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# Llwybr Mynydd Penrhos Penrhos Mountain Trail



## UCHAFBWYNTIAU

**Fel yr awgryma'r enw, bydd Llwybr Mynydd Penrhos yn rhoi blas i chi ar gerdded mynyddoedd go iawn, a'ch gwobr o'r copa fydd golygfeydd syfrdanol o'r Garn, Cader Idris a Rhobell Fawr.**

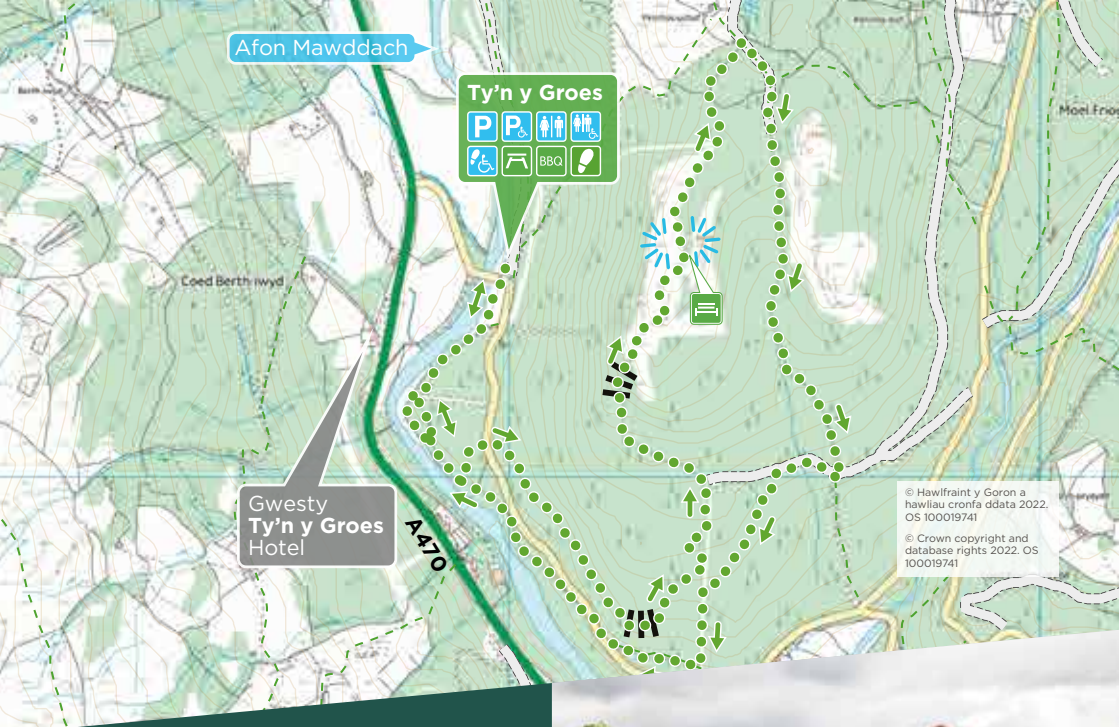
Dilynwch yr arwyddbyst gwyrdd ar hyd glan afon Mawddach, drwy'r ffynidwydd Douglas mawr hyd nes i chi ddod i ffordd darmac. Croeswch y ffordd a dilynwch y llwybr i fynyr bryn drwy goedwig gymysg i gopa grugog ac eithinog mynydd Penrhos.

## HIGHLIGHTS

**Like the name suggests, the Penrhos Mountain Trail gives you a real feel of mountain walking and you will be rewarded at the summit with outstanding views of Y Garn, Cadair Idris and Rhobell Fawr.**

Follow the green waymarkers alongside the river Mawddach through large Douglas firs until you reach a tarmac road. Cross the road and follow the route up the hillside through mixed woodlands to the heather and gorse-clad summit of Penrhos mountain.





## Allwedd / Map Key

-  Llwybr Mynydd Penrhos  
Penrhos Mountain Trail
-  Grisiau / Steps
-  Mainc / Bench
-  Golygfán / Viewpoint



**Dilynwch y symbolau arwyddbost gwyrdd.**

**Dechrau:** Maes Parcio Ty'n y Groes  
**Gradd:** Anodd  
**Amser:** 2 awr  
**Pellter:** 3¼ milltir/5.2km  
**Dringo:** 564tr/172m

**Disgrifiad:** Mae gan y daith lwybrau serth a chul, llai nag 50cm o led mewn mannau ar arwyneb anwastad, garw, ble gallwch ddisgwyl gweld mwd, creigiau a gwreiddiau coed. Mae sawl set o risiau ar y llwybr hefyd. Unwaith y byddwch yn cyrraedd y copa ceir mainc ble gallwch orffwys a mwynhau'r golygfeydd ysblennydd.

**Follow the green waymarker symbols.**

**Start:** Ty'n y Groes Car Park  
**Grade:** Strenuous  
**Time:** 2 hours  
**Distance:** 3¼ miles/5.2km  
**Climb:** 564ft/172m

**Description:** The trail has steep and narrow paths, often less than 50cm wide in places, on an unmade, uneven surface, where you can expect mud, rocks and tree roots. The trail also has several flights of steps. Once you reach the summit viewpoint there is a bench where you can rest and take in the magnificent views.