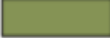
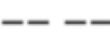


Eglurhad Legend

Tir agored		Open land
Tir agored garw		Rough open land
Tir agored gyda choed gwasgaredig		Open scattered trees
Coedwig: rhedeg		Forest: run
Coedwig: rhedeg araf		Forest: slow run
Coedwig: cerdded		Forest: walk
Coedwig: ymladd		Forest: fight
Isdyfiant: rhedeg araf		Undergrowth: slow run
Isdyfiant: cerdded		Undergrowth: walk
Anheddiad		Settlement
Ffordd, Maes parcio		Road, Car park
Ffordd goedwig		Forest road
Llwybr		Track
Llwybr troed		Footpath
Llwybr troed bach		Small footpath
Llwybr aneglur		Indistinct path
Rhodfa		Ride
Wal		Wall
Wal wedi ei chwalu		Ruined wall
Ffens, Giât		Fence, Gate
Ffens wedi ei chwalu		Ruined fence
Clogfaen, Tir caregog		Boulder, Stony ground
Craig: mawr, bach		Crag: large, small
Dim mynediad		Out of bounds
Adeilad, Adfail		Building, Ruin
Cyfuchlinell		Contour
Cyfuchlinell arwyddol		Index contour
Ffurflin		Form line
Ochr serth		Steep bank
Gyli bach		Small gully
Gwrthglawdd		Earthwall
Pydew, Bryncyn		Pit, Knoll
Pant: mawr, bach		Depression: large, small
Dwr		Water
Nant		Stream
Ffôs		Ditch
Cors		Marsh
Cors aneglur		Indistinct marsh
Cors na ellir ei chroesi		Uncrossable marsh

Cyfeiriannu yn Coedwig Niwbwrch

Cwrs Gwyrdd

Mae'r cwrs yma yn 5.0 km o hyd gyda dringfa o 160m. Mae 12 man rheoli ar y cwrs. Dylech ymweld â nhw yn y drefn a ddangosir o 1 i 12. Mae'r cwrs yn un technegol ac anodd ac mae'n addas ar gyfer cyfeiriannwyr profiadol.

TROWCH DROSODD AR GYFER MAP Y CWRS

Mae'r cwrs cyfeiriannu mewn rhan o'r goedwig sy'n cael ei defnyddio gan gerbydau, beiciau modur achlysurol, beiciau mynydd a defnyddwyr hamdden eraill, gan gynnwys beicwyr, marchogion ceffylau a cherddwyr. O bryd i'w gilydd bydd yn rhaid cau mannau rheoli oherwydd gweithrediadau cynheafu coed, felly ufuddhewch i unrhyw arwyddion rhybudd os gwelwch yn dda. Gallwch weld newyddion am gau mannau rheoli ar wefan Cyfoeth Naturiol Cymru www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park.

Y Mannau Rheoli

Mae'r cylchoedd porffor gyda rhifau yn dangos lleoliadau'r pyst marcio. Ceir disgrifiad o leoliad pob postyn isod. Mae gan bob postyn rif a llythyren unigryw. Gallwch ysgrifennu'r llythyren yn y gofod a ddarparir isod er mwyn dangos eich bod wedi ymweld â'r man rheoli.

Dechrau a Diwedd

Mae pob cwrs yn dechrau gogledd-ddwrrain o'r brif ardal parcio. Mae hyn wedi ei farcio gan y saeth BORFFOR ar y map. Mae pobcwrs yn gorffen yn y llannerch de-ddwyrain o'r brif ardal parcio. Mae hyn wedi ei farcio gan y cylch dwbl PORFFOR ar y map.

Darganfod mwy

Os wnaethoch chi fwynhau eich ymweliad â'r cwrs cyfeiriannu parhaol yn Llyn Elsi a hoffech wybod mwy ynglŷn â digwyddiadau cyfeiriannu lleol, ewch i'r wefan: www.eryri-orienteers.org.uk.

	1	2	3	4	5	6	7	8	9	10	11	12
Rhif yr Arwyddbost Post No.	50	52	53	54	55	42	49	45	51	47	48	56
Safle'r Arwyddbost / Post Location	Ochr ogledd-ddwyrainol fryncyn / North-eastern side of knoll	Adfewniad ganol / Middle re-entrant	Troed y sawdl ganol / Foot of middle spur	Pant bach deheuol / Southern small depression	Troed clogwyn, 2m o uchder / Foot of cliff, 2m high	Pant ddwyrainol / Eastern depression	Rhan uchaf adfewnol canol / Upper part of middle reentrant	Rhan uchaf adfewnol / Upper part of reentrant	Adfewniad ganol / Middle re-entrant	Rhan ogleddol o iselder / Northern part of depression	Rhan dde-ddwyrainol o iselder / South-eastern part of depression	Rhan dde-orllewinol y pant / South-western part of depression
Llythyren Letter												

Dechreuwch gogledd-ddwyrain o'r ardal parcio. / Start north east of the parking area.

Llywiwch am 90m i'r diwedd yn y llannerch de-ddwyrain i'r gogledd o'r ardal parcio. / Navigate 90m to the finish in the clearing north east of the parking area.

Amser a gymerwyd / time taken o funudau / minutes.

Orienteering at Newborough Forest

Green Course

This course is 5.0 km long with 160m climb. There are 12 controls on the course. You should visit them in the order shown from 1 to 12. The course is technically difficult and is suitable for experienced orienteers.

TURN OVER FOR COURSE MAP

The orienteering course is in a part of the forest that is also used by vehicles, occasional motor bikes, mountain bikes and other recreational users, including cyclists, horse riders and walkers. Occasionally control points will have to be closed due to timber harvesting operations, please obey all warning signs. Check for closures on the Natural Resources Wales website: www.naturalresources.wales/out-and-about/places-to-go/north-west-wales/gwydir-forest-park.

The Controls

The purple circles with accompanying numbers show the positions of the marker posts. The location of each post is described below. Each post has a unique number and letter. You can write the letter in the space provided below to show that the control has been visited.

Start and Finish

All courses start north east of the main parking area. This is marked by the PURPLE arrow on the map. All courses finish in the clearing south east of the main parking area. This is marked by the PURPLE double circle on the map.

Find out more

If you enjoyed your visit to the Llyn Elsi permanent orienteering course and would like to know more about local orienteering events, visit the website: www.eryri-orienteers.org.uk.