

# Teithio Mewn Amser gyda MonLife! Time Travel with MonLife!

Ewch i'n safleoedd eraill i archwilio dros 5000 o flynyddoedd o Hanes y Sir!  
Visit our other sites to explore over 5000 years of the County's History!

- 1 Castell a Pharc Gwledig Cil-y-coed**  
Castell canoloesol a drodd yn nifer o gartrefi! Archwiliwch ei thyrion a'i dir parc.
- 2 Amgueddfa'r Fenni a Dolydd y Castell**  
Archwiliwch Gastell Normanaidd a darganfyddwch filoedd o flynyddoedd o hanes y dref. Yna ewch i'r Dolydd am dro hyfryd ar lan yr afon.
- 3 Cwm Angidy**  
Yma ceir cliwiau sy'n adrodd hanes yr hyn oedd yn un o gymoedd diwydiannol cynharaf y wlad.
- 4 Man Picnic y Graig Ddu**  
Unwaith yn fan croesi i bobl hwylio ar draws yr Hafren. Encil hardd gyda golygfeydd godidog.
- 5 Y Neuadd Sirol**  
Llys gyda stori! Archwiliwch y llys gwreiddiol a'r celloedd arswydus. Darganfyddwch hanes hynod Trefynwy.
- 6 Yr Hen Orsaf**  
Lle prydferth ar lan yr afon, unwaith yn orsaf bwysig ar reilffordd Dyffryn Gwy. Archwiliwch natur, hanes gyda llawer o hwyl i'r teulu.
- 7 Amgueddfa Cas-gwent**  
Darganfyddwch dreftadaeth anhygoel Cas-gwent gan gynnwys y Taith Gwy adeiladu llongau, yn ogystal â llawer o ddiwydiannau eraill.
- 8 Parc Cefn Gwlad Rhosied**  
Hen iard gynnull trenau, yn allweddol i gludo glo De Cymru i'r byd! Bellach wedi ei hadfer i natur i bawb ei mwynhau.

**Caldicot Castle and Country Park**  
A medieval castle that became many homes! Explore its towers and parkland.

**Abergavenny Museum and Castle Meadows**  
Explore a Norman Castle and discover thousands of years of the town's history. Then head to the Meadows for a beautiful riverside walk.

**Angidy Valley**  
Here lie clues that tell the tale of what was one of the country's earliest industrialised valleys.

**Black Rock Picnic Site**  
Once a crossing point for people to sail across the Severn. A beautiful retreat with stunning views.

**Shire Hall**  
A courthouse with a story! Explore the original court and spooky cells. Discover Monmouth's fascinating history.

**Old Station Tintern**  
A beautiful riverside spot, once an important station on the Wye Valley line. Explore nature, history with lots of family fun.

**Chepstow Museum**  
Discover Chepstow's incredible heritage including the Wye Tour, its shipbuilding as well as many other industries.

**Rogiet Countryside Park**  
A former train marshalling yard, key to transporting South Welsh coal to the world! Now restored to nature for all to enjoy.

Ewch i'n gwefan am fwy o wybodaeth a'r amseroedd agor:  
[monlife.co.uk/treftadaeth](http://monlife.co.uk/treftadaeth)

Please visit our website for more information and opening times:  
[monlife.co.uk/heritage](http://monlife.co.uk/heritage)

