



Dolen Machno

Grade	coch/anodd
Distance	19 km
Time	1.5 - 3 awr
Climb	560 m

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, camrau, a chroesi dŵr.
Lefel ffitrwydd awgrymiedig	Lefel uwch o ffitrwydd a stamina.


Dolen Machno

Grade	red/difficult
Distance	19 km
Time	1.5 - 3 hours
Climb	560 m

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.


Dolen Eryri

Gradd	coch/anodd
Pellter	11 km
Amser	1 - 2 awr
Dringo	206 m

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, camrau, a chroesi dŵr.
Lefel ffitrwydd awgrymiedig	Lefel uwch o ffitrwydd a stamina.

Dolen Eryri

Gradd	red/difficult
Pellter	11 km
Amser	1 - 2 hours
Dringo	206 m

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.



Llwybr Beicio
Bike Trail

Penmachno



Llwybrau Penmachno yw un o gyfrinachau gorau beicio mynydd yn y Gogledd; 30km o drac sengl a llwybr coedwig sy'n cynnig golygfeydd godidog a'r wefr anhygoel o feicio mynydd yn y gwyllt go iawn.

Mae'r llwybrau wedi'u rhannu'n ddwy ddolen, a gallwch eu beicio'n unigol neu fel clamp o daith 30km. Gair i gall os ydych chi'n bwriadu beicio'r llwybr cyfan - ar ôl cael eich gwynt atoch wedi gwibio i lawr **Dolen Machno**, bydd y golygfeydd ar **Ddolen Eryri** yn mynd â'ch anadl eto!

Ar ôl i chi gwblhau'r daith, cofiwch gyfrannu; grŵp cymunedol Menter Bro Machno sy'n rheoli'r llwybrau a'r gwaith yn cael ei ariannu gan feicwyr a'i gynnal gan wirfoddolwyr. Gallwch gyfrannu at eu gwaith trwy adael rhodd mewn bocs casgliad neu drwy'r wefan -

www.penmachnobiketrails.org.uk
Mae Llwybrau Penmachno yn eithaf anghysbell gyda rhannau yn agored iawn i'r elfennau, felly cofiwch baratoi ymlaen llaw gyda digonedd o ddillad, bwyd a diod a theiars sbâr. Mae'r signal ffôn yn gyfyngedig.

The Penmachno Trails are the hidden gem of North Wales biking; 30km of singletrack and forest trail with spectacular views and the feel of a proper mountain biking adventure.

The trails are split into two loops that can be ridden individually or as one amazing 30km ride.

Be warned, if you do ride the complete circuit, just as you get your breath back from the descents on **Dolen Machno** the views on **Dolen Eryri** will take it away again!

Once you've ridden the trails don't forget to 'pay back your dirt'; the trails are managed by a local community group (Menter Bro Machno), and are funded by donations from bikers and maintained by volunteers. Donations can be made at the trailhead box or through the website -

www.penmachnobiketrails.org.uk
The Penmachno Trails are remote with some very exposed sections and limited phone signal, so please ride prepared with adequate spares, clothing, fluids and foods.



Llywodraeth Cymru
Welsh Government





DOLEN ERYRI



menter bro machno

www.penmachnobiketrails.org.uk



DOLEN MACHNO



Caffi Rhaedr y Graig
Conwy Falls Café



- Ilwybr Dolen Machno
Dolen Machno trail
- trac sengl
singletrack
- Ilwybr Dolen Eryri
Dolen Eryri trail
- trac sengl
singletrack
- ffordd coedwig
forest road
- ffordd cyhoeddus
public road
- postyn lleoliad
waymarker
- parcio
parking
- gwybodaeth
information
- toiledau
toilets
- caffi
café
- Y Safon Uchaf
Top of the grade

© Hawlfraint a hawliau cronfa ddata'r Goron 2012.
Rhif Trwydded yr Arolwg Ordnans 100025498
© Crown copyright and database right 2012.
Ordnance Survey Licence number 100025498

Mewn argyfwng, yr ysbyty agosaf yw:
In emergency, the nearest A&E is:
Ysbyty Gwynedd Hospital
Penrhosgarnedd, Bangor
LL57 2PW **01248 384384**

Dilynwch @PenmachnoMTB ar Twitter
Follow the @PenmachnoMTB on Twitter
 www.facebook.com/pages/Penmachno-
mountain-bike-trails/206631562682141

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.