerffili a Blaenau Gwent, beiciau ar gael.
- Cysylltwch â Rob am fwy o fanylion

Every Wednesday / Dydd Mercher

Easy Going Cycling. 2 wheel bikes, trikes, tandems and handbikes.

Seiclo Hamddenol. Beics 2 olwyn, 3 olwyn, beics dwbwl a beics llaw.

Location / Lleoliad:
**Parc Bryn Bach Country Park
Tredegar
12:30pm – 3pm**

Every Friday / Dydd Gwener

Learn to cycle for free
Dysgwch seicio am ddim

Location / Lleoliad:
New Tredegar
Car park opposite the Winding House
Tredegar Newydd
Maes parcio gyferbyn â'r Winding House
10:15am – 11:15am

.....
Easy Going Cycling. 2 wheel bikes, trikes, tandems and handbikes.

Seiclo Hamddenol. Beics 2 olwyn, 3 olwyn, beics dwbwl a beics llaw.

Location / Lleoliad:
**Parc Bryn Bach Country Park
Tredegar
12:30pm – 3pm**

Contact / Cysylltwch â:

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