

Llwybr Twrch

Gradd coch/anodd Pellter 13.4km
Amser 1½ - 2½ awr Dringo 440m

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| Dosbarth y Llwybr | Coch/Anodd ▲ |
| Yn addas i | Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd da. 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 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. |

Twrch Trail

Grade red/difficult Distance ... 13.4km
Time 1½ - 2½ hours Climb 440m

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| 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. |

Llwybr Twrch Trail




Dyma lwybr gradd Goch rhagorol gyda'r holl lwybr bron iawn ar drac cul, drwy gymysgedd o goetiroedd llydanddail a chonwydd a sawl cefn agored.

Mae'r beicio'n amrywio o feicio agored a rhydd i feicio caled a thechnegol. Mewn manau, mae'r llwybr ar ymylon llethrau serth a choediog iawn, sy'n gofyn am ganolbwytio. Mewn manau eraill, mae ar dir agored, gan roi'r cyfle i chi fwynhau golygfeydd trawiadol o Fôr Hafren a'r brynau cyfagos.

This is a superb Red-graded trail with virtually the entire route on purpose-built singletrack, through a mixture of broadleaf and conifer woodlands and open ridge tops.

The riding varies from open and **flowing** to tight and **technical**. In places the trail hugs some very steep, wooded side slopes, demanding **concentration**. Elsewhere it **sweeps along** open ground, giving you the chance to take in **dramatic views** of the Bristol Channel and the surrounding hills.



— Llwybr Twrch
- - - trac sengl
— Twrch Trail
- - - singletrack
— Rhodfa'r Goedwig
 Forest Drive
 Maes parcio Rhodfa'r Goedwig
 Forest Drive parking
1 man cwrdd ambiwlans
 ambulance pick-up point

Siop Feiciau
Bike Shop



Canolfan Ymwelwyr
Visitor Centre



ST 229935

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Bys y Cawr
Giant's Finger

Pedair Cainc

Chwa o Wynt 1
Airstream 1

Mabinogion

Chwa o Wynt 2
Airstream 2

Pwll Tra

Odin

Y Cam Olaf
Finish Section

Yr Angel
Angel's Post


Dannedd y Ddraig
Dragon's Teeth

Taliesin

Ceidwaid y Clwydi
Gate Keepers

Pegwn y Bwlch

Fyny â ni
Archie's Lift

 **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.

Tafod y Ddraig
Dragon's Tongue

Cwm Castell
Castle Valley