

# AMGUEDDFA CYMRU

## CAMU 'MLAEN

Ydych chi'n cyfri'ch camau bob dydd? Yma yn Sain Ffagan Amgueddfa Werin Cymru, gallwn eich helpu chi i gynyddu eich camau gyda detholiad eang o lwybrau ac adeiladau hanesyddol i'w harchwilio. Ewch am dro drwy erddi'r Castell a mwynhau'r planhigion a'r blodau, neu ymlwybro drwy'r safle i ddarganfod y 50 o adeiladau hanesyddol sydd wedi'u symud i'r amgueddfa o bob cwr o Gymru. Mae'n debyg fod mynd am dro yn dda i'ch iechyd corfforol a meddyliol. Felly cymerwch y cam cyntaf a mwynhau rhai o'n huchafbwyntiau!

## STEPPING OUT

Do you keep a count of how many steps you take in a day? Here at St Fagans National Museum of History, we can help you rack up those steps with plenty of paths and historic buildings for you to explore. Wander through the Castle gardens and enjoy the plants and flowers, or meander through the site discovering the fifty historic buildings moved to the museum from all over Wales. Taking a walk is said to be good for your health both physically and mentally. So put your best foot forward and see some of our highlights!



### LWYBR 1

#### Gerddi'r Castell

Cymerwch eiliad i fyfrio yng ngerddi'r Castell. Casglwch fap o ddesg y dderbynfa cyn anelu at y Castell i archwilio golygfeydd, y aroglau a synau'r gerddi. Beth allwch chi ei weld, ei arogl a'i glywed? Mae'r gerddi'n newid yn dymhorol, felly bydd rhywbeth newydd i'w ddarganfod bob tro. Dechreuwch eich siwrne wrth y twnnel, a dewis llwybr i grwydro'r gerddi.

### TRAIL 1

#### Castle Gardens

Enjoy a mindful moment in the Castle gardens. Pick up a map at the reception desk and head over to the Castle to explore the sights, smells and sounds of the gardens. What can you see, smell and hear? The gardens change with the seasons so there's always something new to discover. Start your walk from the tunnel and then choose to explore the gardens in whichever direction takes your fancy.

APPROX  
3,500  
STEPS

TUA  
3,500  
O GAMAU

APPROX  
750  
STEPS

### TRAIL 4

#### Llwyn-yr-eos Farm

Explore Llwyn-yr-eos Farm and see how many animals you can spot. Depending on the season, you can see sheep, cows, ducks and pigs at the farm. Outbuildings include a brewhouse, pigsties, a goose shed, calf pens and a stable. There may even be a tractor or two! Don't forget to take a look in the farmhouse to see how the building would have looked in the 1930s.

### LWYBR 4

#### Fferm Llwyn-yr-eos

Ewch ar grwydr o gwmpas Fferm Llwyn-yr-eos – faint o anifeiliaid allwch chi eu gweld? Yn dibynnu ar y tymor, gallwch weld defaid, gwartheg, hwyaid a moch ar y fferm. Mae cytiau fferm yn cynnwys bragdy, tylciau moch, sied wyddau, beudai a stabl. Efallai welwch chi mewn i'r ffermdy i weld sut fyddai'r adeilad wedi edrych yn y 1930au.

TUA  
750  
O GAMAU

### LWYBR 3

#### Llys Llywelyn i Bryn Eryr

Dewch i ddarganfod dau adeilad hanesyddol wedi'u hail-greu yn seiliedig ar dystiolaeth archaeolegol. Ewch am dro drwy'r coed, gan ddechrau eich taith ger Llys Llywelyn, llys tywysog canoloesol. Ar ben y bryn fe ddewch chi o hyd i Bryn Eryr, sef ailgredd o dai crwn Oes yr Haearn. Mae Bryn Eryr yn dangos sut allai pobl fod wedi byw tua 2,000 o flynyddoedd yn ôl. Gallwch ddilyn yr un llwybr yn ôl heibio Llys Llywelyn, neu gerdded lawr y bryn i Fferm Llwyn-yr-eos.

### TRAIL 3

#### Llys Llywelyn to Bryn Eryr

Discover two historic buildings whose reconstruction is based on archaeological evidence. Starting at Llys Llywelyn, the medieval prince's hall, take a walk along the woodland path. At the top of the hill you will discover Bryn Eryr. A reconstruction of Iron Age roundhouses, Bryn Eryr shows how people may have lived around 2,000 years ago. You can return via the same path as you ascended, or you can walk down the hill to Llwyn-yr-eos Farm.

APPROX  
1,000  
STEPS

TUA  
1,000  
O GAMAU



### LWYBR 2

#### Adeiladau Hanesyddol

Casglwch fap o'r safle, ac ewch allan i ddarganfod rhai o'r adeiladau hanesyddol sydd wedi'u symud i'r amgueddfa o bob rhan o Gymru. Gan ddechrau yn y prif adeilad, mae'r llwybr hwn yn mynd â chi heibio rhai o adeiladau mwyaf eiconig y safle, gan gynnwys Ffermdy Kennixton, Siop Gwalia ac Eglwys Sant Teilo, cyn mynd drwy'r goedwig i Garreg Fawr, ac yn ôl heibio'r Prefab a Thai Teras Rhyd-y-car.

### TRAIL 2

#### Historic Buildings

Pick up a site map, and head out to discover some of the historic buildings that have been moved to the museum from all over Wales. Starting from the main building, this route passes some of the most iconic buildings on site including Kennixton Farmhouse, Gwalia Stores and St Teilo's Church before joining the woodland path to Garreg Fawr and returning past the Prefab and Rhyd y Car Terrace.

TUA  
3,000  
O GAMAU

APPROX  
3,000  
STEPS

### LWYBR 5

#### Orielau Cymru... a Byw a Bod

Does dim angen i chi fynd yn bell i grwydro'r orielau, sydd lan lofft yn ein prif adeilad. Yn oriel Cymru..., rydym yn edrych ar stori Cymru o wahanol safbwyntiau. Mae'r gwrthrychau anhygoel yn y casgliadau, a'r bobl sy'n gysylltiedig â nhw, yn ein helpu i ddeall hanes Cymru. Yn oriel Byw a Bod, mae digonedd i'ch diddori wrth i chi ddysgu am fywydau bob dydd pobl eraill, dros fil o genedlaethau. Rydym yn adrodd straeon pobl drwy eu geiriau eu hunain, lle bod modd, a thrwy eu trysorau personol hefyd.

### TRAIL 5

#### Wales is...and Life is...galleries

You don't have to walk far to explore these galleries – they're located upstairs in our main entrance building. In Wales is... we explore the story of Wales from different perspectives. Amazing items from our collections, and the people connected with them, help us understand Wales's history. In Life is... you can satisfy your natural curiosity about other people's everyday lives, across a thousand generations. We tell people's stories through their own words – wherever possible – and through the objects they treasured.

TUA  
600  
O GAMAU

APPROX  
600  
STEPS

Amcangyfrifon yw'r rhifau uchod, a gallant amrywio rhwng teclynnau cyfri camau.  
All calculations are approximate and may vary between step counters.