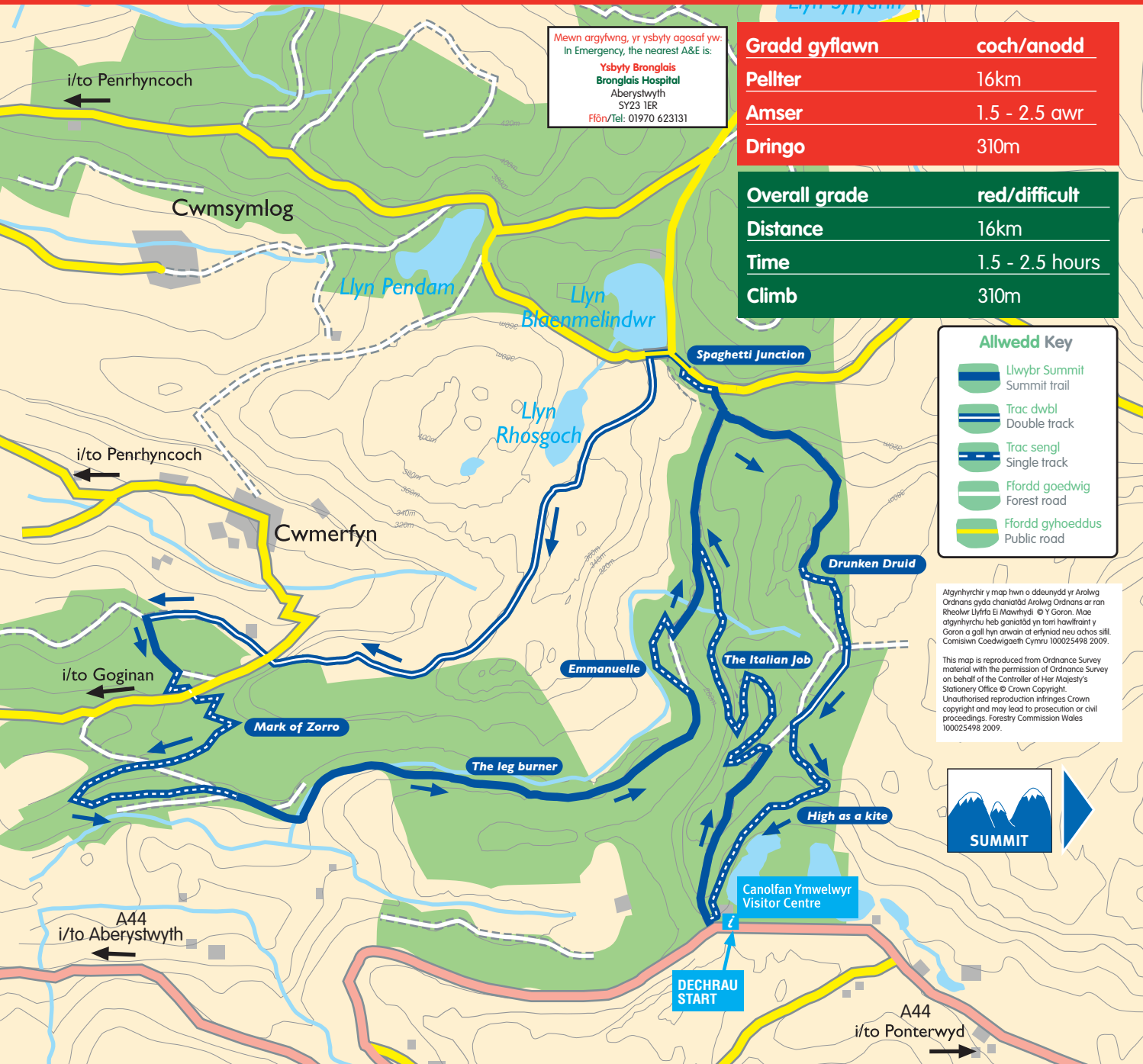


Beicio mynydd / Mountain biking







Mewn argyfwng, yr ysbyty agosaf yw:
In Emergency, the nearest A&E is:
Ysbyty Bronglais
Bronglais Hospital
Aberystwyth
SY23 1ER
Ffôn/Tel: 01970 623131

Gradd gyflawn	coch/anodd
Pellter	16km
Amser	1.5 - 2.5 awr
Dringo	310m

Overall grade	red/difficult
Distance	16km
Time	1.5 - 2.5 hours
Climb	310m

Allwedd Key

-  Llwybr Summit
Summit trail
-  Trac dwbl
Double track
-  Trac sengl
Single track
-  Ffordd goedwig
Forest road
-  Ffordd gyhoeddus
Public road

Atgynhychir y map hwn o ddaunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrthdy. © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawlfraint y Goron a gall llyn arwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2009.

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DECHRAU START

Canolfan Ymwelwyr
Visitor Centre

A44
i/to Ponterwyd

i/to Penrhyncoch

Cwmsymlog

Llyn Pendam

Llyn Blaenmelindwr

Spaghetti Junction

Llyn Rhosgoch

i/to Penrhyncoch

Cwmerfyn

Drunken Druid

i/to Goginan

Emmanuelle

The Italian Job

Mark of Zorro

The leg burner

High as a kite

A44
i/to Aberystwyth

Llwybr 'Summit'



Gradd gyflawn	coch/anodd ▲
Pellter	16km
Amser	1.5 - 2.5 awr
Dringo	310m

Mae Llwybr 'Summit' yn cynnig beicio tonnog a chyflym ar lôn sengl pwrpasol, anhygoel sy'n addas i'w ddefnyddio mewn unrhyw dywydd. Mae'n gwau ei ffordd drwy goedwigoedd conifer, i lawr llethrau serth a thrwy gymoedd dŵfn.

Mae hwn yn lwybr anodd sy'n cynnwys rhai disgyniadau untrac technegol a dringfeydd hir. Mae rhannau yn agored i'r elfennau. Cadwch lygad ar y tywydd.

Cadwch lygad allan am ddefnyddwyr eraill, yn arbennig marchogion ceffylau - darllenwch y Côd Ceffylau/Beicio Mynydd. Gadewch glwydi fel rydych chi'n eu cael nhw.

Mwynhewch eich reid.

Dosbarth y Llwybr:

Coch/Anodd ▲

Yn addas i

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

Mathau o lwybrau a 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.

Summit Trail



Overall grade	red/difficult ▲
Distance	16km
Time	1.5 - 2.5 hours
Climb	310m

The 'Summit' Trail is a roller coaster ride of fantastic purpose built single track that weaves its way through conifer plantations, down steep side slopes and along deep river valleys.

This is a demanding route with some technical singletrack descents and long climbs. Parts are open and exposed, watch out for the weather.

Watch out for other users especially horses - check out the Mountain Bike/Horse Code. Please leave gates as you find them.

Enjoy your ride.

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, water crossings.

Suggested fitness level

Higher level of fitness and stamina.