Cys A1 barcey panel Dragons Back 97607 12:15 pm Page 1

Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

Dragon's Back ◊ llwybr beicio mynydd / mountain bike trail

Llwybr 'Dragon's Back'

DRAGON'S BACK

Dragon's Back Trail

DRAGON'S BACK

Gradd Gyflawn	du/didostur ◊
Pellter	31.1km
Amser	3-5 awr
Dringo	710m

Argymhellir bod gennych brofiad blaenorol o feicio mynydd cyn penderfynu rhoi cynnig ar y llwybr hwn. Mae rhannau sy'n dringo am yn hir, lonydd sengl tyn a disgyniadau hir, cyflym wedi sicrhau bod y daith hon yn un o'r rhai a edmygir fwyaf yn Ewrop. Mwynhewch, ond dangoswch barch iddo!

Overall grade	black/severe ◊
Distance	31.1km
Time	3-5 hours
Climb	710m

Previous mtb experience is recommended should you decide to tackle this trail. Long climbs, tight singletrack and long, fast descents have made this ride into one of the most revered throughout Europe. Enjoy, but show it respect!

DRAGON'S BACK

Dilynwch yr arwyddion yma

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.

DRAGON'S BACK

Follow these waymarkers

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 TTF's. Sections will be challenging and variable. May also have "downhill" style sections.
Suggested fitness level
Suitable for very active people used to prolonged effort.

Atgynhyrchir 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 2007.

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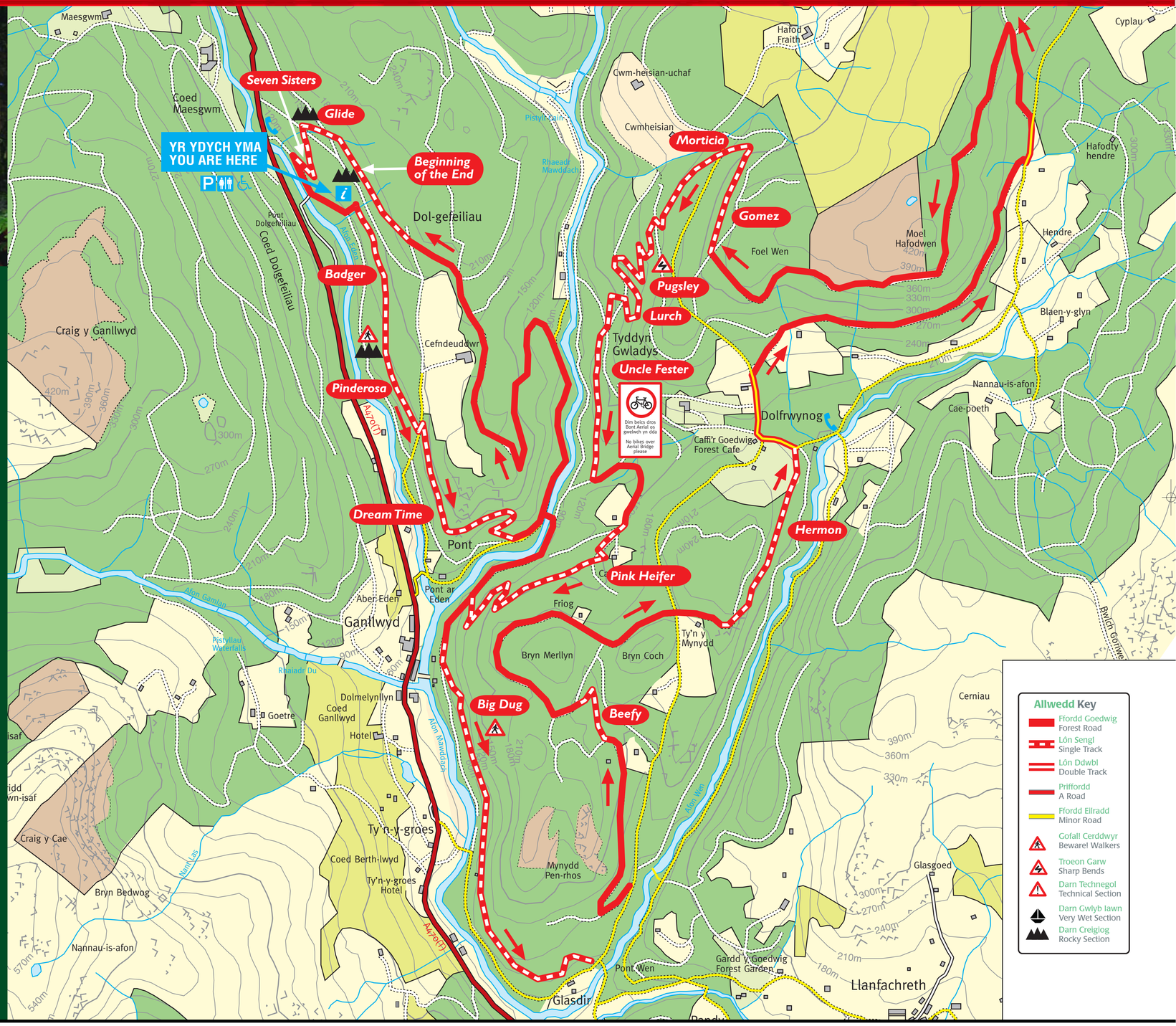

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