



Llwybr Y Wal

Gradd	coch/anodd
Pellter	23 cm
Amser	1.5 - 3 awr
Dringo	450 m

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 a 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.

Y Wal Trail

Grade	red/difficult
Distance	23 km
Time	1.5 - 3 hours
Climb	450 m

Bike Trail Grade	Red/Difficult 
Suitable for	Proficient mountain bikers with good off-road 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.

Y Wal



Dyma rai o'r disgyniadau trac unigol gorau yn y DU. Mae'r llwybr i bob pwrpas yn croesi ochr ogleddol Dyffryn Afan ar drac unigol sy'n amrywio o ran ei natur o gyflym, agored a rhwydd i dynn, technegol a gwreiddiog.

Cewch sawl golygfa arbennig dros y dyffryn a'r arfordir, ac mewn rhai manau gall y llethrau serth deimlo'n agored iawn.

Mae'r ffordd tuag at y trac unigol yn rhannu rhan o'r llwybr seiclo isel i deuluoedd a llinell yr hen reilffordd, felly cofiwch ystyried y llu o bobl eraill sy'n defnyddio'r goedwig wrth reidio, os gwelwch yn dda.

Boasting some of the best singletrack descents in the UK, this trail traverses the north side of the Afan Valley on singletrack, varying from fast, open and flowing to tight, technical and rooty.

Great views of the valley and coastline open out at different points, and in places the steep-sided slopes can feel exposed.

The approach to the singletrack shares a section of the low level family cycleway and the disused railway line, so please ride with consideration for the many other forest users.



Y Wal



**Canolfan Ymwelwyr
Parc Coedwig Afan**

**Afan Forest Park
Visitor Centre**

Icons: Parking (P), Information (i), Refreshment (cup), Shelter (tent), and Map (map icon).

- Llwybr Y Wal
- Y Wal Trail
- Trac Sengl
- Singletrack
- Ffordd allan mewn argyfwng
- Emergency exit
- Man cwrdd ambiwlans
- Ambulance pick-up point
- Rhif y postyn
- Waymarker number

Atgynhychir y map hwn o ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi © Y Goron. Mae atgynhychu heb ganiatâd yn torri hawlfraint y Goron a gall hyn arwain at erlyniad neu achos sifil. Comisiwn Coedwigaeth Cymru 100025498 2010.

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