



# TEITHIO SA1

SA1 – Beiciwch Hi am Hwyl a Sbri

# SA1 TRAVEL

SA1 – Bike It, You Might Like It

Mae Tîm Prosiect SA1 yn cefnogi beicio fel dull iach, fforddiadwy a hwyl o fynd o gwmpas. A chan fod golygfeydd Bae Abertawe a'r Rhwydwaith Beicio Cenedlaethol gerllaw, beth amdani?

[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

Mae Wythnos y Beic yn gyfle blynyddol i hyrwyddo beicio a dangos pa mor hawdd yw gwneud beicio yn rhan o fywyd bob dydd. Bydd SA1 Glannau Abertawe yn rhan o Wythnos y Beic ar 23 Mehefin.

[www.sa1swanseawaterfront.com](http://www.sa1swanseawaterfront.com)

**Dr Beic** – gadewch i arbenigwyr Schmoos asesu cyflwr eich beic a rhoi cyngor am ddim ichi rhwng 10.00am a 12.30pm yn J Shed (Doc Tywosog Cymru).

<http://schmoos.blogspot.com/>

**SA1 Taith feic i'r Mwmbwls ac yn ôl** – Dan arweiniad Rob Jones, Cydgysylltydd Cynllun Teithio SA1 a David Naylor o 'Wheelrights' Grŵp Ymgyrch Beicio Bae Abertawe. Bydd y daith yn cychwyn ar ochr SA1 o'r Hwylbont am 12.30pm ac yn dod yn ôl i SA1 Glannau Abertawe erbyn 1.30pm lle bydd cyfle i gael diod **AM DDIM**. Taith hamddenol a chymdeithasol yw hon ar hyd llwybrau beicio di-draffig ar gyflymder y beiciwr arafaf (mae croeso i bawb). Beth am ofyn i Schmoos fwrw golwg dros eich beic cyn cychwyn!

<http://www.wheelrights.org.uk/>

Os bydd gennych unrhyw gwestiynau ynglŷn â'r diwrnod cysylltwch â Rob Jones ar [jonesrl@halcrow.com](mailto:jonesrl@halcrow.com)

The SA1 Project Team supports cycling as a healthy, affordable and fun way of getting about. And with the Swansea Bay scenery and National Cycle Network on our doorstep, what are we waiting for?

[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

Bike Week is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life. SA1 Swansea Waterfront will be participating in Bike Week on 23rd June.

[www.sa1swanseawaterfront.com](http://www.sa1swanseawaterfront.com)

**Dr Bike** – get a health check on your bike and free advice from the experts at Schmoos between 10:00 am – 12:30 pm at the J Shed (Prince of Wales dock).

<http://schmoos.blogspot.com/>

**SA1 Ride to the Mumbles and Back** – Led by the SA1 Travel Plan Co-ordinator (Rob Jones) and the Swansea Bay Cycling Campaign Group "Wheelrights" (David Naylor). Start on the SA1 side of Sail Bridge at 12.30pm and return to SA1 Swansea Waterfront for an optional **FREE** drink by 1.30pm. This is a leisure and sociable ride, on traffic free cycle paths, at the pace of the slowest rider (all welcome). And why not get your bikes checked by Schmoos first!

<http://www.wheelrights.org.uk/>

Any questions about the days events, contact Rob Jones at [jonesrl@halcrow.com](mailto:jonesrl@halcrow.com)

**SA1** GLANNAU ABERTAW  
SWANSEA WATERFRONT

