






CAFALL TRAIL

 RED – DIFFICULT	
Distance:	15.5km
Time:	1.5 – 2.5 Hours
Climb:	400 Metres
Suitable for:	Proficient mountain bikers with good off road riding skills. Suitable for better quality off road mountain bikes.
Trail & Surface Type:	Steep and tough, mostly single-track with technical sections. Expect very variable surface types.

TWRCH TRAIL

 RED – DIFFICULT	
Distance:	15.5km
Time:	1.5 – 2.5 Hours
Climb:	300 Metres

Y MYNYDD DOWNHILL TRAIL

 BIKE PARK – EXTREME		
	2-Light Run 	3-Light Run 
Length:	1750 Metres	1900 Metres
Drop:	250 Metres	250 Metres