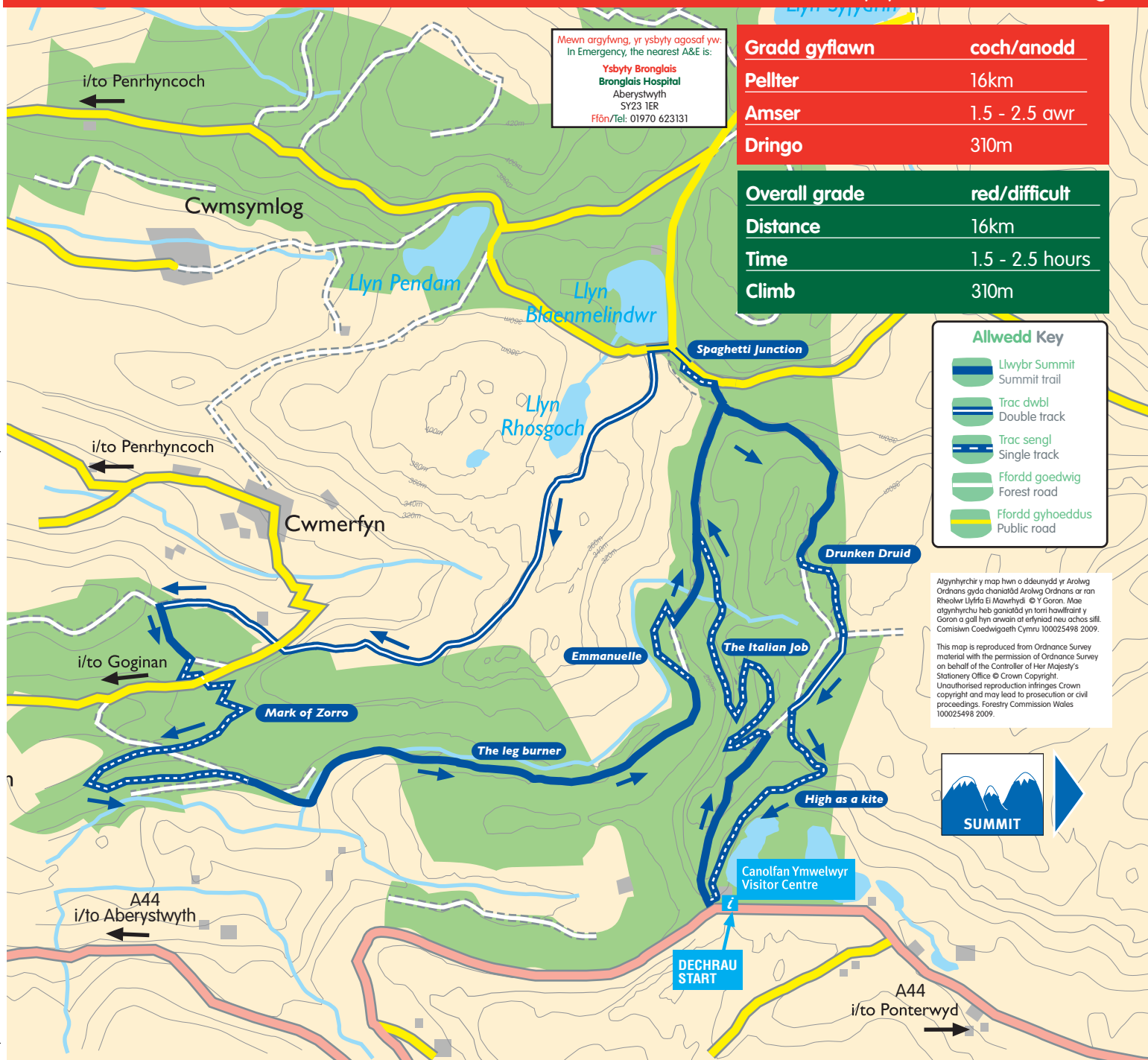


## Beicio mynydd / Mountain biking

Mewn argyfwng, yr ysbyty agosaf yw:  
In Emergency, the nearest A&E is:  
**Ysbyty Bronglais**  
Bronglais Hospital  
Aberystwyth  
SY23 1ER  
Ffôn/Tel: 01970 623131

<b>Gradd gyflawn</b>	<b>coch/anodd</b>
<b>Pellter</b>	16km
<b>Amser</b>	1.5 - 2.5 awr
<b>Dringo</b>	310m

<b>Overall grade</b>	<b>red/difficult</b>
<b>Distance</b>	16km
<b>Time</b>	1.5 - 2.5 hours
<b>Climb</b>	310m



### Allwedd Key

-  Llwybr Summit  
Summit trail
-  Trac dwbl  
Double track
-  Trac sengl  
Single track
-  Ffordd goedwig  
Forest road
-  Ffordd gyhoeddus  
Public road

Atgynhychu y map hwn o ddsuwydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Eri Mawrthidi © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawffraint y Goron a gall hyn arwain at erlyniad neu achos still. Comisiwn Coedwigaeth Cymru 100025498 2009.

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## Llwybr 'Summit'



**Gradd gyflawn** coch/anodd ▲

**Pellter** 16km

**Amser** 1.5 - 2.5 awr

**Dringo** 310m

Mae Llwybr 'Summit' yn cynnig beicio tonnog a chyflym ar lôn sengl pwrpasol, anhygoel sy'n addas i'w ddefnyddio mewn unrhyw dywydd. Mae'n gwau ei ffordd drwy goedwigoedd conifer, i lawr llethrau serth a thrwy gymoedd dwfn.

Mae hwn yn lwybr anodd sy'n cynnwys rhai disgyniadau untrac technegol a dringfeydd hir. Mae rhannau yn agored i'r elfennau. Cadwch lygad ar y tywydd.

Cadwch lygad allan am ddefnyddwyr eraill, yn arbennig marchogion ceffylau - darllenwch y Côd Ceffylau/Beicio Mynydd. Gadewch glwydi fel rydych chi'n eu cael nhw.

Mwynhewch eich reid.

### 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. Disgwylwch lawer o arwynebedd amrywiol.

### Nodweddion graddiant a thechnegol y llwybr

Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwylwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a chroesi dŵr.

### Lefel ffitrwydd awgrymiedig

Lefel uwch o ffitrwydd a stamina.

## Summit Trail



**Overall grade** red/difficult ▲

**Distance** 16km

**Time** 1.5 - 2.5 hours

**Climb** 310m

The 'Summit' Trail is a roller coaster ride of fantastic purpose built single track that weaves its way through conifer plantations, down steep side slopes and along deep river valleys.

This is a demanding route with some technical singletrack descents and long climbs. Parts are open and exposed, watch out for the weather.

Watch out for other users especially horses - check out the Mountain Bike/Horse Code. Please leave gates as you find them.

Enjoy your ride.

### 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.