

Llwybr Cafall

Gradd..... coch/anodd
Amser..... 1½ - 3 awr

Pellter..... 15km
Dringo..... 560m

Dosbarth y Llwybr

Coch/
Anodd



Yn addas i

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

Mathau o Iwybrau ac arwyneb

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

Graddiannau a nodweddion technegol 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 awgrymedig

Lefel uwch o ffitrwydd a stamina.

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 ellytyd 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 fywd, diod a dillad addas. Byddwch yn barod am dywydd cyfnewidiol.

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

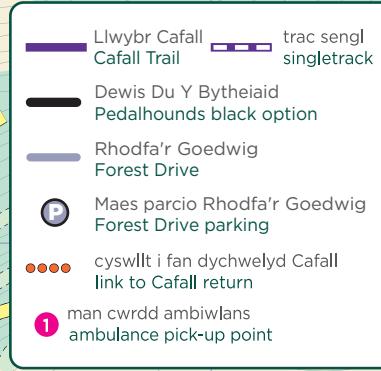
Higher level of fitness and stamina.

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 Cwm Carn Forest, so make sure you are well-prepared with food, drink and suitable clothing. Expect weather changes.



Cafall



ST 229935

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23

Torri Calon
Heartbreak Ridge

Dewis Du Y Bytheiaid
Pedalhounds Black Option

Twyll a Hoced
Riddler

Tŷ Powdwr
Powderhouse

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48

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Llam y Ddraig
Dragon Run

Cwm Caregog
Rocky Valley

Fwdw
Voodoo

Cychwyn
Initiation

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Lloches
Hideout

Nerth y Coesau
Quadzilla



Y Safon Uchaf
Top of the Grade

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael golwg arnyn nhw cyn metro.

Look out for these "Top of the Grade" warning signs. You might want to inspect these features before you ride them.

25

1km

1m