

Llwybr White's Level

Gradd coch/anodd
Amser 1½ - 3 awr

Pellter 15.2km
Dringo 405m

Dosbarth y Llwybr	Coch/Anodd ▲
Yn addas i	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 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.

White's Level Trail

Grade red/difficult
Time 1½ - 3 hours

Distance ... 15.2km
Climb 405m

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.



Llwybr White's Level Trail



Dyma'r llwybr mwyaf technegol ym Mharc Coedwig Afan, ac mae 90% ohono'n untrac sydd wedi'i adeiladu'n unswydd.

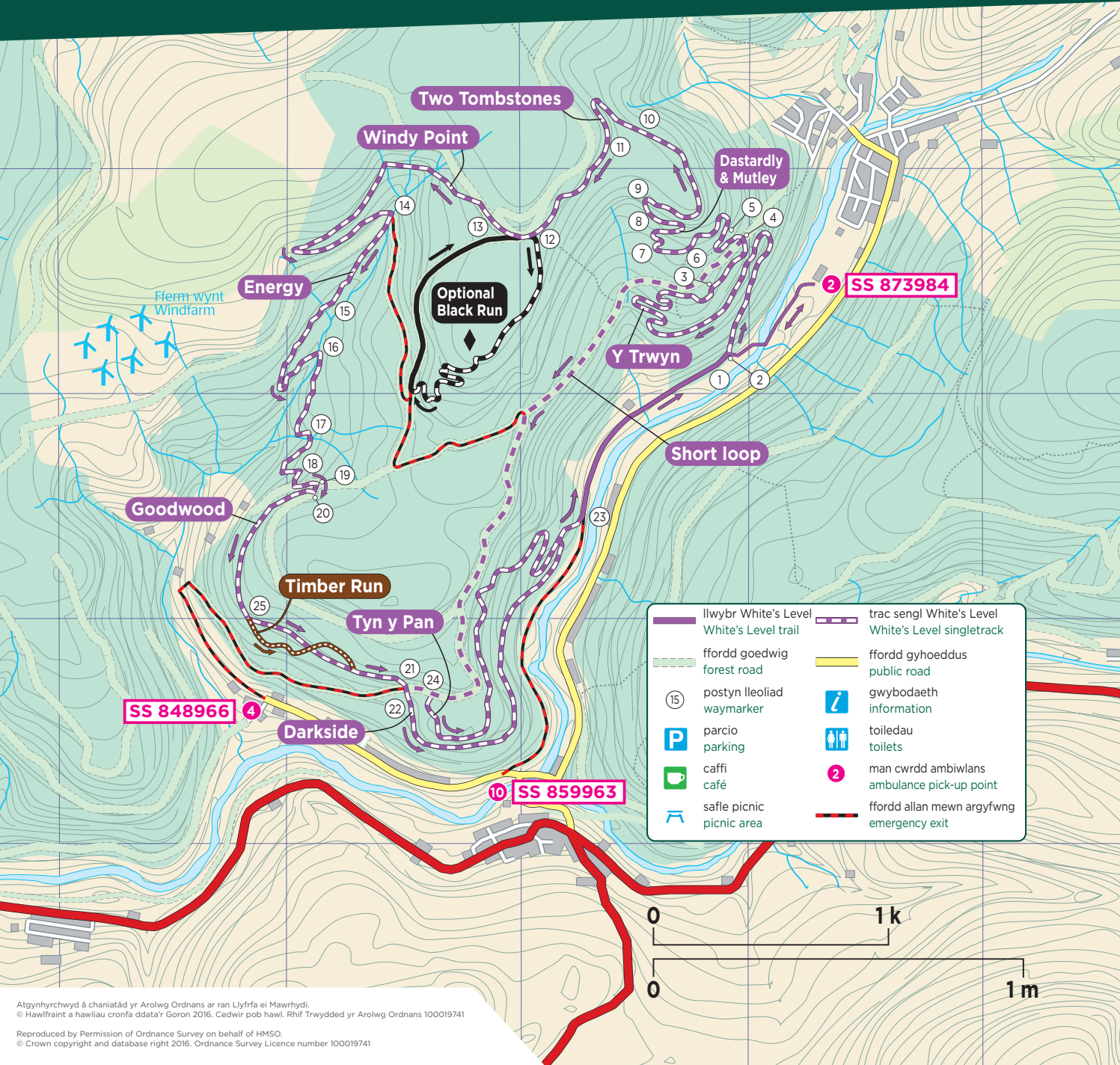
Ceir golygfeydd gwych o Gwm Afan wrth ddringo'r llwybr defaid 6 cilometr. Mae'n llwybr untrac agored iawn sy'n cynnig gwefr heb ei thebyg ac elltydd llawn her, heb sôn am risiau creigiog - dyna beth yw llwybr anhygoel o wefreiddiol.

Os ydych yn barod amdani, rhowch gynnig ar y **Black Run - wedi'i raddio'n Ddu/Difrifol!**

This is the most technical of all the trails in Afan Forest Park and is 90% purpose-built singletrack.

A 6 km sheep-track climb gives fantastic views of the Afan Valley. Extreme exposure on tight singletrack means ultimate thrills and long, demanding descents with rocky steps to negotiate, all leading to one outrageous trail.

If you are up for it try out the optional **Black Run - graded Black/Severe!**



SS 848966 4

SS 859963 10

SS 873984 2

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|---|---|
| llwybr White's Level
White's Level trail | trac sengl White's Level
White's Level singletrack |
| ffordd goedwig
forest road | ffordd gyhoeddus
public road |
| postyn lleoliad
waymarker | gwybodaeth
information |
| parcio
parking | toiledau
toilets |
| caffi
café | man cwrrd ambiwlans
ambulance pick-up point |
| safle picnic
picnic area | ffordd allan mewn argyfwng
emergency exit |

