

Llwybr Cwm Rhaeadr

Dosbarth y llwybr: **Coch/Anodd**

Pellter: 6.7km
Amser: 45 munud
Dringo: 210m

Esgyniad hawdd i fyny'r ffordd tân sydd yn mynd â chi i ddechrau'r llwybr untrac. Cymerwch eiliad i fwynhau'r golygfeydd dros Ddyffryn Tywi a Bannau Caerfyrddin i'r de, a rhaeadr uchaf Sir Gaerfyrddin wrth iddi arllwys oddi ar Mynydd Mallaen.

Mae yna ddarn byr technegol, ac yna mae bron lawr i lawr yr holl ffordd.

Ceir rhai camau creigiog i rollo drosodd, neu gael awyr, ag adrannau sy'n llifo'n gyflym ymhellach i lawr y llwybr. Ceir dolen amgen fer (Dychwelyd Tanc) sydd yn mynd â chi'n ôl i bron y cychwyn.

▲ Yn addas ar gyfer

Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd da. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.

▲ Mathau o lwybrau ac arwynebau

Mwy serth a chaled. Trac sengl gan fwyaf gyda rhannau technegol. Byddwch yn barod am lawer o arwynebau amrywiol.

▲ Nodweddion graddiant a thechnegol y llwybr

Yma ceir amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Byddwch yn barod am lwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a manau croesi dŵr.

▲ Lefel ffitrwydd awgrymedig

Lefel uwch o ffitrwydd a stamina.



Gwybodaeth mewn Argyfwng:

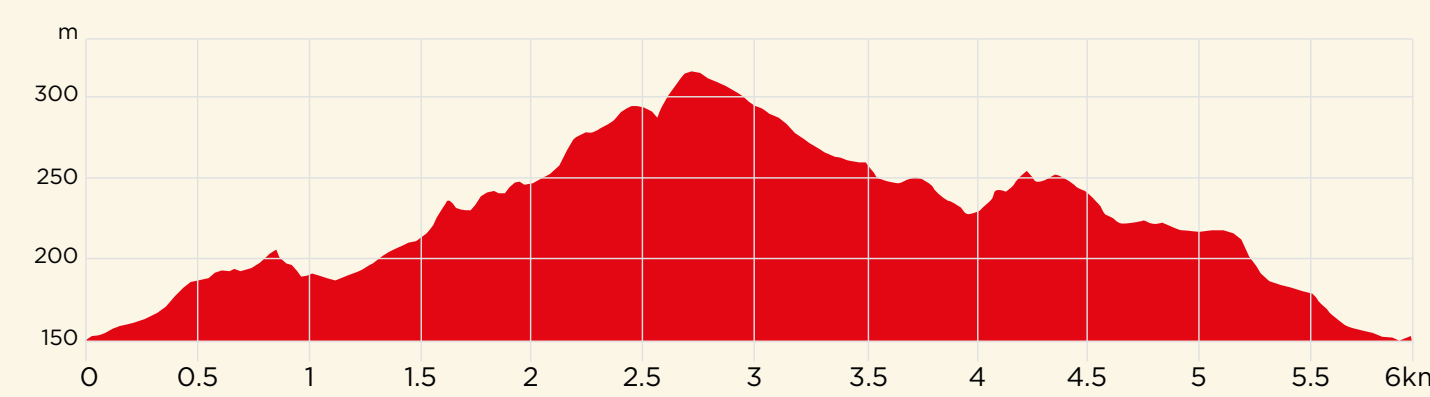
Lleoliad Presennol:
Cil-y-Cwm
Cyfeirnod Grid AO: **SN 765 422**

Achos brys pan fyddwch ar y llwybrau
Ffoniwch 999 a gofyn am yr Heddlu.
Cofiwch ar ba ran o'r llwybr ydych neu cofiwch rif y postyn arwyddo agosaf. Mae signal ffonau symudol yn anghyson ar yr holl lwybrau.

Emergency Information

Current Location:
Cil-y-Cwm
OS Grid Reference: **SN 765 422**

Emergency out on the trails
Phone 999 & ask for Police.
Make a note of the trail section or the number on the closest waymarker post. Mobile phone coverage is patchy throughout the trails.



Proffil o Lwybr Cwm Rhaeadr
Profile of Cwm Rhaeadr Trail

Llawer o ddiolch i'r Digital Landscape Company am y mapio GIS www.thedlc.co.uk
Grateful thanks to the Digital Landscape Company for GIS mapping www.thedlc.co.uk



Cwm Rhaeadr Trail

Bike trail grade: **Red/Difficult**

Distance: 6.7km
Time: 45 minutes
Climb: 210m

An easy climb up the fire road takes you to the start of the singletrack trail. Take a moment to enjoy the views over the Tywi valley and the Carmarthen Fans to the south, and Carmarthenshire's highest waterfall as it pours off the Mynydd Mallaen.

A short technical climb takes in three hairpin bends, and then it's downhill almost all the way.

There are some rocky steps to roll over, or get some air, with fast flowing sections further down the trail. There's also a short alternative loop (Tank's Return) that takes you back to near the start.

▲ Suitable for

Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.

▲ Trail and surface types

Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.

▲ Gradients and 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.