Llwybr Beast

Gradd......Du/Caled	Pellter 35km
Amser .....3-6 awr	Dringo........1,100m

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 ac arwyneb	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.
Nodweddion graddiant a thechnegol y llwybr	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'.
Lefel ffitrwydd awgrymiedig	Addas i bobl actif sy'n gyfarwydd gydag gweithio'n galed.

Beast Trail

Grade........ Black/Severe	Distance.....35km
Time.......... 3-6 hours	Climb 1,100m

Bike Trail Grade	black/severe ◆
Suitable for	Expert mountain bike users, used to physically demanding routes. Quality offroad 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.

Mae coetiroedd Llywodraeth Cymru wedi'u hardystio'n unol â rheolau'r Forest Stewardship Council®
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Cyfoeth Naturiol Cymru
Natural Resources Wales

Parc Coedwig **Coed y Brenin** Forest Park

Llwybr Beicio Mynydd

Beast

Mountain Bike Trail

BEAST

Dyma'r llwybr y mae pawb yn ysu i'w goncro. Llwybr hirfaith ac anodd sy'n gofyn am gryn ymdrech corfforol a seicolegol, ac sydd wedi trechu sawl un.

Gyda gelltydd geirwon, cerrig llamu, troeon tynn a mannau neidio niferus.

Pheidiwch ag anghofio am y cyfuniad **Pink Heifer** a **Big Doug** sy'n mynd â chi ar drac sengl 4km bendigedig trwy'r ffynidwydd Douglas mawreddog.

Bydd eich calon yn curo a'ch coesau ar dân! Beth amdani felly? A fyddwch chi'n bustachu i fyny'r allt olaf ac yn teimlo fel brechdan wrth bedlo yn ôl i'r gwaelod, neu **ydych chi'n barod i ddofi'r bwystfil unwaith ac am byth?**

This is the trail that everyone aspires to ride. It's long, it's tough, it will stretch you physically, mentally and has left many broken souls.

You can expect loose rocky climbs, gnarly descents, stone fly offs, berms, tabletops and hips.

Don't miss the **Pink Heifer**, **Big Doug** combo that gives over 4kms of continuous sublime singletrack through the majestic tall Douglas firs.

Smash it in a oner and feel the burn! So will you be dragging yourself up the final climb, limping down the last descent utterly spent, **or will you rise to the challenge and tame the Beast?**

www.cyfoethnaturiol.cymru
www.naturalresources.wales

Noddir gan **Lywodraeth Cymru**
Sponsored by **Welsh Government**

Beast

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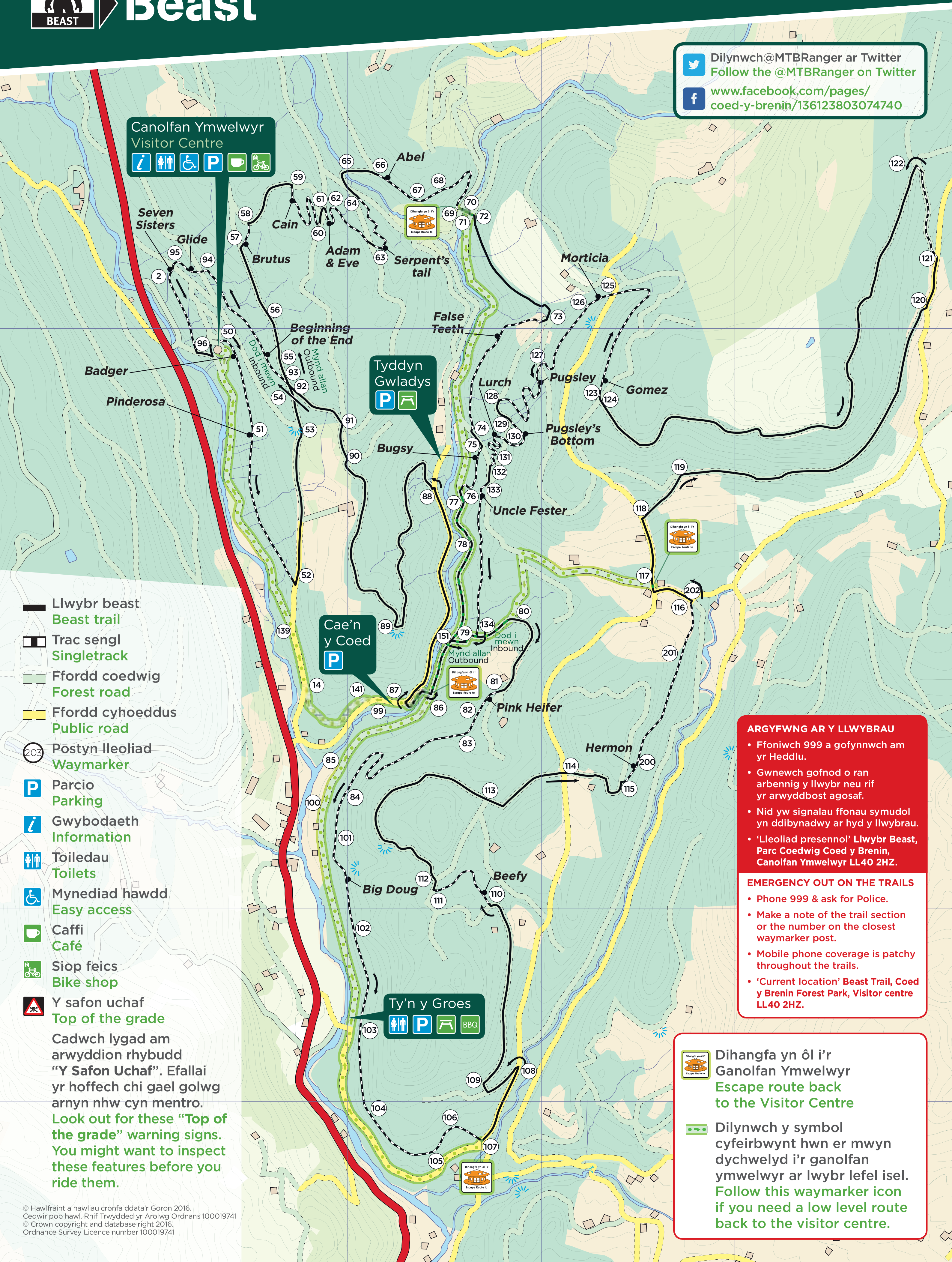

Llwybr beast
Beast trail

Trac sengl
Singletrack

Ffordd coedwig
Forest road

Ffordd cyhoeddus
Public road

203 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 these features before you ride them.

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ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Heddlu.
- Gwnewch gofnod o ran arbennig y llwybr neu rif yr arwyddbost agosaf.
- Nid yw signalau ffonau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' **Llwybr Beast, 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' **Beast 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 cyfeirbwynt 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.