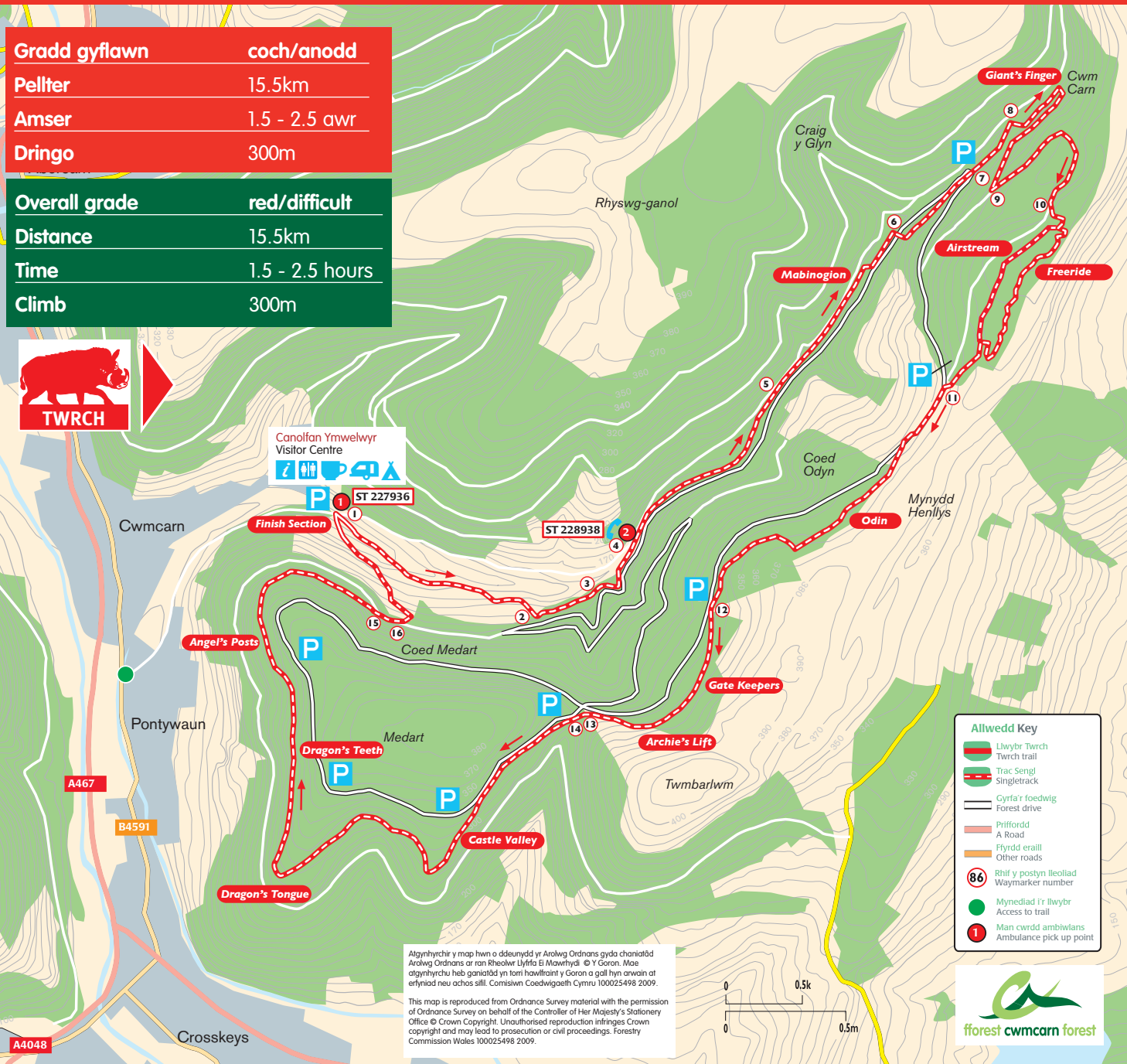


Beicio mynydd / Mountain biking

Gradd gyflawn	coch/anodd
Pellter	15.5km
Amser	1.5 - 2.5 awr
Dringo	300m
Overall grade	red/difficult
Distance	15.5km
Time	1.5 - 2.5 hours
Climb	300m



Canolfan Ymwelwyr  
Visitor Centre

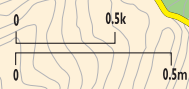


**Allwedd Key**

- Llywybr Twrch  
Twrch trail
- Trac Sengl  
Singletrack
- Cyfrfa'r foedwig  
Forest drive
- Prifffordd  
A Road
- Ffyrdd eraill  
Other roads
- Rhif y postyn lleoliad  
Waymarker number
- Mynediad i'r llywybr  
Access to trail
- Man cwrrd ambiwlans  
Ambulance pick up point

Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrthdi. © Y Goron. Mae atgynhychu heb ganiatâd yn lomi hawflaent y Goron a gall hyn orwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2009.

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# Llwybr Twrch

<b>Gradd gyflawn</b>	<b>coch/anodd</b> ▲
<b>Pellter</b>	15.5km
<b>Amser</b>	1.5 - 2.5 awr
<b>Dringo</b>	300m

Dyma llwybr gwych o'r ansawdd uchaf, ond nid yw'n addas i'r gwangalon. Mae'r daith gyfan bron ar hyd llwybr untrac a grëwyd yn bwrpasol drwy gymysgedd o goetiroedd llydanddail a choniffer a chribau agored.

Mae'r reidio'n amrywio o ddaear galed, agored i dir tyn, technegol a llawn gwreiddiau, a gellir defnyddio'r llwybr ym mhob tywydd. Mewn manau mae'r llwybr yn cadw gydag ochrau twyni coediog serth, gan hawlio eich holl sylw, tra mewn manau eraill mae'n llifo ar hyd tir agored gan roi'r cyfle i chi werthfawrogi golygfeydd dramatig ar draws Môr Hafren a'r brynau cyfagos.



Dilynwch yr arwyddion yma

## Dosbarth y Llwybr:

**Coch/Anodd** ▲

## Yn addas i

Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.

## Mathau o lwybrau a 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

<b>Overall grade</b>	<b>red/difficult</b> ▲
<b>Distance</b>	15.5km
<b>Time</b>	1.5 - 2.5 hours
<b>Climb</b>	300m

This is a superb trail of the very highest quality that is not for the faint hearted. Virtually the entire route is on purpose built singletrack through a mixture of broadleaf and conifer woodlands and open ridge tops.

The riding varies from open and flowing hard pack to tight technical and rooty and is rideable in all weather. In places the trail hugs the sides of some very steep wooded side slopes, demanding concentration, whilst in others it sweeps along open ground giving you the chance to take in dramatic views of the Bristol Channel and the surrounding hills.



Follow these waymarkers

## 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, water crossings.

## Suggested fitness level

Higher level of fitness and stamina.