



# Llwybr White's Level

<b>Gradd</b>	<b>coch/anodd</b>
<b>Pellter</b>	<b>17 cm</b>
<b>Amser</b>	<b>1.5 - 3 awr</b>
<b>Dringo</b>	<b>525 m</b>

<b>Dosbarth y Llwybr</b>	Coch/Anodd 
<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 a arwyneb</b>	Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.
<b>Nodweddion graddiant a thechnegol y llwybr</b>	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.
<b>Lefel ffitrwydd awgrymiedig</b>	Lefel uwch o ffitrwydd a stamina.

# White's Level Trail

<b>Grade</b>	<b>red/difficult</b>
<b>Distance</b>	<b>17 km</b>
<b>Time</b>	<b>1.5 - 3 hours</b>
<b>Climb</b>	<b>525 m</b>

<b>Bike Trail Grade</b>	Red/Difficult 
<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.

## White's Level



Hwn yw'r mwyaf technegol o holl lwybrau Parc Coedwig Afan ac mae 90% ohono yn drac unigol pwrpasol.

Wrth ddringo 6 cm o lwybr defaid, fe welwch ogoniant Dyffryn Afan, cewch wefr anghyffredin oddi wrth natur y trac unigol tynn sy'n agored i'r elfennau, a bydd yn rhaid i chi ddygymod â disgyniadau anodd gyda grisiau creigiog, a'r cyfan yn cyfuno i greu un llwybr beiddgar.

Os ydych yn teimlo'n heini, rhowch gynnig ar y **Black Run** opsiynol newydd, sydd wedi'i ei raddio'n ddu/galed!

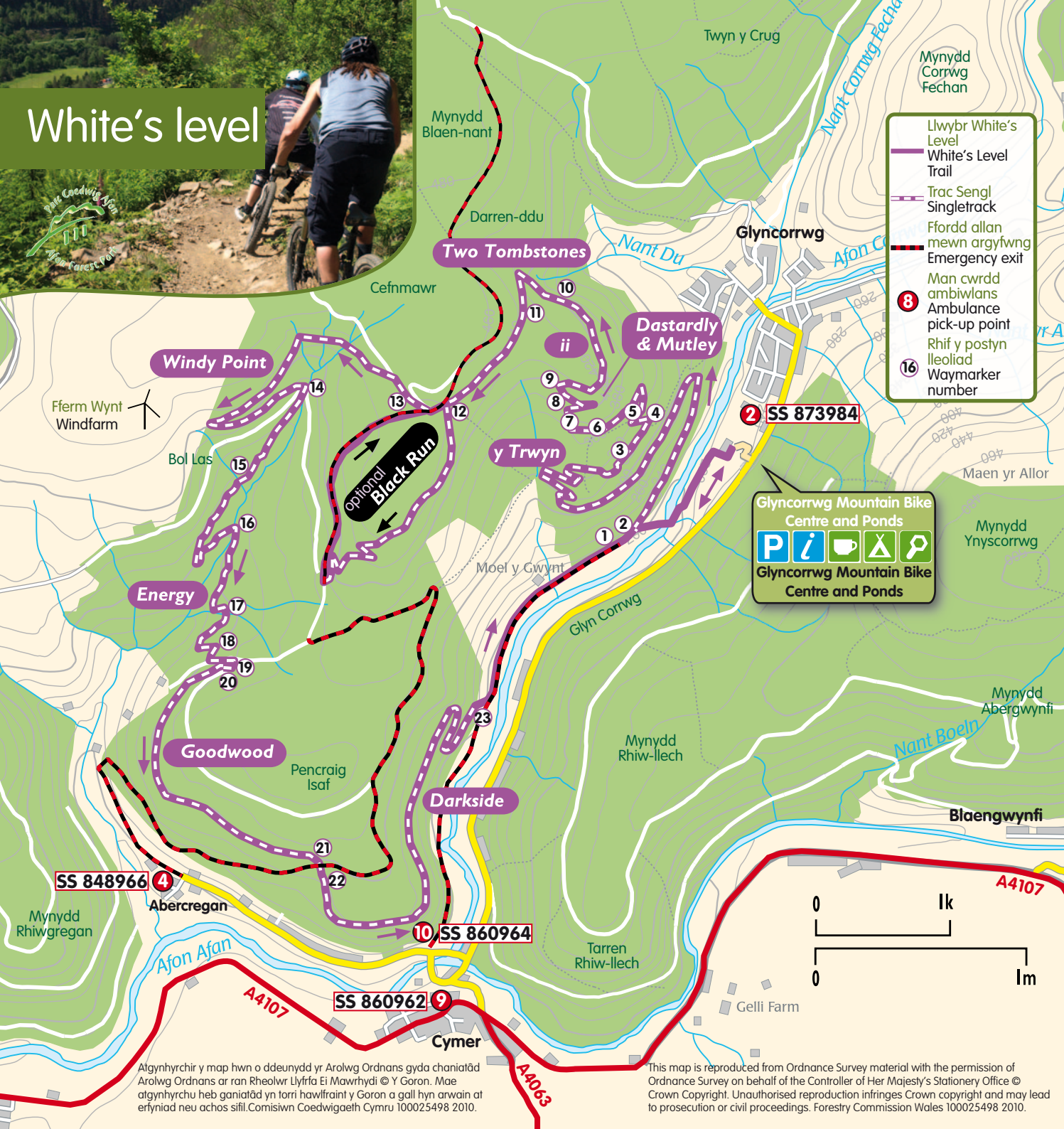
This is the most technical of all the trails in Afan Forest Park and is 90% purpose-built singletrack.

A 6 km sheep-track climb gives fantastic views of the Afan Valley - extreme exposure on tight singletrack means ultimate thrills and long, demanding descents with rocky steps to negotiate, all leading to one outrageous trail.

If you are up for it try out the optional new **Black Run** - graded black/severe!



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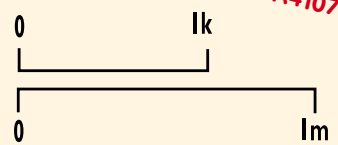


- Llwybr White's Level
- White's Level Trail
- Trac Sengl Singletrack
- Ffordd allan mewn argyfwng
- Emergency exit
- Man cwrrdd ambiwlans
- Ambulance pick-up point
- Rhif y postyn lleoliad
- Waymarker number

Glyncorrwg Mountain Bike Centre and Ponds

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Glyncorrwg Mountain Bike Centre and Ponds



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