Llwybr Cafall

Gradd........ coch/anodd   Pellter........ 15km
Amser........ 1½ - 3 awr   Dringo........ 560m

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 d ˙r.
Lefel ffitrwydd awgrymiedig	Lefel uwch o ffitrwydd a stamina.

Cafall Trail

Grade........ red/difficult   Distance ... 15km
Time .... 1½ - 3 hours   Climb 560m

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.

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Cyfoeth Naturiol Cymru
Natural Resources Wales

Fforest **Cwmcarn** Forest

CAFALL

Llwybr **Cafall** Trail

Mae'r llwybr hwn, sy'n cyrraedd uchder o dros 600 metr, yn un anturus iawn. Mae'n sicr yn llwybr i'r beicwyr profiadol gyda'i elltydd anodd ac adrannau untrac tynn sydd wedi'u creu o'r newydd, heb sôn am y disgynfeydd technegol gwych.

Os oes gennych yr offer priodol, rydych chi'n siŵr o fwynhau'r llwybrau gwych gyda'u golygfeydd ysblennydd o'r bryniau cyfagos a Môr Hafren. Byddwch yn beicio trwy ardaloedd mwy anghysbell Coedwig Cwm-carn, felly gwnewch yn siŵr bod gennych ddigon o fwyd, diod a dillad addas. Byddwch yn barod am dywydd cyfnewidiol.

Climbing up to altitudes of over 600m, this trail gives you a real sense of adventure. With some tough climbs and tight hand-built singletrack sections, combined with some fantastic technical descents, it's definitely for those with some experience.

If you are properly equipped, you'll be rewarded with some amazing riding and views of the surrounding hills and the Bristol Channel. You'll be riding through the more remote areas of Cwmcarn Forest, so make sure you are well-prepared with food, drink and suitable clothing. Expect weather changes.

www.cyfoethnaturiolcymru.gov.uk
www.naturalresourceswales.gov.uk

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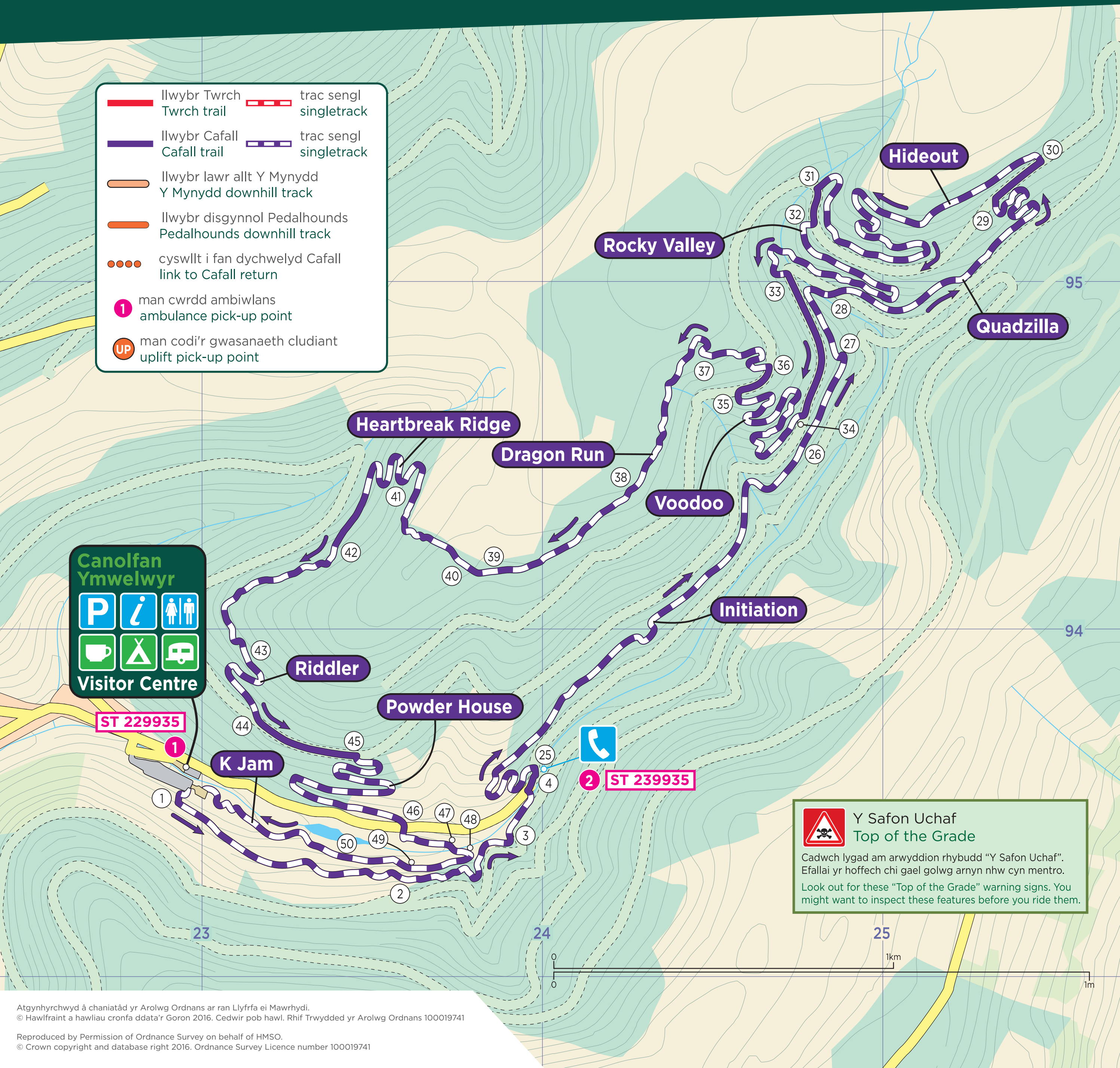
Cafall



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