

# Caiacio a padlfyrddio yn Llŷn

# Kayaking & paddleboarding on Llŷn



Ymddiriedolaeth  
Genedlaethol  
National Trust



## Caiacio, Aberdaron

**10am, 12.30pm a 2.45pm**  
bob dydd Mercher, Gwener a  
Sul yn ystod Sulgwyn a'r  
gwyliau haf ac ar ddydd Sadwrn  
rhwng y ddau gyfnod gwyliau a  
mis Medi.

## Padlfyrddio, Porthdinllaen

**11am, 1.15pm a 3.30pm**  
bob dydd Iau a dydd  
Sadwrn yn ystod Sulgwyn  
a'r gwyliau haf.

Wedi ei arwain gan hyfforddwr  
cymwysedig fydd yn darparu'r offer  
i gyd, yr unig beth fydd angen i chi  
ddod hefo chi ydi dillad nofio, hen  
drainers, tywel a'r awydd am antur.

**£30 y person** (gostyngiad o £5 i  
aelodau'r Ymddiriedolaeth  
Genedlaethol)

Led by a qualified instructor who  
will provide you with all the  
equipment you need, just bring  
swim wear, old trainers, a towel and  
a sense of adventure.

**£30 per person** (£5 discount  
for National Trust members)

## Kayaking, Aberdaron

**10am, 12.30pm and 2.45pm**  
every Wednesday, Friday and  
Sunday during Whitsun and the  
summer holidays and on  
Saturdays between the two  
holiday periods and in  
September.

## Paddleboarding, Porthdinllaen

**11am, 1.15pm and 3.30pm**  
every Thursday and Saturday  
during Whitsun and the  
summer holidays.



I archebu lle ffoniwch Porth y Swnt  
To reserve a place phone Porth y Swnt

[porthyswnt@nationaltrust.org.uk](mailto:porthyswnt@nationaltrust.org.uk)

**01758 703810**

[www.nationaltrust.org.uk/porth-y-swnt](http://www.nationaltrust.org.uk/porth-y-swnt)

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