

## Cyfeiriannu yn Llyn Elsi ger Betws-y-Coed

### Cwrs Glas

Mae'r cwrs yn 5.8 km o hyd gyda dringfa o 365m. Mae 16 man rheoli ar y cwrs. Dylech ymweld â nhw yn y drefn a ddangosir o 1 i 16. Mae'r cwrs yn un technegol ac anodd ac mae'n addas ar gyfer cyfeiriannwyr profiadol.

### TROWCH DROSODD AR GYFER MAP Y CWRS

Mae'r cwrs cyfeiriannu mewn rhan o'r goedwig sy'n cael ei ddefnyddio gan gerbydau, beiciau modur achlysurol, beiciau mynydd a defnyddwyr hamdden eraill, gan gynnwys beicwyr, marchogion ceffylau a cherddwyr. O bryd i'w gilydd bydd yn rhaid cau manau rheoli oherwydd gweithrediadau cynheafu coed, felly ufuddhewch i unrhyw arwyddion rhybudd os gwelwch yn dda. Gallwch weld newyddion am gau manau rheoli ar wefan Cyfoeth Naturiol Cymru [www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park](http://www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park).

### Y Mannau Rheoli

Mae'r cylchoedd porffor gyda rhifau yn dangos lleoliadau'r pyst marcio. Ceir disgrifiad o leoliad pob postyn isod. Mae gan bob postyn rif a llythyren unigryw. Gallwch ysgrifennu'r llythyren yn y gofod a ddarparir isod er mwyn dangos eich bod wedi ymweld â'r man rheoli.

### Dechrau a Diwedd

Mae pob cwrs yn dechrau yn y safle parcio 130m i'r de o hostel The Vagabond ar Ffordd Craiglan. Mae hyn wedi ei farcio gan y saeth BORFFOR ar y map. Mae pob un o'r cyrsiau yn gorffen wrth y rhwystr coedwig ger mynedfa'r ffordd i'r goedwig sydd 120m i'r de-orllewin o eglwys Saint Mary's. Mae hyn wedi ei farcio gan y cylch dwbl PORFFOR ar y map.

### Darganfod mwy

Os wnaethoch chi fwynhau eich ymweliad â'r cwrs cyfeiriannu parhaol yn Llyn Elsi a hoffech wybod mwy ynglŷn â digwyddiadau cyfeiriannu lleol, ewch i'r wefan: [www.eryri-orienteers.org.uk](http://www.eryri-orienteers.org.uk).

## Orienteering at Llyn Elsi near Betwys-y-Coed

### Blue Course

This course is 5.8 km long with 365m climb. There are 16 controls on the course. You should visit them in the order shown from 1 to 16. The course is technically difficult and is suitable for experienced orienteers.

### TURN OVER FOR COURSE MAP

The orienteering course is in a part of the forest that is also used by vehicles, occasional motor bikes, mountain bikes and other recreational users, including cyclists, horse riders and walkers. Occasionally control points will have to be closed due to timber harvesting operations, please obey all warning signs. Check for closures on the Natural Resources Wales website: [www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park](http://www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park).

### The Controls

The purple circles with accompanying numbers show the positions of the marker posts. The location of each post is described below. Each post has a unique number and letter. You can write the letter in the space provided below to show that the control has been visited.

### Start and Finish

All courses start at the parking area 130m south from The Vagabond hostel on Craiglan Road. This is marked by the PURPLE arrow on the map. All courses finish at the forest barrier at the road entrance to the forest that is 120m south west of Saint Mary's church. This is marked by the PURPLE double circle on the map.

### Find out more

If you enjoyed your visit to the Llyn Elsi permanent orienteering course and would like to know more about local orienteering events, visit the website: [www.eryri-orienteers.org.uk](http://www.eryri-orienteers.org.uk).

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Rhif yr Arwyddbost Post No.	44	45	46	47	56	53	49	50	51	52	54	40	41	55	42	43
Safle'r Arwyddbost / Post Location	Troed dde-orllewinol clogwyn, 3m o uchder / Southwest foot of cliff, 3m high	Ochr ogledd-ddwyreiniol cyffordd mewn wal garreg / Northeast side of stone wall junction	Troed ogleddol clogwyn, 2m o uchder / North foot of cliff, 2m high	Ochr ogleddol adfail / North side of ruin	Adfwniad gogledd-orllewinol / Northwest reentrant	Troed clogwyn deheuol, 1m o uchder / Foot of South cliff, 1m high	Troed clogwyn canol, 2m o uchder / Foot of middle cliff, 2m high	Ochr ddeheuol clogfaen, 1m o uchder / South side of boulder, 1m high	Ochr ogledd-ddwyreiniol clogwyn, 8m o uchder / Northeast foot of cliff, 8m high	Ochr ddeheuol clogwyn deheuol, 2m o uchder / South foot of South cliff, 2m high	Troed ddeheuol clogfaen, 2m o uchder / South foot of boulder, 2m high	Troed ogleddol colofn garreg, 8m o uchder / North foot of rock pillar, 8m high	Troed ddeheuol clogwyn, 8m o uchder / South foot of cliff, 8m high	Troed clogfaen gogleddol, 3m o uchder / Foot of North boulder, 3m high	Troed ddeheuol clogfaen, 1m o uchder / Foot of South boulder, 1m high	Pen gorllewinol wal garreg / West end of stone wall
Llythyren Letter																

Dechreuwch yn y safle parcio / Start in the parking area.

Llywiwch am 70m a gorffennwch wrth y rhwystr coedwig / Navigate 70m to finish at forest barrier.

Amser a gymerwyd / time taken ..... o funudau / minutes.