

These courses are designed for cyclocross, but are also fun to ride on a mountain bike. They are a mixture of different surfaces including tarmac, grass and shale. There are a variety of small climbs and descents and optional obstacles to tackle if you like. There are three waymarked routes you can tackle which vary in length but not difficulty. All of the trails are multi-use, so please watch out for other visitors, especially on narrow sections and sharp corners.

- Always wear a helmet.
- Ride in control at all times.
- Give way to walkers, especially on bridges and other narrow sections.
- Some routes may be used by horse riders so please be aware and give way to them.
- Keep to the trails.

The Country Park is open all year round. Please contact the Park for visitor centre and campsite opening times. Find out more about Welsh Cyclocross League events at: www.cyclocrosswales.co.uk

Mae'r cyrsiau hyn wedi'u cynllunio ar gyfer seiclocrós ond maent hefyd yn hwyl ar feic mynydd. Mae yno gyfuniad o arwynebau gwahanol yn cynnwys tarmac, porfa a siâl. Cewch fynd i fyny ac i lawr llethrau bychain a chewch ddewis tacllo nifer o rwystrau os dymunwch. Ceir tri llwybr o wahanol hyd ond nid oes un yn fwy anodd na'r lleill.

- Gwisgwch helmed bob amser.
- Cadwch mewn rheolaeth bob amser.
- Rhowch flaenoriaeth i gerddwyr, yn enwedig bontydd a manau cul eraill.
- Defnyddir rhai llwybrau gan farchogau felly byddwch yn wylidwrus a rhowch flaenoriaeth iddynt.
- Cadwch at y llwybrau.

Mae'r Parc Gweldig ar agor drwy gydol y flwyddyn. Cysylltwch â'r Parc ar gyfer amserau agor y ganolfan ymwelwyr a'r gwersyllfan. Cewch wybod mwy am ddigwyddiadau Cynghair Cyclocross Cymru yn: www.cyclocrosswales.co.uk

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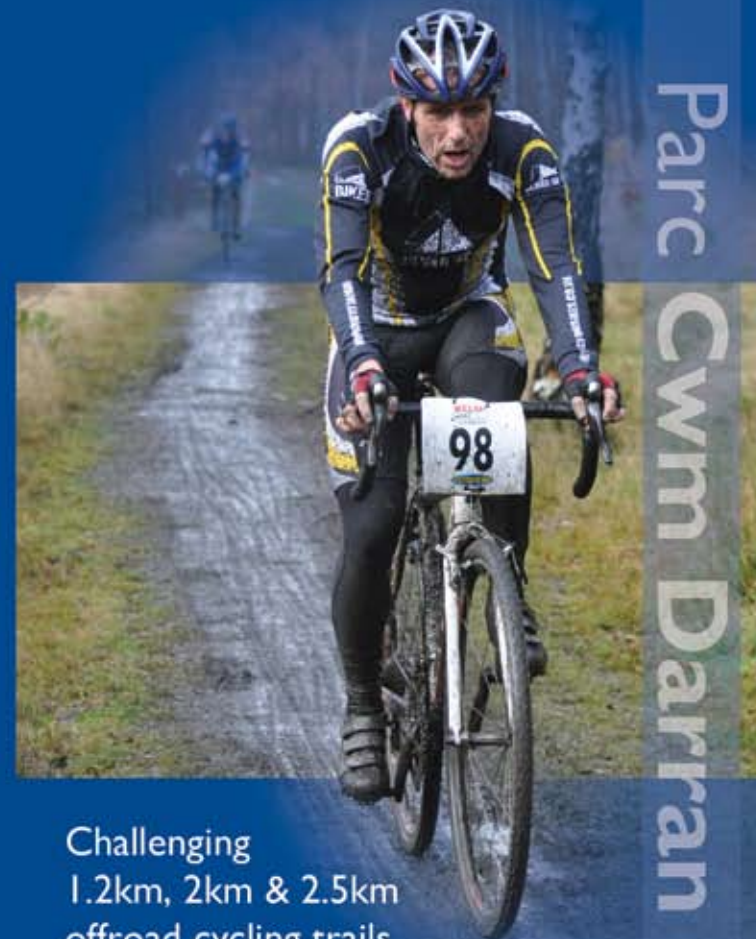


Ystrad Mynach
& Caerphilly
Ystrad Mynach
a Chaerffili



Cyclocross & mountain bike trails

Llwybrau seiclocrós a beicio mynydd



Parc Cwm Darran

Challenging
1.2km, 2km & 2.5km
offroad cycling trails

Llwybrau seiclo heriol
1.2km, 2km a 2.5km
oddi ar y ffordd





1.2KM



2KM



2.5KM

