

### Cylch Mynydd Ffrith

Dosbarth y llwybr: **Glas/Cymedrol**

Pellter: 7½m/12.3km  
Amser: 2-3½ awr  
Dringo: 393tr/120m



**Mae'r daith seiclo hon yn ymdroelli drwy goedwig Moel Famau, gan ddringo'n raddol i fan uchel ar gyrion y coed lle mae golygfeydd nodedig dros Lannau Mersi a thu hwnt.**

Ar ôl disgynfa aruthrol mae llwybr march a nant i'w chroesi (peidiwch â gwylchu'ch traed!) cyn dychwelyd i'r goedwig. Ar ôl ymlafnio i fyny esgyniad yr heol goedwig, mae modd gwibio nôl i'r maes parcio. Byddwch ar eich gwyladwriaeth am gerddwyr, oherwydd mae'r rhan hon yn llwybr march cyhoeddus i'w rannu.

I weld teithiau beicio eraill ewch i:  
[www.mbwales.com/?lang=cy](http://www.mbwales.com/?lang=cy)  
[www.beiciogogleddcymru.co.uk](http://www.beiciogogleddcymru.co.uk)

- Yn addas ar gyfer**  
Beicwyr/beicwyr mynydd canolradd gyda sgiliau beicio oddi ar y ffordd sylfaenol. Beiciau mynydd neu feiciau hybrid.
- Mathau o lwybrau ac arwyneb**  
Eithaf gwastad a llydan. Gall arwyneb y llwybr fod yn rhydd, anwastad neu fwdlyd ar brydiau. Ceir darnau byr trac sengl llyfn ond gallent gynnwys rhwystrau bychain fel gwreiddiau a chreigiau.
- Nodweddion graddiant a thechnegol y llwybr**  
Mae'r rhan fwyaf o'raddiannau'n gymedrol ond gall fod yn ddarnau serth byr. Cynnwys mân nodweddion technegol a graddiannau.
- Lefel ffitrwydd awgrymedig**  
Gall safon dda o ffitrwydd fod o gymorth.



**Gwybodaeth mewn Argyfwng:**

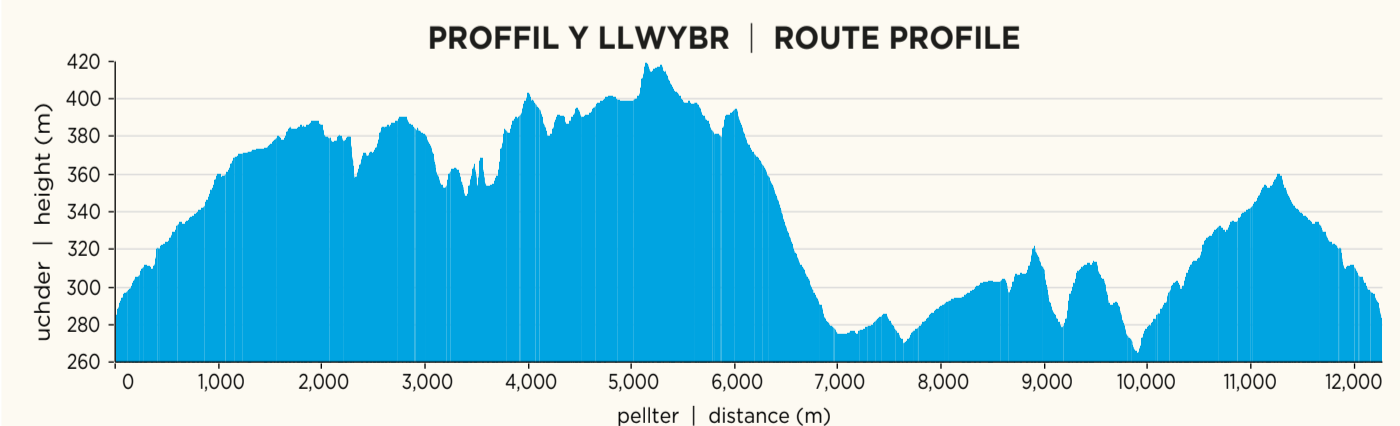
**Lleoliad Presennol:**  
Maes parcio Coed Moel Famau  
Cyfeirnod Grid AO: SJ 17322 61158

**Achos brys pan fyddwch ar y llwybrau**  
Ffoniwch 999 a gofyn am yr Heddlu.  
Cofiwch ar ba ran o'r llwybr ydych.  
Mae signal ffonau symudol yn anghyson ar yr holl llwybrau.

**Emergency Information:**

**Current Location:**  
Coed Moel Famau car park  
OS Grid Reference: SJ 17322 61158

**Emergency out on the trails**  
Phone 999 and ask for Police.  
Make a note of the trail section.  
Mobile phone coverage is patchy throughout the trails.



### Ffrith Mountain Circular

Bike trail grade: **Blue/Moderate**

Distance: 7½m/12.3km  
Time: 2-3½ hours  
Climb: 393ft/120m



**This ride meanders its way through the forest of Moel Famau, climbing steadily to a high point at the edge of the trees with spectacular views over Merseyside and beyond.**

A terrific descent is followed by more bridleway and a fun stream crossing (don't get your feet wet!) before re-entering the forest. A grind up the forest road climb leads to a fast finish back to the car park. Watch out for walkers, this section is a shared use public bridleway.

For further rides visit:  
[www.mbwales.com](http://www.mbwales.com)  
[www.ridenorthwales.co.uk](http://www.ridenorthwales.co.uk)

- Suitable for**  
Intermediate cyclist/mountain bikers with basic offroad riding skills. Mountain bikes or hybrids.
- Trail and surface types**  
Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. Includes short flowing single track sections which may contain small obstacles of roots and rock.
- Gradients and technical trail features (TTFs)**  
Most gradients are moderate but may include short steep sections. Includes small TTF's.
- Suggested fitness level**  
A good standard of fitness can help.

Atgynhychir y map hwn o Ddeunydd yr Arolwg Ordnans gyda chaniatâd Arolwg Ordnans ar ran Rheolwr Llyfrfa Ei Mawrhydi Hawlfraint y Goron. © Hawlfraint y Goron a hawliau cronfa ddata 2019 Arolwg Ordnans 100019741  
This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the controller of Her Majesty's Stationery Office © Crown copyright and database rights 2019 Ordnance Survey 100019741