



Dragon's Back



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 Dug** yn eich tywys i ganol coed ffynidwydd Douglas, y 'brenin' yng Nghoed y Brenin. Ewch fel y gwynt drwy **Hermion** – 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 gwrllw lleol. Iechyd da!

The Dragon's Back is one of those understated quietly classic trails that always seems to surprise at just how good it is.

It starts off hard, leaving you under no illusions that your skills better be up to scratch, but then leads you into the sublime **Dream Time** where the flow feels so easy, you'll be day dreaming about this throughout the weeks daily grind! **Big Dug** leads you through the towering Douglas Firs, the kings of Coed y Brenin (The King's Wood). Ride **Hermion** as fast as you dare, before the big climb to the highest point in the forest, with superb views of Snowdonia's mountains and the best series of descents to come. The **Adams family**, five sections of downhill fun to pay back your efforts.

The Dragon's Back, an iconic Welsh trail that has matured well and can be appreciated with fellow souls over a pint of locally brewed real ale. Iechyd da/cheers!



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Gradd	coch/anodd
Pellter	31.1 km
Amser	3 - 5 awr
Dringo	710 m

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.

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Grade	red/difficult
Distance	31.1 km
Time	3 - 5 hour
Climb	710 m

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.



**Canolfan Ymwelwyr
Visitor Centre**



**Beginning
of the End**



Seven Sisters

Clide

Badger

Pinderosa

Dream Time

**Coe'n y
Coed**

Pink Heifer

Hermon

Beefy

Big dug

Ty'n y Groes



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Coed-y-Brenin/136123803074740**

**Mewn argyfwng, yr ysbwy agosat yw:
In emergency, the nearest A&E is:**

Ysbyty Dolgellau Hospital

**Dolgellau
LL40 1NT**

01341 422479

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**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**

**toiledau
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 golwg arnyn nhw
cyn mentro.**

**Look out for these "Top of the
grade" warning signs. You might
want to inspect signs. You might
before you ride them.**