

Wales Sustainability Week in Cardiff

LOCAL EVENTS



Helpu Cymru i leihau ei Hôl Troed Carbon
Help Wales reduce its Carbon Footprint



Wales Sustainability Week, celebrating and promoting local action for sustainable living in Wales. Here is a selection of the events in and around Cardiff for Wales Sustainability Week 2011. See websites for further details, [advance booking essential for events with highlight](#). For more information on Sustainable Cardiff www.cardiff.gov.uk/sustainability.

All week there are many events on in Adult Learners Week, see more details on the events page for www.cardiff.gov.uk/neighbourhoodlearning.

SAT 14th MAY

9.00 Cardiff Park 5km Run Taff Trail. Register in advance www.parkrun.org.uk/cardiff
9.30 Three Park Walk Entrance of Fairwater Leisure Centre www.cardiff.gov.uk/parks/
9.30am - 1pm. Roath Real Food Market. Mackintosh Centre Roath, www.riversidemarket.org.uk
10.00 Llanbedr Walk 16 mile walk, meet at Chapter to car share. www.cardiffoutdoorgroup.org.uk
10.00 - 12.00 Wildlife Watch Group for 8 - 12 year olds Forest Farm www.cardiff.gov.uk/parks/
10.30am Walk4Life: 4 mile walk. Meet at B&Q carpark Pontprennau www.cardifframblers.org.uk
11.00am & 2.00pm: St Fagans Walk About, www.museumwales.ac.uk
12:15 Day trip to Flatholm booking essential 029 20877912 www.flatholmisland.com

SUN 15th MAY

8.00 On your Bike for Barnardos, Copthorne Hotel, Culverhouse Cross, www.barnardos.org.uk
9am Black Mountains (16 mile strenuous walk). Meet outside Sherman Theatre to car share. www.cardifframblers.org.uk
10am Wye Valley Walk 7 mile walk Meet at Chapter to car share www.cardiffoutdoorgroup.org.uk
10 - 2pm Riverside Market, Fitzhamon Embankment, Riverside www.riversidemarket.org.uk
10.30 In Her Shoes, a charity walk to support maternal health worldwide. 10km, Cosmeston Lakes Country Park www.inhershoes.org.uk/
11am Family Walk 3 miles: The Knap and Porthkerry Country Park www.cardifframblers.org.uk
13:15 Day trip to Flatholm booking essential 029 20877912 www.flatholmisland.com
2:30pm Walking for Health: Meet concourse of Heath Hospital www.cardiffwalkingforhealth.org
Forage at St Fagans. Free / Booking essential: 029 2057 3424 www.museumwales.ac.uk

MON 16th MAY

9.45am - 1pm Cardiff Sustainability Week Launch. Chapter Arts Centre, To book your seat email slart@cardiff.gov.uk See www.cardiff.gov.uk/sustainability for more details.
Walking for Health: Llanishen or Canton; see www.cardiffwalkingforhealth.org
4pm Fair Trade Cardiff's AGM. Embassy Café, Cathays Community Centre, All are welcome, guest speaker to be confirmed Light refreshment provided. Contact COWen@cardiff.gov.uk

TUES 17th MAY

Walking for Health: Cathays, Gabalfa or St Mellons see www.cardiffwalkingforhealth.org
5.30pm Public Lecture Why Social Sciences Should Engage with Natural Sciences, Cardiff University, Booking essential www.cplan.cf.ac.uk/events/
7pm The Book Club free. Academi 029 2047 2266 Wales Millennium Centre www.wmc.org.uk

WED 18th MAY

9.30 Choice of walks, 7 - 13 miles. Meet at the rear of the Ararat Church, Whitchurch, to car share. www.cardifframblers.org.uk
10.00 Insole Court and Llandaff Cathedral Walk Meet Insole Court www.cardiff.gov.uk/parks/
Walking for Health: Llandaff Fields or Llanrumney: see www.cardiffwalkingforhealth.org
7pm Foods of the Forest. Warden's Centre Forest Farm. £3 www.cardiff.gov.uk/parks/

THURS 19th MAY

8am - 3pm The Prince's MayDay Summit, Swalec Stadium, for small and large businesses. Take further steps to tackle carbon reduction. www.bitc.org.uk/wales
Walking for Health Rhiwbina, Ely or Roath see www.cardiffwalkingforhealth.org
7.00pm Evening Walk, meet outside National Museum. www.cardifframblers.org.uk

FRI 20th - SUN 22nd MAY

Wild Weekend for Wales : improving biodiversity in public places. Small grants available, apply before 9th May. See www.keepwalestidy.org for application form and other details
UK Green Film Festival, Chapter Arts Centre see www.chapter.org for more details

FRI 20th MAY

Walking for Health Cardiff Bay or Splott see www.cardiffwalkingforhealth.org
9.30am - 12.30pm. Rhiwbina Farmers' Market www.riversidemarket.org.uk
3pm - 6.30pm: Llandaff North Farmers' Market www.riversidemarket.org.uk

SAT 21st MAY

9.00 Cardiff Park 5km Run www.parkrun.org.uk/cardiff
9.30 - 13.00 Roath Real Food Market. Mackintosh Centre Roath, www.riversidemarket.org.uk
10am Cardiff Castle to Castell Coch 8 mile walk. Meet at National Museum. www.cardifframblers.org.uk
10.30 - 1.30pm Mini bicycle maintenance course, basic skills for checking and maintaining your bike - bring your own bike, booking essential. Ty Grwyrd St Fagans www.museumwales.ac.uk
10:30 -4.30 Introduction to Willow Basketmaking at Craft in the Bay (beginners), booking essential, www.outtolearnwillow.co.uk.
International Day of Biodiversity, National Museum www.museumwales.ac.uk
2pm Botanical Walk Cefn Onn, meet at car park Cefn Onn www.cardiff.gov.uk/parks/

Wythnos Cynladwyedd Cymru yng Nghaerdydd



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Wythnos Cynladwyedd Cymru, yn dathlu a hyrwyddo gweithredu lleol dros fyw'n gynaliadwy yng Nghymru. Dyma ddetholiad o ddigwyddiadau yn ardal Caerdydd yn ystod Wythnos Cynladwyedd Cymru 2011. Gweler gwefannau am fanylion pellach, [rhaid archebu digwyddiadau wedi'u hamlygu o flaen llaw.](#) I gael rhagor o wybodaeth am Gaerdydd Gynaliadwy www.caerdydd.gov.uk/datblygucynaliadwy.



Mae nifer o ddigwyddiadau drwy gydol yr wythnos ar gyfer Wythnos Dysgu Oedolion. Ceir rhagor o fanylion ar www.caerdydd.gov.uk/neighbourhoodlearning.

DYDD SADWRN 14 MAI

9.00 Ras 5km Taith y Taf Parc Caerdydd. Cofrestrwch ymlaen llaw www.parkrun.org.uk/cardiff
9.30 Taith Gerdded Tri Pharc Mynediad Canolfan Hamdden y Tyllgoed www.caerdydd.gov.uk/parciau
9.30am - 1pm. Marchnad Bwyd Go lawn Y Rhath Canolfan Makintosh Y Rhath, www.riversidemarket.org.uk
10.00 Taith Gerdded Llanbedr Walk taith gerdded 16 milltir, cwrdd yn Chapter i rannu car. www.cardiffoutdoorgroup.org.uk
10.00 - 12.00 Grŵp Gwyllo Bywyd Gwylt i blant 8 - 12 Fferm y Fforest www.caerdydd.gov.uk/parciau
10.30am Cerdded am Oes: Taith gerdded 4 milltir. Cwrdd ym maes parcio B&Q Pontprennau www.cardifframblers.org.uk
11.00am a 2.00pm: Taith Gerdded o gwmpas Sain Ffagan, www.amgueddfacymru.ac.uk
12:15 Taith diwrnod i Ynys Echni mae'n hanfodol archebu ymlaen llaw 029 20877912 www.ynysechni.com

DYDD SUL 15 MAI

8.00 Ar eich Beic i Barnardos, Gwesty Copthorne Hotel, Croes Cwrlwys, www.barnardos.org.uk
9am Mynyddoedd Du (taith gerdded galed 16 milltir). Cwrdd tu allan i Theatr y Sherman i rannu car. www.cardifframblers.org.uk
10am Taith Gerdded Dyffryn Gwy taith gerdded 7 milltir Cwrdd yn Chapter i rannu car www.cardiffoutdoorgroup.org.uk
10 - 2pm Marchnad Glan-yr-afon, Fitzhamon Embankment, Glan-yr-afon www.riversidemarket.org.uk
10.30 Yn Ei Hesgidiau, taith gerdded elusennol i gefnogi iechyd mamau ledled y byd. 10km, Parc Gwledig Llynnoedd Cosmeston www.inhershoes.org.uk/
11am Taith Gerdded i'r Teulu 3 milltir: Parc Gwledig Y Knap a Phorthceri www.cardifframblers.org.uk
13:15 Taith diwrnod i Ynys Echni mae'n hanfodol archebu ymlaen llaw 029 20877912 www.ynysechni.com
2:30pm Cerdded Er Lles lechyd: Cwrdd ym man ymgynnull Ysbyty'r Waun www.cardiffwalkingforhealth.org
Chwilota yn Sain Ffagan. Am ddim / Archebu yn hanfodol: 029 2057 3424 www.amgueddfacymru.ac.uk

DYDD LLUN 16 MAI

9.45am - 1pm Lansio Wythnos Cynladwyedd Caerdydd. Canolfan Gelfyddydau Chapter, i archebu sedd e-bostiwrch slart@caerdydd.gov.uk Gweler www.caerdydd.gov.uk/sustainability am ragor o fanylion.
Cerdded Er Lles lechyd: Llanisien neu Dreganna; gweler www.cardiffwalkingforhealth.org
4pm Cyfarfod Cyffredinol Blynyddol Masnach Deg Caerdydd. Embassy Café, Canolfan Gymunedol Cathays, croeso i bawb, siaradwr gwadd i'w gadarnhau. Darperir lluniaeth ysgafn. Cysylltwch â COWen@caerdydd.gov.uk

DYDD MAWRTH 17 MAI

Cerdded Er Lles lechyd: Cathays, Gabalfa neu Llaneirwg gweler www.cardiffwalkingforhealth.org
5.30pm Darlith Gyhoeddus Pam ddylai Gwyddorau Cymdeithasol Gysylltu â Gwyddorau Naturiol, Prifysgol Caerdydd, rhaid archebu ymlaen llaw www.cplan.cf.ac.uk/events/
7pm Y Clwb Llyfrau am ddim. Academi 029 2047 2266 Canolfan Mileniwm Cymru www.wmc.org.uk

DYDD MERCHER 18 MAI

9.30 Dewis o deithiau cerdded, 7 - 13 milltir. Cwrdd tu cefn i Eglwys Ararat, Yr Eglwys Newydd, i rannu car. www.cardifframblers.org.uk
10.00 Taith Gerdded Insole Court ac Eglwys Gadeiriol Llandaf www.caerdydd.gov.uk/parciau
Cerdded Er Lles lechyd: Caeau Llandaf neu Lanrhyddi: gweler www.cardiffwalkingforhealth.org
7pm Bwydydd y Fforest. Canolfan y Wardeiniaid Fferm y Fforest. £3 www.caerdydd.gov.uk/parciau

DYDD IAU 19 MAI

8am - 3pm Cynhadledd Calan Mai'r Tywysog, Stadiwm Swalec, ar gyfer busnesau bach a mawr. Camwch ymhellach i fynd i'r afael â lleihau carbon. www.bitc.org.uk/wales
Cerdded Er Lles lechyd Rhiwbeina, Trelái neu Y Rhath gweler www.cardiffwalkingforhealth.org
7.00pm Taith Gerdded Hwyrol, cwrdd y tu allan i'r Amgueddfa Genedlaethol. www.cardifframblers.org.uk

DYDD GWENER 20 - DDYDD SUL 22 MAI

Penwythnos Gwylt Cymru : gwella bioamrywiaeth mewn mannau cyhoeddus. Grantiau bach ar gael, ymgeisiwrch cyn 9 Mai. Gweler www.keepwalestidy.org am ffurflen gais a manylion eraill
Gŵyl UK Green Film, Canolfan Gelfyddydau Chapter gweler www.chapter.org am fwy o fanylion

DYDD GWENER 20 MAI

Cerdded Er Lles lechyd Bae Caerdydd neu Sblot gweler www.cardiffwalkingforhealth.org
9.30am - 12.30pm: Marchnad Ffermwyr Rhiwbeina www.riversidemarket.org.uk
3pm - 6.30pm: Marchnad Ffermwyr Ystum Taf www.riversidemarket.org.uk

DYDD SADWRN 21 MAI

9.00 Ras 5km Parc Caerdydd www.parkrun.org.uk/cardiff
9.30 - 13.00 Marchnad Bwyd Go lawn Y Rhath. Canolfan Makintosh Y Rhath, www.riversidemarket.org.uk
10am Castell Caerdydd i Gastell Coch taith gerdded 8 milltir. Cwrdd yn yr Amgueddfa Genedlaethol. www.cardifframblers.org.uk
10.30 - 1.30pm Cwrs byr cadw beic, sgiliau sylfaenol ar gyfer gwirio a chynnal a chadw eich beic - dewch â'ch beic eich hun, rhaid archebu lle. Tŷ Gwyrdd Sain Ffagan www.amgueddfacymru.ac.uk
10:30 - 4.30 Cyflwyniad i wneud Basgedi Gwail yn Crefft yn y Bae (dechreuwr), rhaid archebu lle, www.outtlearnwillow.co.uk.
Diwrnod Rhyngwladol Bioamrywiaeth, Amgueddfa Genedlaethol www.amgueddfacymrumu.ac.uk
2pm Taith Gerdded Fotanegol Cefn Onn, cwrdd ym maes parcio Cefn Onn www.caerdydd.gov.uk/parciau