

# Cardiff Walking for Health

"Get up and Go!"

# Caerdydd Cerdded i Gadw'n Iach

"I Ffwrdd â Chi!"

Walk more... feel the difference!

Cerddwch fwy... teimlwch y gwahaniaeth!

## Come and join in a local walk

## Dewch ac ymuno â thro lleol

### Monday

#### Llanishen

1:30pm, Llanishen Leisure Centre Foyer

#### Victoria Park, Canton

2:00pm, Ranger's Office

### Tuesday

#### Cathays Cemetery

10:30am, In cemetery behind Cathays Library, top of Fair oak Road.

#### St. Mellons

2:00pm, Tesco Foyer

### Wednesday

#### Llandaff Fields

10:30am, Turning Circle, top of Cathedral Road

#### Llanrumney

10:30am, Llanrumney High School

### Thursday

#### Rhiwbina

10:30am, Rhiwbina Library

#### Ely

1:00pm, Michaelston Adult Education Centre

#### Roath Park

2:00pm, Penylan Library

### Friday

#### Cardiff Bay

9:30am, Channel View Centre

#### Splott

10:30am, Communities First Offices

### Sunday

#### Heath Park

2:30pm, The Concourse, University Hospital of Wales

### Dydd Llun

#### Llanisien

1:30pm, Cyntedd Canolfan Hamdden Llanisien

#### Parc Victoria, Treganna

2:00pm, Caban y Ceidwaid

### Dydd Mawrth

#### Mynwent Cathays

10:30am, Yn y fynwent y tu cefn i Lyfrgell Cathays, ar ben Fair oak Road.

#### Llaneirwg

2:00pm, Cyntedd Tesco

### Dydd Mercher

#### Caeau Llandaff

10:30am, Y Cylch Troi, ar ben Heol y Gadeirlan

#### Llanrhyddni

10:30am, Ysgol Uwchradd Llanrhyddni

### Dydd Iau

#### Rhiwbeina

10:30am, Llyfrgell Rhiwbeina

#### Trelái

1:00pm, Canolfan Oedolion Llanfihangel-ar-Elái

#### Parc y Rhath

2:00pm, Llyfrgell Penylan

### Dydd Gwener

#### Bae Caerdydd

9:30am, Canolfan Channel View

#### Sblot

10:30am, Swyddfeydd Cymunedau'n Gyntaf

### Dydd Sul

#### Parc y Mynydd Bychan

2:30pm, Y Dyrfa, Ysbyty Athrofaol Cymru

Timetable subject to change. There may be other walks available. Please contact your co-ordinator for details:

**029 2087 3633**

Gall yr amserlen newid. Efallai bod teithiau eraill ar gael. Cysylltwch â'ch cydlynnydd am fanylion:

**029 2087 3633**

[www.cardiffwalkingforhealth.org](http://www.cardiffwalkingforhealth.org)



Dewch i Gerdded  
Let's Walk



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government