

Dragon's Back

Gradd.....Coch/Anodd		Pellter31.1km
Amser3-5 awr		Dringo.....710m
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 ac 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.	

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Grade.....Red/Difficult		Distance.....31.1km
Time.....3-5 hour		Climb710m
Bike Trail Grade	Red/Difficult ▲	
Suitable for	Proficient mountain bikers with good offroad 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.	



Llwybr Beicio Mynydd Dragon's Back Mountain Bike Trail



Clasur o lwybr sy'n siŵr o'ch synnu a'ch plesio'r un pryd.

Yn galed o'r dechrau, dyma lwybr i brofi'ch sgiliau i'r eithaf, cyn i chi hedfan â gwên ar eich wyneb ar hyd **Dream Time**. Mae **Big Doug** yn eich tywys i ganol coed ffynidwydd Douglas, y 'brenin' yng Nghoed y Brenin.

Ewch fel y gwynt drwy **Hermon** - os 'feiddiwch chi - cyn padlo'n galed i gopa'r goedwig i weld Eryri ar ei gorau. Cewch fwynhau troeon serth yr **Adams Family** wrth ddychwelyd i'r gwaelod wedyn. Dyma lwybr eiconig sydd wedi aeddfedu'n dda dros amser, yn union fel peint o gwrw lleol. Iechyd da!

Here's one of those understated, quietly classic trails that always seems to surprise you at just how good it is.

The hard start leaves you under no illusions that your skills better be up to scratch, but then leads you into the sublime DreamTime where the flow feels so easy, you'll be day dreaming about this throughout the week's daily grind!

Big Doug leads you through the towering Douglas Firs, the kings of Coed y Brenin. Ride **Hermon** as fast as you dare, before the big climb to the highest point in the forest. The five sections of downhill fun in the **Adams Family** reward you for all your efforts.



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Dilynwch @MTBRanger ar Twitter
Follow the @MTBRanger on Twitter
www.facebook.com/pages/coed-y-brenin/136123803074740

Seven Sisters

Canolfan Ymwelwyr
Visitor Centre

Beginning
of the End

Badger

Pinderosa

Tyddyn
Gwladys

Lurch
Pugsley's
Bottom

Gomez

Uncle Fester

Dream Time

Pink Heifer

Cae'n
y Coed

Hermon

Beefy

Big Doug

ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Heddlu.
- Gwnewch gofnod o ran arbenig y llwybr neu rif yr arwyddbost agosaf.
- Nid yw signalau ffônau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' Llwybr Dragon's Back, Parc Coedwig Coed y Brenin, Canolfan Ymwelwyr LL40 2HZ.

EMERGENCY OUT ON THE TRAILS

- Phone 999 & ask for Police.
- Make a note of the trail section or the number on the closest waymarker post.
- Mobile phone coverage is patchy throughout the trails.
- 'Current location' Dragon's Back Trail, Coed y Brenin Forest Park, Visitor centre LL40 2HZ.



Dihangfa yn ôl i'r
Ganolfan Ymwelwyr
Escape route back
to the Visitor Centre



Dilynwch y symbol
cyfeirbynt hwn er mwyn
dychwelyd i'r ganolfan
ymwelwyr ar lwybr lefel isel.
Follow this waymarker icon
if you need a low level route
back to the visitor centre.

Llwybr Dragon's Back
Dragon's Back trail

Trac sengl
Singletrack

Ffordd coedwig
Forest road

Ffordd cyhoeddus
Public road

Postyn lleoliad
Waymarker

Parcio
Parking

Gwybodaeth
Information

Toileddau
Toilets

Mynediad hawdd
Easy access

Caffi
Café

Siop feics
Bike shop

Y safon uchaf
Top of the grade

Cadwch lygad am
arwyddion rhybudd

"Y Safon Uchaf". Efallai
yr hoffech chi gael gollwg
arnyn nhw cyn mentro.
Look out for these "Top of
the grade" warning signs.
You might want to inspect
these features before you
ride them.