

Fe gerddais y Llwybr i Lesiant
a chyfrannu at 313 o filltiroedd
mewn diwrnod.
Mai 2026.

I walked the Path for Wellbeing
and contributed to
313 miles in one day
May 2026.



Cerdded y Llwybr i Lesiant
Walking the Path for Wellbeing



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park