

Llwybr Twrch

Gradd coch/anodd

Amser 1½ - 2½ awr

Pellter 13.4km

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
Iwybrau 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 Iwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau a chroesi dŵr.

Lefel
ffitrywydd
awgrymiedig

Lefel uwch o ffitrywydd a stamina.

Twrch Trail

Grade red/difficult

Time 1½ - 2½ hours

Distance ... 13.4km

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 cefnen agored.

Mae'r beicio'n amrywio o feicio agored a rhydd i feicio caled a thechnegol. Mewn mannau, mae'r llwybr ar ymylon llethrâu serth a choediog iawn, sy'n gofyn am ganolbwytio. Mewn mannau eraill, mae ar dir agored, gan roi'r cyfle i chi fwynhau golygfeydd trawiadol o Fôr Hafren a'r bryniau 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.



Twrch

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



Finish Section

Angel's Posts

Dragon's Tongue

Dragon's Teeth

Archie's Lift

Gate Keepers



Y Safon Uchaf
Top of the Grade

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf".
Efallai yr hoffech chi gael golwg arnny nhw cyn mentro.
Look out for these "Top of the Grade" warning signs. You
might want to inspect these features before you ride them.