

# Llwybr Twrch

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

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 arwynebedd amrywiol.
Nodweddion graddiant a thechnegol 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 awgrymiedig	Lefel uwch o ffitrwydd a stamina.

## Twrch Trail

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

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 Coch rhagorol gyda'r holl lwybr bron iawn ar drac cul, drwy gymysgedd o goetiroedd llydanddail a chonwydd a sawl cefen 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.

	Ilwybr Twrch Twrch trail		trac sengl singletrack
	Ilwybr Cafall Cafall trail		trac sengl singletrack
	Ilwybr lawr allt Y Mynydd Y Mynydd downhill track		
	Ilwybr disgynnod Pedalhounds Pedalhounds downhill track		
	cyswllt i fan dychwelyd Cafall link to Cafall return		
	man cwrdd ambiwlans ambulance pick-up point		
	man codi'r gwasanaeth cludiant uplift pick-up point		

**Siop Beiciau**

**Bike Shop**

**Canolfan Ymwelwyr**

**Visitor Centre**

ST 229935

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**Giant's Finger**

**Mabinogion**

**Airstream**

**Airstream 2  
Optional**

**Odin**

**Finish Section**

**Gate Keepers**

**Angel's Posts**

**Dragon's Teeth**

**Archie's Lift**

**Dragon's Tongue**

**Castle Valley**

**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.

