Pendam

Pellter: 10.2km | Amser: 1 – 2 awr | Dringo: 200m

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	Mwy serth a chaled. Trac sengl gan fwyaf gyda rhannau technegol. Byddwch yn barod am lawer o arwynebau amrywiol.
Nodweddion graddiant a thechnegol y llwybr	Yma ceir amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Byddwch yn barod am lwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a mannau croesi dŵr.
Lefel ffitrwydd awgrymedig	Lefel uwch o fitrwydd a stamina.

Pendam

Distance: 10.2km | Time: 1 – 2 hours | Climb: 200m

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.

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Cyfoeth Naturiol Cymru
Natural Resources Wales

Coedwig
Bwlch Nant yr Arian
Forest

Llwybr Beicio Mynydd
Pendam
Mountain Bike Trail

Pendam

Wedi meistroli *Llwybr Melindwr?* Mae *Llwybr Pendam* yn cysylltu rhai o rannau mwyaf 'llyfn' Nant yr Arian gyda dringfeydd cymharol fyr.

Gyda darnau fel 'Ar y Dibyn', 'Lan a Lawr' a'r cwymp terfynol cyffrous ar 'Fry fel Barcud', mae'n antur a hanner!

Mastered the *Melindwr Trail?* The *Pendam Trail* strings together some of the best flowing sections in Nant yr Arian with relatively short climbs.

With sections like 'Italian Job', 'Hippity Hop' and a fun final decent on 'High as a Kite', it's a real blast!

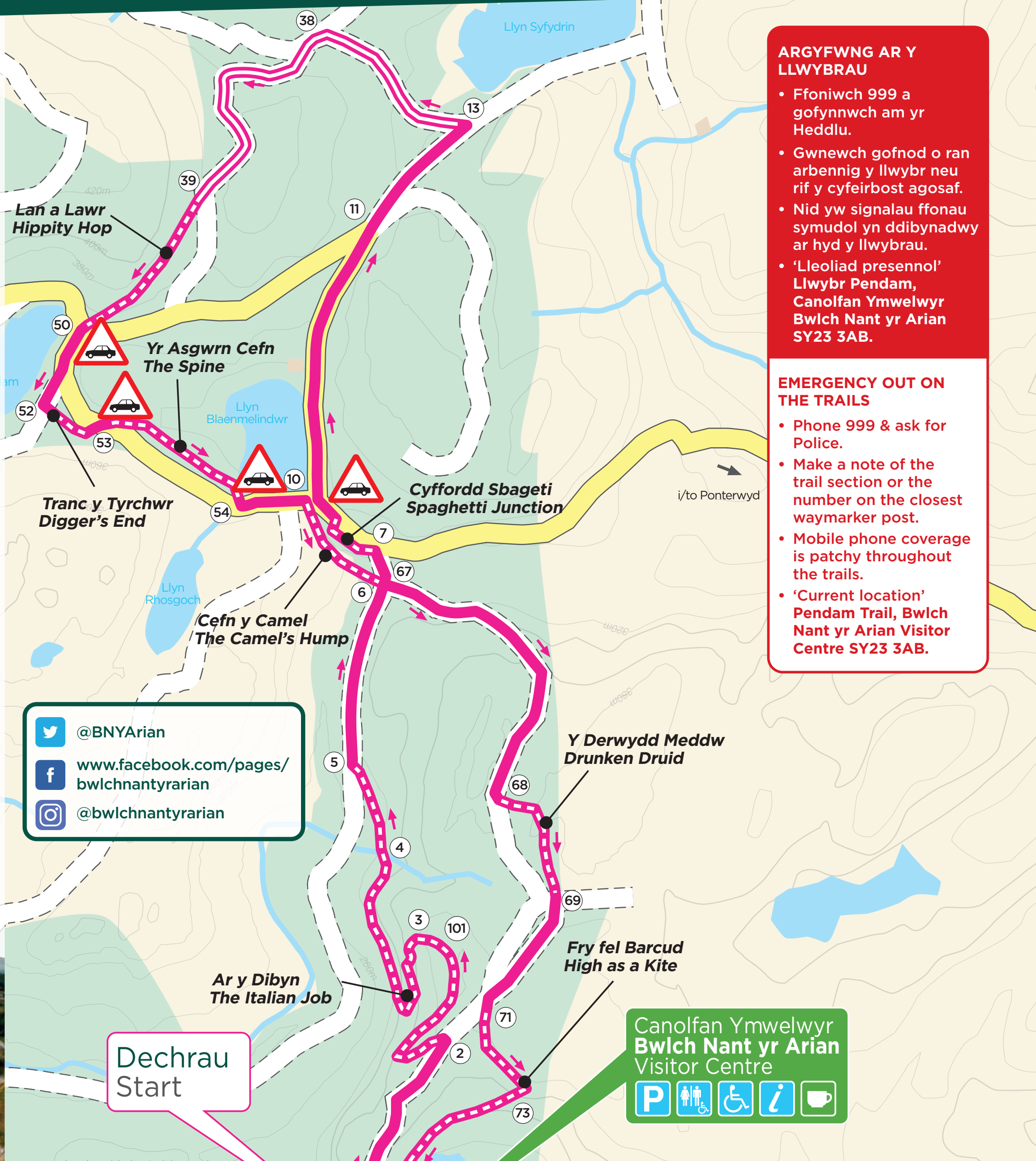
cyfoethnaturiol.cymru
naturalresources.wales

Cymru Wales

Pendam

mbwales.com

- Trac sengl / Singletrack
- Trac dwbl / Doubletrack
- Llwybr Pendam / Pendam Trail
- Ffordd gyhoeddus / Public road
- Ffordd goedwig / Forest road
- (34) Cyfeirbost wedi ei rifo / Numbered waymarker
- Caffi / Café
- Cyfleusterau hygyrch / Accessible facilities
- Parcio / Parking
- Gwybodaeth / Information
- Toiledau hygyrch / Accessible toilets
- Ffordd gyhoeddus / Public road



ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Heddlu.
- Gwnewch gofnod o ran arbennig y llwybr neu rif y cyfeirbost agosaf.
- Nid yw signalau ffonau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' Llwybr Pendam, Canolfan Ymwelwyr Bwlch Nant yr Arian SY23 3AB.

EMERGENCY OUT ON THE TRAILS

- Phone 999 & ask for Police.
- Make a note of the trail section or the closest number on the waymarker post.
- Mobile phone coverage is patchy throughout the trails.
- 'Current location' Pendam Trail, Bwlch Nant yr Arian Visitor Centre SY23 3AB.

@BNYArian

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