Cwm Rhaeadr MtBk guide 16/8/07 1:13 pm Page 1

Beicio Mynydd yng Nghwm Rhaeadr

Croeso i Gwm Rhaeadr. Mae'r llwybr a gafodd ei gynllunio gan Rowan Sorrell yn troelli ar draws tir agored, disgyn i lawr cefnen greigiog, yna dringo i olygfan uwchben dyffryn Tywi ac yna'n ymdroelli i lawr drwy goed llarwydd a ffynidwydd douglas aeddfed.

Darllenwch y canlynol cyn cychwyn ar y daith, os gwelwch yn dda:

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 ac arwyneb

Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.

Graddiant a dodweddion technegol

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 chroesfannau dŵr.

Lefel ffitrwydd awgrymedig

Lefel uwch o ffitrwydd a stamina.

Mountain Biking in Cwm Rhaeadr

Welcome to Cwm Rhaeadr, which means "valley of the waterfall". The trail, designed by Rowan Sorrell, weaves across open ground, descends a rocky ridge, climbs gently to a viewpoint over the Tywi valley and then snakes down through mature larch and douglas fir trees.

Before starting the trail, please read the information below:

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.

Mae Llwybr Cwm Rhaeadr yn dechrau o faes parcio Cwm Rhaeadr, i'r gogledd o bentref Cil-y-cwm.

The Cwm Rhaeadr Trail starts from the Cwm Rhaeadr car park, just north of Cil-y-cwm village.

Am Fwy o Wybodaeth

I gael mwy o wybodaeth am waith Comisiwn Coedwigaeth Cymru neu am y llwybrau beicio, cysylltwch â:

Comisiwn Coedwigaeth Cymru, Heol Llanfair, Llanymddyfri SA20 0AL Rhif ffôn: 0845 604 0845.

hefyd ewch i 'www.forestry.gov.uk/cymru' a 'www.mbwales.com' am fwy o wybodaeth am feicio mynydd yng Nghymru.

To Find Out More

For further information about the work of Forestry Commission Wales or the cycle trails please contact:

Forestry Commission Wales, Llanfair Road, Llandovery SA20 0AL Tel: 0845 604 0845.

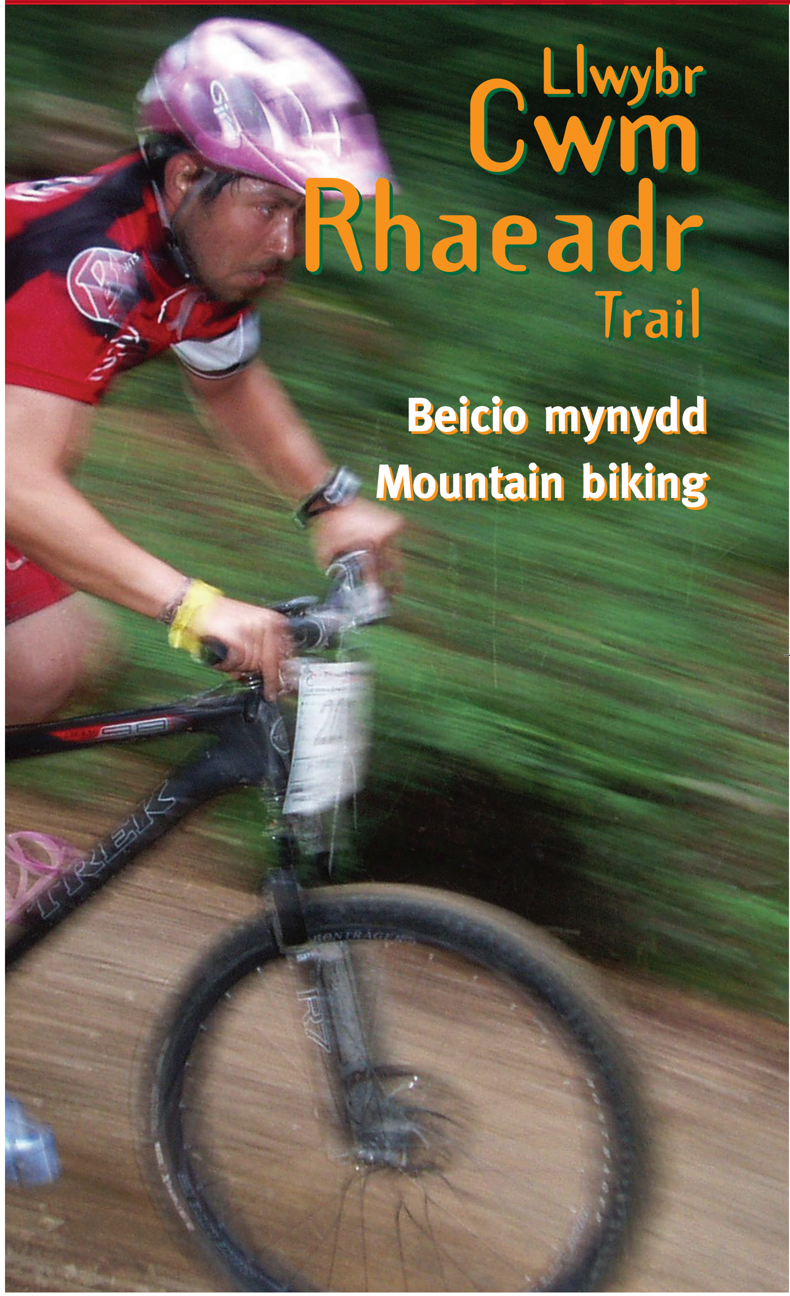
also visit 'www.forestry.gov.uk/wales' or 'www.mbwales.com' for more information on mountain biking in Wales.

Atgynhyrchir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi © Hawlfraint y Goron. Mae atgynhyrchu heb ganiatâd yn torri hawlfraint y Goron a gall hyn arwain at erfyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2007.

This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown Copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Forestry Commission Wales 100025498 2007.

Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

Cwm Rhaeadr



Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

Cymdeithas Gymunedol Cil-y-cwm

CYDCOED

Llwybr Cwm Rhaeadr

Gradd gyffredinol	coch/anodd ▲
Pellter	6.7km
Amser	45 munud
Dringo	210m

Ar y llwybr mae modd mwynhau golygfeydd godidog o'r cwm bychan, ac mae'r beicio ar y trac sengl lawn cystal.

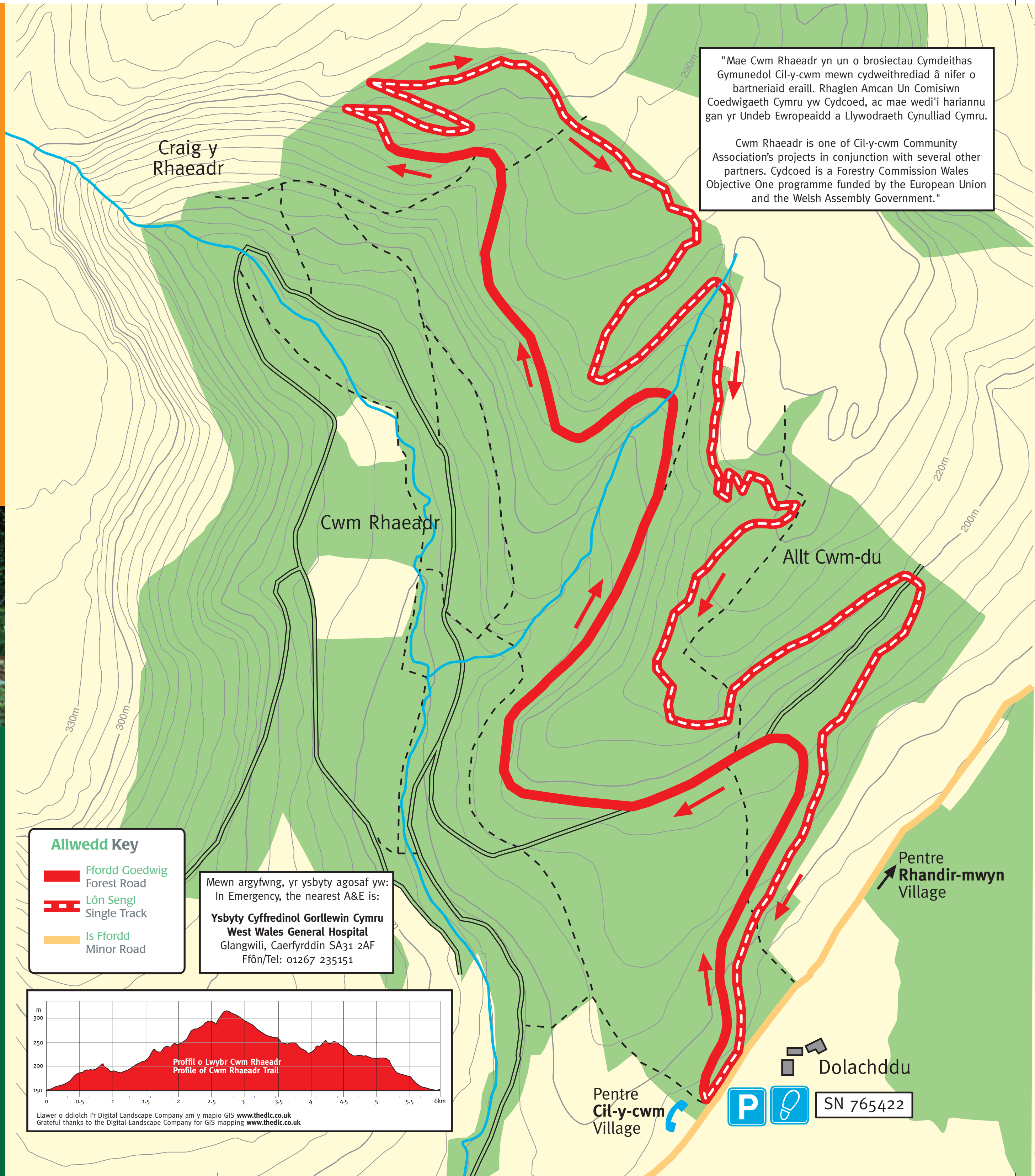
Byddwch yn gweld golygfeydd bendigedig o'r rhaeadr wrth iddo ddisgyn dros ysgafell greigiog lle mae'n arllwys oddi ar Fynydd Mallaen. Yn y pellter mae Bannau Brycheiniog a dyffryn Tywi yn cwblhau'r panorama. Wrth ddisgyn cewch eich cyffroi wrth i chi feicio ar hyd y llwybr troellog, neidio dros y grisiau creigiog a llithro drwy goed aeddfed ar y llethrau isaf. Mae llwybr Cwm Rhaeadr yn enghraifft o Gymru ar ei gorau, yn gyfuniad o brydferthwch a gorfoddel.

Cwm Rhaeadr Trail

Overall Grade	red/difficult ▲
Distance	6.7km
Time	45 mins
Climb	210m

The trail delivers stunning views over this scenic little valley, and quality singletrack riding to match.

You will catch great views of the waterfall as it drops over a rocky ledge where it pours off the Mynydd Mallaen. In the distance the Brecon Beacons and the Tywi valley complete the panorama. The descent will thrill you as you ride the twists and turns, jump the rocky steps and glide through the mature trees on the lower slopes. The Cwm Rhaeadr trail is Wales at its best, with beauty and exhilaration combined.



"Mae Cwm Rhaeadr yn un o brosiectau Cymdeithas Gymunedol Cil-y-cwm mewn cydweithrediad â nifer o bartneriaid eraill. Rhaglen Amcan Un Comisiwn Coedwigaeth Cymru yw Cydcoed, ac mae wedi'i hariannu gan yr Undeb Ewropeaidd a Llywodraeth Cynulliad Cymru.

Cwm Rhaeadr is one of Cil-y-cwm Community Association's projects in conjunction with several other partners. Cydcoed is a Forestry Commission Wales Objective One programme funded by the European Union and the Welsh Assembly Government."

Mewn argyfwng, yr ysbyty agosaf yw:
In Emergency, the nearest A&E is:

Ysbyty Cyffredinol Gorllewin Cymru
West Wales General Hospital
Glangwili, Caerfyrddin SA31 2AF
Ffôn/Tel: 01267 235151