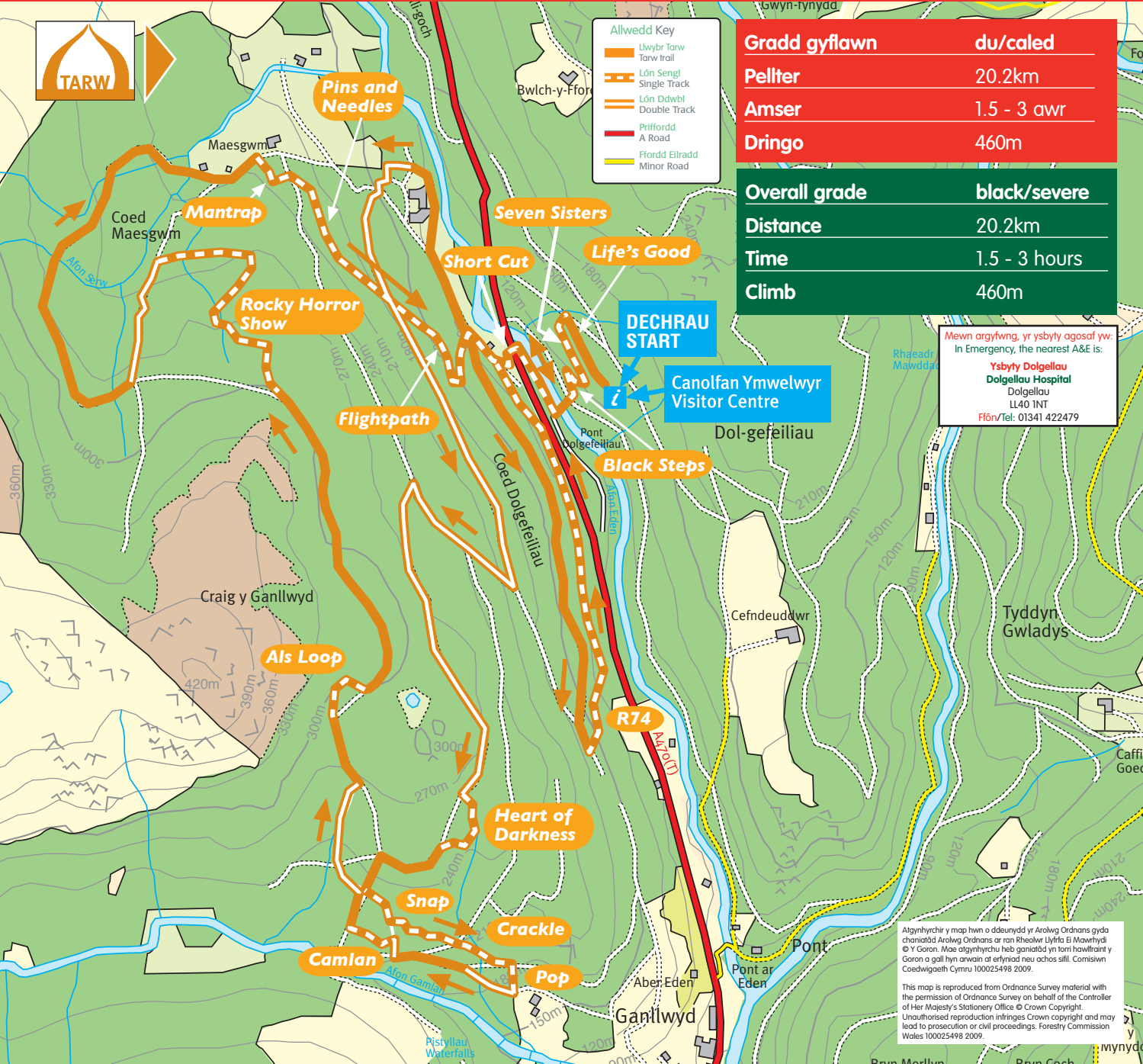


Beicio mynydd / Mountain biking



Allwedd Key

- Llwybr Tarw Tarw trail
- Lôn Sengl Single Track
- Lôn Ddwbl Double Track
- Priffordd A Road
- Ffordd Eilradd Minor Road

Gradd gyflawn	du/caled
Pellter	20.2km
Amser	1.5 - 3 awr
Dringo	460m

Overall grade	black/severe
Distance	20.2km
Time	1.5 - 3 hours
Climb	460m

Mewn argyfwng, yr ysbty agosaf yw:
In Emergency, the nearest A&E is:
Ysbyty Dolgellau
Dolgellau Hospital
Dolgellau
LL40 1NT
Ffôn/Tel: 01341 422479

Atgynhychir y map hwn o ddeunydd y Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa B Mawrthdyll © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawlfraint y Goron a gall hyn arwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2009.

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Llwybr Tarw



Gradd gyflawn

du/caled

Pellter

20.2km

Amser

1.5 - 3 awr

Dringo

460m

Taith dechnegol heriol gyda rhannau troellog, creigiog, disgyniadau sy'n llifo'n gyflym a golygfeydd draw at gadwyn mynyddoedd Eryri. Mae'r llwybr lle cychwynnodd y cyfan yn eiconig hyd y dydd heddiw. Dringfeydd hir a chymdeithasol ar hyd ffordd coedwig a disgyniadau trac sengl traws gwlad ar Snap, Crackle a Pop, Rocky Horror a'r R74 a wyneb slabiau anodd Pins and Needles a'r Black Steps.

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 disgwyliad 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

Disgwyliwch 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 ffitrwydd awgrymiedig

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

Tarw Trail



Overall grade

black/severe

Distance

20.2km

Time

1.5 - 3 hours

Climb

460m

A technically challenging ride with twisty, rocky sections, fast flowing descents and views across to the Snowdonia range. The trail where it all began remains iconic to this day. Long sociable forest road climbs with traditional cross country single track descents on Snap, Crackle and Pop, Rocky Horror and the R74 and the demanding slab pitching of Pins and Needles and the Black Steps.

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.