AMGUEDDFA CYMRU

CAMU 'MLAEN

Ydych chi'n cyfri'ch camau bob dydd?

Yma yn Amgueddfa Genedlaethol y Glannau, Abertawe gallwn eich helpu i ychwanegu at eich cyfanswm wrth i chi gamu drwy hanes diwydiannol a morwrol Cymru. Ewch i archwilio'r orielau, galw heibio gardd GRAFT, a mynd am dro drwy farina hardd Abertawe. Mae'n debyg fod mynd am dro yn dda i'ch iechyd corfforol a meddyliol. Felly cymerwch y cam cyntaf a mwynhau'r ddinas a'r Amgueddfa ger y môr.

STEPPING OUT

Do you keep a count of how many steps you take in a day?

Here at the National Waterfront Museum, Swansea we can help you rack up those steps as you take a step back through the industrial and maritime past of Wales. Explore the museum galleries, take a stroll through our GRAFT garden and take a walk around the beautiful Swansea Marina. Taking a walk is said to be good for your health both physically and mentally. So it's time to put your best foot forward and discover what we have to offer in this city by the sea.

LLWYBR 1

TUA 1,156 O GAMAU

Amgueddfa

Gan gychwyn wrth fynedfa'r ddinas wrth ymyl y car Dodge 1923, crwydrwch drwy ein hamgueddfa, sydd wedi'i lleoli mewn warws rhestredig ar y glannau wedi'i gysylltu ag adeilad newydd, cyfoes o lechi a gwydr. Cewch ddarganfod y drafnidiaeth, y deunyddiau a'r rhwydweithiau a oedd mor bwysig, a'r 'pethau mawr' a gyfrannodd gymaint at hanes diwydiannol ein cenedl.

Mae'r amgueddfa yn gartref i'r Robin Goch, un o awyrennau cynharaf y DU, yn ogystal â'n replica anhygoel o Injan Stêm Penydarren, y locomotif stêm cyntaf i dynnu cerbydau nwyddau!

Mwynhewch ein horielau, ein harddangosfeydd dros-dro, a'r arddangosiadau rhyngweithiol sy'n dod â hanes diwydiannol Cymru yn fyw.

TRAIL 1

APPROX 1,156 STEPS

Museum

Starting at the Cityside entrance from the side of the stunning 1923 Dodge motorcar, make your way through the Museum, housed in an original listed warehouse linked to an ultra-modern slate and glass building. Here you can discover the transport, materials and networks that were so important and the 'big things' that contributed so much to the industrial history of Wales.

The museum is home to the incredible Robin Goch, one of the earliest aircraft in the UK, and our amazing replica of the Penydarren Steam Engine, which was the first to prove a steam locomotive could haul a goods train!

Explore the galleries, enjoy our ever-changing exhibitions and explore Wales's industrial past through our interactive displays.

LLWYBR 2

TUA 432 O GAMAU

Gardd GRAFT

Ewch drwy ein Prif Neuadd i gyfeiriad y drysau dwbl ar y chwith, fydd yn eich arwain i ardd GRAFT.

Mae'r ardd, sydd wedi'i hadeiladu ar y cyd â nifer o grwpiau cymunedol yn Abertawe, yn fan i dyfu bwyd mewn modd cynaliadwy ac organig, gan greu tirlun bwytadwy i sbarduno cyfranogiad a thrafodaeth. Caiff llysiau a blodau eu tyfu a'u rhoi i grwpiau lleol sy'n darparu ar gyfer pobl mewn angen, megis Matts House, Ogof Adullam a chanolfan ffoaduriaid Abertawe.

"Mae GRAFT yn stori yn ei hun: stori am harddwch; am wneud Abertawe yn lle mwy deniadol; am greu cysylltiadau drwy waith tîm a chyfeillgarwch; ac am roi gyda chalon lawen, nid am ennyd neu am dymor, ond i greu rhywbeth parhaol ar gyfer y gymuned."

Anca Polgar, Gwirfoddolwr GRAFT

TRAIL 2

APPROX 432 STEPS

GRAFT Garden

Make your way from the Cityside entrance through the Main Hall towards the double doors on your left hand side which will lead you out into our GRAFT Garden.

The garden, built in collaboration with many community groups from in and around Swansea, is a sustainable, organic growing environment, creating an edible landscape to encourage participation and conversation, producing vegetables, fruits and herbs. The produce grown in the garden is donated to many groups throughout the area who provide food for those in need such as Matts House, Ogof Adullam and the Swansea refugee drop in center.

"GRAFT itself, is a story, about beauty, about enhancing the charm of Swansea, about connections through team work and friendship, about giving with a happy heart, not for a moment or a season, but creating a legacy for the community."

Anca Polgar, GRAFT volunteer

LLWYBR 3

TUA 2,167 O GAMAU

Marina

Marina Abertawe, lle mae'r môr yn cwrdd â'r ddinas.

Ewch allan o'r amgueddfa drwy fynedfa'r Marina, a chymryd eiliad i fwynhau'r olygfa - mae dwy long hanesyddol yn y doc, ynghyd ag amrywiaeth o gychod pysgota a chychod hwylio. Sylwch ar yr *Helwick*, goleulong heb injan, oedd yn cael ei halio allan i'r môr.

Dilynwch y llwybr rownd y Marina, sydd yn llawn siopau a chaffis annibynnol yn ogystal â thŵr tal Meridian. Byddwch yn cyrraedd y cerflun trawiadol o Captain Cat, y capten llongau dall o *Dan y Wenallt* gan Dylan Thomas. Croeswch y Bont Droi, ac o'ch blaen bydd Theatr Dylan Thomas a cherflun o'r bardd a'r dramodydd, mab enwocaf Abertawe.

Daliwch i ddilyn y llwybr nes i chi ddod yn ôl at Amgueddfa Genedlaethol y Glannau, lle bydd paned a chacen yn eich aros yn ein caffi.

TRAIL 3

APPROX 2,167 STEPS

Marina

Swansea Marina, where the city meets the sea.

Exit the National Waterfront Museum via the Marina entrance and take in the sight of the two historic vessels moored alongside a wide variety of yachts and fishing boats. Notice the *Helwick*, a lighthouse ship which has no engine and was towed out to sea.

Follow the path around the Marina, where you can take in a variety of independent shops and cafes as well as the iconic Meridan Tower. You will eventually reach the stunning statue of Captain Cat, the blind Sea Captain from *Under Milk Wood* and by crossing the Swing Bridge, you will see before you the Dylan Thomas Theatre and the statue of the famous Swansea-born bard and playwright.

As you continue to follow the path you will see the National Waterfront Museum standing proudly before you in our Marina home, ready to welcome you back with some refreshments and home made cakes in our café.

Amcangyfrifon yw'r rhifau uchod, a gallant amrywio rhwng teclynnau cyfri camau.

All calculations are approximate and may vary between step counters.