

# Dewch i fwynhau Llwybr Iechyd a Lles y Ddôl



# Come and enjoy the Meadows Health and Wellbeing Route



Eithin Ewropeaidd  
European gorse



Cae Gwlyb yn ei flodau gyda phlanhigion dól sy'n hoff o leithder  
Cae Gwlyb in bloom with damp-loving meadow plants



Ffacbys y berth  
Tufted vetch

Cyfle i brofi Llwybr Iechyd a Lles y Ddôl sy'n cysylltu Ysbyty Gwynedd â dolydd Gwarchodfa Natur Eithinog yr Ymddiriedolaeth Fwyd Gwylt. Yn ystod pob tymor, mae mynd am dro drwy ddôl yn cynnig gwledd o liwiau, arogleuon a synau.

Mae'r llwybr, sydd wedi'i farcio mewn oren ar y map, yn llwybr cylch hamddenol 25 i 30 munud o'r ysbty a rownd y dolydd. Mae'r gofod gwyrdd lleol hardd yma ar gael i staff, cleifion, ymwelwyr a'r gymuned leol ymlacio a mwynhau bod yng nghanol planhigion ac anifeiliaid y ddôl.

### Oeddech chi'n gwybod?

Gall edrych ar ddôl o flodau gwylt am ddim ond 6 eiliad ostwng eich pwysedd gwaed!

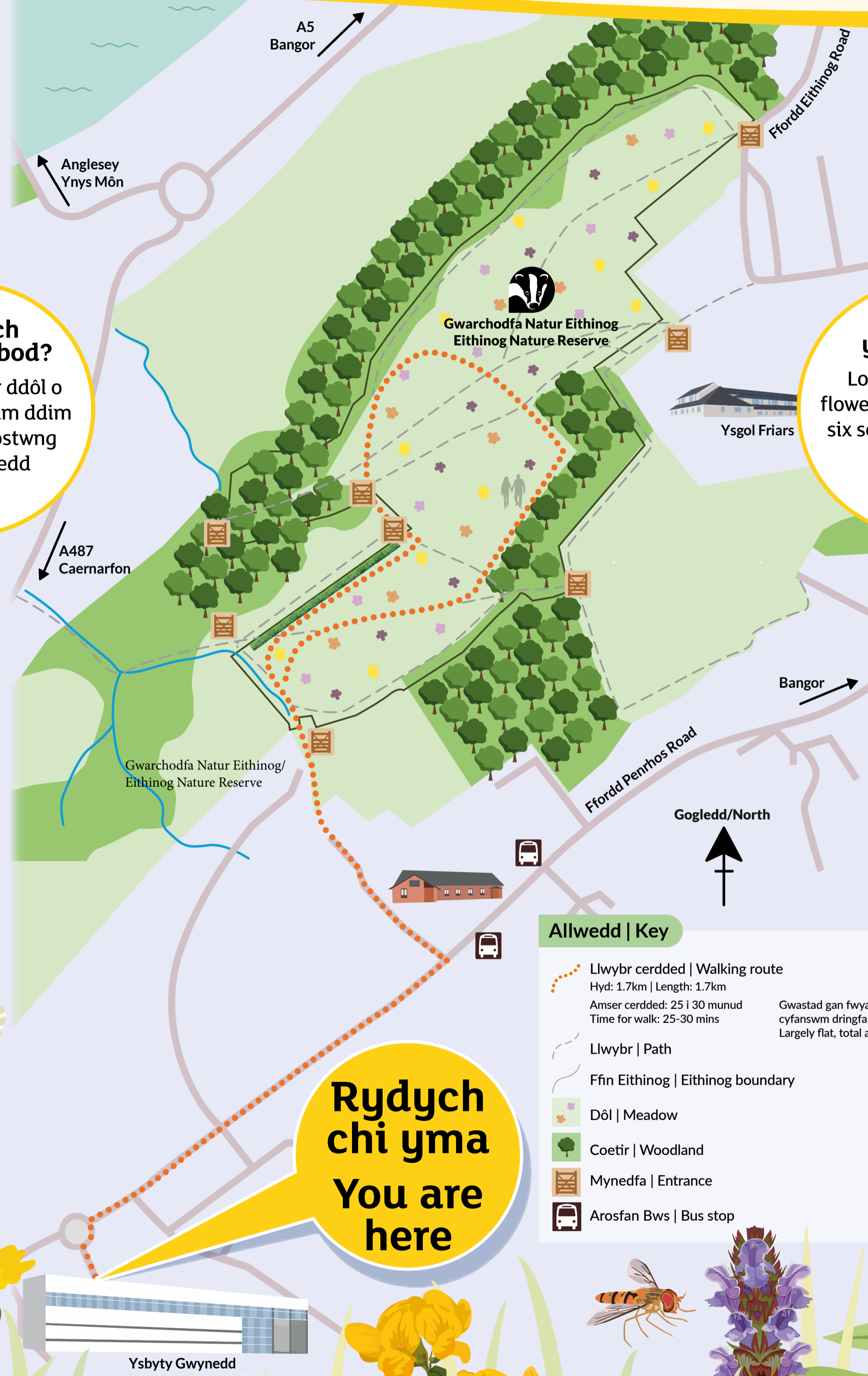
### Cyfarwyddiadau



O'r ysbty, trowch i'r dde ar Ffordd Penrhos ac wedyn i'r chwith wrth Neuadd Tystion Jehovah. Mae mynedfa'r safle i fyny'r lôn o'r fan honno. Cadwch lygad am arwyddion stryd ar hyd Ffordd Penrhos i'ch helpu i ddod o hyd i Warchodfa Natur Eithinog.



Am daith rithwir o'r llwybr sganwch y cod QR neu ewch i: <https://arcg.is/1eCa4z0>



Experience the Meadows Health and Wellbeing Route connecting Ysbyty Gwynedd to the meadows at Eithinog Wildlife Trust Nature Reserve. During all seasons, a walk through the meadow provides an array of colours, smells and sounds.

The route, marked in orange on the map, is a gentle 25-30 minute circular walk from the hospital and around the meadows. This beautiful local green space is available for staff, patients, visitors and the local community to unwind and enjoy being among meadow plants and animals.

### Did you know?

Looking at a wild flower meadow for just six seconds can lower your blood pressure!

### Directions



From the hospital, turn right onto Penrhos Road and then left at the Jehovah's Witnesses' Kingdom Hall. The site entrance is just up the lane. Look for street signs along Penrhos Road to help you find Eithinog Nature Reserve.



For a virtual tour of the route scan QR code or visit: <https://arcg.is/vervi>

### Allwedd | Key

- Llwybr cerdded | Walking route  
Hyd: 1.7km | Length: 1.7km  
Amser cerdded: 25 i 30 munud  
Time for walk: 25-30 mins
- Llwybr | Path
- Ffin Eithinog | Eithinog boundary
- Dôl | Meadow
- Coetir | Woodland
- Mynedfa | Entrance
- Arosfan Bws | Bus stop
- Gwastad gan fwyaf, cyfanswm dringfa: 22m  
Largely flat, total ascent: 22m

Rydych chi yma  
You are here



Efwr  
Hogweed



Helygllys hardd  
Rosebay willowherb



Dôl yn llawn blodau gyda golygfeydd draw am fynyddoedd Eryri  
Meadow full of flowers with distant views of the mountains of Snowdonia



Hyb Dolydd (Cymraeg)  
[meadows.plantlife.org.uk/cy/home-2/](https://meadows.plantlife.org.uk/cy/home-2/)



Meadows' Hub (English)  
[meadows.plantlife.org.uk/](https://meadows.plantlife.org.uk/)