



Y Safon Uchaf
Top of the Grade

Cadwch lygad am arwyddion rhyddd "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.



gradd	coch/anodd
pellter	24 km
amser	2.5 - 3.5 awr
dringo	795 m

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pellter	23 km
amser	2 - 3 awr
dringo	203 m

grade	red/difficult
distance	24 km
time	2.5 - 3.5 hours
climb	795 m

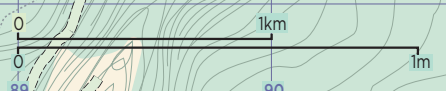
grade	red/difficult
distance	23 km
time	2 - 3 hours
climb	203 m

- llwybr Blade Blade trail
- trac sengl Blade Blade singletrack
- llwybr Skyline Skyline trail
- trac sengl Skyline Skyline singletrack
- ffordd coedwig forest road
- ffordd cyhoeddus public road
- postyn lleoliad waymarker
- gwybodaeth information
- parcio parking
- toiledau toilets
- caffi café
- Man cwrdd ambiwlans Ambulance pick-up point
- Ffordd allan mewn argyfwng Emergency exit

Canolfan Beiciau Mynydd Glyncorrwg

Glyncorrwg Mountain Bike Centre

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Mae Llwybr Blade yn ychwanegiad gwych at rwydwaith llwybrau Parc Coedwig Afan. Gyda llawer o ddarnau culion, wedi'u cyfuno â rhai o'r 'clasuron' fel **'Peregrine Ridge'**, a **'Jetlag'**, mae'n rhannu'r un llwybr defaid sy'n dringo allan o Lyncorwg â llwybr **'White's Level'**: ond yna â Blade â chi allan at fannau uwch, mwy anghysbell, wrth iddo droi a throelli ei ffordd o amgylch y ddolen 24km graddfa Goch.

Â rhai dringfeydd technegol, anodd, a disgyniadau cyflym, dyma ddiwrnod allan gwych ar gyfer y beiciwr mwy profiadol. Cadwch lygad ar agor am y rhannau **'Groovy Gully'**, **'The Rock'**, a'r **'Ghost Train'**, a fydd yn rhoi prawf ar eich medrau dringo a disgyn fel ei gilydd. Gallwch hefyd ychwanegu dolen uchaf, ychwanegol 23km y llwybr **'Skyline'** clasurol, gyda rhai golygfeydd anhygoel, i ymestyn eich taith.


Byddwch sicr eich bod yn ddigon medrus, gan fod gan y ddau llwybr ddigonedd o dirwedd anodd. Gall tywydd y manau uchel, anghysbell hyn newid yn sydyn, a rhaid bod â'r offer cywir a medru edrych ar eich ôl ei hun.


The Blade trail is a fantastic addition to the Afan Forest Park trail network. With lots of great singletrack sections combined with some of the 'classics' like **'Peregrine Ridge'** and **'Jetlag'** it shares the same sheep track climb out of Glynorwg with the **'White's Level'** trail but then the Blade takes you out to higher and more remote areas as it twists and winds its way around the 24km Red graded loop.

With some tough technical climbs and fast flowing descents it offers a fantastic day out for the more experienced rider. Watch out for **'Groovy Gully'**, **'The Rock'** & **'Ghost Train'** sections that will test your climbing and descending skills equally.

You can also add in the optional 23km top loop of the classic **'Skyline'** trail with some amazing views to extend your ride.

Make sure you are properly skilled as both the trails have ample technical terrain. These high remote areas can have changeable weather; proper equipment and the ability to be self-sufficient are essential

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.

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 and water crossings.
Suggested fitness level	Higher level of fitness and stamina.