MinorTaur

Dosbarth y Llwybr	Glas/Cymedrol
Yn addas i	Seiclwyr/beicwyr mynydd canolradd gyda sgilau beicio oddi ar y ffordd sylfaenol. Beiciau mynydd neu feiciau hybrid.
Mathau o lwybrau ac arwyneb	Eithaf gwastad a llydan. Gall arwyneb y llwybr fod yn rhydd, yn anwastad, neu'n fwdlyd ar brydiau. Ceir darnau byr o drac sengl llyfn ond gallent gynnwys rhwystrau bychain fel gwreiddiau a chreigiau.
Nodweddion graddiant a thechnegol y llwybr	Mae'r rhan fwyaf o raddiannau'n gymedrol ond gall fod yna adrannau serth byr. Cynnwys nodweddion llwybr technegol a graddiannau bach.
Lefel ffitrwydd awgrymiedig	Gall safon dda o ffitrwydd fod o gymorth.

MinorTaur

Bike Trail Grade	Blue/Moderate
Suitable for	Intermediate cyclist/mountain bikers with basic offroad riding skills. Mountain bikes or hybrids.
Trail & surface types	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. Includes short flowing single track sections which may contain small obstacles of roots and rock.
Gradients & technical trail features (TTFs)	Most gradients are moderate but may include short steep sections. Includes small TTFs.
Suggested fitness level	A good standard of fitness can help.

Mae coedwigoedd Cyfoeth Naturiol Cymru wedi'u hardystio'n unol â rheolau'r Forest Stewardship Council®

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NRW062 09/2019

Dolennau 1-4: Pellter: 12km Amser: 1½-3 awr Dringo: 265m

Graddiant mwyaf – trac sengl: 7% ffordd coedwig: 18%

Lled lleiaf y llwybr: 1 medr

Dyma ddilyniant i'r dolennau eraill. Mae'n gulach a cheir mwy o nodweddion off-camber sy'n agosach at ei gilydd. Ceir adrannau cyflym gyda disgyniadau sylweddol i'r ochr. Bydd rheoli eich cyflymder yn allweddol.

Dolen 1: Pellter: 3km Amser: 20-40 muned Dringo: 50m

Graddiant mwyaf – trac sengl: 5% ffordd coedwig: 12%

Lled lleiaf y llwybr: 1.5 medr

Dyma'r dewis byrraf. Mae 'First Steps' yn eich cyflwyno i rydau nentydd wedi'u hatgyfnerthu â cherrig, disgyniadau creigiog a rholeri gyda disgyniad terfynol o 10 ysgafell i lawr y llithrfa.

Dolennau 1 a 2: Pellter: 5km Amser: 1 awr Dringo: 90m

Graddiant mwyaf – trac sengl: 5% ffordd coedwig: 12%

Isafswm lled y llwybr: 1.5 medr

Mae Dolen 2 yn ychwanegu at ddiwedd dolen 1 i roi mwy o bellter ichi. Mae 'White Bull' yn rhan gyflymach o lwybr ac yn cynnwys rholeri sy'n dringo a naid sgïo.

Dolennau 1, 2 a 3: Pellter: 9km Amser: 1-2 awr Dringo: 150m

Graddiant mwyaf – trac sengl: 7% ffordd coedwig: 12%

Isafswm lled y llwybr (gyda mannau pasio/aros): 1.2 medr

Mae'r drydedd ddolen yn cynnwys dringfa hirach estynedig, mwy o nodweddion technegol, gan gynnwys neidiadau 'hip' a chyfres o droadau sy'n dringo, a phob un yn gulach. Ceir llethrau ochr off-camber na ellir eu hosgoi ar rai rhannau o'r llwybrau technegol (TTF's).

Loops 1-4: Distance: 12km Time: 1½-3 hours Climb: 265m

Max gradient – singletrack: 7% forest road: 18%

Min trail width: 1 metre

This is a progression from the other loops. It is narrower with more off camber features closer together. There are fast sections with significant drops to the side. Controlling your speed will be key.

Loop 1: Distance: 3km Time: 20-40 mins Climb: 50m

Max gradient – singletrack: 5% forest road: 12%

Min trail width: 1.5 metres

Is the shortest of the options. 'First Steps' introduces you to stone pitched armoured fords, rock drops and rollers with a fun final 10 berm descent down the slipway.

Loops 1 and 2: Distance: 5km Time: 1 hour Climb: 90m

Max gradient – singletrack: 5% forest road: 12%

Min trail width: 1.5 metres

Loop 2 adds on to the end of loop 1 to give you more distance. 'White Bull' is a faster section of trail with climbing rollers and a ski jump.

Loops 1, 2 and 3: Distance: 9km Time: 1-2 hours Climb: 150m

Max gradient – singletrack: 7% forest road: 12%

Min trail width (with passing/resting places): 1.2 metres

The third loop has a longer sustained climb and a series of climbing turns, all with a narrower width. There are unavoidable crosstrail slopes on some technical trail features (TTF's).

Cyfoeth Naturiol Cymru
Natural Resources Wales

Parc Coedwig **Coed y Brenin** Forest Park

Llwybr Beicio Mynydd

MinorTaur

Mountain Bike Trail

Adeiladwyd y llwybr mewn pedair dolen sy'n mynd yn hirach ac yn fwy heriol. Mae yna ddigon o nodweddion hwyliog gan gynnwys grisiau cerrig, rholeri, gwastadeddau, ysgafellau ac ambell naid. Mae dolen 4, sy'n arwain at y rhaeadrau, yn defnyddio adran arw o lwybr preifat, gyda rhwystr arno. Mae yna ddringfeydd serth byr a disgynfa ar hyd ordd goedwig arw.

The trail is built in four loops which get progressively longer and more challenging. There are plenty of fun features including stone steps, rollers, table tops, berms and the occasional jump. Loop 4 uses a rougher section of private track up to the waterfalls with a barrier to negotiate. There are short steep climbs and a rough forest road descent.

Mae'r llwybr hwn yn gyflwyniad hwyliog i feicio mynydd sy'n addas ar gyfer amrywiaeth eang o oedrannau a galluoedd, ac mae'n unigryw gan y gall beicwyr anabl ddefnyddio'r tair dolen gyntaf ar feiciau mynydd wedi'u haddasu.

This trail is a great fun introduction to mountain biking for a wide range of ages and abilities and is unique in that the first three loops can be used by disabled riders using adaptive mountain bikes.

Edrychwch allan am yr olion carnau sgleiniog sy'n dystiolaeth fod MinorTauro gwmpas!

Look out for the shiny hoofprints that give you a clue that there's a MinorTaur about!

cyfoethnaturiol.cymru
naturalresources.wales

Cymru Wales

MinorTaur

Edrychwch allan am y minotaurs haearn wrth I chi feicio ar hyd y llwybr. **Faint fedrwch chi ddarganfod?**

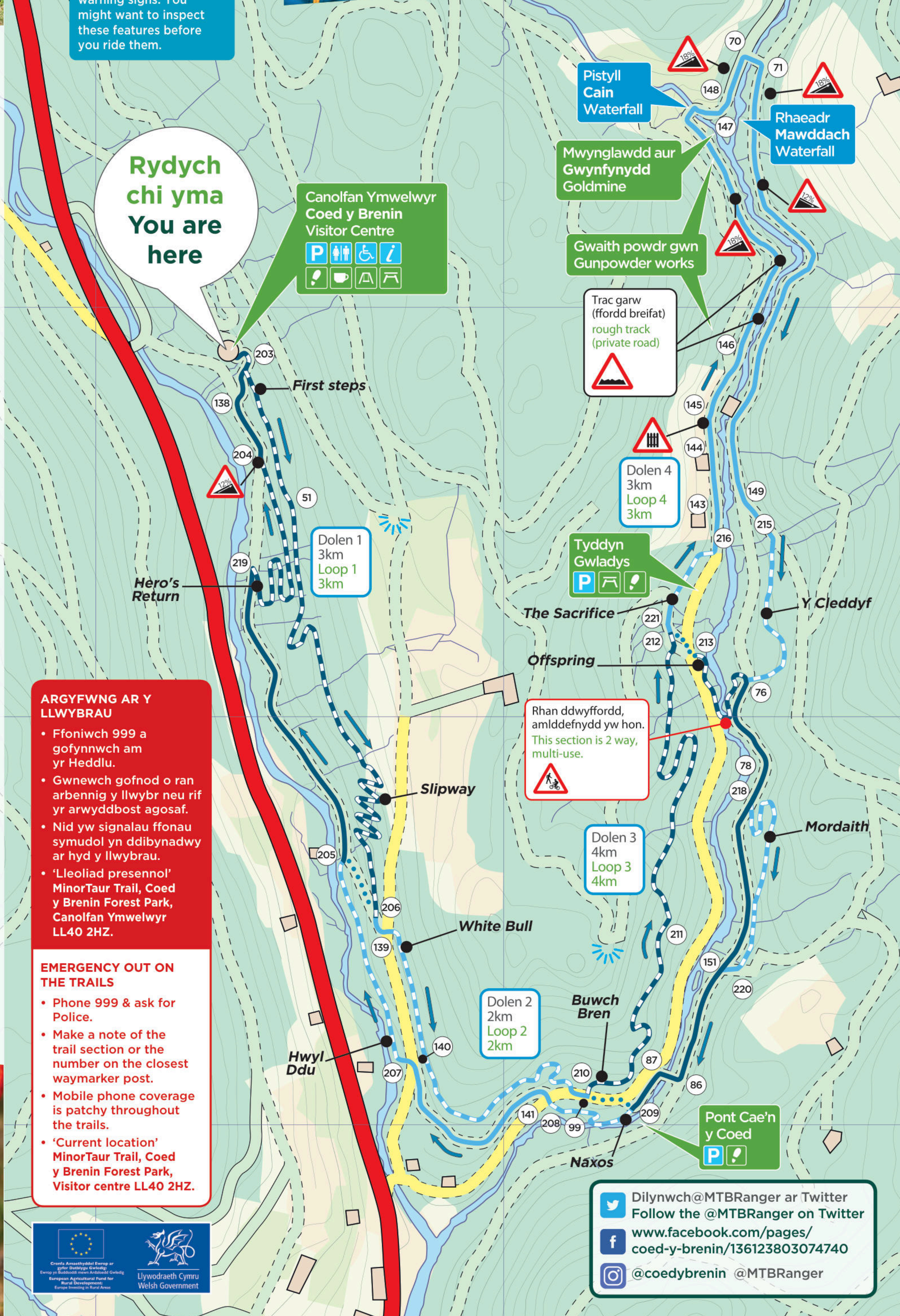
Look out for iron minotaurs as you cycle round the trail. **How many can you find?**

Y safon uchaf
Top of the grade

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael golwg arnyn nhw cyn mentro.

Look out for these "Top of the grade" warning signs. You might want to inspect these features before you ride them.

- Ffordd y goedwig MinorTaur / MinorTaur forest road
- Ffordd y goedwig MinorTaur / MinorTaur forest road
- Trac sengl MinorTaur / MinorTaur Singletrack
- Trac sengl MinorTaur / MinorTaur Singletrack
- Dolen gyswllt / Loop links
- Ffordd coedwig / Forest road
- Ffordd cyhoeddus / Public road
- 34 Cyfeirbost wedi ei rifo / Numbered waymarker
- Parcio / Parking
- Gwybodaeth / Information
- Toiledau / Toilets
- Mynediad hawdd / Easy access
- Caffi / Café
- Siop feics / Bike shop
- Dringfa serth / Steep climb
- Graddiant / Gradient
- Giât/rhwystr / Gate/barrier



ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Heddlu.
- Gwnewch gofnod o ran arbennig y llwybr neu rif yr arwyddbost agosaf.
- Nid yw signalau ffonau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' **MinorTaur Trail, Coed y Brenin Forest Park, Canolfan Ymwelwyr LL40 2HZ.**

EMERGENCY OUT ON THE TRAILS

- Phone 999 & ask for Police.
- Make a note of the trail section or the number on the closest waymarker post.
- Mobile phone coverage is patchy throughout the trails.
- 'Current location' **MinorTaur Trail, Coed y Brenin Forest Park, Visitor centre LL40 2HZ.**

Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
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