



Dim biciau dros
gwynnau y rhydd
Aerial Bridge
please

Allwedd Key

- Uwyr Beasi
- Beast trail
- Ln Sengl
- Single Track
- Ln Ddabell
- Double Track
- Prifffordd
- A Road
- Ffordd Eitradid
- Minor Road

Mewn argyfwng, yr ysbyty agosaf yw:
In Emergency, the nearest A&E is:

Ysbyty Dolgellau
Dolgellau
LL40 1NT
Ffôn/Tel: 01341 422479

Gradd gyflawn	du/caled
Pellter	38.2km
Amser	3 - 6 awr
Dringo	990m

Overall grade	black/severe
Distance	38.2km
Time	3 - 6 hour
Climb	990m



Abyrrhych y map hwn o ddiwyd yr Arolog Odrans gida
Gardd y Goed a'r Ysbyty Gogleddol ym Mynydd
Goron o gall hyn arwain at erriad neu oeddi still. Comisiwn
Coedwigaeth Cymru 100025498 2009.

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Llwybr Beast



Gradd gyflawn

du/caled 

Pellter

38.2km

Amser

3 - 6 awr

Dringo

990m

Mae'r llwybr hirbell hwn yn addo hawlio ymdrech gorfforol a seicolegol ac ni ddylid rhoi cynnig arno os nad ydy lefelau ffithrwydd a sgiliau yn caniatáu. Ewch wedi'ch paratoi, gyda digon o ddiodydd addas, dillad ac offer sbâr i'r beic. Gallwch ddisgwyl dod nôl yn flinedig, yn fwdlyd ac wedi'ch gwefreiddio! Cyfuniad o Feicio Mynydd a Dragons Back.

Dosbarth y Llwybr:

Du/caled 

Yn addas i

Beicwyr mynydd profiadol, sy'n gyfarwydd â llwybrau sy'n heriol gorfforol. Beiciau mynydd oddi ar y ffordd o ansawdd da.

Mathau o lwybrau a arwyneb

Fel y 'Coch' ond gyda disgwiliad o fwy o sialens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.

Nodweddion graddiant a thechnegol y llwybr

Disgwylwch ddod ar draws nodweddion llwybr technegol a graddiannau helaeth, caled ac anosgoadwy. Fe fydd adrannau'n heriol ac amrywiol. Yn ogystal gellir cael adrannau 'gwaeredol'.

Lefel ffithrwydd awgrymiedig

Addas i bobl actif sy'n gyfarwydd gydag gweithio'n galed.



Beast Trail



Overall grade

black/severe 

Distance

38.2km

Time

3 - 6 hour

Climb

990m

This long distance route promises to be both physically and mentally demanding and should not be attempted unless fitness and skill levels allow. Go prepared with adequate fluids, clothing and bike spares. Expect to come back tired, muddy and exhilarated! A combination of MBR and Dragons Back.

Bike Trail Grade

Black/severe 

Suitable for

Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

Trail & surface types

As "Red" but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.

Gradients & technical trail features (TTFs)

Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have "downhill" style sections.

Suggested fitness level

Suitable for very active people used to prolonged effort.