Cyfa A1 barrey panel MBR 978707 12130 pm Page 1

Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

MBR △ llwybr beicio mynydd / mountain bike trail

Gradd Gyflawn	coch/anodd △
Pellter	18.4km
Amser	1.5 - 3 awr
Dringo	410m

Mae'r llwybr hwn sydd ar y cyfan yn agored ac yn llifo, yn cynnig disgyniadau hir ysgubol drwy olygfeydd ysblennydd. Mae rhan newydd y 'Pink Heifer' yn arbennig iawn. Wrth i chi gyrraedd y gwaelod dylech ddisgwyl dringo ac yna disgyn ar hyd 'Dechrau'r Diwedd', sef darn mwyaf technegol heriol y llwybr.

Rhybudd: ceir nifer o rannau creigiog, gan gynnwys grisiau cerrig sy'n 20cm/8 modfedd neu fwy o uchder.

mbr MOUNTAIN BIKE RIDER **Dilynwch yr arwyddion yma**

Dosbarth y Llwybr:
Coch/Anodd △
Yn addas i
Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.
Mathau o lwybrau a arwyneb
Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.
Nodweddion graddiant a thechnegol y llwybr
Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwyliwch ddod ar draws llwybrau bordiau, ysgafellau , creigiau mawr, camau cymedrol, disgyniadau, cambrau, a chroesi dŵr.
Lefel ffitrwydd awgrymiedig
Lefel uwch o ffitrwydd a stamina.

Overall grade	red/difficult △
Distance	18.4km
Time	1.5 - 3 hours
Climb	410m

This predominantly open and flowing trail offers long sweeping descents through spectacular scenery. The new section of the Pink Heifer is something special. Once at the bottom, expect to climb and then descend the "Beginning of the End", the most technically challenging section of the trail.

Warning: you will encounter a number of rocky sections including rock steps with a drop of 20cm/8"or more.

mbr MOUNTAIN BIKE RIDER **Follow these waymarkers**

Bike Trail Grade
Red/Difficult △
Suitable for
Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.
Trail & surface types
Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.
Gradients & technical trail features (TTFs)
A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings.
Suggested fitness level
Higher level of fitness and stamina.

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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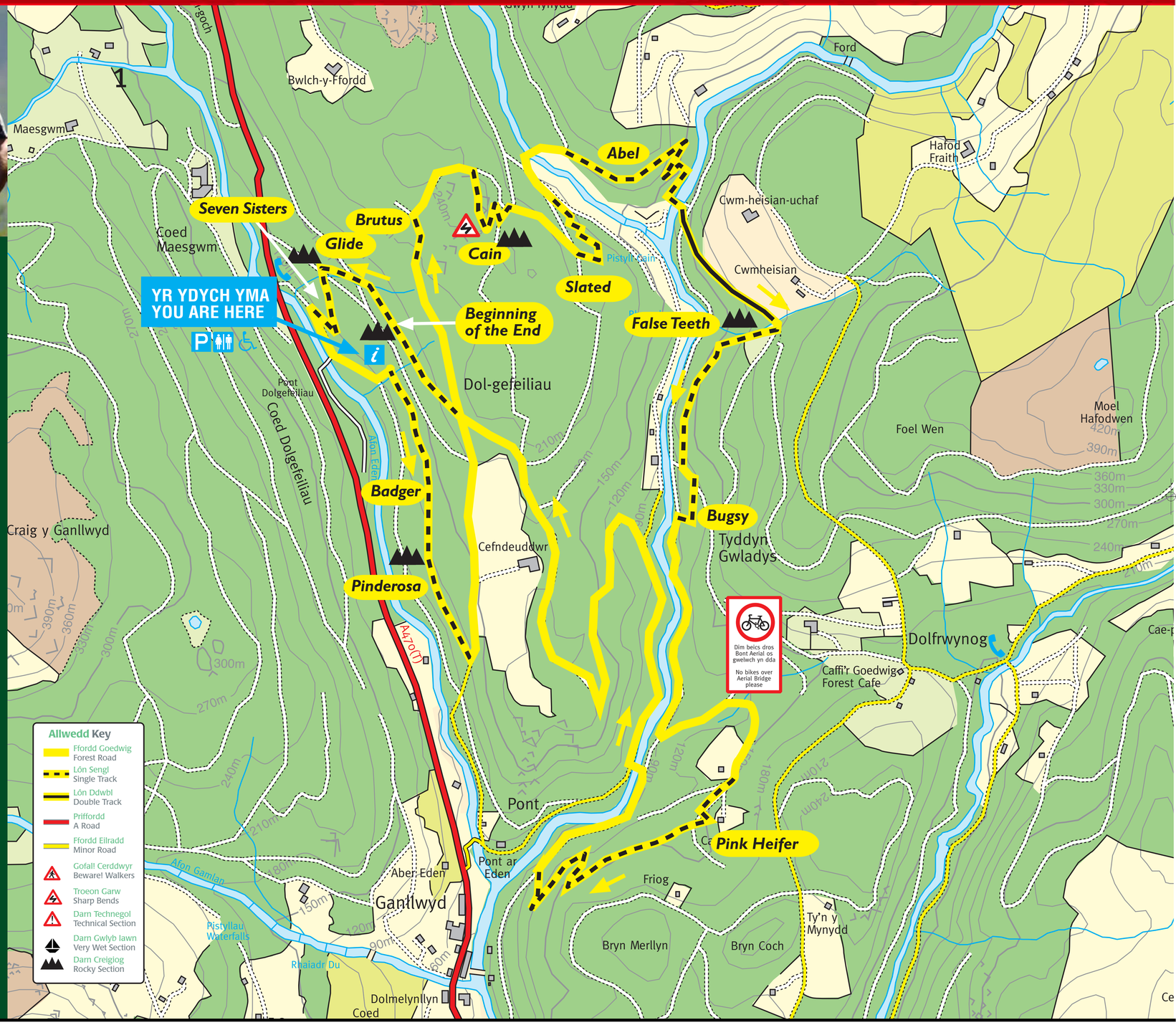

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