

Dragon's Back

Gradd.....Coch/Anodd
Amser3-5 awr

Pellter31.1km
Dringo.....710m

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.



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Grade.....Red/Difficult
Time.....3-5 hour

Distance.....31.1km
Climb710m

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 **Dragon's Back** Mountain Bike Trail



Clasur o lwybr sy'n siŵr o'ch synnu a'ch plesio'r un pryd.

Yn galed o'r dechrau, dyma lwybr i brofi'ch sgiliau i'r eithaf, cyn i chi hedfan â gwên ar eich wyneb ar hyd **Dream Time**. Mae **Big Doug** yn eich tywys i ganol coed ffynidwydd Douglas, y 'brenin' yng Nghoed y Brenin.

Ewch fel y gwynt drwy **Hermon** - os 'feiddiwch chi - cyn padlo'n galed i gopa'r goedwig i weld Eryri ar ei gorau. Cewch fwynhau troeon serth yr **Adams Family** wrth ddychwelyd i'r gwaelod wedyn. Dyma lwybr eiconig sydd wedi aeddfedu'n dda dros amser, yn union fel peint o gwrw lleol. Iechyd da!

Here's one of those understated, quietly classic trails that always seems to surprise you at just how good it is.

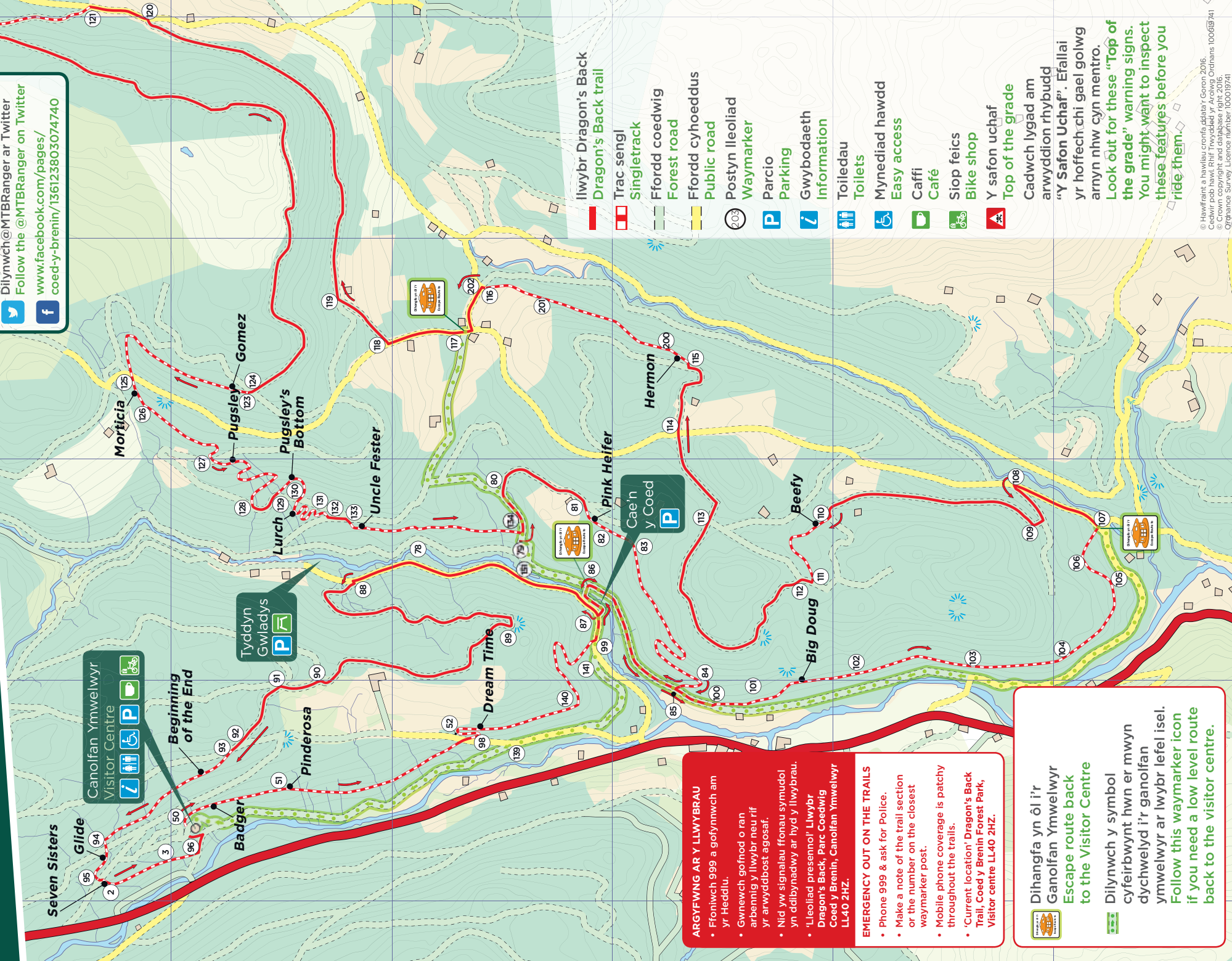
The hard start leaves you under no illusions that your skills better be up to scratch, but then leads you into the sublime DreamTime where the flow feels so easy, you'll be day dreaming about this throughout the week's daily grind!

Big Doug leads you through the towering Douglas Firs, the kings of Coed y Brenin. Ride **Hermon** as fast as you dare, before the big climb to the highest point in the forest. The five sections of downhill fun in the **Adams Family** reward you for all your efforts.



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ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Heddlu.
- Gwnewch gofnod o ran arbennig y llwybr neu rif yr arwyddost agosaf.
- Nid yw signalau ffônau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' Llwybr Dragon's Back, 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' Dragon's Back Trail, Coed y Brenin Forest Park, Visitor centre LL40 2HZ.

Dihangfa yn ôl i'r Canolfan Ymwelwyr
Escape route back to the Visitor Centre

Dilynwch y symbol cyfeirbynt hwn er mwyn dychwelyd i'r ganolfan ymwelwyr ar lwybr lefel isel. Follow this waymarker icon if you need a low level route back to the visitor centre.

- Ilwybr Dragon's Back
- Dragon's Back trail
- Trac sengl
- Singletrack
- Ffordd coedwig
- Forest road
- Ffordd cyhoeddus
- Public road
- Postystyn lleoliad
- Waymarker
- Parcïo
- Parking
- Gwybodaeth
- Information
- Toileddau
- Toilets
- Mynediad hawdd
- Easy access
- Caffi
- Café
- Siop feics
- Bike shop
- Y safon uchaf
- Top of the grade
- Cadwch lygad am arwyddion rhybad "y Safon Uchaf". Efallai yr hoffech chi gael gollwg 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.

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