

# Llwybrau Llawendrindod Llandrindod Wellness Routes



*Cerdded, loncian, rhedeg, eich Walk, jog, run to Wellness dewis chi am Iechyd Da*

Bwriad Llawendrindod yw sicrhau fod pobol yn cadw'n heini er mwyn gallu mwynhau bywyd. Mae ymarfer corff sawl gwaith yr wythnos yn gallu lleihau'r risg o salwch difrifol.

Llandrindod Wellness is all about getting out and getting active so that you can enjoy life. Exercising several times a week can reduce your chances of major illness.



LLANDRINDOD  
WELLS

Cefnogir gan / supported by



*Rhannwch hwb i bobol eraill*

Os ydych chi wedi defnyddio Llwybr Llawendrindod i'ch ysgogi i fynd allan, neu i ymarfer am y tro cyntaf, rhannwch eich stori yma er mwyn annog pobol eraill:

*Encourage others*

If you have used this Wellness Route to get up and get out, or to exercise for the first time, encourage others by sharing your story:



Llandrindod Wellness





# #Llawendrindod #LlandrindodWellness



Bob tro ry' chi'n cwblhau'r daith 3km, ry' chi'n gweithio tuag at wella eich ffitrwydd a chynyddu eich siawns o fyw'n hirach. Da iawn!

Every time you complete the 3km route, you are working towards better fitness and improving your chances of living longer. Well done!

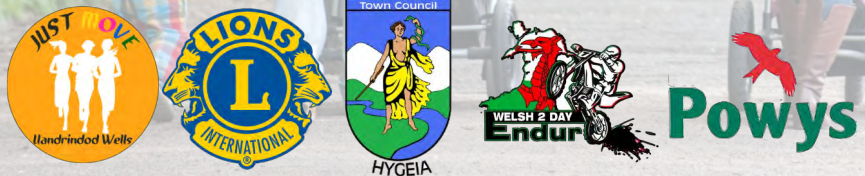
3km o amgylch y dref, pa mor bell gallwch chi fynd?  
3km around the town, how far can you go?

3	6	9	12	15	18	21	24	27	30
33	36	39	42	45	48	51	54	57	60
63	66	69	72	75	78	81	84	87	90
93	96	99	102	105	108	111	114	117	120
123	126	129	132	135	138	141	144	147	150
153	156	159	162	165	168	171	174	177	180
183	186	189	192	195	198	201	204	207	210
213	216	219	222	225	228	231	234	237	240
243	246	249	252	255	258	261	264	267	270
273	276	279	282	285	288	291	294	297	300



Dilynwch yr arwyddion melyn!  
Follow the yellow signs!

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Lliwiwch y sgwariau wrth i chi fynd ymlaen! Colour in the squares as you go!