

## Beicio Mynydd yng Nghwm Rhaeadr

Croeso i Gwm Rhaeadr. Mae'r llwybr a gafodd ei gynllunio gan Rowan Sorrell yn troelli ar draws tir agored, disgyn i lawr cefn greigiog, yna dringo i olygfau uwchben dyffryn Tywi ac yna'n ymdroelli i lawr drwy goed llarwydd a ffynidwydd douglas aeddfed.

Darllenwch y canlynol cyn cychwyn ar y daith, os gwelwch yn dda:

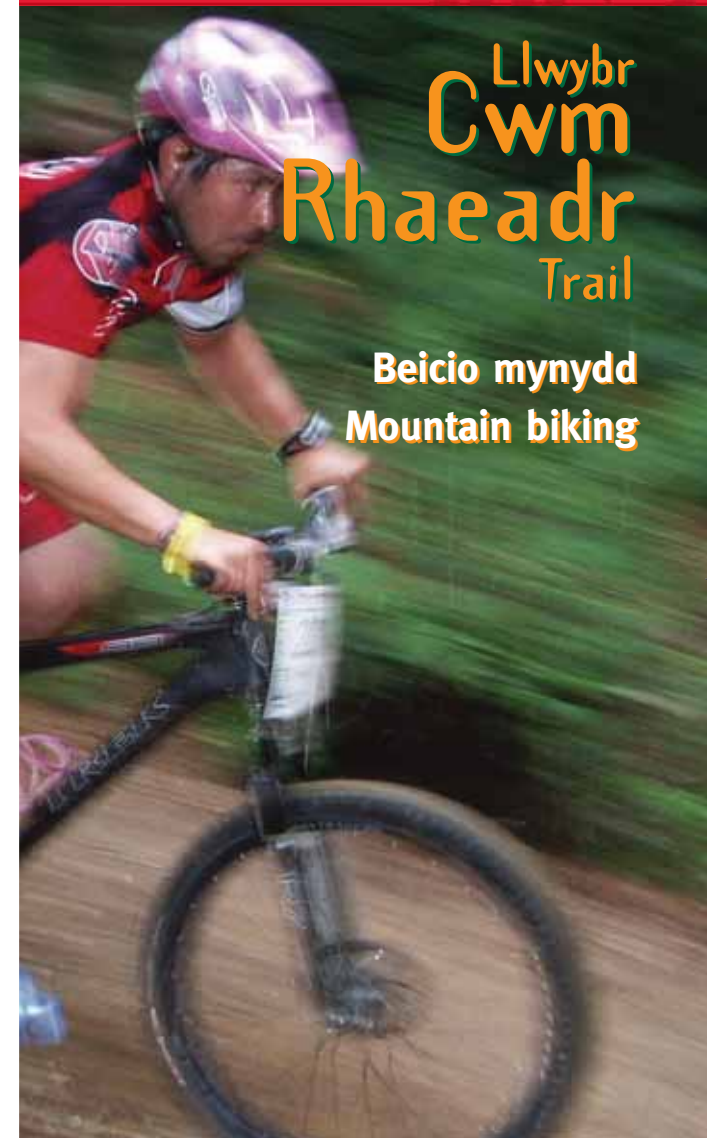
<b>Dosbarth y Llwybr:</b>
<b>Coch/Anodd</b> ▲
<b>Yn addas i</b>
Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.
<b>Mathau o lwybrau ac arwyneb</b>
Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.
<b>Graddiant a dodweddion technegol</b>
Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwyliwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, camrau, a chroesfannau dŵr.
<b>Lefel ffitrwydd awgrymedig</b>
Lefel uwch o ffitrwydd a stamina.

Mae Llwybr Cwm Rhaeadr yn dechrau o faes parcio Cwm Rhaeadr, i'r gogledd o bentref Cil-y-cwm.

The Cwm Rhaeadr Trail starts from the Cwm Rhaeadr car park, just north of Cil-y-cwm village.



Cwm Rhaeadr



Llwybr  
Cwm  
Rhaeadr  
Trail

Beicio mynydd  
Mountain biking

## Mountain Biking in Cwm Rhaeadr

Welcome to Cwm Rhaeadr, which means "valley of the waterfall". The trail, designed by Rowan Sorrell, weaves across open ground, descends a rocky ridge, climbs gently to a viewpoint over the Tywi valley and then snakes down through mature larch and douglas fir trees.

Before starting the trail, please read the information below:

<b>Bike Trail Grade</b>
<b>Red/Difficult</b> ▲
<b>Suitable for</b>
Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.
<b>Trail &amp; surface types</b>
Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.
<b>Gradients &amp; technical trail features (TTFs)</b>
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.
<b>Suggested fitness level</b>
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](http://www.forestry.gov.uk/cymru) a [www.mb-wales.com](http://www.mb-wales.com) am fwy o wybodaeth am feicio mynydd yng Nghymru.

### TO FIND OUT MORE

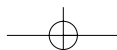
For further information about the work of Forestry Commission Wales or the cycle trails please contact:

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

also visit [www.forestry.gov.uk/wales](http://www.forestry.gov.uk/wales) or [www.mb-wales.com](http://www.mb-wales.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. © Hawffraint y Goron. Mae atgynhyrchu heb ganiatâd yn torri hawffraint y Goron a gall hyn arwain at erfynd neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2007.

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COED IODD I LAW  
CYD COED  
WOODLANDS FOR ALL



# Llwybr Cwm Rhaeadr

<b>Gradd gyffredinol</b>	<b>coch/anodd</b> ▲
<b>Pellter</b>	6.7km
<b>Amser</b>	45 munud
<b>Dringo</b>	210m

Ar y llwybr mae modd mwynhau golygfeydd godidog o'r cwm bychan, ac mae'r beicio ar y trac sengl lawn cystal.

Byddwch yn gweld golygfeydd bendigeidig o'r rhaeadr wrth iddo ddisgyn dros ysgafell greigiog lle mae'n arllwys oddi ar Fynydd Mallaen. Yn y pellter mae Bannau Brycheiniog a dyffryn Tywi yn cwblhau'r panorama. Wrth ddisgyn cewch eich cyffroi wrth i chi feicio ar hyd y llwybr troellog, neidio dros y grisiau creigiog a llithro drwy goed aeddfed ar y llethrau isaf. Mae llwybr Cwm Rhaeadr yn enghraifft o Gymru ar ei gorau, yn gyfuniad o brydferthwch a gorfoddel.



## Cwm Rhaeadr Trail

<b>Overall Grade</b>	<b>red/difficult</b> ▲
<b>Distance</b>	6.7km
<b>Time</b>	45 mins
<b>Climb</b>	210m

The trail delivers stunning views over this scenic little valley, and quality singletrack riding to match.

You will catch great views of the waterfall as it drops over a rocky ledge where it pours off the Mynydd Mallaen. In the distance the Brecon Beacons and the Tywi valley complete the panorama. The descent will thrill you as you ride the twists and turns, jump the rocky steps and glide through the mature trees on the lower slopes. The Cwm Rhaeadr trail is Wales at its best, with beauty and exhilaration combined.

