WHYTE

Llwybr Beicio Mynydd Y Twrch

Pellter	15.5km
Dringo	300m
Amser	1.5 i 2.5 awr
Gradd	Anodd

Sylwadau

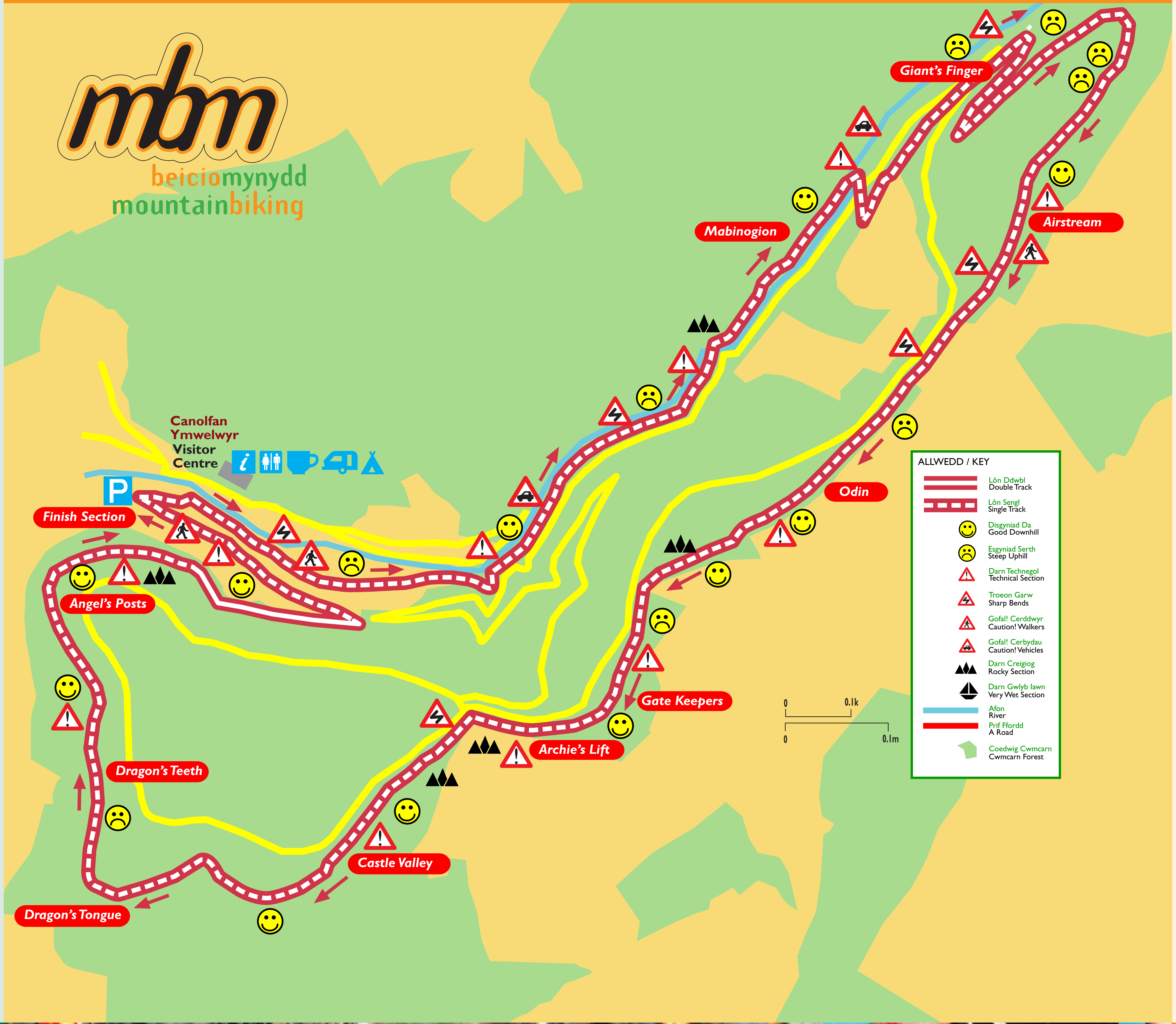
Dyma lwybr gwych o'r ansawdd uchaf, ond nid yw'n addas i'r gwangalon. Mae'r daith gyfan bron ar hyd llwybr untrac a grëwyd yn bwrpasol drwy gymysgedd o goetiroedd llydanddail a choniffer a chribau agored.

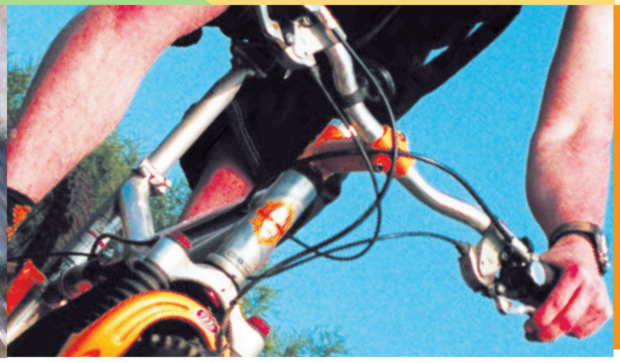
Mae'r reidio'n amrywio o ddaear galed, agored i dir tyn, technegol a llawn gwreiddiau, a gellir defnyddio'r llwybr ym mhob tywydd. Mewn mannau mae'r llwybr yn cadw gydag ochrau twyni coediog serth, gan hawlio eich holl sylw, tra mewn mannau eraill mae'n llifo ar hyd tir agored gan roi'r cyfle i chi werthfawrogi golygfeydd dramatig ar draws Môr Hafren a'r bryniau cyfagos.

Wrth reidio yn ardal Cwm-carn dylech ofalu eich bod yn ymwybodol o ddefnyddwyr eraill y llwybr a'ch bod yn reidio'n ystyrlon. Mae rhannau o'r daith yn agored i dywydd gwael a gall y tywydd newid yn gyflym iawn. Gofalwch eich bod wedi paratoi ar gyfer unrhyw sefyllfa.

Gradd y Llwybr

Anodd: Arbennigwyr yn unig! Darnau hir oddi ar y brif ffordd a/neu croesi afonydd sy'n gwneud y llwybrau hyn yn rhai anodd.





WHYTE

The Twrch Mountain Bike Trail

Distance	15.5km
Climbing	300m
Time	1.5 - 2.5 hours
Grade	Difficult

Comments

This is a superb trail of the very highest quality that is not for the faint hearted. Virtually the entire route is on purpose built singletrack through a mixture of broadleaf and conifer woodlands and open ridge tops.

The riding varies from open and flowing hard pack to tight technical and rooty and is rideable in all weather. In places the trail hugs the sides of some very steep wooded side slopes, demanding concentration, whilst in others it sweeps along open ground giving you the chance to take in dramatic views of the Bristol Channel and the surrounding hills.

When riding in the Cwmcarn area please make sure that you are aware of other trail users and ride with consideration. Parts of the route are exposed to bad weather and conditions can change very quickly.
Please make sure that you are prepared for any eventuality.

Grade of Route

Difficult: Experts only! Long off-road sections and/or river crossings make these demanding routes.