



Canolfan Ymwelwyr Coed y Brenin  
Coed y Brenin Visitor Centre  
Maesgwm

**Root of All Evil**

**Mantrap**

**Rocky Horror Show**

**Al's Loop**

**Heart of Darkness**

**Snap**

**Crackle**

**Pop**

● Coed y Brenin : Route 4  
**RED BULL TRAIL**

Distance	11km
Climb	330m
Time	1 - 2 hours
Level	Suitable for experienced mountain bikers

Ffridd  
Gwndwn-isaf