

Llwybr Twrch

Gradd..... coch/anodd
Amser 1½ - 2½ awr

Pellter 13.4km
Dringo..... 440m

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.

Twrch Trail

Grade..... red/difficult Distance ... 13.4km
Time 1½ - 2½ hours Climb 440m

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.



Llwybr Twrch Trail



Dyma lwybr gradd Coch rhagorol gyda'r holl lwybr bron iawn ar drac cul, drwy gymysgedd o goetiroedd llydanddail a chonwydd a sawl cefnen agored.

Mae'r beicio'n amrywio o feicio agored a rhydd i feicio caled a thechnegol. Mewn mannau, mae'r llwybr ar ymylon llethrau serth a choediog iawn, sy'n gofyn am ganolbwytio. Mewn mannau eraill, mae ar dir agored, gan roi'r cyfle i chi fwynhau golygfeydd trawiadol o Fôr Hafren a'r brynau cyfagos.

This is a superb Red graded trail with virtually the entire route on purpose built singletrack, through a mixture of broadleaf and conifer woodlands and open ridge tops.

The riding varies from open and **flowing** to tight and **technical**. In places the trail hugs some very steep, wooded side slopes, demanding **concentration**. Elsewhere it **sweeps along** open ground, giving you the chance to take in **dramatic views** of the Bristol Channel and the surrounding hills.





Twrch

- llwybr Twrch
Twrch trail
- trac sengl
singletrack
- llwybr Cafall
Cafall trail
- trac sengl
singletrack
- llwybr lawr allt Y Mynydd
Y Mynydd downhill track
- llwybr disgynnod Pedalhounds
Pedalhounds downhill track
- cyswllt i fan dychwelyd Cafall
link to Cafall return
- man cwrdd ambiwlans
ambulance pick-up point
- man codi'r gwasanaeth cludiant
uplift pick-up point

Sioep Beiciau

Bike Shop

Canolfan Ymwelwyr

Visitor Centre

ST 229935

ST 239935

Finish Section

Angel's Posts

Dragon's Teeth

Dragon's Tongue

Castle Valley

Archie's Lift

Gate Keepers

Odin

Airstream

**Airstream 2
Optional**

Mabinogion

Giant's Finger



**Y Safon Uchaf
Top of the Grade**

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf".
Efallai yr hoffech chi gael golwg arnyh nhw cyn mentro.
Look out for these "Top of the Grade" warning signs. You
might want to inspect these features before you ride them.