

# Beicio Mynydd ym Brechfa

Croeso i Goedwig Brechfa, un o gyfrinachau gorau Cymru, gyda'i golygfeydd syfrdanol a'i dyffrynnoedd dwfn yn cynnig cyfleoedd gwych i feicio mynydd. Llwybr Gorlech yw'r cyntaf o dri llwybr beicio mynydd newydd yn y goedwig. Cynlluniwyd y llwybr gan Rowan Sorrell, ac mae'n cynnwys tair rhiw a disgyniadau mawr dros ei 19km.

Cyn dechrau ar y llwybr, darlennwch y wybodaeth isod:

**Dosbarth y Llwybr:** ▲ Coch/Anodd

Yn addas i feicwyr mynydd profiadol sydd â sgiliau beicio da oddi ar y ffordd. Beiciau mynydd oddi ar y ffordd o ansawdd gwell.

**Lled y llwybr a mathau o arwyneb**

Sefydlog gan mwyaf, amrywio ychydig, o 0.4 metr o led, gall bod arwyneb ar draciau sengl neu beidio.

**Graddiannau a nodweddion technegol y llwybr**

Ystod eang o riviâu a disgyniadau mwy serth a chaled o natur heriol. Gallai ysgafellau anochel, llwybrau pren, cerrig mawr, grisiau cymedrol, cwympau, cambrau a chroesfannau dŵr i gyd fod yn bresennol.

**Lefel anhawster a awgrym**

Lefel ffitrwydd a stamina uwch.

# Mountain Biking in Brechfa

Welcome to Brechfa Forest, one of Wales's best kept secrets with it's dramatic views and deeply cut river valleys offering superb mountain biking. The Gorech Trail is the first of three new mountain bike trails for the forest. Designed by Rowan Sorrell, the route is made up of three big climbs and descents stretching over its 19km.

Before starting the route, please read the information below:

**Trail Grade:** ▲ Red/Difficult

Suitable for proficient mountain bikers with good off-road riding skills. Better quality off-road mountain bikes.

**Trail width and surface types**

Mostly stable, some variability, width from 0.4 metre, singletrack may or may not be surfaced.

**Gradients and technical trail features**

A wide range of steeper, tougher climbs and descents of a challenging nature. Unavoidable berms, boardwalks large stones, moderate steps, drop-offs, cambers and water crossings may all be present.

**Suggested difficulty level**

Higher level of fitness and stamina.



## AM FWY O WYBODAETH

I gael mwy o wybodaeth am waith Comisiwn Coedwigaeth Cymru neu am y llwybrau beicio, cysylltwch â:

Comisiwn Coedwigaeth Cymru, Heol Llanfair, Llanymddyfri SA20 0AL Rhif ffôn: 0845 604 0845.

hefyd ewch i 'www.forestry.gov.uk/cymru' a 'www.mbwales.com' am fwy o wybodaeth am feicio mynydd yng Nghymru.

## TO FIND OUT MORE

For further information about the work of Forestry Commission Wales or the cycle trails please contact:

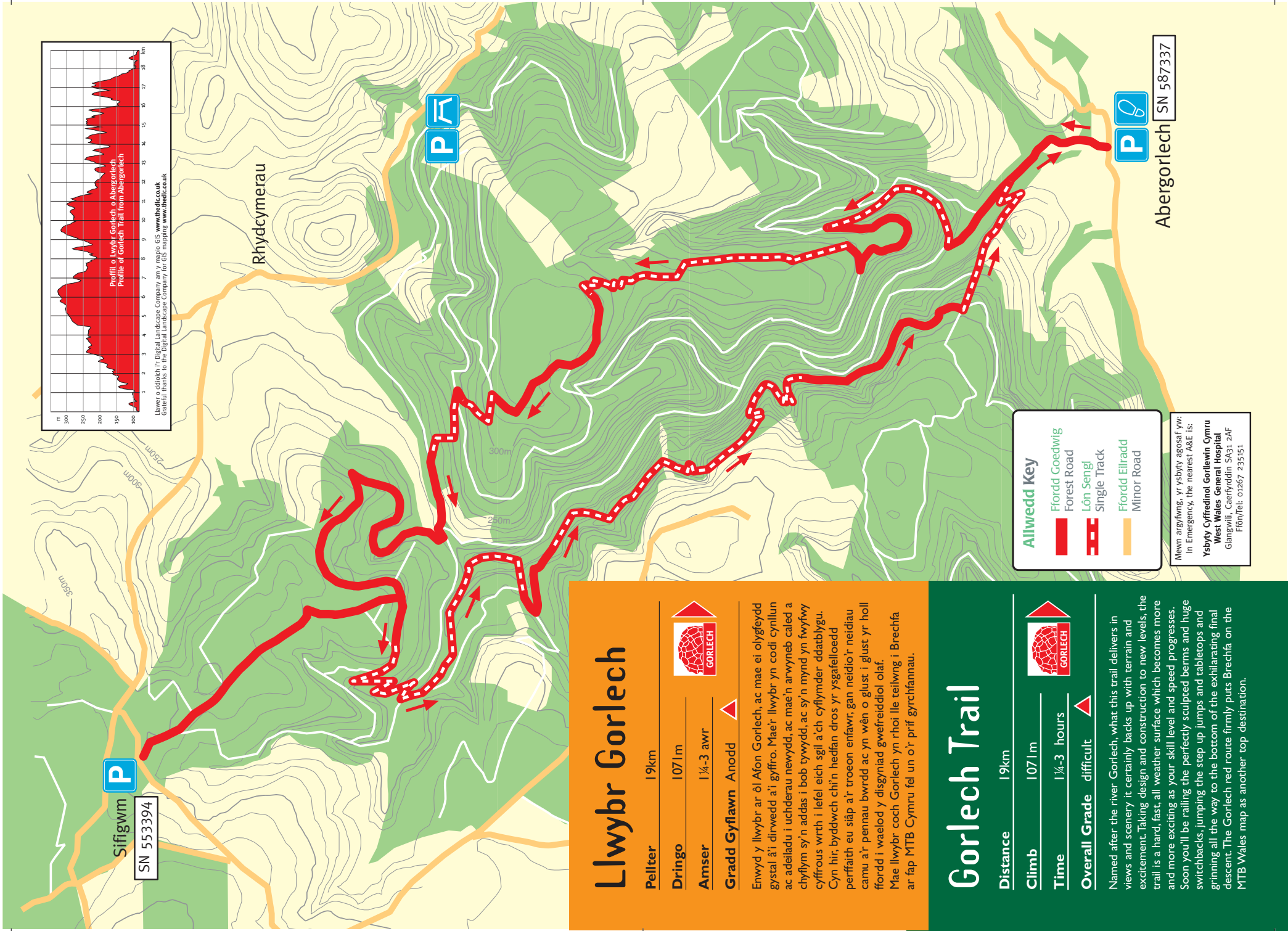
Forestry Commission Wales, Llanfair Road, Llandovery SA20 0AL Tel: 0845 604 0845.

also visit 'www.forestry.gov.uk/wales' or 'www.mbwales.com' for more information on mountain biking in Wales.

Atgynhyrchir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrthdy © Y Goron. Mae atgynhyrchu heb ganiatâd yn torri hawffraint y Goron a gall hyn arwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2006.

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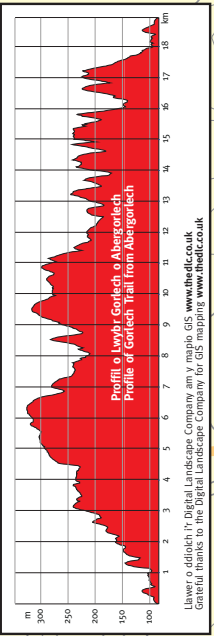




**Sifgwrm**  
**P**  
 SN 553394

Rhydymerau

**P**  
**P**  
 Abergorlech SN 587337



## Llwyr Gorlech

**Pellter** 19km

**Dringo** 1071m

**Amser** 1¼-3 awr

**Gradd Gyflawn** Anodd ▲

Enwyd y llwybr ar ôl Afon Gorlech, ac mae ei olygfeydd gystal â'i dirwedd a'i gyffro. Mae'r llwybr yn codi cynllun ac adelladu i uchderau newydd, ac mae'n arwynneb caled a chyflwm sy'n addas i bob tywydd, ac sy'n mynd yn fwyfwy cyffrous wrth i lefel eich sgil a'ch cyflymder ddatblygu. Cyn hir, byddwch chi'n hedfan dros yr ysgafelloedd perffaith eu siâp a'r troeon enfawr, gan neidio'r neidiau camu a'r pennau bwrrd ac yn wên o glust i glust yr holl fordd i waelod y disgyniad gwefreiddiol olaf. Mae llwybr coch Gorlech yn rhoi lle teulwig i Brechfa ar fap MTB Cymru fel un o'r prif gyrchiannau.

## Gorlech Trail

**Distance** 19km

**Climb** 1071m

**Time** 1¼-3 hours

**Overall Grade** difficult ▲

Named after the river Gorlech, what this trail delivers in views and scenery it certainly backs up with terrain and excitement. Taking design and construction to new levels, the trail is a hard, fast, all weather surface which becomes more and more exciting as your skill level and speed progresses. Soon you'll be railing the perfectly sculptured berms and huge switchbacks, jumping the step up jumps and tabletops and grinning all the way to the bottom of the exhilarating final descent. The Gorlech red route firmly puts Brechfa on the MTB Wales map as another top destination.

**Allwedd Key**

- Flordd Goedwig Forest Road
- Lôn Sengl Single Track
- Flordd Eilradd Minor Road

Mewn argyfwng, yr ysbyty agosaf yw:  
 In Emergency, the nearest A&E is:  
**Ysbyty Cyffredinol Gorllewin Cymru**  
**West Wales General Hospital**  
 Glangwiler, Caerdyddin, SA31 2AF  
 Ffôn/fret: 01267 235151