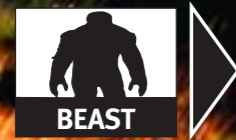
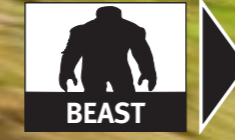




'Beast'  
Coed y Brenin



The Beast of  
Coed y Brenin



<b>Gradd Gyflawn</b>	<b>du/didostur</b>
<b>Pellter</b>	38.2km
<b>Amser</b>	3-6 awr
<b>Dringo</b>	780m

Mae'r llwybr hirbell hwn yn addo hawlio ymdrech gorfforol a seicolegol ac ni ddyldid rhoi cynnig arno os nad ydy lefelau ffitrwydd a sgiliau yn caniatáu. Ewch wedi'ch paratoi, gyda digon o ddiodydd addas, dillad ac offer sbâr i'r beic. Gallwch ddisgwyl dod nôl yn flinedig, yn fwdlyd ac wedi'ch gwefreiddio!

**Dilynwch yr arwyddion yma**

<b>Overall grade</b>	<b>black/severe</b>
<b>Distance</b>	38.2km
<b>Time</b>	3-6 hours
<b>Climb</b>	780m

This long distance route promises to be both physically and mentally demanding and should not be attempted unless fitness and skill levels allow. Go prepared with adequate fluids, clothing and bike spares. Expect to come back tired, muddy and exhilarated!

**Follow these waymarkers**

**Dosbarth y Llwybr:**

**du/didostur**

**Yn addas i**

Beicwyr mynydd profiadol, sy'n gyfarwydd â llwybrau sy'n heriol gorfforol. Beiciau mynydd oddi ar y ffordd o ansawdd da.

**Mathau o lwybrau a arwyneb**

Fel y 'Coch' ond gyda disgwyliad o fwy o sialens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.

**Nodweddion graddiant a thechnegol y llwybr**

Disgwyliwch ddod ar draws nodweddion llwybr technegol a graddiannau helaeth, caled ac anosgoadwy. Fe fydd adrannau'n heriol ac amrywiol. Yn ogystal gellir cael adrannau 'gwaeredol'.

**Lefel ffitrwydd awgrymiedig**

Addas i bobl actif sy'n gyfarwydd gydag gweithio'n galed.

**Bike Trail Grade**

**black/severe**

**Suitable for**

Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

**Trail & surface types**

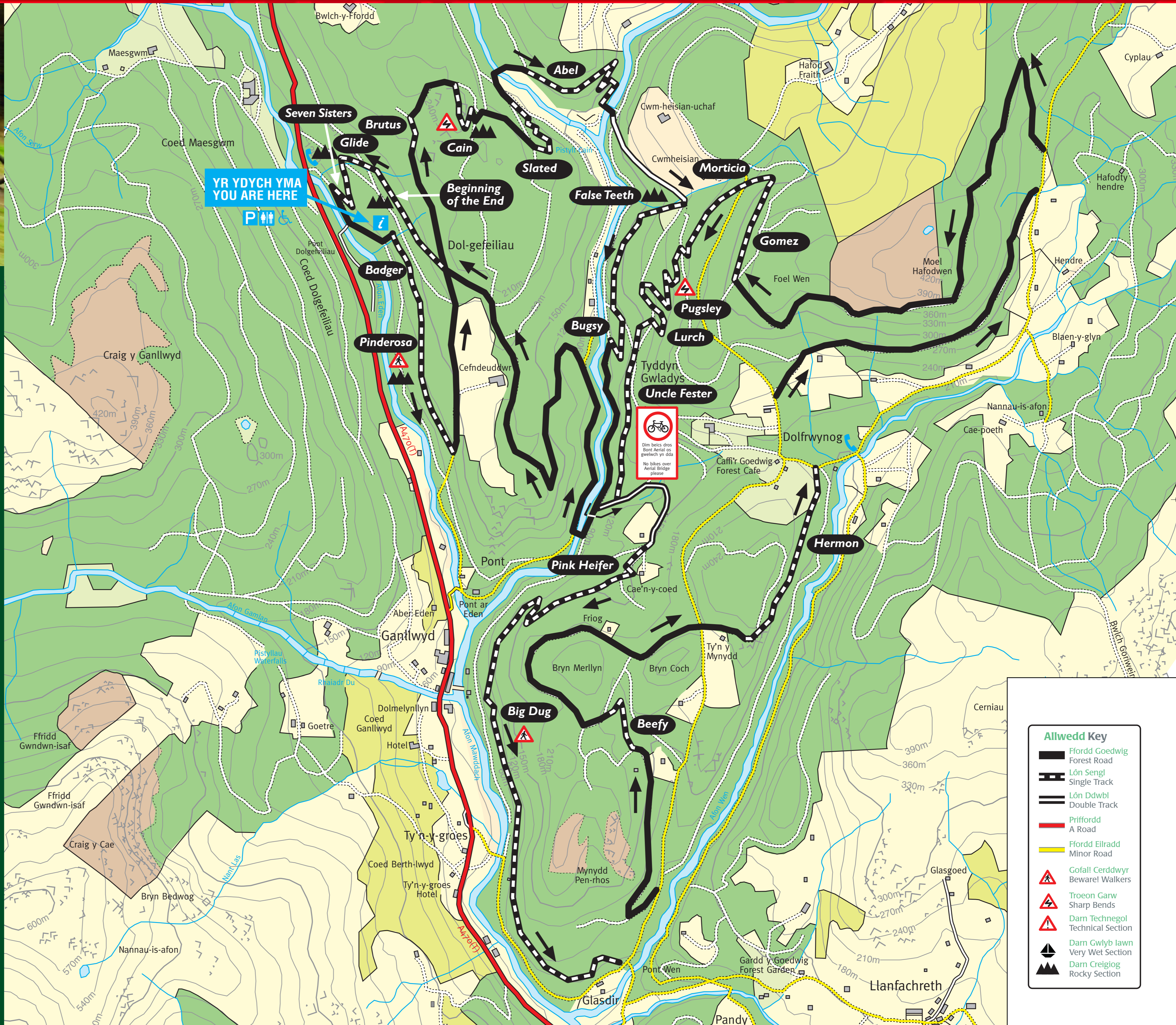
As "Red" but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.

**Gradients & technical trail features (TTFs)**

Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have "downhill" style sections.

**Suggested fitness level**

Suitable for very active people used to prolonged effort.



**Allwedd Key**

- Fordd Goedwig Forest Road
- Lôn Sengl Single Track
- Lôn Ddwbl Double Track
- Prifffordd A Road
- Fordd Eilradd Minor Road
- Gofall Cerddwyr Beware! Walkers
- Troeon Garw Sharp Bends
- Dam Technegol Technical Section
- Dam Gwlyb iawn Very Wet Section
- Dam Creigiog Rocky Section

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