

Llwybr Cafall

Gradd..... coch/anodd

Amser 1½ - 3 awr

Pellter 15km

Dringo..... 560m

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 d'r.

Lefel
ffitrwydd
awgrymiedig

Lefel uwch o ffitrwydd a stamina.

Cafall Trail

Grade..... red/difficult

Time 1½ - 3 hours

Distance ... 15km

Climb 560m

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.



Cyfoeth
Naturiol
Cymru
Natural
Resources
Wales

Fforest
Cwmcam
Forest



Llwybr Cafall Trail



Mae'r llwybr hwn, sy'n cyrraedd uchder o dros 600 metr, yn un anturus iawn. Mae'n sicr yn llwybr i'r beicwyr profiadol gyda'i elltydd anodd ac adrannau untrac tynn sydd wedi'u creu o'r newydd, heb sôn am y disgynfeydd technegol gwych.

Os oes gennych yr offer priodol, rydych chi'n siŵr o fwynhau'r llwybrau gwych gyda'u golygfeydd ysblynydd o'r bryniau cyfagos a Môr Hafren. Byddwch yn beicio trwy ardaloedd mwy anghysbell Coedwig Cwm-carn, felly gwnewch yn siŵr bod gennych ddigon o fwyd, diod a dillad addas. Byddwch yn barod am dywydd cyfnewidiol.

Climbing up to altitudes of over 600m, this trail gives you a real sense of adventure. With some tough climbs and tight hand-built singletrack sections, combined with some fantastic technical descents, it's definitely for those with some experience.

If you are properly equipped, you'll be rewarded with some amazing riding and views of the surrounding hills and the Bristol Channel. You'll be riding through the more remote areas of Cwmcam Forest, so make sure you are well-prepared with food, drink and suitable clothing. Expect weather changes.

www.cyfoethnaturiolcymru.gov.uk
www.naturalresourceswales.gov.uk



Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government



Cafall

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



ST 229935

1

1

23

Heartbreak Ridge

Dragon Run

Rocky Valley

Voodoo

Initiation

Hideout

Quadzilla

Riddler

Powder House

K Jam



2

ST 239935

24

25



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.