

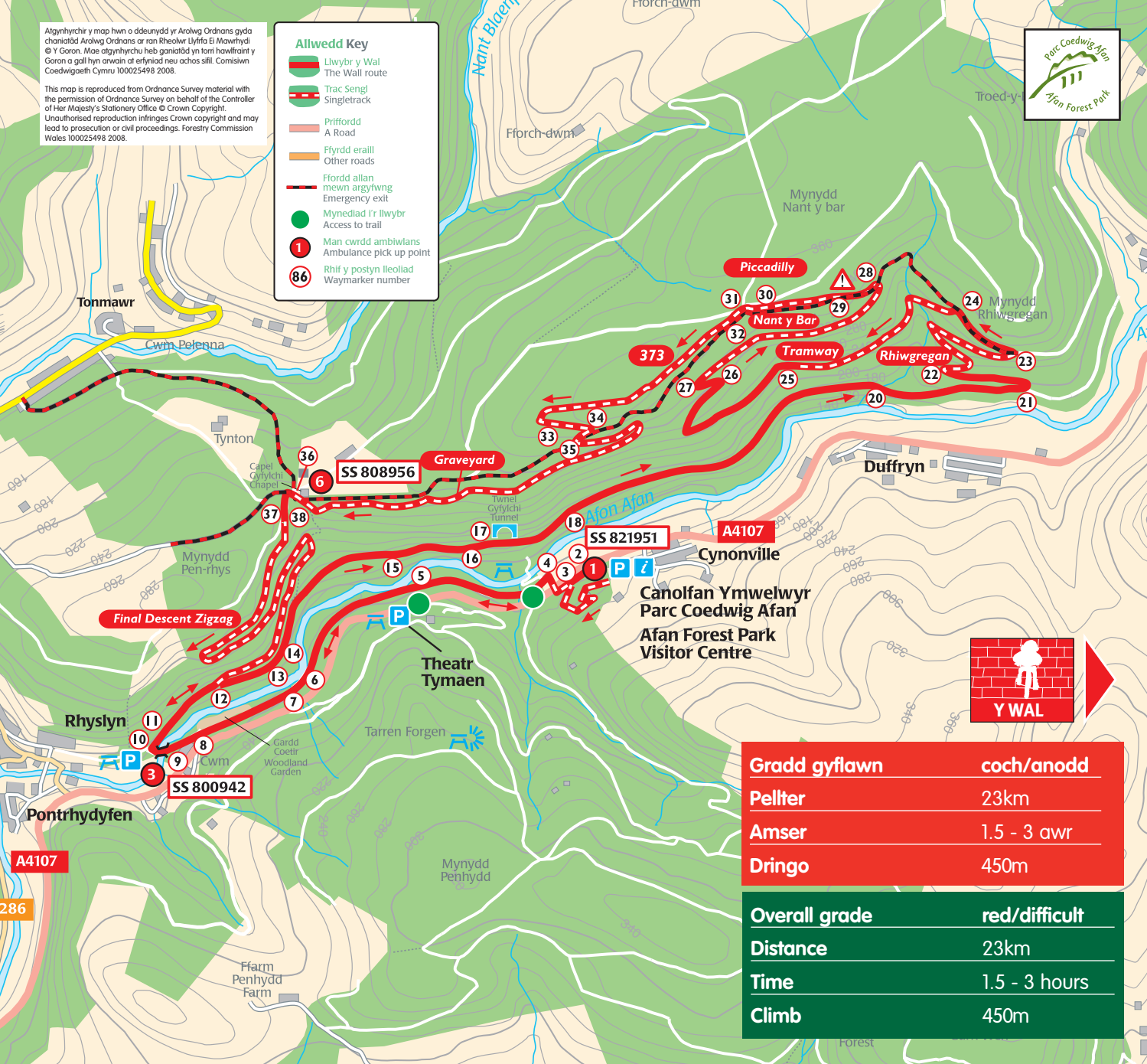
Beicio mynydd / Mountain biking

Algythychi'r y map hwn a ddaunydd yr Arolwg Ordnans gyda charniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Eri Mawrhydi © Y Goron. Mae algythychu heb ganiatâd yn torri hawffraint y Goron a gall hyn arwain at erlyniad neu achos sill. Comisiwn Coedwigaeth Cymru 100025498 2008.

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**Allwedd Key**

- Liwyr y Wal  
The Wall route
- Trac Sengl  
Singletrack
- Priffordd  
A Road
- Ffydd eraill  
Other roads
- Ffordd allan mewn argyfwng  
Emergency exit
- Mynediad i'r llybr  
Access to trail
- Man cwrdd ambiwlans  
Ambulance pick up point
- Rhif y postyn lleoliad  
Waymarker number



<b>Gradd gyflawn</b>	<b>coch/anodd</b>
<b>Pellter</b>	23km
<b>Amser</b>	1.5 - 3 awr
<b>Dringo</b>	450m

<b>Overall grade</b>	<b>red/difficult</b>
<b>Distance</b>	23km
<b>Time</b>	1.5 - 3 hours
<b>Climb</b>	450m

# Llwybr y Wal



**Gradd gyflawn** coch/anodd ▲

**Pellter** 23km

**Amser** 1.5 - 3 awr

**Dringo** 450m

Dyma rai o'r disgyniadau trac unigol gorau yn y DU. Mae'r llwybr i bob pwrpas yn croesi ochr Ogleddol Dyffryn Afan ar drac unigol sy'n amrywio o ran ei natur o gyflym, agored a rhwydd i dynn, technegol a gwreiddig.

Cewch sawl golygfa arbennig dros y dyffryn a'r arfordir, ac mewn rhai manau gall y llethrau serth deimlo'n agored iawn.

Mae'r ffordd tuag at y trac unigol yn rhannu rhan o'r llwybr seiclo isel i deuluoedd a llinell yr hen reilffordd, felly cofiwch ystyried y llu o bobl eraill sy'n defnyddio'r goedwig wrth reidio, os gwelwch yn dda.

## 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.

# Y Wal Trail



**Overall grade** red/difficult ▲

**Distance** 23km

**Time** 1.5 - 3 hours

**Climb** 450m

Some of the best singletrack descents in the UK, this trail essentially traverses the North side of the Afan Valley on singletrack, varying from fast, open and flowing to tight, technical and rooty.

Great views of the valley and coastline open out at different points, and in places the steep-sided slopes can feel exposed.

The approach to the singletrack shares a section of the low level family cycleway and the disused railway line, so please ride with consideration for the many other forest users.

## 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.