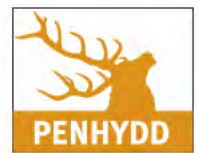
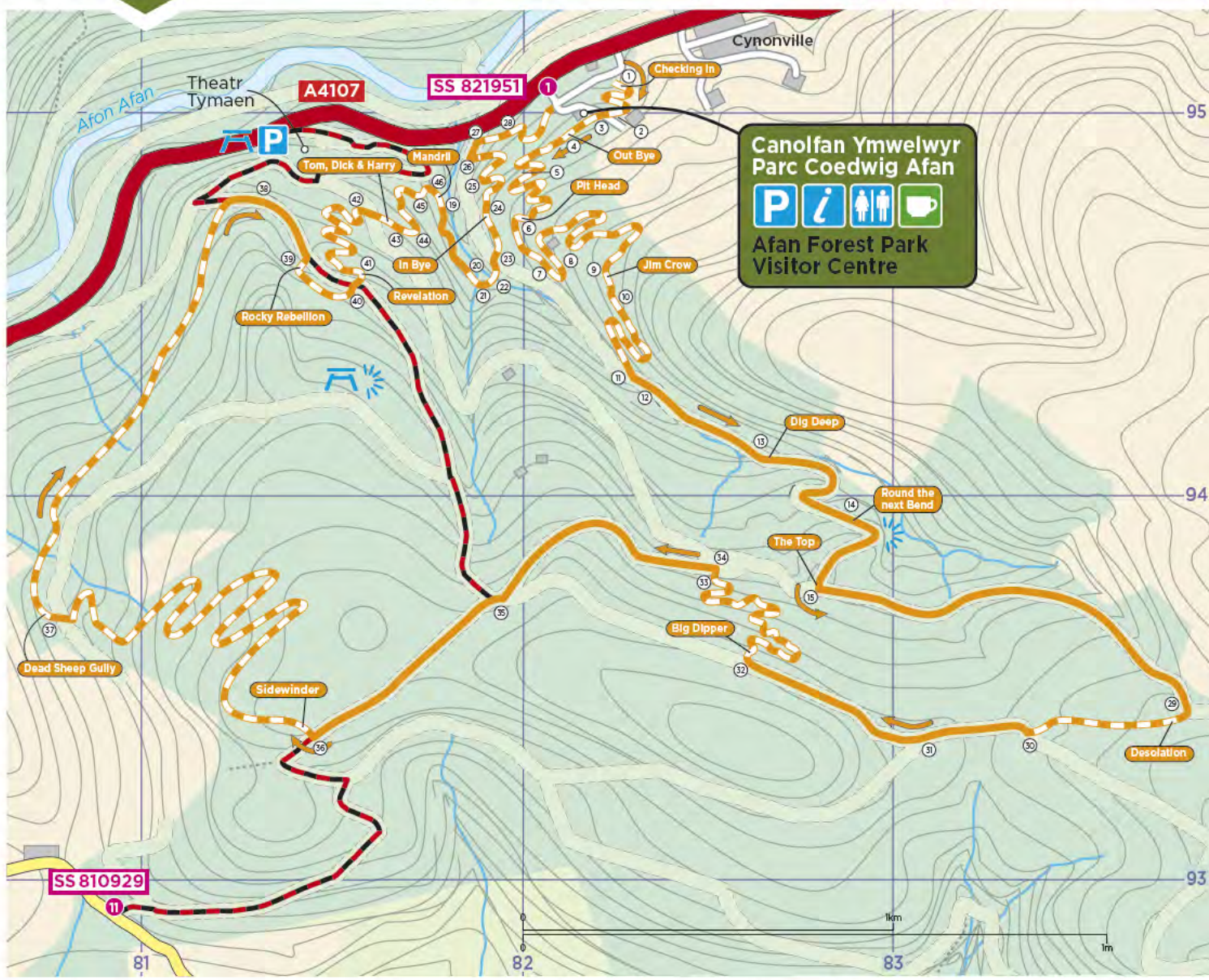


gradd coch/anodd
pellter 14 km
amser 1.5 - 3 awr
dringo 550 m



grade red/difficult
distance 14 km
time 1.5 - 3 hours
climb 550 m



**Canolfan Ymwelwyr
 Parc Coedwig Afan**

**Afan Forest Park
 Visitor Centre**

Icons: Parking (P), Information (i), Toilets, Café (cup), Ambulance (ambulance symbol).

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