

Dolen 1 yw'r byrraf o'r dewisiadau ond mae digon o nodweddion arni, mae **First Steps** yn eich cyflwyno i rydau harngaled ar ongl cerrig, manau disgyn cerrig a phennau bwrdd gyda disgynfa 10 berm cyffrous i lawr y **Slipway**.

gradd pellter glas / cymedrol 3 km
amser 20 - 40 munud
dringo 50m
graddiant mwyaf trac sengl 5%
graddiant mwyaf ffordd coedwig 12%
lled lleiaf y llwybr 1.5 medr

Loop 1 is the shortest of the options available but is still packed with features, **First Steps** introduces you to stone pitched armoured fords, stone drop offs and table tops with an exhilarating final 10 berm descent down the **Slipway**.

grade blue / moderate
distance 3 km
time 20 - 40 mins
climb 50m
max gradient singletrack 5%
max gradient forest road 12%
min trail width 1.5 metres

Dolen 2 yn ymuno â diwedd Dolen 1. Bydd hon yn ychwanegu mwy o bellter i'ch reid ac yn caniatáu i chi finio'ch sgiliau ar y **White Bull**, darn cyflymach o'r llwybr gyda nodweddion newydd fel rholeri dringo a naid sgïo.

gradd pellter glas / cymedrol 5 km
amser ½ - 1 awr
dringo 90m
graddiant mwyaf trac sengl 5%
graddiant mwyaf ffordd coedwig 12%
lled lleiaf y llwybr 1.5 medr

Loop 2 adds on to the end of Loop 1. This will add more distance to your ride and will allow you to hone your skills on the **White Bull**, a faster section of trail adding new features such as climbing rollers and a ski jump.

grade blue / moderate
distance 5 km
time ½ - 1 hour
climb 90m
max gradient singletrack 5%
max gradient forest road 12%
min trail width 1.5 metres

Dolen 3 Mae'r ddolen hon yn ddilyniant o'r ddwy flaenorol. Mae gan **Buwch Bren** ddringfeydd parhaus hirach, mwy o nodweddion technegol, yn cynnwys ymlun main a chyfres o droadau dringo, pob un â lled culach a luniwyd i wella'ch sgiliau marchogaeth traws gwlad ar un trac. Mae yna lethrau traws-llwybr na allwch mo'u hosgoi ar rai nodweddion llwybr technegol (TTF's).

gradd pellter glas / cymedrol 9 km
amser 1 - 2 awr
dringo 145m
graddiant mwyaf trac sengl 7%
graddiant mwyaf ffordd coedwig 12%
isafswm lled y llwybr (gyda manau pasio/aros) 1 medr

Loop 3 This Loop is a progression from the previous two, **Buwch Bren** has longer sustained climbs, more technical features, including hips and a series of climbing turns, all with a narrower width designed to improve your single track cross country riding skills. There are unavoidable crosstrail slopes on some technical trail features (TTF's).

grade blue / moderate
distance 9 km
time 1 - 2 hours
climb 145m
max gradient singletrack 7%
max gradient forest road 12%
min trail width (with passing / resting places) 1 metre



MinorTaur

Dosbarth y Llwybr	Glas / Cymedrol
Yn addas i	Seiclwyr / beicwyr mynydd canolradd gyda sgiliau beicio oddi ar y ffordd sylfaenol. Beiciau mynydd neu feiciau hybrid.
Mathau o lwybrau a arwyneb	Fel y 'Gwyrdd' gyda thrac sengl wedi ei adeiladu'n arbennig. Gall arwyneb gynnwys rhwystrau bychan fel gwreiddiau a chraig.
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.

Bike Trail Grade	Blue / Moderate
Suitable for	Intermediate cyclist / mountain bikers with basic offroad riding skills. Mountain bikes or hybrids.
Trail & surface types	As 'Green' plus specially constructed single track. Trail surface may include 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.

MinorTaur



Y MinorTaur yw'r llwybr mwyaf poblogaidd yng Nghoed y Brenin erbyn hyn. Mae'n gyflwyniad llawn hwyl i feicio mynydd ar gyfer ystod eang o oed a gallu ac mae'n unigryw oherwydd gall beicwyr ag anabledd ei ddefnyddio gyda beiciau mynydd a addaswyd.

Adeiladwyd y llwybr mewn 3 dolen, sy'n mynd yn hirach wrth fynd ymlaen, felly gallwch chi ddewis y pellter rydych am ei wneud. Ceir digon o nodweddion hwyl, yn cynnwys grisiau carreg, pennau bwrdd a llwybrau sy'n plymio'n anhygoel. Cofiwch gymryd gofal y tro cyntaf, yna ewch dros y sesiynau i wella'ch sgiliau!

Chwiliwch am yr olion carnau sgleiniog sy'n dweud wrthy'ch fod MinorTaur o gwmpas!

The MinorTaur has quickly become the most popular trail at Coed y Brenin. It's a great fun introduction to mountain biking for a wide range of ages and abilities and is unique in that it can be used by riders with a disability using adaptive mountain bikes.

The trail is built in 3 loops, which get progressively longer, so you can choose the distance you want to cover. There are plenty of fun features, including stone steps, table tops and fantastic swoopy berms. Remember to treat with caution on your first ride, then session the sections to improve your skills!

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





Minor Taur



Dilynwch @MTBRanger ar Twitter
Follow the @MTBRanger on Twitter
www.facebook.com/pages/
Coed-y-Brenin/1361233803074740

Canolfan Ymwelwyr
Visitor Centre



First steps

Edrychwch allan am y minotours haeearn wrth i chi feicio ar hyd y llwybr. Faint fedrhwch chi ddarganfod? Look out for iron minotours as you cycle round the trail. How many can you find?

llwybr Minor Taur
Minor Taur trail



dolen gyswllt
loop links



ffordd coedwig
forest road



ffordd cyhoeddus
public road



postyn lleoliad
waymarker



parcio
parking



gwybodaeth
information



toiletau
toilets



mynediad hawdd
easy access



caffi
café



siop feics
bike shop



Dringfa serth
Steep climb



Y Safon Uchaf
Top of the grade

Cadwch lygad am arwyddion rhybuadd "Y Safon Uchaf". Etallai yr hoffech chi gael gollwg amyn nhw cyn mentro.

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

Mewn argyfwng, yr ysbyty agosaf yw:
In emergency, the nearest A&E is:

Ysbyty Dolgellau Hospital
Dolgellau
LL40 INT 01341 422479



Edrychwch allan am y minotours haeearn wrth i chi feicio ar hyd y llwybr. Faint fedrhwch chi ddarganfod? Look out for iron minotours as you cycle round the trail. How many can you find?

Tyddyn Gwladys

Offspring

Rhan ddwyffordd, amlddeirnydd yw hon. This section is 2 way, multi use.

Dolen Loop 3

Buwch Bren

White Bull

Dolen Loop 2

Hwyl Ddu

Naxos

Y Bont Bailey the Bailey Bridge

Cae'n y Coed

A470

203

138

204

51

Dolen Loop 1

Slipway

206

139

140

207

141

208

99

210

211

151

212

213

214

78

86

209