

Llwybr y Bytheiaid

Gradd..... eithafol Pellder..... 1.4km
Disgyniad... 203m

Dosbarth y Llwybr	Du
Yn addas i	Beicwyr mynydd profiadol, sydd wedi arfer â llwybrau sy'n gorfforol heriol. Beiciau mynydd oddi ar y ffordd o safon.
Mathau o lwybrau ac arwyneb	Fel "Coch" ond gan ddisgwyl mwy o her ac anhawster parhaus. Gall gynnwys unrhyw arwyneb llwybr y gellir ei ddefnyddio a gall gynnwys rhannau o fryniau agored.
Graddiannau a nodweddion technegol y llwybr	Disgwyliwch ddod ar draws nodweddion llwybr technegol a graddiannau helaeth, caled na ellir eu hosgoi. Fe fydd adrannau'n heriol ac amrywiol. Yn ogystal, gall fod adrannau "gwaered".
Lefel ffitrwydd awgrymedig	Addas i bobl actif sy'n gyfarwydd gyda gweithio'n galed.

Pedalhounds Trail

Grade.....Black Distance 1.4km
Drop203m

Bike Trail Grade	Black
Suitable for	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.
Trail & surface types	As "Red" but with an expectation of greater challenge and continuous difficulty. Can include any useable trail surface and may include exposed open hill sections.
Gradients & technical trail features (TTFs)	Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have "downhill" style sections.
Suggested fitness level	Suitable for very active people used to prolonged effort.



Y Bytheiaid Pedalhounds



Mae modd cael mynediad i lwybr gradd Ddu 'Y Bytheiaid' naill ai drwy lwybr Cafall XC neu'r gwasanaeth cludo ar y safle. Mae'n llwybr traws gwlad llinol sy'n opsiynol ond mae angen sgiliau ac offer beicio uwch na'r llwybr XC gradd Goch. Mae 'Y Bytheiaid' yn dilyn llinell hen lwybr clwb wedi'i adeiladu â llaw i lawr ochr ogleddol serth y cwm. Gan ddechrau gyda rhan wreiddiog wedi'i gwneud â llaw, mae'n codi cyflymder yn fuan wrth iddi lifo i mewn ac allan o'r rhannau coediog. Mae digon o ddisgyniadau a llinellau technegol gyda llawer o wreiddiau, creigiau a boncyffion felly cadwch lygad allan amdanynt a gwnewch yn siŵr eich bod yn gwybod beth sydd ar yr ochr arall cyn mentro ar unrhyw un o'r nodweddion. Mae'r llwybr yn gorffen gydag adran o neidiau serth a chyflym cyn cyrraedd yn ôl at fan codi'r gwasanaeth cludo.

Access to the 'Pedalhounds' Black-graded trail is either via the Cafall XC trail or the onsite uplift service. It is an optional linear cross-country trail but **requires much higher advanced riding skills and equipment than a Red-graded XC trail**. 'Pedalhounds' follows the line of an old hand-built, club trail down the steep north side of the valley. Starting off with a handmade rooty section it soon picks up speed as it flows in and out of the wooded sections. There are plenty of drops and technical lines with lots of roots, rock and stumps so keep an eye out for them and make sure you know what's on the other side before 'sending' any of the features. The trail finishes with a steep and fast jumps section before arriving back at the uplift pick-up point.



Y Bytheiaid Pedalhounds

Fe'ch cynghorir yn gryf i ddefnyddio beiciau teithio mwy ac i wisgo gwisg warchod ar gyfer yr allt gradd Ddu hon.

Larger travel bikes, full body-armour and full-face helmets are strongly advised for this Black-graded downhill trail.



- Llwybr Cafall
Cafall Trail
- trac sengl
singletrack
- Llwybr y Bytheiaid
Pedalhounds Trail
- Rhodfa'r Goedwig
Forest Drive
- cyswllt i fan dychwelyd Cafall
link to Cafall return
- man cwrdd ambiwlans
ambulance pick-up point
- man codi'r gwasanaeth cludiant i'r copa
uplift pick-up point

Siop Feiciau
Bike Shop

Canolfan Ymwelwyr
Visitor Centre

Y Safon Uchaf
Top of the Grade

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

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

