Cwmcarn Twrch card 2009:Layout 1 17/7/09 15:24 Page 1

Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

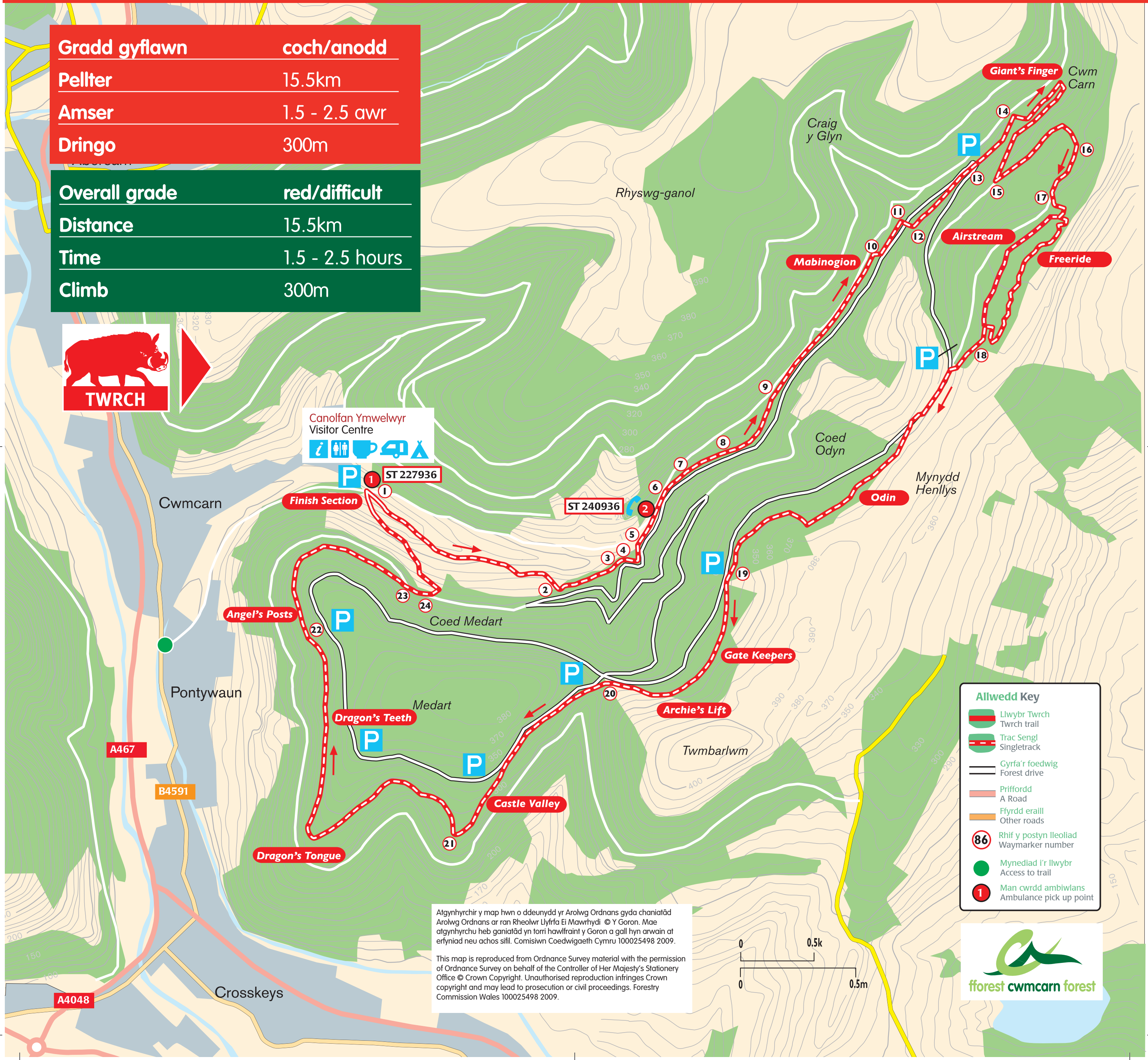
Twrch

Cwmcarn

Beicio mynydd / Mountain biking

Gradd gyflawn	coch/anodd
Pellter	15.5km
Amser	1.5 - 2.5 awr
Dringo	300m

Overall grade	red/difficult
Distance	15.5km
Time	1.5 - 2.5 hours
Climb	300m



Atgynhyrchir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi © Y Goron. Mae atgynhyrchu heb ganiatâd yn torri hawlfraint y Goron a gall hyn arwain at erfyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2009.

This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown Copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Forestry Commission Wales 100025498 2009.

Cwmcarn Twrch card 2009:Layout 1 17/7/09 15:24 Page 3

Llwybr Twrch

Gradd gyflawn	**coch/anodd △**
Pellter	15.5km
Amser	1.5 - 2.5 awr
Dringo	300m

Dyma lwybr gwych o'r ansawdd uchaf, ond nid yw'n addas i'r gwangalon. Mae'r daith gyfan bron ar hyd llwybr untrac a grëwyd yn bwrpasol drwy gymysgedd o goetiroedd llydanddail a choniffer a chribau agored.

Mae'r reidio'n amrywio o ddaear galed, agored i dir tyn, technegol a llawn gwreiddiau, a gellir defnyddio'r llwybr ym mhob tywydd. Mewn mannau mae'r llwybr yn cadw gydag ochrau twyni coediog serth, gan hawlio eich holl sylw, tra mewn mannau eraill mae'n llifo ar hyd tir agored gan roi'r cyfle i chi werthfawrogi golygfeydd dramatig ar draws Môr Hafren a'r bryniau cyfagos.

TWRCH

Dilynwch yr arwyddion yma

Dosbarth y Llwybr:
Coch/Anodd △
Yn addas i
Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.
Mathau o lwybrau a 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 dŵr.
Lefel ffitrwydd awgrymiedig
Lefel uwch o ffitrwydd a stamina.

Twrch Trail

Overall grade	**red/difficult △**
Distance	15.5km
Time	1.5 - 2.5 hours
Climb	300m

This is a superb trail of the very highest quality that is not for the faint hearted. Virtually the entire route is on purpose built singletrack through a mixture of broadleaf and conifer woodlands and open ridge tops.

The riding varies from open and flowing hard pack to tight technical and rooty and is rideable in all weather. In places the trail hugs the sides of some very steep wooded side slopes, demanding concentration, whilst in others it sweeps along open ground giving you the chance to take in dramatic views of the Bristol Channel and the surrounding hills.

TWRCH

Follow these waymarkers

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, water crossings.
Suggested fitness level
Higher level of fitness and stamina.