



Sustainability is about living in a way that avoids damaging the environment, wasting resources and losing our heritage so that future generations and people in other parts of the world can also enjoy a good quality of life.

Swansea Sustainability Trail is co-ordinated by Swansea Environmental Forum as part of the Sustainable Swansea Initiative.

Cydlynir Trywydd Cynladwyedd Abertawe gan Fforwm Amgylcheddol Abertawe fel rhan o fenter Abertawe Gynaliadwy.

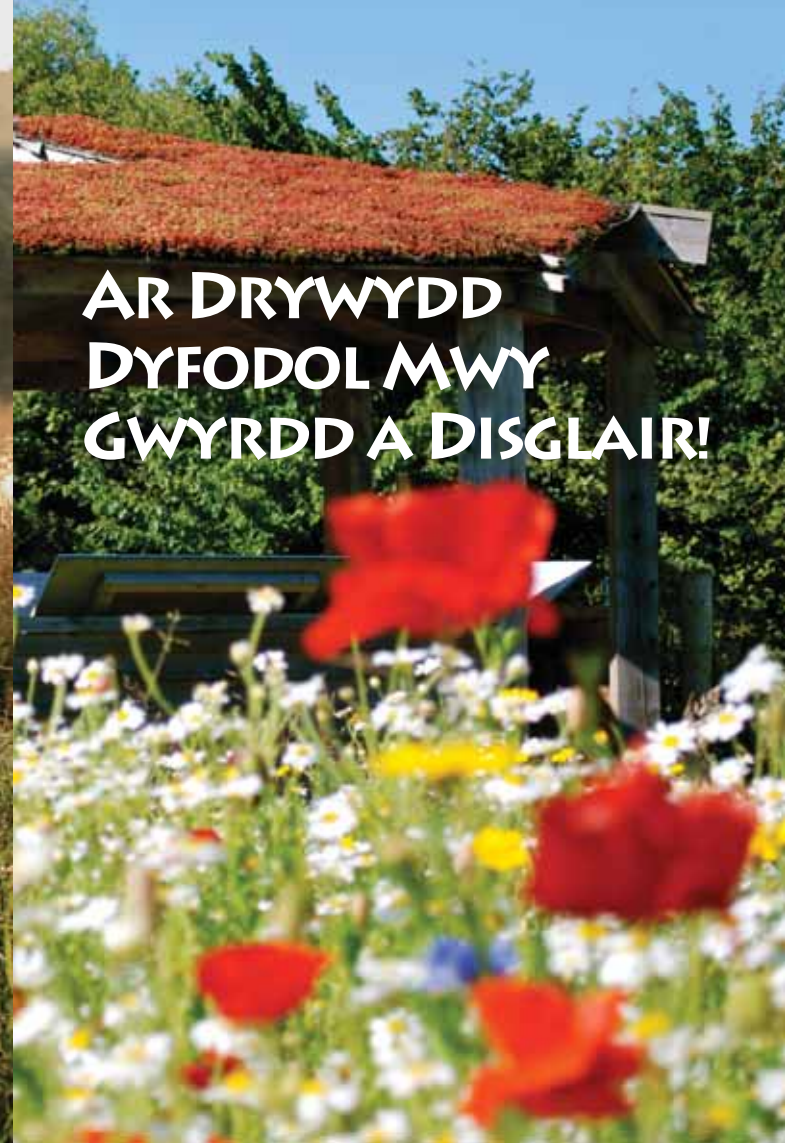
For more information:
Am fwy o wybodaeth, ewch i:
www.sustainableswansea.net
01792 480200.



Hanfod **Cynladwyedd** yw byw mewn ffordd sy'n osgoi niweidio'r amgylchedd, gwastraffu adnoddau a cholli'n treftadaeth fel y gall cenedlaethau'r dyfodol a phobl mewn rhannau eraill o'r byd fwynhau ansawdd bywyd da hefyd.

SWANSEA SUSTAINABILITY TRAIL
TRYWYDD CYNALADWYEDD ABERTAW

**ON THE TRAIL
OF A GREENER,
BRIGHTER FUTURE!**



**AR DRYWYDD
DYFODOL MWY
GWYRDD A DISGLAIR!**

WELCOME TO THE TRAIL!

Swansea Sustainability Trail consists of 28 inspiring places in and around our city and county that offer practical examples of how we can look after our world and the resources it provides.

The Trail was created to help people get a better understanding of what sustainability means and to become involved in making Swansea a more sustainable place.

The Trail shows how many projects and organisations in Swansea are already working towards a better future for us such as reducing the waste they produce, using energy and water more efficiently, taking care of the natural environment, bringing neglected buildings back into use, or helping local people become more active in their community.

By visiting the Trail we hope you will be encouraged to take some of the ideas you discover back to your own home, workplace or community.

The map and the site list in this leaflet provide an overview of Swansea Sustainability Trail. To find more information about the sites on the Trail and the sustainability themes visit the website.



CROESO I'R TRYWYDD!

Mae Trywydd Cynladwyedd Abertawe yn cynnwys 28 man ysbrydoledig yn ein dinas a sir a'r ardal o'u cwmpas sy'n cynnig enghreifftiau ymarferol o sut gallwn ofalu am ein byd a'r adnoddau mae'n eu darparu.

Crëwyd y Trywydd i helpu pobl i ddeall hanfod cynladwyedd yn well ac i gyfrannu at wneud Abertawe'n lle mwy cynaliadwy.

Mae'r Trywydd yn dangos sut mae sawl project a sefydliad yn Abertawe eisoes yn gweithio tuag at ddyfodol gwell i ni, er enghraifft drwy leihau'r gwastraff maent yn ei gynhyrchu, defnyddio ynni a dŵr yn fwy effeithlon, gofalu am yr amgylchedd naturiol, adfywio adeiladau sydd wedi'u hesgeuluso neu helpu pobl leol i gyfrannu mwy at eu cymunedau.

Drwy ymweld â'r Trywydd, gobeithiwn y cewch eich annog i roi rhai o'r syniadau y byddwch yn eu darganfod ar waith yn eich cartref, eich gweithle neu eich cymuned eich hun.

Mae'r map a'r rhestr o safleoedd yn y daflen hon yn rhoi trosolwg o Drywydd Cynladwyedd Abertawe. I gael mwy o wybodaeth am safleoedd ar y Trywydd ac am themâu cynladwyedd, ewch i'r wefan.

VISITING TRAIL SITES

All the sites on the Trail welcome visitors but please always ring to check before visiting. Many of the sites are open to the public but some projects can only be visited by prior arrangement.

Guided tours can be organised at most places on the Trail and Sustainable Swansea Staff can offer support to groups wishing to arrange a trip. Please call 01792 480200 for advice.

GETTING AROUND THE TRAIL

Where possible, try to visit places on the Trail without using a car. Many of the sites are easily accessible by public transport, cycling and walking.



YMWELD Â SAFLEOEDD AR Y TRYWYDD

Mae pob safle ar y Trywydd yn croesawu ymwelwyr ond dylech ffonio bob amser cyn galw heibio. Mae llawer o'r safleoedd ar agor i'r cyhoedd ond rhaid trefnu ymlaen llaw i ymweld â rhai prosiectau.

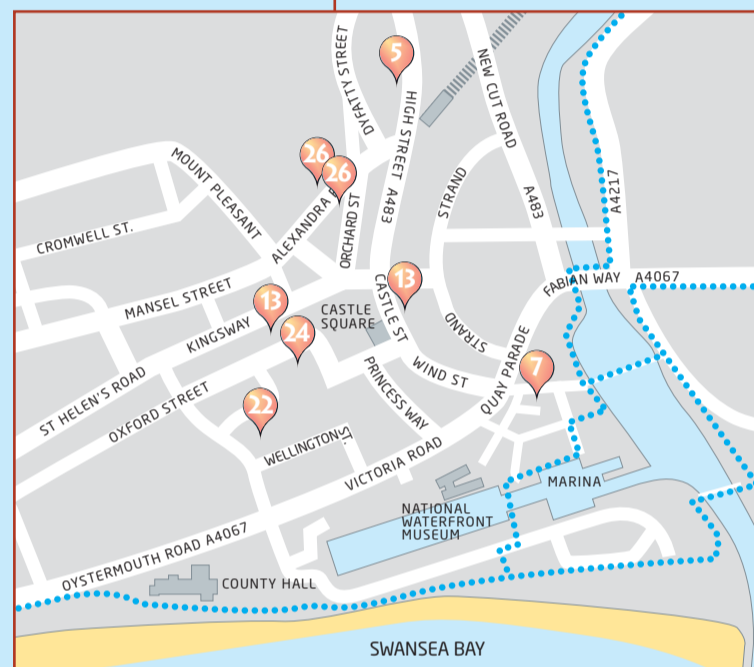
Gellir trefnu teithiau tywys yn y rhan fwyaf o'r lleoedd ar y Trywydd a gall staff Abertawe Gynaliadwy gynnig cefnogaeth i grwpiau sydd am drefnu taith. Ffoniwch 01792 480200 i gael cyngor.

MYND O LE I LE AR Y TRYWYDD

Lle bynnag y bo modd, ceisiwch ymweld â lleoedd ar y Trywydd heb ddefnyddio car. Gallwch gyrraedd llawer o'r safleoedd yn hwylus ar gludiant cyhoeddus, ar gefn beic neu ar droed.



Central Swansea



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SWANSEA SUSTAINABILITY TRAIL TRYWYDD CYNALADWYEDD ABERTAW

Trail site	Animal Welfare	Biodiversity	Built Heritage	Community Action	Education & Training	Energy	Global Links	Healthy Lifestyle	Local Produce	Sustainable Building	Transport	Waste Management	Water	Website	Telephone
1 AB Glass						*						*		www.abforglass.co.uk	01792 584440
2 Bishop's Wood Local Nature Reserve		*	*	*	*			*		*			*	www.swansea.gov.uk/bishopswood	01792 361703
3 Blackpill Wildlife Centre		*	*	*	*	*								www.rspb.org.uk/groups/westglamorgan/places	01792 229244
4 Crymlyn Bog National Nature Reserve		*	*	*	*			*					*	www.ccw.gov.uk	01792 326450
5 Cyrenians Community Centre			*	*	*			*						www.cyrenians-community-centre.co.uk	01792 470127
6 Down to Earth Project	*	*	*	*	*	*		*	*	*		*	*	www.downtoearthproject.org.uk	01792 232439
7 Environment Centre			*	*	*	*	*	*		*			*	www.environmentcentre.org.uk	01792 480200
8 Gors Community School			*	*	*	*	*	*				*	*	www.gorscommunityschool.co.uk	01792 522202
9 Gower Heritage Centre			*	*	*	*			*				*	www.gowerheritagecentre.co.uk	01792 371206
10 Gower Wildflower Cafe		*	*	*	*	*			*	*		*	*	www.gowerwildflowercafe.co.uk	01792 298496
11 Llys Nini Animal Centre	*	*	*	*	*	*						*	*	www.rspca-llynsini.org.uk	01792 229435
12 Mumbles Development Trust		*	*	*	*				*			*	*	www.mumblesdevelopmenttrust.org	01792 405169
13 Oxfam Shops			*	*	*	*	*					*	*	www.oxfam.org.uk	01792 654710
14 Penclawdd Local Produce & Craft Market			*	*	*	*			*		*		*	none	01792 850162
15 Penllergare Valley Woods		*	*	*	*			*					*	www.penllergare.org	01558 650416
16 Play Resource Centre			*	*	*							*	*	www.playright.org.uk	01792 794884
17 Red Cafe		*	*	*	*	*	*	*		*		*	*	www.redcafe.org.uk	01792 362122
18 ResaRec			*	*	*	*						*	*	www.cetwales.co.uk/res.shtml	01792 653553
19 Rosehill Quarry Community Park		*	*	*	*	*		*				*	*	none	01792 477863
20 Singleton Botanical Gardens		*	*	*	*	*		*		*		*	*	www.swansea.gov.uk/parks	01792 205327
21 Sustrans and the National Cycle Network				*	*			*			*		*	www.sustrans.org.uk	02920 650602
22 Swansea City Bus Station				*	*				*	*	*		*	www.swansea.gov.uk/busstation	01792 479820
23 Swansea Community Farm	*	*	*	*	*	*		*	*	*		*	*	www.swanseacommunityfarm.org.uk	01792 578384
24 Swansea Indoor Market			*	*	*	*			*			*	*	www.swanseaindoormarket.co.uk	01792 476370
25 T.O.P.I.C. House			*	*	*	*		*	*			*	*	none	01792 642237
26 Ty Tom Jones Swansea Foyer & Llys Glas		*	*	*	*	*		*	*	*		*	*	www.gwalia.com	01792 473377
27 WWT National Wetland Centre Wales	*	*	*	*	*	*		*				*	*	www.wwt.org.uk/learn/plan-a-visit/llanelli/	01554 741087

