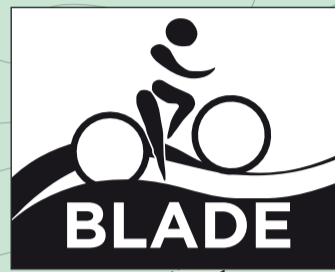




**Y Safon Uchaf  
Top of the Grade**

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael golwg 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.



**gradd** coch/anodd  
**pellter** 24 km  
**amser dringo** 2.5 - 3.5 awr  
795 m

**gradd** coch/anodd  
**pellter** 23 km  
**amser dringo** 2 - 3 awr  
203 m

**grade** red/difficult  
**distance** 24 km  
**time climb** 2.5 - 3.5 hours  
795 m

**grade** red/difficult  
**distance** 23 km  
**time climb** 2 - 3 hours  
203 m

	llwybr Blade Blade trail		trac sengl Blade Blade singletrack
	llwybr Skyline Blade trail		trac sengl Skyline Skyline singletrack
	ffordd coedwig forest road		ffordd cyhoeddus public road
	postyn lleoliad waymarker		gwybodaeth information
	parcio parking		toiledau toilets
	caffi café		Man cwrdd ambiwlans Ambulance pick-up point
			Ffordd allan mewn argyfwng Emergency exit

**Canolfan Beiciau  
Mynydd Glyncorrwg**

**Glyncorrwg  
Mountain Bike Centre**

Resolven  
**7** SN 831026 A465

Treherbet / Hirwaun  
**8** SS 920025 A4107

Breath Taker

Ghost Train

Beacon View

The Twister

Two Tombstones

Y Trwyn

Heartburn

Turbine Valley

Restington Palace

Deadwood

Helter Skelter

Groovy Gully

Peregrine Ridge

The Rock

Hokey Kokey

Granada

Joyrider

Bryn Llydan

Twyn y Crug

Mynydd Corrwg Fechan

Happy Life

Jetlag

Dastardly & Mutley

Maen-yr-Allor

Mynydd Ynyscwrwg

