

Llwybr Rookie



gradd pellter amser dringo	gwyrd/rhwydd 5.5 km 30 munud - 2 awr Codi'n raddol	glas/cymedrol 2.3 km 45 munud - 1 awr 250m
Dosbarth y Llwybr	Gwyrd Rhwydd	Glas Cymedrol
Yn addas i	Beicwyr nofis. Rhaid cael Sgiliau Beicio Sylfaenol. Y rhan fwyaf o feiciau a rhai hybrid. Gall ambell llwybr gwyrd fod yn addas i ôl-gerbydau.	Seiclwyr/beicwyr mynydd canolradd gyda sgiliau beicio oddi ar y ffordd sylfaenol. Beiciau mynydd neu feiciau hybrid.
Mathau o lwybrau a arwyneb	Eithaf gwastad a llydan. Gall arwyneb y llwybr fod yn rhydd, anwastad neu fwdlyd ar brydiau. Gall gynnwys adrannau byr untrac llifol.	Fel y 'Gwyrd' gyda thrac sengl wedi ei adeiladu'n arbennig. Gall arwyneb gynnwys rhystrau bychan fel gwreiddiau a chraig.
Nodweddion graddiant a thechnegol y llwybr	Mae'r rhan fwyaf o'r dringfeydd a'r disgyndadau yn fas.	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	Addas i'r rhan fwyaf o bobl iach.	Gall safon dda o ffitrwydd fod o gymorth.



Sut i gael hyd i ni
Wedi'i leoli ar yr A4107, 6 milltir o gyffordd 40 yr M4. Chwiliwch am yr arwyddion brown a gwyn.

How to find us
Located on the A4107, 6 miles from the M4 junction 40. Look out for the brown and white signs.

Gwybodaeth bellach
Canolfan Ymwelwyr Parc Coedwig Afan, Cynonville, Port Talbot SA13 3HG
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Further information
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or visit:
www.cognition.co.uk
www.forestry.gov.uk/wales
www.afanforestpark.co.uk

Llwybr Beicio Mynydd Mountain Bike Trail

Parc Coedwig Afan Afan Forest Park



Llwybr Rookie:
Llwybr 1af 'hawdd' graddedig-gwyrd yn Afan



The Rookie Trail:
1st green-graded 'easy' trail in Afan



The Rookie Trail



grade distance time climb	green/easy 5.5 km 30 mins - 2hrs Gentle gradient	blue/moderate 2.3 km 45 mins - 1hr 250m
Bike Trail Grade	Green Easy	Blue Moderate
Suitable for	Beginner/novice cyclists. Basic Bike Skills required. Most bikes and hybrids. Some green routes can take trailers.	Intermediate cyclist/mountain bikers with basic off road riding skills. Mountain bikes or hybrids.
Trail & surface types	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.	As "Green" plus specially constructed single track. Trail surface may include small obstacles of roots and rock.
Gradients & technical trail features (TTFs)	Climbs and descents are mostly shallow. No challenging features.	Most gradients are moderate but may include short steep sections. Includes small TTFs.
Suggested fitness level	Suitable for most people in good health.	A good standard of fitness can help.

Os oes angen y cyhoeddiad hwn arnoch mewn fformat arall, er enghraifft, mewn print bras neu mewn iaith arall, cysylltwch â:

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Llywodraeth Cymru
Welsh Government



Llwybr Rookie The Rookie Trail



Mae llwybr gwyrdd cyntaf Afan yn hollol gyffrous. Llwybr troellog, sy'n gwro ac ymdroelli, mae'r 'Rookie' yn archwilio rhannau newydd o'r hen ddyffryn. Fe adeiladwyd y llwybr mewn adrannau i ganiatáu i feicwyr profi cymaint neu gyn lleied ag y dymunant.

Dyma llwybr rhagarweiniol perffaith ar gyfer newydd-ddyfodiaid gyda llwybr eang a gostyngiadau ysgubol. Mae'r ardal sgiliau gellir ei weld ar y llwybr yn cynnig cyfle i feicwyr i ddatblygu eu sgiliau technegol beicio.

Ar ddiwedd y llwybr gwyrdd mae yna ddolen ddewisol graddedig 2.3km glas sy'n rhoi blas o beth sydd i ddod i'r rhai hynny sy'n dymuno symud ymlaen. Wrth ddisgyn i lawr tuag at Afon Afan mae'r ddolen yn datgelu rhai manau cudd. Gall dod o hyd i ardaloedd picnic ar hyd y llwybr, felly mae croeso i chi ddod â phe cyn bwyd!

Afan's first ever 'easy' green-graded trail is an absolute blast. A winding, swerving and meandering trail, the Rookie explores new parts of the old valley. The trail is built in sections, allowing riders to experience as much or as little as they want.

This is a perfect route for newcomers with a wide trail and slightly sweeping descents. The skills area along the trail offers riders the opportunity to develop their technical riding skills.

At the end of the green trail, there is an optional 2.3km blue-graded 'moderate' loop that provides a taster for those wishing to progress. Dropping down to the River Afan the loop exposes some secret spots.

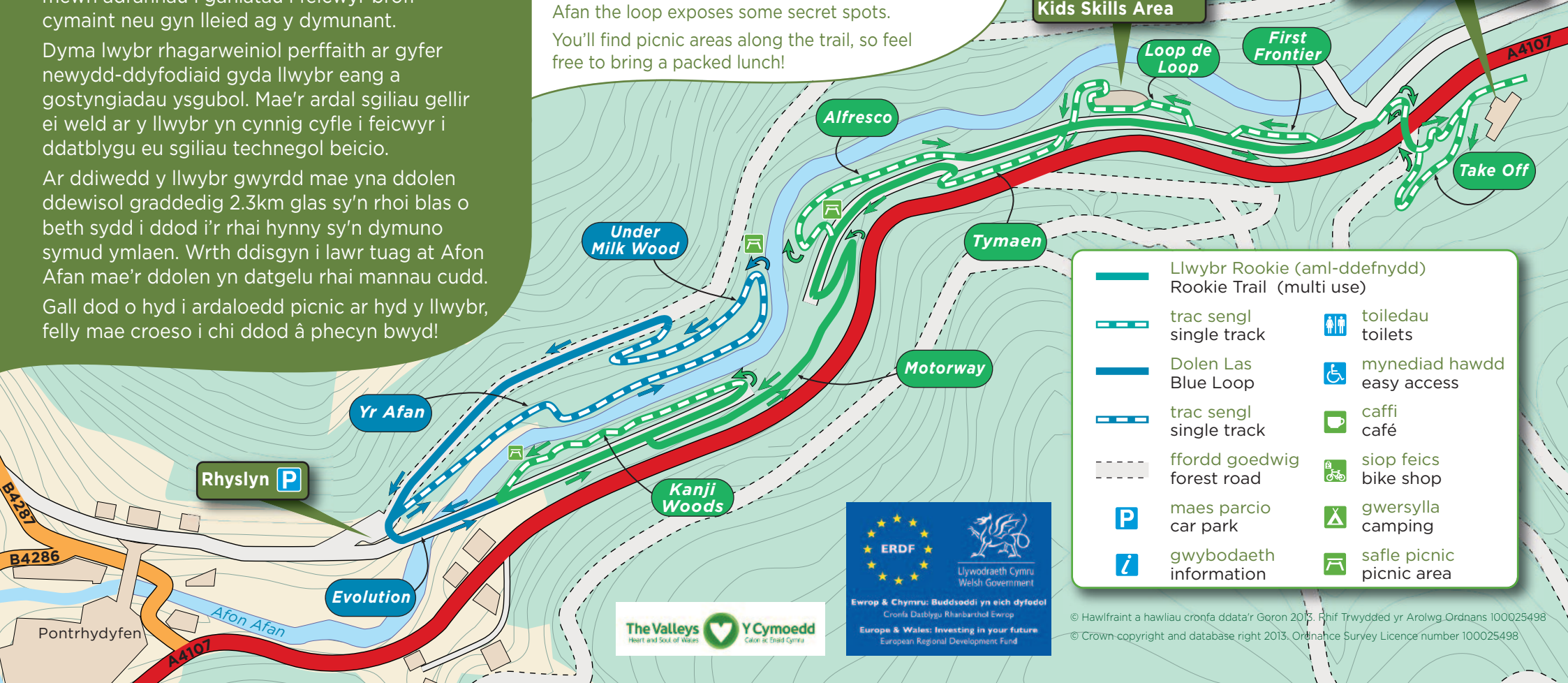
You'll find picnic areas along the trail, so feel free to bring a packed lunch!



**Canolfan Ymwelwyr Afan
Afan Visitor Centre**

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**Ardal Sgiliau Plant
Kids Skills Area**



	Llwybr Rookie (aml-ddefnydd) Rookie Trail (multi use)		toiledau toilets
	trac sengl single track		mynediad hawdd easy access
	Dolen Las Blue Loop		caffi café
	trac sengl single track		siop feics bike shop
	ffordd goedwig forest road		gwersylla camping
	maes parcio car park		safle picnic picnic area
	gwybodaeth information		

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Ewrop & Chymru: Buddsoddi yn eich dyfodol
Cronfa Datblygu Rhanbarthol Ewrop
Europe & Wales: Investing in your future
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The Valleys
Heart and Soul of Wales

Y Cymoedd
Cador ac Eidd Cymru

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