Comisiwn Coedwigaeth Cymru
Forestry Commission Wales

# Marin

## Gwydyr

### Beicio mynydd / Mountain biking

| Gradd gyflawn | coch/anodd |
|---|---|
| Pellter | 25km |
| Amser | 2 - 4 awr |
| Dringo | 450m |

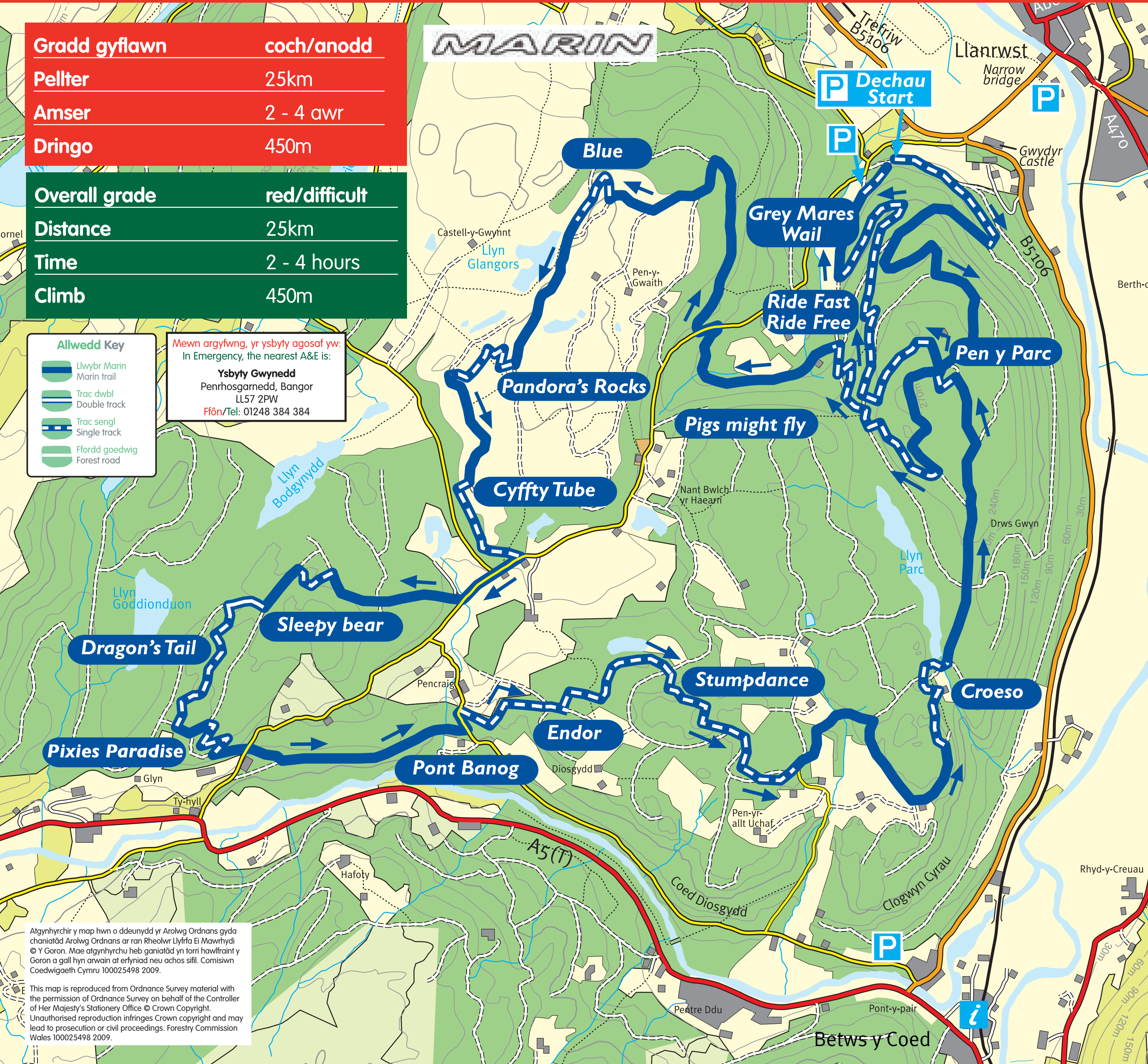
| Overall grade | red/difficult |
|---|---|
| Distance | 25km |
| Time | 2 - 4 hours |
| Climb | 450m |

**Allwedd Key**

- Llwybr Marin / Marin trail
- Trac dwbl / Double track
- Trac sengl / Single track
- Ffordd goedwig / Forest road

Mewn argyfwng, yr ysbyty agosaf yw:
In Emergency, the nearest A&E is:

**Ysbyty Gwynedd**
Penrhosgarnedd, Bangor
LL57 2PW
Ffôn/Tel: 01248 384 384

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# Llwybr Marin

| | |
|---|---|
| **Gradd gyflawn** | **coch/anodd** △ |
| **Pellter** | 25km |
| **Amser** | 2 - 4 awr |
| **Dringo** | 450m |

Mae Llwybr Marin yn llwybr beicio mynydd go iawn ym mhob ystyr. Mae dringfeydd anhygoel, disgyniadau anghredadwy, llwybr untrac gwych a golygfeydd godidog yn ei wneud yn llwybr bythgofiadwy.

Mae'r rhan fwyaf o'r dringfeydd, ond nid pob un, ar ffyrdd a lonydd coedwig sy'n rhoi amser i chi edmygu mynyddoedd Eryri, ac mae'r holl ddisgyniadau ar lwybr untrac hyfryd. Mae hwn yn amrywio o rannau tyn, technegol a chreigiog i rannau agored sy'n llifo o goedwig dywyll i gribau agored.

| **Dosbarth y Llwybr:** |
|---|
| **Coch/Anodd** △ |
| **Yn addas i** |
| Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da. |
| **Mathau o lwybrau a 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. |

# Marin Trail

| | |
|---|---|
| **Overall grade** | **red/difficult** △ |
| **Distance** | 25km |
| **Time** | 2 - 4 hours |
| **Climb** | 450m |

The Marin Trail is a proper mountain bike trail in every sense of the term. Big climbs, big descents, brilliant singletrack and truly awesome scenery make this a trail to remember.

Most, but not all, of the climbs are on forest roads and tracks giving you time to take in the views of the mountains of Snowdonia, and all of the descents are on the sweetest singletrack. The singletack varies from very tight, technical and rocky to wonderfully open and flowing, from dark forest to exposed ridgelines.

| **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, water crossings. |
| **Suggested fitness level** |
| Higher level of fitness and stamina. |