

HOW TO ORGANISE YOUR RAMBLE

SUT MAE MYND ATI I DREFNU EICH TAITH GERDDED

The best thing about organising your own ramble is that you're in charge! Whether you follow a familiar path or explore somewhere new, you can choose the route, the distance and the date to suit your group.

Y peth gorau am drefnu eich taith gerdded eich hun yw mai chi sy'n cael gwneud y penderfyniadau! P'un ai a fyddwch chi'n dilyn llwybr cyfarwydd neu'n mentro i rywle newydd, chi sy'n dewis y llwybr, y pellter a'r dyddiad sy'n gyfleus i'ch grŵp.

STEP 1: DECIDE YOUR ROUTE CAM 1: DEWIS EICH LLWYBR

You may already have a walk in mind, but if you're looking for a new route or one that's extra challenging try these sites **Ordnance Survey**, **ifootpath.com**, **ramblers.org.uk** for some local inspiration.

Mae'n bosibl bod gennych chi daith gerdded mewn golwg yn barod, ond os ydych chi'n chwilio am lwybr newydd neu un sy'n fwy heriol, cymerwch olwg ar wefannau'r **Arolwg Ordnans**, **ifootpath.com**, **ramblers.org.uk** i gael rhywfaint o ysbrydoliaeth leol.

STEP 2: PICK A DATE CAM 2: DEWIS DYDDIAD

Countryfile and BBC Children in Need would love to get as many people as possible rambling across the UK in the first week of October, but you can organise your ramble for whenever works best for you.

Byddai Countryfile a BBC Plant Mewn Angen wrth eu bodd yn cael cymaint o bobl â phosibl i grwydro ledled y Deyrnas Unedig yn ystod wythnos gyntaf mis Hydref, ond gallwch drefnu eich taith gerdded pryd bynnag sy'n gyfleus i chi.

STEP 3: START YOUR FUNDRAISING CAM 3: DECHRAU CODI ARIAN

Make your miles matter by signing up for a fundraising page. Whether you get sponsored for your efforts or simply use it to take donations from your ramble participants, it means your miles and money will help change the lives of disadvantaged children and young people across the UK.

Find out how to set up a fundraising page on our website **bbc.co.uk/pudsey**. You can find a traditional sponsorship form here too.

Gwnewch yn siŵr bod eich milltiroedd yn cyfri drwy gofrestru ar gyfer tudalen codi arian. Pa un ai a ydych chi'n cael eich noddi am eich ymdrechion neu'n ei ddefnyddio i gymryd rhoddion gan gyfranogwyr eich taith, mae'n golygu y bydd eich milltiroedd a'ch arian yn helpu i newid bywydau plant a phobl ifanc ddifreintiedig ledled y Deyrnas Unedig.

Gallwch weld sut mae sefydlu tudalen codi arian ar ein gwefan **bbc.co.uk/pudsey**. Mae modd cael ffurflen noddi draddodiadol yma hefyd.

STEP 4: ENJOY YOUR WALK CAM 4: MWYNHAU EICH TAITH GERDDED

Brush up on the Countryside Code **HERE** then with preparations in place, it's time to get out and enjoy your ramble!

Ewch ati i'ch atgoffa eich hun o'r Cod Cefn Gwlad **YMA** wedyn, pan fydd popeth wedi'i drefnu, bydd yn amser mynd allan i fwynhau eich taith gerdded!

STEP 5: SHARE YOUR STORIES CAM 5: RHANNU EICH STRAEON

Whether it's the tale of your adventure or a picture of your muddy pup, we'd love to hear about your rambles. Make sure to use #CiNRamble and tag @BBCiN and @BBCCountryfile in your social posts!

You can also tell us about your plans via the BBC Children in Need website **bbcchildreninneed.co.uk/fundraisinghub/fundraisingform**

Fe fyddem ni wrth ein boddau'n clywed am eich teithiau cerdded – gallwch wneud hynny drwy adrodd hanes eich antur neu anfon llun o'ch ci mwdlyd. Gwnewch yn siŵr eich bod yn defnyddio #CiNRamble ac yn tagio @BBCiN a @BBCCountryfile ar y cyfryngau cymdeithasol!

Gallwch hefyd ddweud wrthym ni am eich cynlluniau drwy wefan BBC Plant Mewn Angen **bbcchildreninneed.co.uk/fundraisinghub/fundraisingform**

Remember to pick up your Ramble Bobble Hat from **bbcchildreninneedshop.co.uk** or from **Cotswolds Outdoors**.

Cofiwch gael eich het gerdded o **bbcchildreninneedshop.co.uk** neu o **Cotswolds Outdoors**.



Crwydro gyda
COUNTRYFILE
Ramble

for
er budd  **BBC**
Plant mewn Angen
Children in Need