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Eryri | Snowdonia

Mynyddoedd a Mor
Mountains and Coast

Ffordd Brailsford
"Rydw i wedi bod yn ddigon ffordus i deithio'r byd yn reidio beic, ond i mi does ond un lle sy'n wirioneddol sefyll allan; adref. Does dim beicio gwell, neu ran fwy trawiadol o'r byd nag Eryri."

Brailsford Way
"I've been lucky enough to travel the world riding bikes, but for me only one place really stands out and that's home. There's no better cycling, or a more stunning part of the world than Snowdonia."

Mae'r lle yn chwaa o awyr iach yn llythrennol. Dwi byth yn gadael heb deimlo yn well na phan gyrhaeddais!

It's such an invigorating place; I never leave without feeling better than I did when I arrived!

Wrth dyfu i fyny, dyma'r llwybrau yr oeddwn yn hoff o'u beicio; y ffordd, y dringo, y cyfuniad hyfryd rhwng môr a mynydd. Dyma oedd fy ysbrydoliaeth."

Growing up, these routes were the ones which I liked to ride; the road, the climbs, the beautiful blend between the sea and mountains. These were the ones that inspired me."



Sir David Brailsford
Sir David Brailsford CBE



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75 milltir neu 50 milltir
75 miles or 50 miles

"Does dim gwell seiclo, neu ran fwy trawiadol o'r byd nag Eryri." "There's no better cycling, or a more stunning part of the world than Snowdonia."

Sir David Brailsford CBE

Cyngor Brailsford

Mae Syr David Brailsford wedi bod yn un o ffigyrau amlycaf y byd beicio ym Mhrydain dros y degawd diwethaf, ac mae wedi chwarae rhan fawr yn ei lwyddiant - Tour de France, Tour of Britain, a Medalau Aur Olympaidd.

Maeth yw un o gonglfaeni beicio. Mae angen i chi ddysgu sut i edrych ar ôl eich corff cyn, yn ystod ac ar ôl taith.

Cyn beicio:
Brecwast yw pryd pwysicaf y dydd.

Yn ystod taith:
Digon o ddŵr! Ni allwch gynnal eich perfformiad os nad ydych yn rhoi ynni i'ch corff.

Wedi taith:
Bwyta pryd llawn protein, â digon o garbohydradau i ailgyflenwi'r calorïau.



Betws y Coed



Tour of Britain



Dolbadarn



Top Advice

Sir David Brailsford has been one of the most prominent figures in British Cycling. Over the past decade he has spearheaded its success – Tour de France, Tour of Britain and Olympic Gold Medals.

Nutrition is the fundamental building block of cycling. You need to learn how to look after your body before, during and after a ride.

Pre-ride:
Breakfast is the most important meal of the day.

During ride:
Stay hydrated, you can't maintain your performance if you're not giving your body what it needs.

Post-ride:
Eat a protein rich meal, and a small amount of carbs to replenish the calories.

Beth Sydd Mor Arbennig?

"Un peth yr wyf wir yn ei fwynhau; cael hoe fach mewn caffii lleol, ac eistedd yno am ychydig yn cael paned o goffi a sgwrs gyda'r bobl leol."

Defnyddwyd rhannau o'r llwybrau yma yn ystod cymal o'r Tour of Britain yn 2014 a 2015. Mae'r dringo yn anferth; dringo o lefel y môr i'r pwynt uchaf o 360m ym Mhen y Pass. Mae'r golygfeydd yn hudolus, ac amrywiaeth y beicio yn wirioneddol unigryw.

Mae'r ffyrdd yn llyfn; perffaiath ar gyfer beicio, a'r llwybrau wedi eu harwyddo'n dda. Rydym hefyd wedi sefydlu cymalau ar Strava. Dyma'r lle y cefais fy magu, ac yma cefais fy ysbrydoli."

What's So Special?

"I'll tell you one thing I really like, stopping at a local café, and just sitting there having a cup of coffee and a chat with the locals."

Parts of these routes were used during stages of the Tour of Britain in 2014 and 2015. The climbs are monstrous; climb from sea level to the highest elevation of 360m at Pen y Pass. The scenery is pure magic and the scale and variety of cycling is truly unique.

The roads are smooth, perfect for cycling and both routes are well sign posted. We have also set up stages on Strava. I grew up here and was inspired."

Ffordd Brailsford Brailsford Way

Take note
"The natural landscape of Snowdonia was my motivation for being out on the road. Look out for Snowdon, Glyderau, Rhinogydd, Menai Strait, Swallow Falls, Nant Peris and Deiniolen."

The majority of the routes are within the **Snowdonia National Park**, 823 square miles of it. They also circle Wales' highest mountain, **Snowdon**.

There are some cracking cafés on the routes serving what cyclist needs. Fuel!

Cycle past Edward the 1st' **Caernarfon Castle**, a designated UNESCO World Heritage Site.

Dolbadarn, Llanberis and Dolwyddelan Castles built by the Welsh prince Llywelyn ap Gruffudd in the early 13th century.



Beddgelert



Ty Hyl



Bwlch Llanberis
Llanberis Pass



Caernarfon



Dyffryn Nantlle
Nantlle Valley

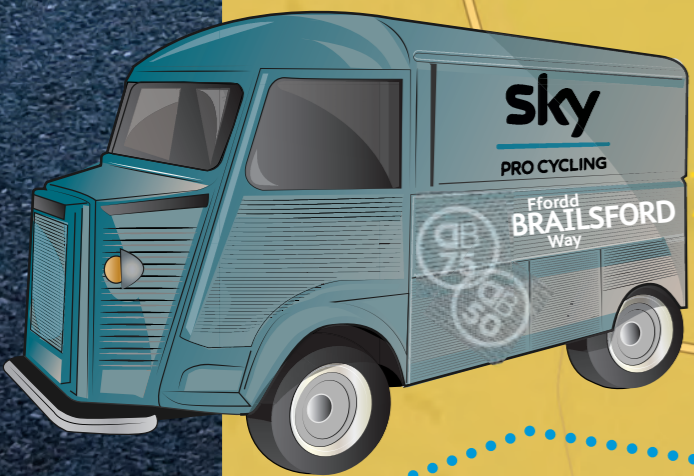
Llefydd i'w gweld ar y ffordd.
"Tirwedd naturiol Eryri oedd fy nghymhellant i fod allan ar y ffordd. Cadwch lygaid barcud am yr **Wyddfa** a'i chriw; y **Glyderau, Rhinogydd, Afon Menai, Rhaeadr y Wennol, Nant Peris a Deiniolen.**"

Mae'r rhan fwyaf o'r llwybrau o fewn **Parc Cenedlaethol Eryri** sydd yn 823 milltir sgwâr i gyd. Mae'r llwybrau hefyd yn cylchu mynydd uchaf Cymru, **Yr Wyddfa**.

Mae yna gaffis gwych ar y llwybrau sy'n cynnig bob dim y mae beicwyr ei angen. Ynni!

Beiciwch heibio Castell Edward y 1af yng **Nghaernarfon**, Safle Treftadaeth y Byd UNESCO dynodedig.

Castell Dolbadarn, Llanberis a Dolwyddelan a adeiladwyd gan y tywysog Cymreig Llywelyn ap Gruffudd yn gynnar yn y 13eg ganrif.



DB BRAILS FORD
Ffordd Brailsford Way

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