

**Beicio mynydd / Mountain biking**



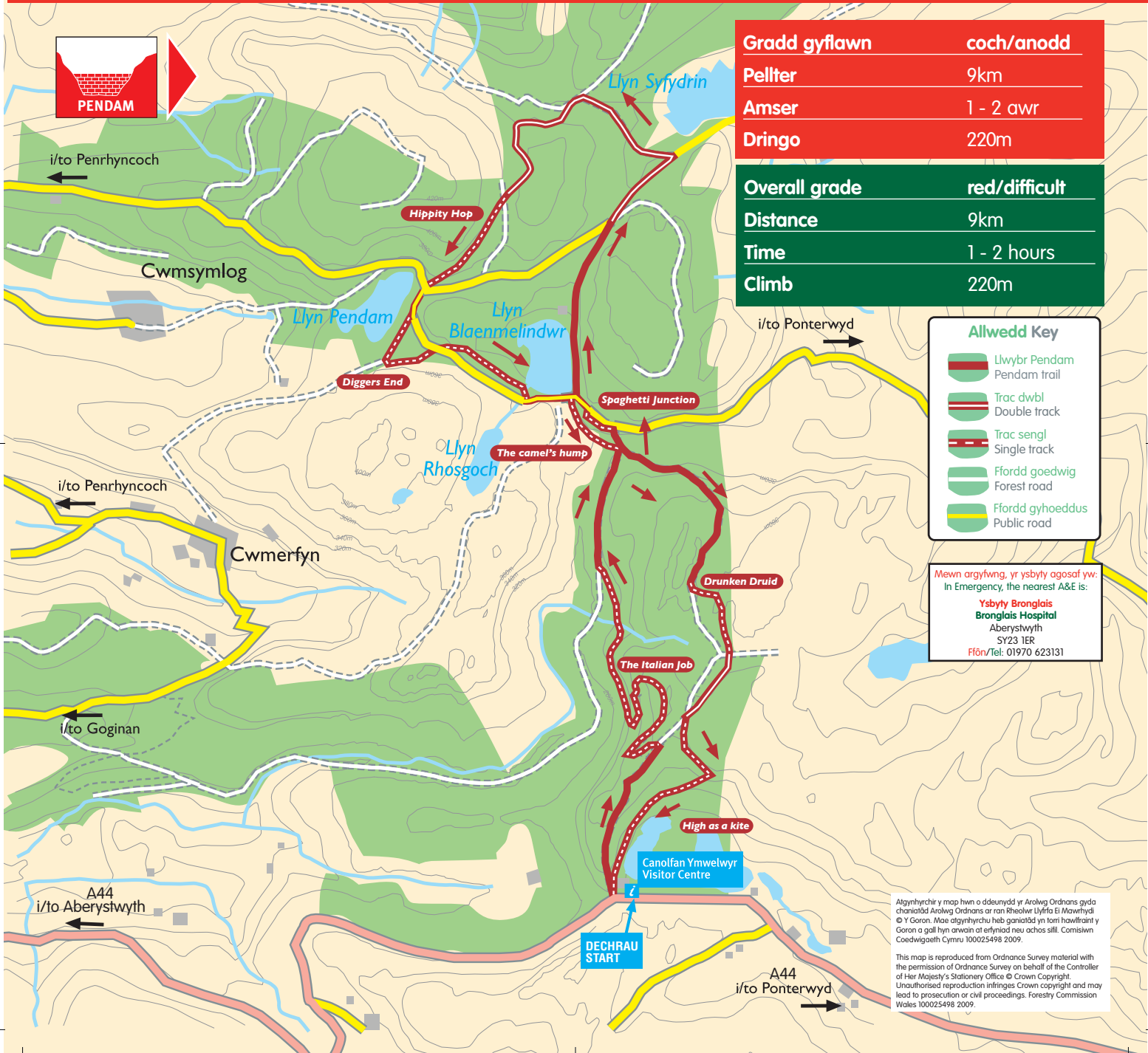
<b>Gradd gyflawn</b>	<b>coch/anodd</b>
<b>Pellter</b>	9km
<b>Amser</b>	1 - 2 awr
<b>Dringo</b>	220m

<b>Overall grade</b>	<b>red/difficult</b>
<b>Distance</b>	9km
<b>Time</b>	1 - 2 hours
<b>Climb</b>	220m

**Allwedd Key**

-  Llwybr Pendam  
Pendam trail
-  Trac dwbl  
Double track
-  Trac sengl  
Single track
-  Ffordd goedwig  
Forest road
-  Ffordd gyhoeddus  
Public road

Mewn argyfwng, yr ysbyty agosaf yw:  
In Emergency, the nearest A&E is:  
**Ysbyty Bronglais**  
**Bronglais Hospital**  
Aberystwyth  
SY23 1ER  
Ffôn/Tel: 01970 623131



Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawfframt y Goron a gall llyn arwain at erlymied neu ochos sill. Comisiwn Coedwigaeth Cymru 100025498 2009.

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# Llwybr Pendam



**Gradd gyflawn** **coch/anodd** ▲

**Pellter** 9km

**Amser** 1 - 2 awr

**Dringo** 220m

Syfydrin' gan gynnig blas o'r reidio a'r golygfeydd gogoneddus sydd ar gynnig yn Nant y Arian. Er ei fod y llwybr byrraf mae'n cynnwys llawer darn trac sengl melys ac ambell ddringfa galed. Mae rhai darnau yn dechnegl iawn felly cymerwch ofal.

Gwylwch am ddefnyddwyr eraill ar y llwybr. gan fod darnau o lwybr 'Pendamm' ar ffordd gyhoeddus. a bod marchogion ceffylau hefyd yn defnyddio rhannau ohono. Darllenwch y Cōd Marchogaeth/Beicio Mynydd

Gwylwch y tywydd, cofiwch y gall newid yn sydyn, a bod darnau o'r llwybr yn agored iawn. Gadewch glwydi fel rydych chi'n eu cael nhw. Mwynhewch eich reid.

## 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. Disgwylwch lawer o arwynebedd amrywiol.

## Nodweddion graddiant a thechnegol y llwybr

Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwylwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a chroesi dŵr.

## Lefel ffitrwydd awgrymiedig

Lefel uwch o ffitrwydd a stamina.

# Pendam Trail



**Overall grade** **red/difficult** ▲

**Distance** 9km

**Time** 1 - 2 hours

**Climb** 220m

The Pendamm trail combines sections of the 'Summit' and 'Syfydrin' trails to give you a taste of the fantastic riding and scenery available. Although it is the shortest route at Nant yr Arian, it includes lots of sweet singletrack and some hard climbs, parts of it are technically challenging so take care.

The Pendamm Trail includes sections of public road and tracks shared with horse riders so watch out for other users. Check out the Mountain Bike/Horse Code.

Watch out for the weather, remember that it can change rapidly, and some sections of the trail are open and exposed. Please leave gates as you find them. Enjoy your ride.

## 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.