

Llwybr White's Level

Gradd..... coch/anodd
Amser..... 1½ - 3 awr

Pellter..... 15.2km
Dringo..... 405m

Dosbarth y Llwybr	Coch/ Anodd 
Yn addas i	Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd da. 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.

White's Level Trail

Grade..... red/difficult
Time..... 1½ - 3 hours

Distance ... 15.2km
Climb 405m

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 and water crossings.
Suggested fitness level	Higher level of fitness and stamina.



Mae coetiroedd Llywodraeth Cymru wedi'u hardystro'n uned a Rhodfa'r Fforest Stewardship Council®
Welsh Government woodlands have been certified in accordance with the rules of the Forest Stewardship Council®



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Llwybr White's Level Trail



Dyma'r llwybr mwyaf technegol ym Mharc Coedwig Afan, ac mae 90% ohono'n untrac sydd wedi'i adeiladu'n unswydd.

Ceir golygfeydd gwych o Gwm Afan wrth ddringo'r llwybr defaid 6 cilometr. Mae'n llwybr untrac agored iawn sy'n cynnig gwefr heb ei thebyg ac elltydd llawn her, heb sôn am risiau creigiog - dyna beth yw llwybr anhygoel o wefreiddiol.

Os ydych yn barod amdani, rhowch gynnig ar y
Black Run - wedi'i raddio'n Ddu/Difrifol!

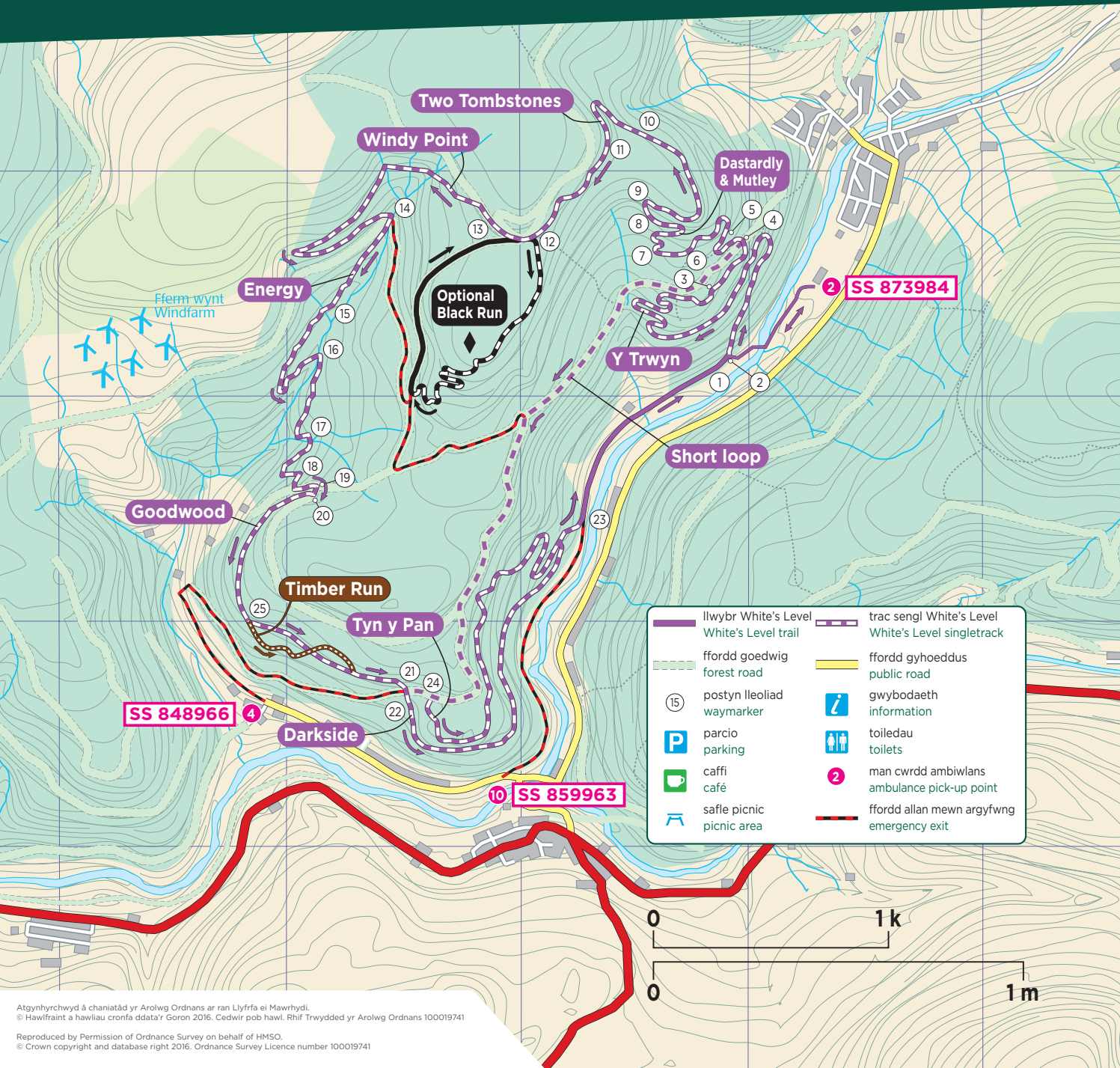
This is the most technical of all the trails in Afan Forest Park and is 90% purpose-built singletrack.

A 6 km sheep-track climb gives fantastic views of the Afan Valley. Extreme exposure on tight singletrack means ultimate thrills and long, demanding descents with rocky steps to negotiate, all leading to one outrageous trail.

If you are up for it try out the optional
Black Run - graded Black/Severe!



White's Level



	Ilwybr White's Level		trac sengl White's Level
	ffordd goedwig		ffordd gyhoeddus
	forest road		public road
	postyn lleoliad		gwybodaeth
	waymarker		information
	parcio		toiledau
	parking		toilets
	caffi		man cwrrd ambiwlans
	café		ambulance pick-up point
	safile picnic		ffordd allan mewn argyfwng
	picnic area		emergency exit