



### Blue 'Glengarw' Trail

Distance: 3km  
 Climb: 100m  
 Time: 30mins

The perfect appetiser for mountain biking in the Garw Valley. Suitable for riders with intermediate bike skills. The winding single-track together with beautifully crafted berms offer lots of fun and exhilaration.

### Black 'Gellideg' Trail

Distance: 3.2km  
 Climb: 200m  
 Time: 30-60mins

Has to be ridden to be believed. Suitable for expert mountain bikers. It offers a leg and lung burning climb coupled with one of the most varied and thrilling descents anywhere around. Berms, bombholes, slab drop offs and technical rock features, the Gellideg has it all!

You can also link both the above trails for a great 6km loop.



[www.gvcc.org.uk](http://www.gvcc.org.uk)

[www.facebook.com/GarwValleyMountainBikeTrails](https://www.facebook.com/GarwValleyMountainBikeTrails)



### HOW TO GET THERE

Sat Nav: CF32 8AT

Parc Calon Lan, Railway Terrace, Blaengarw

Free Parking at Parc Calon Lan

Leave M4 at J36. Follow the road signs to the Garw Valley and head towards Blaengarw and Parc Calon Lan. Trails begin from Parc Calon Lan.

We are just over half an hour drive away from Afan Forest Park and Glynccorwg.

Trails built and designed by Back-On-Track and managed by Garw Valley Community Council

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# DARREN FAWR MOUNTAIN BIKE TRAILS BLAENGARW

