



Dilynwch Gôd Beicio'r Goedwig

Follow the Forest Cycle Code

Llwybrau Beicio Afan

Afan Bike Trails



RHEILFFORDD

Gradd	ffordd coedwig a thebyg
Pellter	22.5 & 16 cm
Amser	3 awr
Dringo	codi'n raddol

Grade	forest road or similar
Distance	22.5 & 16 km
Time	3 hours
Climb	gentle

SKYLINE

Gradd	coch/anodd
Pellter	46 cm
Amser	4 - 7 awr
Dringo	2000 m

Grade	red/difficult
Distance	46 km
Time	4 - 7 hours
Climb	2000 m

WHITE'S LEVEL

Gradd	coch/anodd
Pellter	17 cm
Amser	1.5 - 3 awr
Dringo	525 m

Grade	red/difficult
Distance	17 km
Time	1.5 - 3 hours
Climb	525 m

Y WAL

Gradd	coch/anodd
Pellter	23 cm
Amser	1.5 - 3 awr
Dringo	450 m

Grade	red/difficult
Distance	23 km
Time	1.5 - 3 hours
Climb	450 m

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Gradd	du/caled
Pellter	44 cm
Amser	4 - 7 awr
Dringo	975 m

Grade	black/severe
Distance	44 km
Time	4 - 7 hours
Climb	975 m

Peidiwch ddibynnu ar eraill:

- fedrwyh chi gyrraedd adre'n ddiogel?
- cario'r offer cywir a gwybod sut i'w ddefnyddio

Er eich diogelwch:

- gwisgwch y wisg diogelwch cywir, ac yn enwedig helmed a menig beicio
- beiciwch o fewn eich gallu'n unig
- rhowch dro ar neidiau a sialensiau sydd o fewn eich gallu'n unig, cymerwch gipolwg arnynt yn gyntaf!
- hyfforddwch yn iawn yn enwedig ar gyfer llwybrau anodd a thechnegol

Ar ac oddi ar y ffordd:

- disgwylwch yr annisgwyl – gwylwch allan am ymwelwyr eraill
- er mwyn eich diogelwch ac eraill dilynwch yr arwyddion rhybudd ac unrhyw gyngor a gynigir
- os fydd cerbyd yn llwytho coed arhoswch nes bod y gyrrwr yn gadael i chi fynd heibio'n ddiogel

Beiciwch yn ofalus a dewch 'nôl yn fuan!

Don't rely on others:

- can you get home safely?
- carry the right equipment and know how to use it

For your own safety:

- always wear the right safety clothing, at least a cycle helmet and gloves
- only cycle within your abilities
- only tackle jumps and other challenges if you are sure you can do them, have a look first!
- train properly especially for difficult and technical routes

On and off road:

- expect the unexpected - watch out for other visitors
- for your own and others' safety always follow warning signs and any advice you are given
- if a vehicle is loading timber stop and wait for the driver to let you pass safely

Cycle carefully and please come back soon!



RHEILFFORDD



SKYLINE



WHITE'S LEVEL



Y WAL



W²

Rheilffordd

Skyline

White's
Level

Y Wal

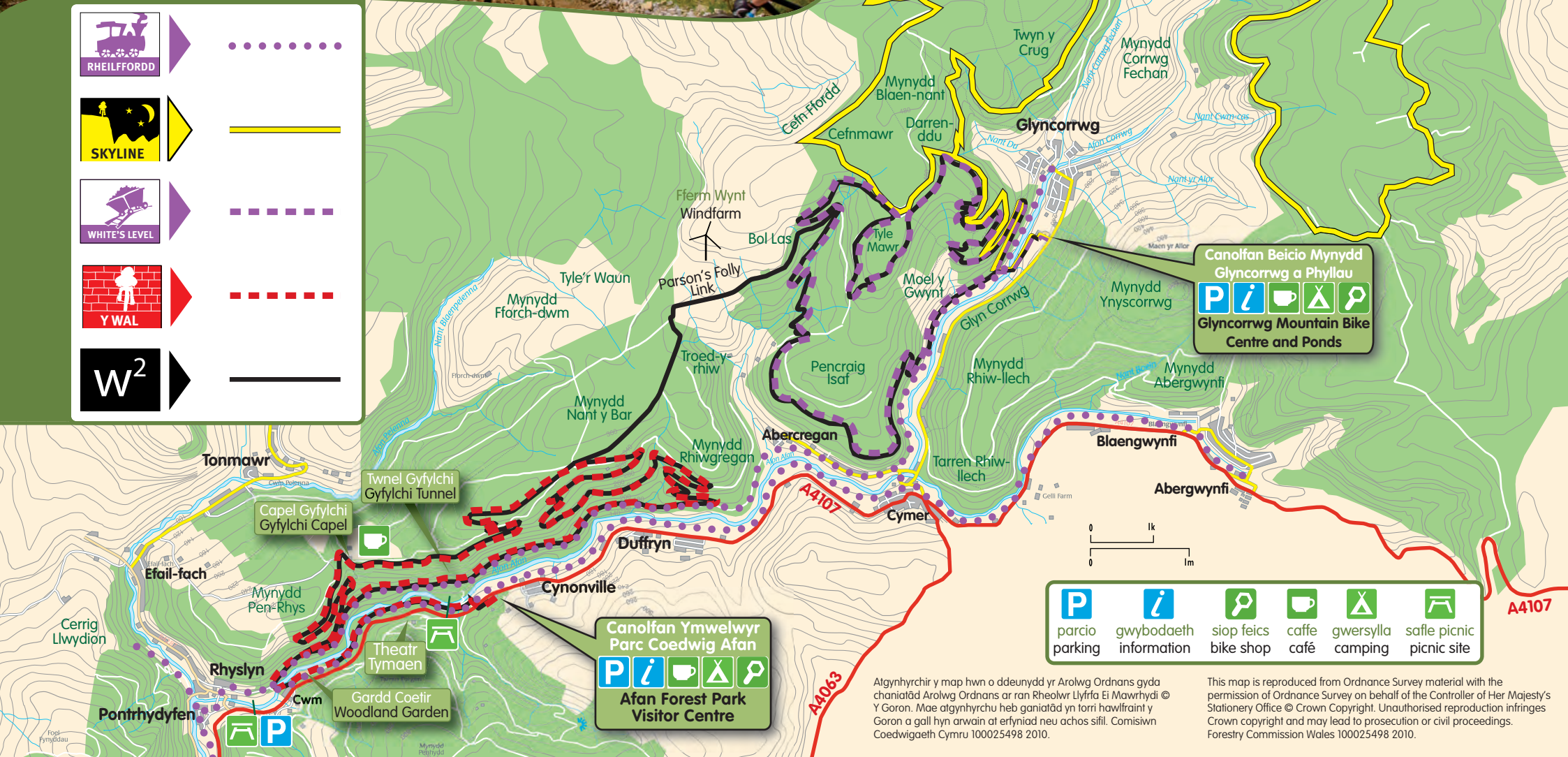
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Llwybrau Beicio Afan



Afan Bike Trails





Canolfan Beicio Mynydd Glyncorrwg a Phyllau

Glyncorrwg Mountain Bike Centre and Ponds

Canolfan Ymwelwyr Parc Coedwig Afan

Afan Forest Park Visitor Centre

parcio parking

gwybodaeth information

siop feics bike shop

cafe café

gwersylla camping

safle picnic picnic site

Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi © Y Goron. Mae atgynhyrchu heb ganiatâd yn torri hawlfraint y Goron a gall hyn arwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2010.

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