

**Most popular activity /**  
**Y gweithgareddau mwyaf poblogaidd**

**What activities do people want to do? /**  
**Pa weithgareddau mae pobl eisiau cymryd rhan ynddynt?**

**Male/  
Dynion**



**46%**

Walking + 2miles  
Cerdded + 2 filltir

**17%**

Cycling (any)  
Beicio ( unrhyw)

**17%**

Exercise and fitness  
Ymarfer a ffitrwydd

**15%**

Football  
Pêl droed

**16%**

Athletics/running  
Athletau / rhedeg

**14%**

Swimming  
Nofio

**16%**

Cycling (any)  
Beicio ( unrhyw)

**16%**

Swimming  
Nofio

**14%**

Exercise and fitness  
Ymarfer a ffitrwydd

**9%**

Canoeing/ Kayaking  
Canwio / Caiacio

**9%**

Football  
Pêl droed

**9%**

Fishing /Angling  
Pysgota / Genweirio

**Female/  
Merched**



**48%**

Walking + 2miles  
Cerdded + 2 filltir

**17%**

Exercise and fitness  
Ymarfer a ffitrwydd

**17%**

Swimming  
Nofio

**11%**

Athletics/running  
Athletau / rhedeg

**6%**

Cycling (any)  
Beicio ( unrhyw)

**2%**

Dance (any)  
Dawns ( unrhyw)

**26%**

Exercise and fitness  
Ymarfer a ffitrwydd

**25%**

Swimming  
Nofio

**10%**

Cycling (any)  
Beicio ( unrhyw)

**9%**

Athletics/running  
Athletau / rhedeg

**9%**

Dance (any)  
Dawns ( unrhyw)

**8%**

Walking + 2 miles  
Cerdded + 2 filltir