

Windsurfing



Enjoy the thrill of the open water in a variety of ways on our 434 acre lake, 1.5 miles long and 1 mile wide. Whether you are a complete beginner or experienced and want to improve your skills, our reservoir offers something for everyone in deep water with no weed issues, and best of all... no tides!

We can supply all equipment you need to get you afloat including a wetsuit.

From a 3 hour taster session to more comprehensive courses that give you all the skills needed to get you up and windsurfing confidently.

Sailing



Sailing is a fantastically diverse sport and is one of the very few sports in which able-bodied and disabled sailors can participate on equal terms. The RYA National Sailing Scheme is available for adults and young people aged 8+.



Stand-Up Paddleboarding (SUP)



An offshoot of surfing where you stand up on the board and use a large paddle to propel yourself. It's hugely popular and offers a fantastic all-over body workout, especially the core muscle groups. Learn to SUP on our three hour Ready to Ride Course.



Canoeing/Kayaking



One or two-day courses designed for people with little or no paddling experience. Learn to launch and land, forward and backward paddling, stopping, forward and reverse sweep strokes and safe capsizing drill.



School's Out!

Fantastic opportunities for children from 8 to 16 years to experience a selection of watersports activities. Choose from 1–5 day sessions. Boards, canoes and dinghies are available to hire throughout the season but pre-booking is essential.

Llandegfedd Watersports Centre



Watersports Centre
Llandegfedd Reservoir
Coed y Paen
Pontypool
NP4 0SY



01633 373408

www.llandegfedd.co.uk/watersports



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Hwylfyreddio



Mwynhewch wefr y dŵr agored mewn amrywiaeth o ffyrdd ar ein llyn 434 erw, sydd 1.5 milltir o hyd ac 1 milltir o led. Does dim ots a ydych yn ddechreuwr pur neu'n brofiadol ac am wella'ch sgiliau, mae gan ein cronfa rywbeth i bobw mewn dyfroedd dyfnion, heb unrhyw broblemau gyda chwyn, ac yn well byth... heb lanw!

Gallwn ni ddarparu'r holl offer angenrheidiol i chi gychwyn arni, gan gynnwys siwt wlyb. O sesiwn blasu 3 awr, i gyrsiau mwy cynhwysfawr a fydd yn eich taclu â'r holl sgiliau angenrheidiol i godi ar eich traed a hwylfyreddio'n hyderus.

Hwyllo



Mae hwyllo'n gamp amrywiol dros ben, ac yn un o'r ychydig gampau lle gall hwylwyr abl ac anabl gymryd rhan ar sail gyfartal. Mae Cynllun Hwyllo Cenedlaethol yr RYA ar gael i oedolion a phobl ifanc dros 8 oed.



Rhwyf-fyrddio



Gweithgaredd tebyg i syrffio yw hwn lle'r ydych chi'n sefyll ar y bwrdd ac yn defnyddio rhodl hir i'ch symud eich hun yn eich blaen. Mae hi'n boblogaidd dros ben ac yn ffordd wych o ymarfer y corff cyfan, ac yn enwedig y cyhyrau craidd. Dysgwch sut i rwyf-fyrddio ar ein Cwrs Barod i Fynd tair awr o hyd.



Canwïo/Caiacio



Cyrsiau un neu ddau ddiwrnod i ddechreuwr pur neu bobl ag ychydig bach o brofiad o badlo. Dysgwch sut i gychwyn a glanio, padlo yn ôl ac ymlaen, aros, defnyddio'r strôc sgubo i symud yn ôl ac ymlaen, gwneud y strôc ysgubo, a chyflawni driliau dymchwel diogel.



I'r Plantos!

Cyfleoedd bendedig i blant rhwng 8 ac 16 oed gael profiad o amrywiaeth o weithgareddau ar y dŵr. Mae sesiynau 1–5 diwrnod ar gael. Mae byrddau, canŵs a dingis ar gael i'w llogi trwy gydol y tymor, ond rhaid bwcio ymlaen llaw.

Llandegfedd

Canolfan Chwaraeon Dŵr



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