

Coed Llandegla

Troeon drwy'r goedwig, cuddfan adar, llyn a golygfeydd

Pellter: Amrywiol

Amser: Tua 1 - 3 awr

Parcio a chychwyn: Maes parcio'r Ganolfan Beiciau Mynydd (£)

Cyf. Grid: SJ228520, Map OS Explorer 256

Graddfa: Cymedrol, codi'n raddol

Cyfleusterau: Caffi, toiledau

Forest walks, bird hide, lake and views

Distance: Varied lengths

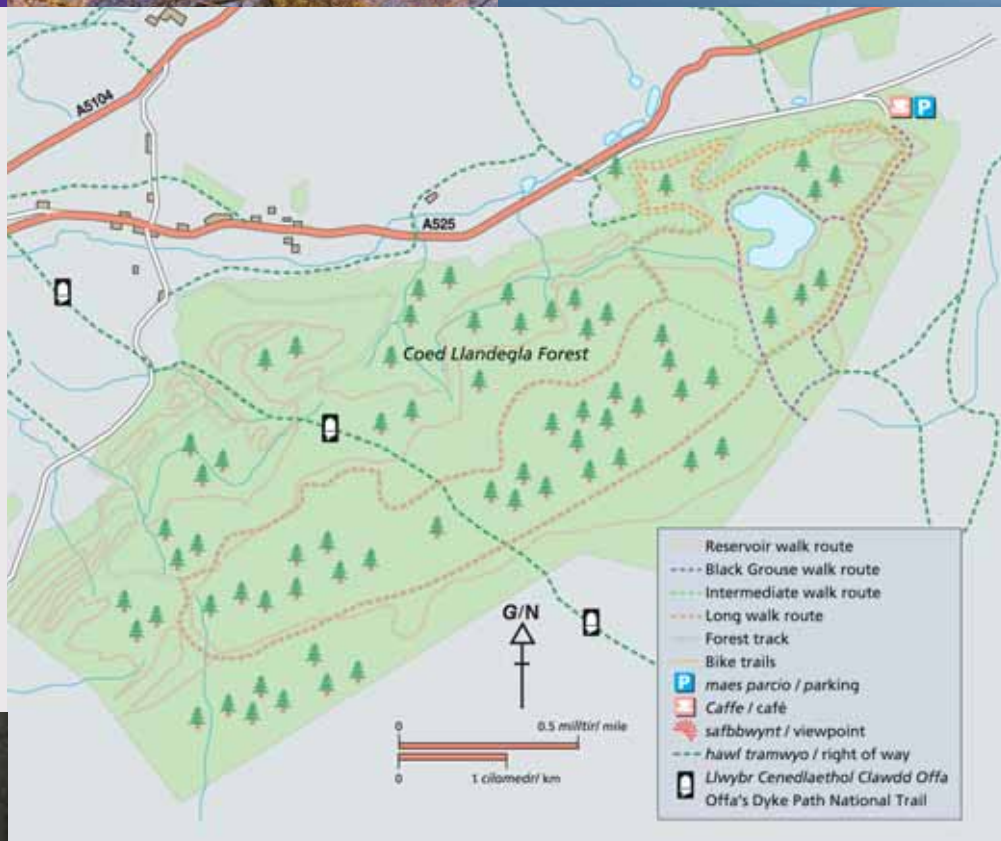
Time: Allow 1 - 3 hours

Parking and start: Mountain Bike Centre car park (£)

Grid ref: SJ228520, Explorer Map 256

Grade: Moderate, gentle ascent

Facilities: Café, toilets



Fe ddatblygodd Coed Llandegla enw da am ansawdd ei Lwybrau Beiciau Mynydd. Mae yma lwybrau i bob gallu o'r rhai sy'n dechrau i deuluoedd a beicwyr profiadol sy'n chwilio am her. Ond mae'r goedwig yn cynnig digon i gerddwyr hefyd a cheir yma ddewis o lwybrau hardd gydag arwyddion.

Nid oes unrhyw briffyrdd sydd rhaid eu croesi am fod yr holl lwybrau o fewn y goedwig. Lluniwyd y lwybrau troed yn ofalus gan ddefnyddio lwybrau coedwigaeth a lwybrau troellog naturiol. Ar y cyfan, mae'r lwybrau troed ar wahân i'r lwybrau beicio er mwyn lleihau'r perygl a'r ymyriad ac mae yma rybuddion clir lle mae lwybrau troed a lwybrau beicio'n croesi.

Y lwybrau troed:

--- Lwybr y Rugiar Ddu

3.5km / 2 milltir

Mae hwn yn arwain i'r guddfan adar sydd â golygfeydd gwych dros y rhostir ac yna'n ôl drwy'r goedwig ac o gwmpas y gronfa ddŵr.

--- Lwybr troed y gronfa ddŵr

4km / 2.5 milltir

Ar y lwybr hwn cewch weld pen dwyreiniol y goedwig, y gronfa ddŵr a golygfeydd da tua Moel Famau.

--- Lwybr troed canolig

5km / 3 milltir

Mae hwn yn edrych ar y cynefinoedd gwahanol yn y goedwig, y grug a'r llarwydd.

--- Lwybr troed hir

11km / 7milltir

Â'r lwybr hirach hwn i ben draw'r goedwig gan fynd heibio nifer o gynefinoedd gwahanol a gan ddangos golygfeydd eang.

Grugiar ddu

Mae min y goedwig a'r rhostir wrth ei ochr yn gartref i'r rugiar ddu brin, ac o fewn milltir i'r goedwig mae dros 50% o boblogaeth Cymru'r adar hyn yn byw. O'r guddfan adar sy'n edrych dros y rhostir ceir golygfeydd gwych o arddangosfa baru ryfeddol ceiliog y rugiar ddu ar fore o wanwyn. Cynhelir teithiau cerdded ben bore gan RSPB Cymru yn ystod mis Ebrill a Mai i weld yr adar yn arddangos (ffôn: 029 2035 3008). Ar hyn o bryd ar gyfer teithiau cerdded RSPB Cymru yn unig mae'r guddfan hon ar agor, ond o dro i dro gwelir nifer o adar rhostir eraill gan gynnwys y gylfinir, boda tinwyn a hebog tramor o ochrau'r guddfan. I gael dysgu mwy am y rugiar ddu ewch i'r ganolfan neu ewch i wefan www.rspb.org.uk



Coed Llandegla

Coed Llandegla has developed a superb reputation for its high quality Mountain Bike Trails. There are trails for all levels, from beginners and families to experienced bikers looking for a challenge. However the forest also has plenty to offer walkers with a choice of waymarked and picturesque walking trails.

Both cycling and walking tracks are completely enclosed within the forest, with no main roads to cross. The walking trails have been carefully designed, using forest tracks and natural winding paths. They are largely separate from the mountain bike trails to reduce danger and disturbance and there are clear warning signs where walking and cycling routes cross.



Grugiar ddu / Black grouse

The walking routes:

--- Black Grouse Walk

3.5km / 2 miles

This leads to the bird hide with good views across the moorland and back through the forest and around the reservoir.

--- Reservoir Walking Route

4km / 2.5 miles

This explores the eastern end of the forest with the reservoir and good views to Moel Famau.

--- Intermediate Walking Route

5km / 3 miles

This explores the different forest habitats, spruce plantation, heather rides and larch.

--- Long Walking Route

11km / 7miles

This continues to the far end of the forest, passing through varied habitats and giving wide views.

Black Grouse

The forest edge and adjoining moorland is home to the rare black grouse, with over 50% of the Welsh population living within 1 mile of the forest. A bird hide overlooking the moorland gives superb views of the extraordinary courtship display or 'lek' of the male black grouse on spring mornings.

Early morning guided walks to watch the lekking grouse are run by RSPB Cymru during April and May (tel: 029 2035 3008 for details). The hide itself is, at present, only open for these guided walks but a variety of other moorland birds, including curlew, hen harrier and peregrine can sometimes be seen from the wings of the hide. More information on black grouse is available from the centre or visit www.rspb.org.uk



Gylfinir / Curlew

Coedwig ar waith

Mae Coed Llandegla yn goedwig gwaith a reolir gan UPM Tilhill. Eu prif nod yw cynhyrchu coed Cymru cynaliadwy a reolir yn dda gan ddarparu ar gyfer hamdden a gwell bioamrywiaeth ar yr un pryd. Yn ystod y gwanwyn a'r haf y torrir y coed sy'n cael ei ddefnyddio i wneud nifer o bethau gan gynnwys trawstiau toi, ffensys a byrddau sglodion. Caiff y rhannau o'r goedwig a gafodd eu cwmpo eu hail-blannu yn ystod y gaeaf gyda chymysgedd o gonifferau a choed llydanddail fel derw a chriafol. Bydd y cymysgedd hwn yn fwy deniadol i'r llygad na'r conifferau'n unig a bydd yn gwella'r fiaoamrywiaeth yn sylweddol am fod nifer mwy o lawer o blanhigion ac anifeiliaid yn byw mewn coed llydanddail. Mae mwy o ardaloedd yn cael eu gadael heb eu plannu hefyd er mwyn darparu mwy o gynefinoedd amrywiol a hyrwyddir ardaloedd o rostir grug hefyd.

A Working Forest

Coed Llandegla is a working forest managed by UPM Tilhill. Their primary objective is to produce well-managed, sustainably produced Welsh timber whilst also providing for recreation and enhanced biodiversity. Felling of mature trees takes place during spring and summer. Logs leaving the forest have many uses including for roof trusses, pallets, fencing and chipboard. Felled areas are replanted during the winter with a mix of conifers and broadleaves, such as oak and rowan. This mixture will be more visually attractive than conifers alone and will considerably increase biodiversity as far more plants and animals live in broadleaved trees. More areas are also left unplanted to provide more varied habitats and areas of heather moorland are also encouraged.

Mae'r Caffi One Planet Adventure y tu mewn i'r caban pren yn y Ganolfan Beiciau Mynydd. Ceir yma bob math o fwyd oer a phoeth i'r rhai a fu'n treulio'u hamser yn yr awyr agored. Ond nid caffi i feicwyr yn unig sydd yma, estynnir croeso cynnes i bawb. Defnyddir cig moch a sosej lleol a derbyniodd y brecwast llawn y wobwr 'Brecwast Gorau Cymru'. Mae'r teisennau cartref yr un mor flasus. Mae'r ganolfan ar agor bob dydd, ac eithrio dydd Llun, o 9am-5.30pm a than 8 pm ar nos Fercher. Ffôn: 01978 751656; gwefan: www.oneplanetadventure.co.uk

One Planet Adventure Café is located within the log-cabin Mountain Bike Centre. It offers all sorts of hot and cold snacks, all aimed at those who have just spent time outdoors. It's not just a café for cyclists; all visitors receive a warm welcome. Locally sourced bacon and sausage is used and the hearty breakfasts have recently been awarded 'best breakfast in Wales!' The homemade cakes are equally good. The centre is open every day except Mondays from 9am-5.30pm and until 8pm on Wednesday evenings. Tel: 01978 751656; web: www.oneplanetadventure.co.uk

