

Club Beicio Dwyfor



Hyfforddiant di-draffig, beicio mynydd, beicio ffordd, reidiau teuluoedd, rasio, a mwy!

Traffic-free coaching, mountain biking, road cycling,



Sesiynau hyfforddi pob Nos Iau 6:15-7:15, Parc Glasfryn, Y Ffor. Oedran 7+ Grwpiau dechreuwyr a reidwyr profiadol. Beiciau lân ar gael i'w menthyg. Sesiwn cyntaf am ddim yna £3 y sesiwn. *Coaching sessions every Thursday evenings 6:15-7:15 at Glasfryn Park, Y Ffôr. Age 7+ Beginner and experienced groups. Road bikes available for use. First session free then £3 there-*

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