



YR YMDDIRIEDOLAETH GENEDLAETHOL  
THE NATIONAL TRUST



## Cwrs palmantu a thrwsio llwybrau ucheldir Eryri

### Stone pitching and Eryri upland footpath repair course

#### Cyffredinol / General

- Hyd cwrs safonol – **3 diwrnod** / Basic course duration - **3 days**
- Hyd cwrs uwch (rhaid gwneud y cwrs safonol gyntaf os nad oes prawf o brofiad blaenorol) – **4 diwrnod** / Advanced course duration (the basic course must be completed first unless proof of previous experience is provided) - **4 days**.
- Nifer ar y cwrs - **6** / Numer of available places - **6**.
- Taliad grant o **£120** y person y diwrnod / Grant payment of **£120** per person per day
- Cwrs am ddim / Free course.
- Dylai pob ymgeisydd fod â phrofiad blaenorol o waith cerrig neu wedi gweithio ac yn meddu ar brofiad o weithio mewn maes tebyg / All applicants should have previous experience of stone work or have previous experience of working in a similar discipline.
- Ar ôl cwblhau'r cwrs yn llwyddiannus bydd yr ymgeisydd yn cael dewis cynnwys ei enw ar restr contractwyr fydd yn cael ei rannu gan APCE, YG, CNC / Upon successful completion of the course, the candidate will have the choice of including their name on the approved contractors list of the SNPS, NT and NRW.

#### Y Cwrs Safonol / The basic course

##### Diwrnod 1 / Day 1

- **9.00** Cyflwyniad a chefnidir i'r cwrs / Introduction and background to the course
- **9.15** Iechyd a diogelwch, asesiad risg, datganiad dull, diogelwch safle / Health and safety, risk assessing, method statements and site safety.
- **10.45** Ymarferol – palmantu safonol / Practical – standard pitching
- **16.30** Gorffen / Finish.

##### Diwrnod 2 / Day 2

- **9.00** Trafodaeth ar sut i brisio / Discussion on pricing work.
- **9.30** Ymarferol – palmantu safonol / Practical – standard pitching.
- **16.30** Gorffen / Finish.

##### Diwrnod 3 / Day 3

- **9.00** Ymarferol – palmantu safonol / **Practical – standard pitching**
- **16.00** Atgof/adborth a cyflwyniad i'r cwrs uwch / **Recap and feedback introduction to the advanced course.**
- **16.30** Gorffen / **Finish.**

## **Y Cwrs Uwch / The Advanced Course**

### **Diwrnod 1 / Day 1**

- **9.00** Cyflwyniad a cefndir i'r cwrs/iechyd a diogelwch / **Introduction, course background and health and safety.**
- **9.30** Ymarferol – adeiladu cwlfer / **Practical – building a culvert.**
- **16.30** Gorffen / **Finish.**

### **Diwrnod 2 / Day 2**

- **9.00** Ymarferol – adeiladu torddwr / **Practical - building a waterbreak.**
- **16.30** Gorffen / **Finish.**

### **Diwrnod 3 / Day 3**

- **9.00** Ymarferol – adeiladu 'sump' a pont garreg fechan / **Practical – building a sump and small stone clapper bridge.**
- **16.30** Gorffen / **Finish.**

### **Diwrnod 4 / Day 4**

- **9.00** Ymarferol – adeiladu wal gynnal wrth ochr llwybr a thirlunio / **Practical – build a side retaining wall.**
- **4.00** Atgof/adborth/ **Recap and feedback.**
- **16.30** Gorffen / **Finish.**