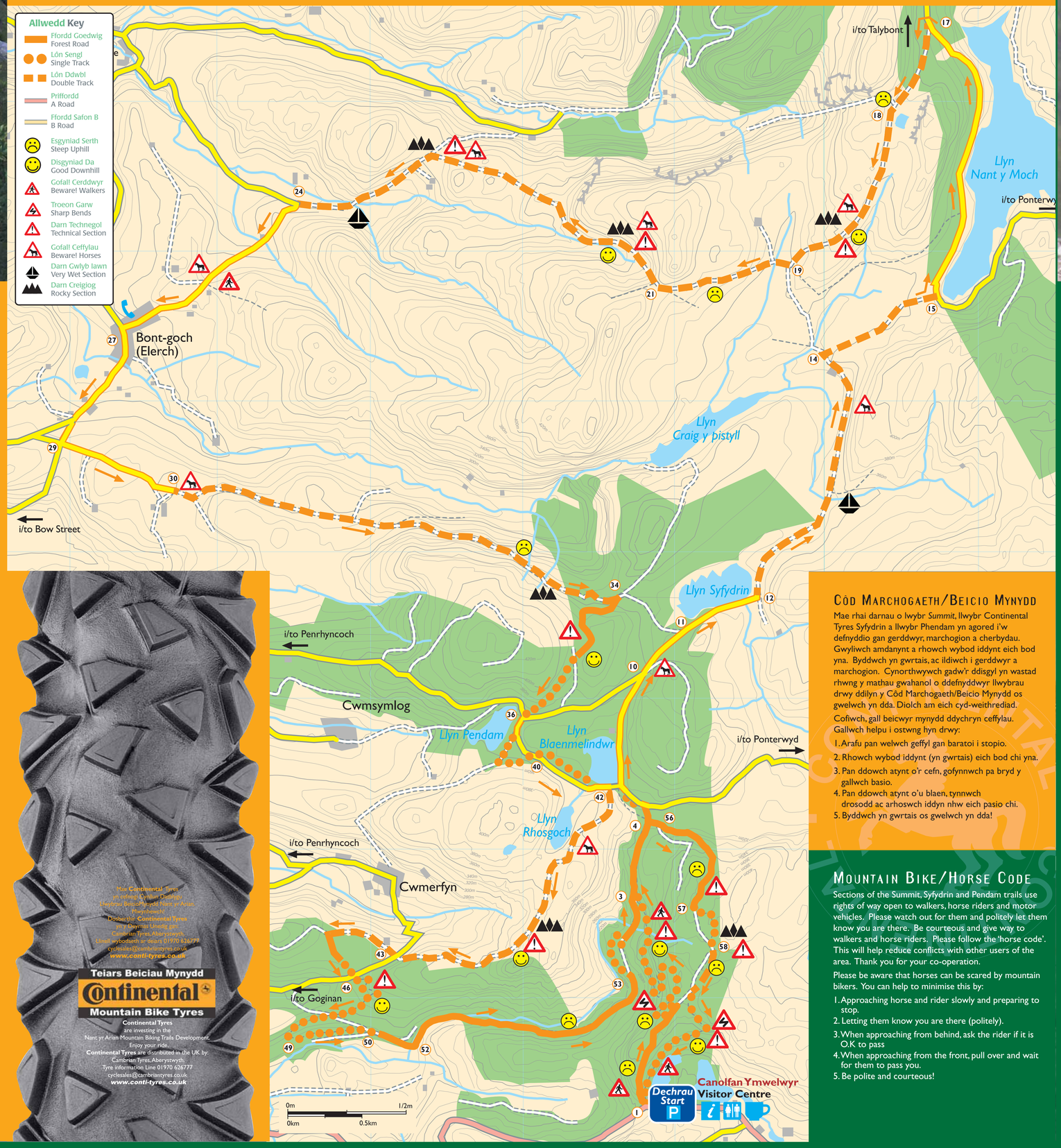
Llwybr Syfydrin Continental® Tyres

Pellter	35km
Dringo	670m
Amser	3-5 awr

Cyflwynir Llwybr Continental Tyres Syfydrin at eich defnydd gan Gyngor Sir Ceredigion, mewn partneriaeth â Chomisiwn Coedwigaeth Cymru a 'Continental Tyres'.

Mae llwybr Continental Tyres Syfydrin yn cynnwys y llwybr '*Summit*' gyda'i drac sengl ffantastig sy'n llifo a plymio - ac yn ychwanegu ato trwy eich arwain allan ar i'r bryniau agored gyda golygfeydd anhygoel. Mae'n lwybr hir a heriol, yn croesi unigeddau uchel, agored ac anghyspell, felly cariwch bopeth fydd arnoch ei angen gyda chi, gan gynnwys digon i fwyta ac yfed, offer sbar, arfau a dillad. Sicrhewch fod rhywun yn gwybod ble'r ydych yn mynd a pha bryd y disgwyliwch fod yn ôl. Mae'n fwy diogel mynd mewn cwmni.

Mae llawer o'r llwybr ar drac dwbl technegol ddefnyddir gan gerbydau eraill, cerddwyr a marchogion. Sylwch fod arwyddion pwrpasol ar ddarn ddefnyddir fel llwybr marchogaeth ceffylau. Cymerwch ofal wrth fynd ac ystyriwch ddefnyddwyr eraill - sylwch ar y Côd Marchogaeth/Beicio Mynydd.



Côd Marchogaeth/Beicio Mynydd

Mae rhai darnau o lwybr *Summit*, llwybr Continental Tyres Syfydrin a llwybr Phendam yn agored i'w defnyddio gan gerddwyr, marchogion a cherbydau. Gwyliwch amdanynt a rhowch wybod iddynt eich bod yna. Byddwch yn gwrtais, ac ildiwch i gerddwyr a marchogion. Cynorthwywch gadw'r ddisgyl yn wastad rhwng y mathau gwahanol o ddefnyddwyr llwybrau drwy ddilyn y Côd Marchogaeth/Beicio Mynydd os gwelwch yn dda. Diolch am eich cyd-weithrediad.

Cofiwch, gall beicwyr mynydd ddychryn ceffylau. Gallwch helpu i ostwng hyn drwy:

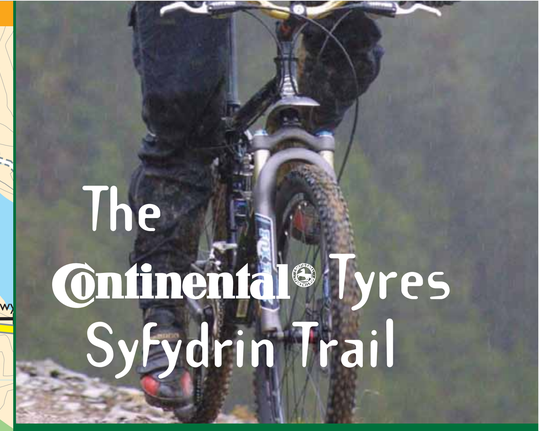
1. Arafu pan welwch geffyl gan baratoi i stopio.
2. Rhowch wybod iddynt (yn gwrtais) eich bod chi yna.
3. Pan ddowch atynt o'r cefn, gofynnwch pa bryd y gallwch basio.
4. Pan ddowch atynt o'u blaen, tynnwch drosodd ac arhoswch iddyn nhw eich pasio chi.
5. Byddwch yn gwrtais os gwelwch yn dda!

Mountain Bike/Horse Code

Sections of the Summit, Syfydrin and Pendam trails use rights of way open to walkers, horse riders and motor vehicles. Please watch out for them and politely let them know you are there. Be courteous and give way to walkers and horse riders. Please follow the 'horse code'. This will help reduce conflicts with other users of the area. Thank you for your co-operation.

Please be aware that horses can be scared by mountain bikers. You can help to minimise this by:

1. Approaching horse and rider slowly and preparing to stop.
2. Letting them know you are there (politely).
3. When approaching from behind, ask the rider if it is O.K to pass
4. When approaching from the front, pull over and wait for them to pass you.
5. Be polite and courteous!



The Continental® Tyres Syfydrin Trail

Distance	35km
Climb	670m
Time	3-5 hours

Ceredigion County Council, in partnership with Forestry Commission Wales and Continental Tyres, bring you the Continental Tyres Syfydrin Trail, an epic ride in epic countryside.

This trail takes in all of the existing summit trail with its fantastic swooping, flowing singletrack, and adds to it by leading you out onto the high open hills with stunning views. It is a long and challenging ride in exposed and remote countryside, so go equipped for any eventuality, including plenty to eat and drink, spares, tools and clothing. Make sure someone knows where you are going and when you expect to be back. It is safer riding with others.

Much of the route is on technical doubletrack, which is used by vehicles, walkers and horse riders. Some of it is used as a waymarked horse riding route. Please ride with due care and consideration of other users. Check out the 'Mountain Bike/Horse Code'.

mbm
beiciomynydd
mountainbiking

Nant yr Arian

Comisiwn Coedwigaeth Cymru
Forestry Commission Wales