



Dolen Machno & Dolen Eryri


 **Pellter..... 19km**
Amser..... 1.5-3 awr
Dringo..... 560m


 **Pellter..... 11km**
Amser..... 1 - 2awr
Dringo..... 206m

| | |
|---|--|
| 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 | Mwy serth a chaled. Trac sengl gan fwyaf gyda rhannau technegol. Byddwch yn barod am lawer o arwynebeddau amrywiol. |
| Nodweddion graddiant a thechnegol y llwybr | Fe fydd yna amrywiaeth eang o ddringfeydd a disgyndiadau eithaf heriol. Disgwyliwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyndiadau, cambrau, a chroesi dŵr. |
| Lefel ffitrwydd awgrymiedig | Lefel uwch o ffitrwydd a stamina. |

Dolen Machno & Dolen Eryri

 **Distance... 19km**
Time 1.5 - 3 hrs
Climb..... 560m

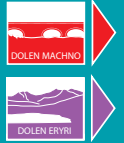
 **Distance... 11km**
Time 1 - 2 hrs
Climb..... 206m

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|--|--|
| Bike Trail Grade | Red/Difficult  |
| Suitable for | Proficient mountain bikers with good offroad 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, water crossings. |
| Suggested fitness level | Higher level of fitness and stamina. |



Parc Coedwig
Gwydir
Forest Park

Llwybr Beicio Mynydd **Penmachno** Mountain Bike Trail



Mae llwybrau Penmachno yn un o drysorau cudd Gogledd Cymru. Llwybrau anghysbell, naturiol eu naws gyda golygfeydd godidog o Eryri.

Ceir dau lwybr cylchol y gellir eu beicio ar wahân neu fel un daith 30km o hyd.

Caiff y llwybrau eu rheoli a'u cynnal a'u cadw gan grŵp cymunedol gwirfoddol lleol, sef Menter Bro Machno. Gellir rhoi rhoddion ariannol wrth y man cychwyn neu ar y wefan www.penmachnobiketrails.org.uk

Mae'r llwybrau'n anghysbell ac agored, gyda fawr ddim, neu ddim, signal ffôn. **Cofiwch baratoi, ac os byddwch yn beicio ar eich pen eich hun cofiwch roi gwybod i rywun.**

The Penmachno trails are the hidden gem of North Wales. Very remote, natural feeling trails with spectacular views of Snowdonia.

There are two loops that can be ridden individually or as one long 30km loop.

The trails are managed and maintained by a local volunteer community group, Menter Bro Machno. Donations can be made at the trailhead or through the website www.penmachnobiketrails.org.uk

The trails are remote and exposed with little or no phone signal. **Please be prepared and if riding on your own, let somebody know.**



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www.cyfoethnaturiol.cymru
www.naturalresources.wales





Penmachno

- Ilwybr Dolen Machno
- Dolen Machno trail
- Trac sengl Dolen Machno
- Dolen Machno singletrack
- Ilwybr Dolen Eryri
- Dolen Eryri trail
- Trac sengl Dolen Eryri
- Dolen Eryri singletrack
- Ffordd coedwig
- Forest road
- Ffordd cyhoeddus
- Public road
- Postyn lleoliad
- Waymarker
- Parcïo
- Parking
- Gwybodaeth
- Information
- Toiledau
- Toilets
- Caffi
- Café
- Bwyd
- (penwythnosau'n unig)
- Food (at weekends only)
- Tafarn
- Pub
- Y safon uchaf
- Top of the grade

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael gollwg arnyn nhw cyn mentro. Look out for these "Top of the grade" warning signs. You might want to inspect these features before you ride them.

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www.penmachnobiketrails.org.uk

mbwales.com

Caffi Rhaedr
y Graig
Conwy Falls cafe



ARGYFWNG AR Y LLWYBRAU

- Ffoniwch 999 a gofynnwch am yr Headdlu.
- Gwnewch gofnod o ran arbennig y llwybr neu rif yr arwyddbost agosaf.
- Nid yw signalau ffônau symudol yn ddibynadwy ar hyd y llwybrau.
- 'Lleoliad presennol' Cyfeirnod Grid maes parcïo man cychwyn llwybr beicio mypydd Penmachno SH 786 497.

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.
- 'Current location' Penmachno mtb trailhead car park grid ref: SH 786 497



Dilynwch@PenmachnoMTB ar Twitter
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