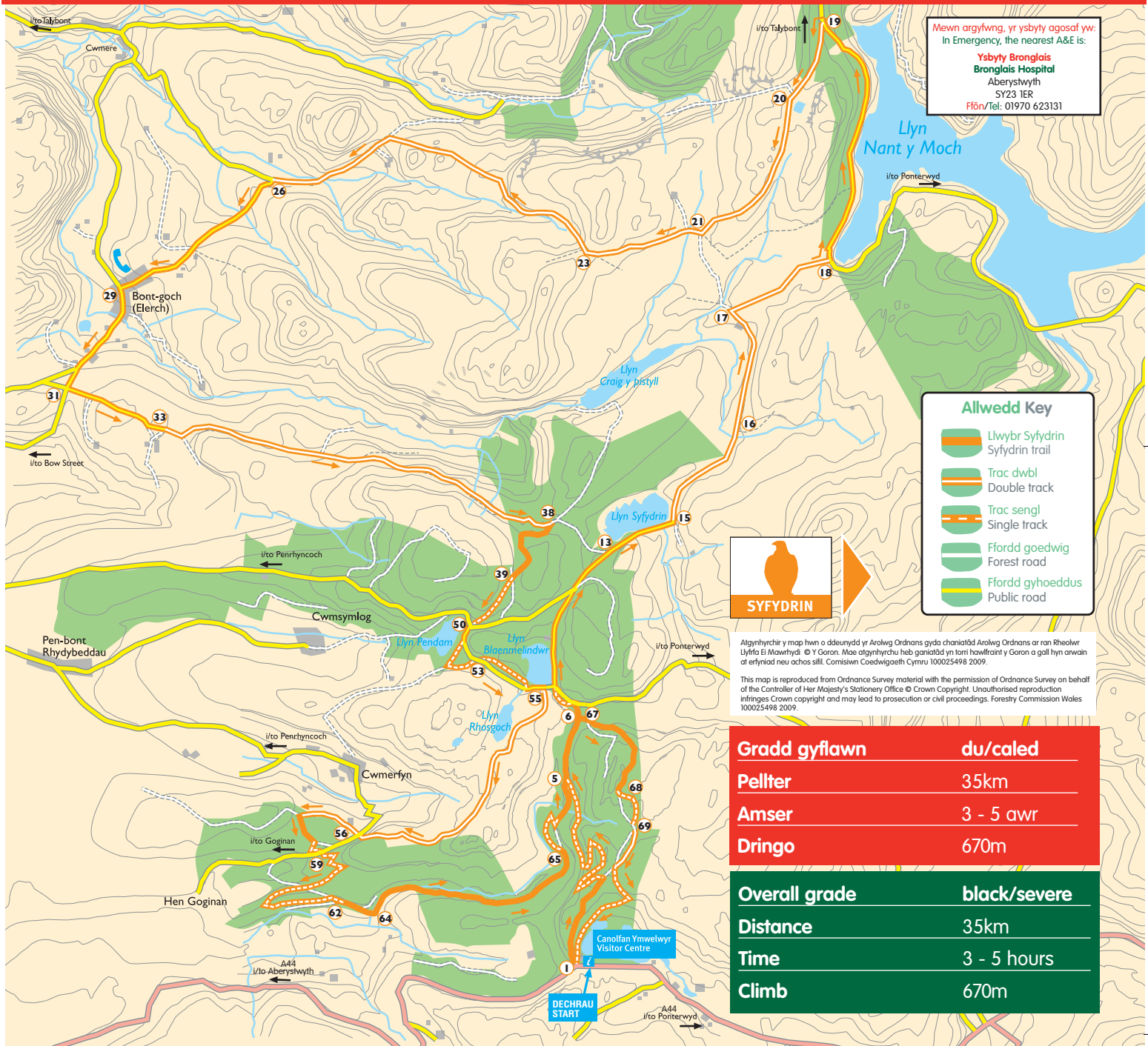


**Beicio mynydd / Mountain biking**



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

**Allwedd Key**

-  Lwylwr Syfydrin  
Syfydrin trail
-  Trac dwbl  
Double track
-  Trac sengl  
Single track
-  Ffordd goedwig  
Forest road
-  Ffordd gyhoeddus  
Public road



Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrthdail. © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawffraint y Goron a gall llyn arwain at erlyniad neu achos sill. Comisiwn Coedwigaeth Cymru 100025498 2009.

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<b>Gradd gyflawn</b>	<b>du/caled</b>
<b>Pellter</b>	35km
<b>Amser</b>	3 - 5 awr
<b>Dringo</b>	670m

<b>Overall grade</b>	<b>black/severe</b>
<b>Distance</b>	35km
<b>Time</b>	3 - 5 hours
<b>Climb</b>	670m

## Llwybr Syfydrin



<b>Gradd gyflawn</b>	<b>du/caled</b>
<b>Pellter</b>	35km
<b>Amser</b>	3 - 5 awr
<b>Dringo</b>	670m

Mae Llwybr y Syfydrin yn cynnwys y llwybr 'Summit' gyda'i drac sengl ffantastiig sy'n llifo a plymio - ac yn ychwanegu ato trwy eich arwain allan ar i'r bryniau agored gyda golygfeydd anhygoel. Mae'n llwybr hir a heriol, yn croesi unigeddau uchel, agored ac anghyspell, felly cariwch bopeth fydd arnoch ei angen gyda chi, gan gynnwys digon i fwyta ac yfed, offer sbar, arfau a dillad. Sicrhewch fod rhywun yn gwybod ble'r ydych yn mynd a pha bryd y disgwylwch fod yn ôl. Mae'n fwy diogel mynd mewn cwmni.

Mae llawer o'r llwybr ar drac dwbl technegol ddefnyddir gan gerbydau eraill, cerddwyr a marchogion. Sylwch fod arwyddion pwrpasol ar ddarn ddefnyddir fel llwybr marchogaeth ceffylau. Cymerwch ofal wrth fynd ac ystyriwch ddefnyddwyr eraill. Gadewch glwydi fel rydych chi'n eu cael nhw.

### Dosbarth y Llwybr:

**Du/caled**

### 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 disgwiliad o fwy o sielens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.

### Nodweddion graddiant a thechnegol y llwybr

Disgwylwch 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.

## Syfydrin Trail



<b>Overall grade</b>	<b>black/severe</b>
<b>Distance</b>	35km
<b>Time</b>	3 - 5 hours
<b>Climb</b>	670m

The Syfydrin Trail trail takes in all of the existing summit trail with its fantastic swooping, flowing singletrack, and adds to it by leading you out onto the high open hills with stunning views. It is a long and challenging ride in exposed and remote countryside, so go equipped for any eventuality, including plenty to eat and drink, spares, tools and clothing. Make sure someone knows where you are going and when you expect to be back. It is safer riding with others.

Much of the route is on technical doubletrack, which is used by vehicles, walkers and horse riders. Some of it is used as a waymarked horse riding route. Please ride with due care and consideration of other users. Please leave gates as you find them.

### 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.