

Graddau Trac Sengl

graddfa llwybr beicio

gwyRDD rhwydd

glas cymedrol

coch anodd

du caled

mathau o lwybrau a arwyneb

Eithaf gwastad a llydan. Gall arwyneb y llwybr fod yn rhydd, anwastad neu fwdlyd ar brydiau. Gall gynnwys adrannau byr untrac llifol.

Fel y ‘GwyRDD’ gyda thrac sengl wedi ei adeiladu’n arbennig. Gall arwyneb gynnwys rhwystrau bychan fel gwreiddiau a chraig.

Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.

Fel y ‘Coch’ ond gyda disgwyliad o fwy o sialens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.

graddiant a nodweddion llwybr technegol

Mae’r rhan fwyaf o’r dringfeydd a’r disgyniadau yn fas.

Mae’r rhan fwyaf o raddiannau’n gymedrol ond gall fod yna adrannau serth byr. Cynnwys nodweddion llwybr technegol a graddiannau bach.

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.

Disgwyliwch 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’.

Dechreuwch ar y llwybrau trac sengl gan ddatblygu eich sgiliau ac yna ewch ymlaen trwy’r graddau.

Mae’r Parc Beiciau yn adran wahanol sy’n gofyn am set wahanol o sgiliau, nid yw’n ddilyniant o’r Ardal Trac Sengl.

Graddau Parc Beiciau

graddfa llwybr beicio

parc beiciau eithafol

mathau o lwybrau a arwyneb

Llwybrau sydd wedi eu cynllunio i fod yn galed gyda / neu nodweddion naturiol. Pob adran yn heriol. Cynnwys lefelau eithafol o berygl ac o / neu risg. Gallu i neidio’n orfodol.

graddiant a nodweddion llwybr technegol

Yn cynnwys amrywiaeth o nodweddion llwybr technegol a graddiannau isel, cymedrol a serth iawn, yn ogystal â llwybrau gwaeredol, adrannau beicio’n rhydd a neidiau gorfodol.

Singletrack grading

bike trail grade

green easy

blue moderate

red difficult

black severe

trail & surface types

Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.

As ‘Green’ plus specially constructed single track. Trail surface may include small obstacles of roots and rock.

Steeper and tougher, mostly singletrack with technical sections. Expect very variable 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)

Climbs and descents are mostly shallow. No challenging features.

Most gradients are moderate but may include short steep sections. Includes small 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.

Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have ‘downhill’ style sections.

Start on singletrack trails, building your skills, and progress through the grades.

The Bike Park is a different area, requiring a different set of skills, it is not a progression from the Singletrack Zone.

Bike Park Grading

bike trail grade

bike parks extreme

trail & surface types

Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and or risk. Jumping ability obligatory.

gradients & technical trail features (TTFs)

Will include a range of small medium and large TTFs, including downhill trails, free ride sections and mandatory jumps.

Gwybodaeth argyfwng

i Cyfeirnod grid y pwynt hwn: **SH721273**

i Enw’r pwynt: **Ardal Sgiliau, Canolfan Ymwelwyr Coed y Brenin**

H A & E Uned Mân Anafiadau Agosaf: Ysbyty Dolgellau, Dolgellau, LL40 1NT. 01341 422479

sos Pe bai damwain. Sicrhewch nad oes modd i rywun daro i mewn i chi neu rywun arall!

Ffoniwch **999** a gofynnwch am ambiwlans. Byddwch yn barod i roi’r manylion canlynol;

1. Lleoliad y ddamwain (cyfeirnod grid a’r enw fel y nodir uchod)

2. Nifer y bobl sy’n rhan o’r grŵp.

3. Disgrifiad o’r ddamwain ac unrhyw anafiadau.

sos Signal ffôn symudol: Anghyson

sos Ffônau Cyhoeddus Agosaf: Ffôn argyfwng oren ar y briffordd, ger y fynedfa, ar gyffordd yr **A470**. Hefyd ffôn ar gael yn y Ganolfan Ymwelwyr, ar agor 9-5, 7 diwrnod yr wythnos.

i Rhowch wybod i Gyfoeth Naturiol Cymru yn y ganolfan ymwelwyr: **01341 440747**

Emergency information

i Grid Reference of this point: **SH721273**

i Name of this point: **Skills Area, Coed y Brenin visitor centre**

H A & E Nearest Minor Injuries unit: Dolgellau Hospital, Dolgellau, LL40 1NT. 01341 422479

sos In case of an accident. Make sure no one can run you or anyone else over! Call **999** and ask for an ambulance. When connected be ready with the following details;

1. Incident location (grid ref and name as provided above)

2. Number of people in party.

3. Description of accident and any injuries.

sos Mobile Phone coverage: Patchy

sos Nearest Public phones: Emergency orange highways phone located at bottom of entrance drive on junction with **A470**. Also phone available in Visitor Centre, open 9-5, 7 days a week.

i Inform Natural Resources Wales at the visitor centre: **01341 440747**

Cyfoeth Naturiol Cymru
Natural Resources Wales

Parc Coedwig Coed y Brenin
Coed y Brenin Forest Park

Ardal Sgiliau
Y Ffowndri
Skills Area

Eryri | Snowdonia
un antur fawr | one big adventure

Noddir gan Lywodraeth Cymru
Sponsored by Welsh Government

Y Ffowndri

Croeso i'r Ffowndri, Ardal Sgiliau Coed y Brenin
Welcome to Y Ffowndri, the Coed y Brenin Skills Area

Mae gennych bedwar dewis: **You have four choices:**

1

Ardal Hyfforddi
Os ydych chi'n beicio mynydd am y tro cyntaf neu os ydych chi am ddysgu'r technegau sy'n hanfodol ar gyfer beicio oddi ar y ffordd, dyma'r lle delfrydol i ddechrau.

Ardal Hyfforddi

Training Zone

Training Zone
If you're new to mountain biking or want to learn those essential, offroad riding techniques, then this is the place to start.

2

Ardal Trac sengl
Os ydych chi'n ymweld â Choed y Brenin am y tro cyntaf ac os nad ydych chi'n siŵr pa lwybr i'w ddewis, dewch i'r parth hwn i fesur eich gallu. Ceir pedwar math o lwybr sy'n amrywio o rai hawdd (gwyrdd) i rai anodd iawn (du). Dechreuwch ar lwybr hawdd gan symud ymlaen nes byddwch yn cyrraedd y llwybr mwyaf addas i'ch gallu chi.

Ardal Trac sengl

Singletrack Zone

Singletrack Zone
If you're new to Coed y Brenin and not sure which grade of trail to ride head here to see what you're capable of. There are 4 grades of trail from easy (green) to severe (black). Start easy and progress till you find your level.

3

Ardal Reidio rhydd
Trac neidio/pwmpio Coed y Brenin ar gyfer beiciau mynydd!
Mae'n cynnwys 8 o gorneli ar oleddf a nodweddion difyr rhyngddynt - cnyciau, twmpathau neidiau tro, cnyciau dwbl, llwyfannau, grisiau i fyny/grisiau i lawr a llawer mwy!

Freeride Zone

Freeride Zone
Coed y Brenin's jump/pump track for mountain bikes!
8 bermed turns, with fun features in between. Rollers, hips, doubles, table tops, step ups/downs and more!

4

Ardal Neidio-dibyn
Yma ceir llechfaen naturiol o graig, Carreg Leming, lle gellir dewis o blith amrywiaeth o linellau, ond cofiwch edrych cyn neidio!
Bydd yn rhaid i chi feicio ar hyd y trac sengl coch cyn y byddwch yn gymwys i gael mynediad i'r ardal hon!

Drop-off Zone

Drop-off Zone
Featuring the Lemming Stone, a natural rock slab, where a variety of lines can be taken but remember, **look before you leap!**
To access this area you'll have to ride the red singletrack to qualify!

Edrychwch allan am yr arwyddion rhybudd "Y Safon Uchaf". Efallai y byddwch am archwilio'r rhain cyn i chi feicio arnynt.



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



Oes angen i chi wella eich sgiliau?
Chwiliwch am hyfforddwr cymwys lleol i'ch dysgu chi sut i feicio ar hyd llwybrau Coed y Brenin. Ewch i siop Beics Brenin yn y ganolfan ymwelwyr i gael rhagor o wybodaeth am y cyrsiau sydd ar gael.
Why not find a local qualified instructor to teach you how to ride the Coed y Brenin trails. Check Beics Brenin in the visitor centre for more info on available courses.

Need to improve your skills?



I'r Ganolfan Ymwelwyr
To the Visitor Centre