



Parc Beicio Afan Bike Park

// Dringfeydd anodd a disgyniadau pleserus
Testing climbs and fun descents

Gofalwch eich bod yn cario cyfarpar priodol ar gyfer natur anghysbell a her dechnegol y llwybr a'ch bod yn gwybod sut i'w ddefnyddio. Ond ceisiwch fod yn hunangynhaliol wrth feicio. Pe bai argyfwng:

- Os yw'n ddiogel darparwch Gymorth Cyntaf
- Nodwch y llwybr, pa ran a rhif y postyn marcio llwybr agosaf
- Ffoniwch 999 a gofyn am yr Heddlu.

NODER; Nid oes signal ffôn symudol ym mhobman ar y rhwydwaith llwybrau.

Please make sure you carry appropriate equipment for the remoteness and technical difficulty of the trail and know how to use it. Aim to be self sufficient while riding however, in the event of an emergency:

- If it is safe to do so provide First Aid
- Make a note of the trail, section and number of the closest waymarker post
- Phone 999 and ask for the Police

NOTE; Mobile phone coverage is often patchy throughout the trail network.



Parc Beicio Afan

Mae Parc Beicio Afan â'i lwybrau eithafol wedi'i leoli yn harddwch syfrdanol Parc Coedwig Afan ac yn cynnig ardal ymarfer a datbygu sgiliau i feicwyr mwy profiadol. O neidiadau canolradd a throedffyrdd cyfyng troellog i lwybrau pren cul a llwybrau serth technegol, mae digon o waith ymarfer. Mae dolen XC fer yn rhedeg o amgylch y perimedr tra bo'r Pro Line yn cynnig mwy o ofod i neidwyr mwy profiadol hefyd.

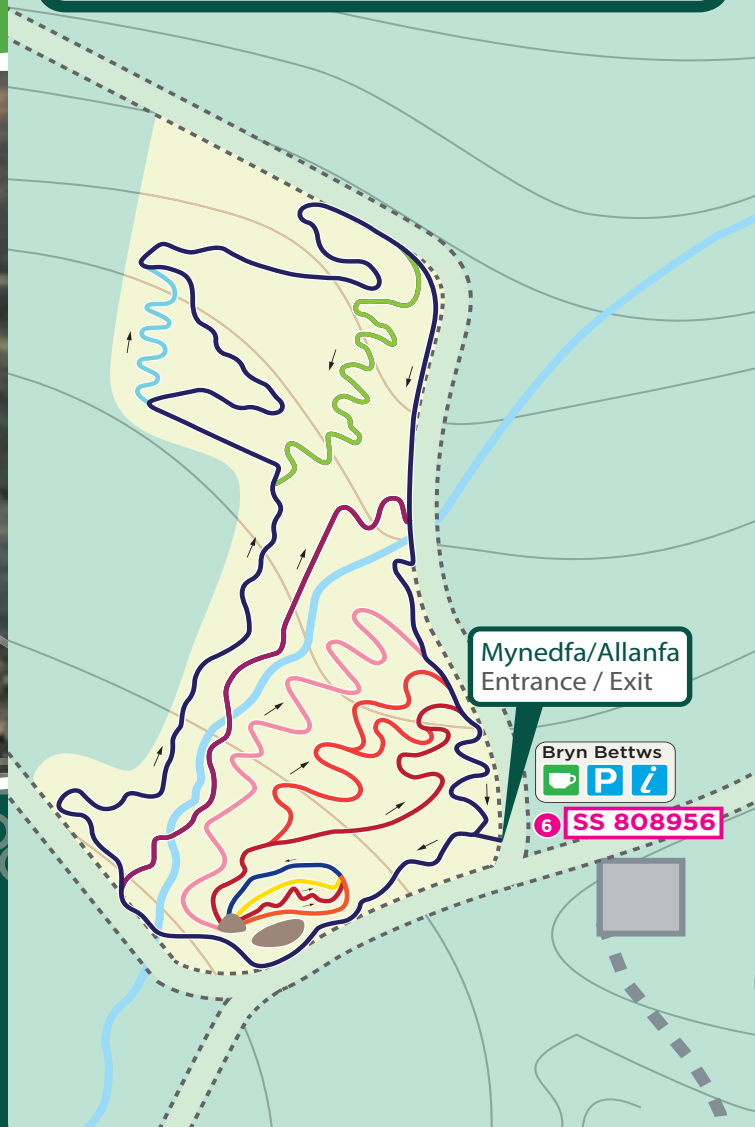


Afan Bike Park

Located in the stunning Afan Forest Park the Extreme graded Afan Bike Park provides more experienced riders with an area to practice and develop their skills. From intermediate Jumps and tight twisting berms to log skinnies and technical climbing there is plenty to session. A short XC loop runs around the perimeter while the Pro Line delivers some bigger air time for more experienced jumpers too.

Allwedd / Key

Dolen XC XC Loop	Rhediad Sgiliau 1 Skills Run 1	Llinell Neidio Ganolradd Intermediate Jump Line
Llwybr Serth Technegol Technical Climb	Rhediad Sgiliau 2 Skills Run 2	Rhediad Pren Cul Log Skinny Run
Rhediad Troedffordd Berm Run	Rhediad Sgiliau 3 Skills Run 3	
Proline Proline	Llinell Neidio Arbenigol Expert Jump Line	



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