

2500 leafy steps

TWO CIRCULAR WALKS AROUND CALDICOT CASTLE COUNTRY PARK

Footsteps to Fitness

The short walk route around the Country Park will clock up about 1500 steps and burn up around 70 calories, the equivalent of a small glass of dry white wine. The longer route takes around 2500 steps and burns up about 115 calories, the equivalent of a Milky Way bar! Follow the coloured waymarkers.

Circular Walks Around Caldicot Castle

Circling Caldicot Castle, both routes cross the Nedern Brook where a Bronze Age boat and remnants of jetties were discovered by archaeologists in the 1990s.

The inner route stays close to the Castle and passes the pond, a haven for birds. Look out for moorhens and swans.

On the outer route around the Country Park perimeter see how many different types of trees you can find (there are more than 20).

You will be well on your way to the 10,000 steps you should be aiming to walk every day. And remember – when you've worked up a thirst – a glass of water contains no calories at all!

Y Ffordd i Ffitrwydd

Mae'r daith fer o gwmpas y Parc Gwledig tua 1500 o gamau ac yn llosgi rhyw 70 o galoriau, sy'n gyfatebol i wydraid bach o win gwyn sych. Mae'r llwybr hirach tua 2500 o gamau ac yn llosgi tua 115 o galoriau, sy'n gyfatebol i siocled Milky Way! Dilynwch yr arwyddion lliw.

Teithiau Cylch o Gwmpas Castell Cil-y-coed

Mae'r ddau lwybr o gwmpas Castell Cil y coed yn croesi Nant Nedern lle darganfuwyd cwch o'r Oes Efydd ac olion glanfeydd, gan archeolegwyr yn y 1990au.

Mae'r llwybr mewnol yn aros yn agos i'r Castell ac yn mynd heibio'r pwll, sy'n hafan i adar. Cadwch lygâd barcod am leir bach y dŵr ac elyrch.

Ar y llwybr sydd ar gyrion y Parc Gwledig, faint o wahanol fathau o goed fedrdech chi eu darganfod? (mae yna mwy nag 20).

Byddwch ar eich ffordd i gyflawni'r 10,000 o gamau y dylech fod yn anelu i'w cerdded bob dydd. A chofiwch - pan fydd syched mawr arnoch - does yna ddim caloriau o gwbl mewn gwydraid o ddŵr!

Short route: 1500 steps
Llwybr byr: 1500 o gamau

Long route: 2500 steps
Llwybr hir: 2500 o gamau

The Explore Severnside Trail, a loop linking the Castle to Black Rock Picnic Site, Portskewett and Sudbrook, will clock up about 10,000 steps and burn up around 400 calories – the equivalent to a medium slice of cheese pizza!

Mae Llwyr Archwilio Glan Hafren, taith gylch sy'n cysylltu'r Castell â Safle Picnic Black Rock, Porthysgewin a Sudbrook, tua 10,000 o gamau, ac yn llosgi rhyw 400 o galoriau – sy'n gyfatebol i ddarn canolig o bitsa caws!

10,000 Steps a Day

Originally from Japan, the idea of walking 10,000 steps a day to improve health is a simple and effective way of keeping fit and losing weight. Fit yourself out with a pedometer and find out more at:

www.healthchallenge.wales.gov.uk

10,000 Cam y Dydd

Yn wreiddiol o Japan, mae'r syniad o gerdded 10,000 o gamau'r dydd i wella iechyd yn ffordd syml ac effeithiol o gadw'n ffit a cholli pwysau. Prynwch bedometr a dewch o hyd i fwy o wybodaeth ar:

In the past the Nedern was a much bigger river. Boats would have been able to navigate inland past Caldicot to Caerwent, providing important trading links across the Severn to North Somerset. Today the River Nedern occasionally floods the whole valley.

Yn y gorffennol, roedd y Nedern yn afon mwy o lawer. Ni fyddai cychod wedi llwyddo i fordwyo'n fewndirol heibio i Gil-y-coed i Gaerwent, gan ddarparu cysylltiadau masnachu pwysig ar draws yr Hafren i Ogledd Gwlad yr Haf. Heddiw, mae'r Afon Nedern yn gorllo'i'r dyffryn cyfan ar adegau.

Designed by www.wdspirito.co.uk

2500 o gamau deiliog

DWY DAITH GYLCH O GWMPAS PARC GWLEDIG CASTELL CIL-Y-COED

