

# Llwybr Temtiwr

Gradd.....Coch/Anodd  
Amser .....0.5-1 awr

Pellter .....8.7km  
Dringo.....170m

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 ac arwyneb	Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.
Nodweddion graddiant a thechnegol y llwybr	Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwyliwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a chroesi dŵr.
Lefel ffitrwydd awgrymiedig	Lefel uwch o ffitrwydd a stamina.

## Temtiwr Trail

Grade..... Red/Difficult  
Time..... 0.5-1 hour

Distance.....8.7km  
Climb .....170m

Bike Trail Grade	Red/Difficult ▲
Suitable for	Proficient mountain bikers with good offroad 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.

## Llwybr Beicio Mynydd Temtiwr Mountain Bike Trail



Mae'r llwybr byr, technegol hwn yn fan cychwyn da iawn cyn l chi fentro ar deithiau mwy heriol Coed y Brenin.

Mae'n dipyn o her o'r cychwyn cyntaf gyda slabiau a grisiau cerrig. Mae'n cynnwys ambell nodwedd gradd coch a du, ac allt serth iawn i fyny ffordd goedwig.

Os gallwch chi dacllo hwn, fe fyddwch chi wrth eich bodd gyda'n llwybrau eraill.

If you want to try the more challenging trails at Coed y Brenin, then this short but technical trail is a great introduction to show you what's in store.

It's tough right from the start with rock slabs and steps. It includes some red and black grade features and a long hard forest road climb.

If you can handle this, then you'll love our other trails.



- Llwybr Temtiwr  
Temptiwr trail
- Trac sengl  
Singletrack
- Ffordd coedwig  
Forest road
- Ffordd cyhoeddus  
Public road
- Postyn lleoliad  
Waymarker
- Parcio  
Parking
- Gwybodaeth  
Information
- Toiledau  
Toilets
- Mynediad hawdd  
Easy access
- Caffi  
Café
- Siop feics  
Bike shop
- 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.**

Canolfan Ymwelwyr  
Visitor Centre

Tyddyn Gwladys

Cae'n y Coed

**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' Llwybr Temtiwr, Parc Coedwig Coed y Brenin, 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' Temtiwr, Coed y Brenin Forest Park, Visitor centre LL40 2HZ.

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