

1km o amgylch y llyn, Pa mor bell y gallwch chi fynd?

1 km around the lake, how far can you go?



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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



LLAWDRINDOD
LLANDRINDOD WELLS
O Gwmpas y Llyn
1 km
Lake Circular Walk
Powys
LLANDRINDOD WELLNESS

LLANDRINDOD WELLS

Cerdded, loncian, rhedeg eich 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.

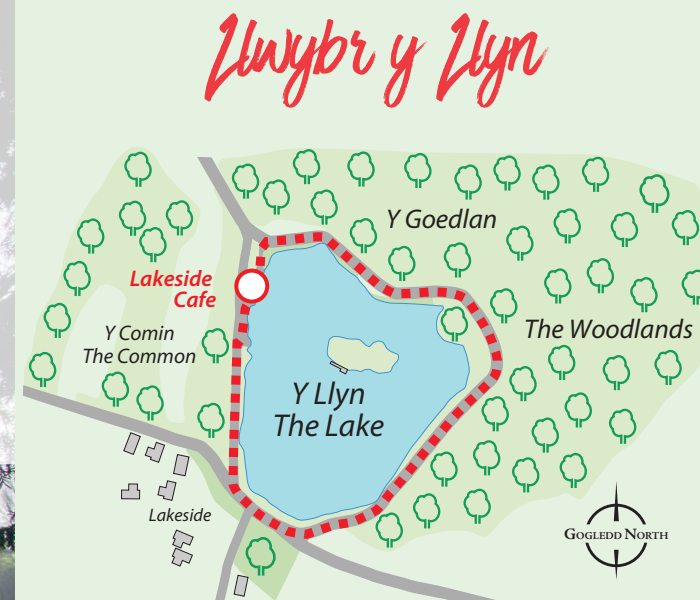
Bob tro y byddwch yn cwblhau un lap o amgylch y llyn byddwch yn gwella eich siawns o fyw yn hirach a bod yn iachach.

Walk, jog, run to Wellness

Llandrindod Wellness is all about getting out and getting active so that you can enjoy life.

Exercising several times a week can reduce your risk of major illnesses.

Every time you complete a lap of the Lake, you are improving your chances of living longer and being healthier.



The Lake Route



Rhowch 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:

<https://www.facebook.com/llandrindodwellness/>

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 here:



Cefnogir gan / Supported by

Powys