



5a

Llwybrau Marchogion y Brenin

5b

The King's Guards Trails



UCHAFBWYNTIAU

Ar y daith hon sy'n hygyrch i bawb, gallwch weld y ffynidwydd Douglas ysblennydd, coed mwyaf Coed y Brenin.

Mwynhewch y llwybr gwastad hwn i'r teulu cyfan ar hyd glan yr afon i weld coed mwyaf y goedwig. Dilynwch yr arwyddbyst ar hyd glan afon Mawddach o'r maes parcio, ar draws porfa'r ardal bicnic ac i ganol y ffynidwydd Douglas enfawr. Oddi yno, gallwch gerdded at 'Bencampwr y Brenin', y goeden dalaf ac ymweld â'r maen coffa. Lawrlwythwch y llwybr sain MP3 sydd ar gael yn: www.cyfoethnaturiol.cymru/ **llwybrausain**, sy'n adrodd hanes dechrau'r goedwig bresennol.

HIGHLIGHTS

See the magnificent Douglas firs, the biggest trees in Coed y Brenin, on this walk accessible to all.

Enjoy this level family-riverside-walk to the biggest trees in the forest. Follow the waymarkers alongside the river Mawddach from the car park, across the grassy picnic site, and into the heart of the giant Douglas firs. You can walk to the 'King', the tree with the widest trunk, and the 'King's Champion', the tallest tree, and visit the commemorative stone. Download and listen to the MP3 audio trail available at: www.naturalresources.wales/audiotrails, which tells you how the current forest began.





Allwedd / Map Key



-  5a Llwybr Marchogion y Brenin (hygyrch)
5a The King's Guards Trail (accessible)
-  5b Llwybr Pencampwr y Brenin
5b The King's Champion Trail
-  1 MP3 location
-  Maes picnic / Picnic area
-  Mainc / Bench
-  Llethr serth / Steep climb/descent

Dilynwch y symbolau arwyddbost glas neu felyn.

	5a Glas 	5b Melyn
Dechrau:	Ty'n y Groes	Ty'n y Groes
Gradd:	Hygyrch	Hawdd
Amser:	¼ awr	½ awr
Pellter:	½ milltir/800m	½ milltir/900m
Dringo:	Gwastad	49tr/15m (uchafswm 20% 1:5)

Disgrifiad: Mae'r **Llwybr Marchogion y Brenin 5a** hygyrch ag arwyddbyst glas yn gylchdaith fer sy'n arwain at y 'Brenin' ac yna'n dychwelyd i'r maes parcio. Dyma lwybr 2m o led ag arwyneb da sy'n addas ar gyfer cadeiriau olwyn. Ceir manau gorffwys o leiaf bob 100m.

Mae'r arwyddbyst melyn yn mynd ymlaen at **Llwybr Pencampwr y Brenin 5b** ar lethr ychydig yn fwy serth ac yn dod i lawr yn ôl i'r maes parcio ar hyd ffordd darmac â llethr o 20%/1 mewn 5. Mae'r rhan yma yn addas i gadeiriau gwthio plant ac nid oes grisiau na chamfeydd ar hyd yr holl lwybr.

Follow the blue or yellow waymarker symbols.

	5a Blue 	5b Yellow
Start:	Ty'n y Groes	Ty'n y Groes
Grade:	Accessible	Easy
Time:	¼ hour	½ hour
Distance:	½ mile/800m	½ mile/900m
Climb:	Flat	49ft/15m (max.20% 1:5)

Description: The blue-waymarked accessible **5a King's Guards Trail** is a short loop path which leads to the 'King' and then returns to the car park. It is a well-surfaced 2m-wide route and is suitable for wheelchairs. There are resting points at least every 100m.

The yellow waymarkers lead on to the **5b King's Champion Trail** on a slightly steeper gradient and descend back to the car park on a tarmac road with a slope of 20%/1 in 5. This section is suitable for pushchairs and there are no steps or stiles along the whole trail.

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