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Erthygl i'r Wasg Press Release

Ardal y Mabinogi a'r llechi...a chiosg hanesyddol

Ar gyrion gorllewinol Eryri, ceir cadwyn o bentrefi a threfi oedd ar un adeg yn gartref i filoedd o chwarelwyr. Yr ardal hon, Dyffryn Nantlle, fydd tîm **Cynefin** - Heledd Cynwal, Dr Iestyn Jones a Siôn Tomos Owen yn crwydro ym mhennod nesaf y gyfres ar nos Sul 9 Mai.

"Mae Dyffryn Nantlle wedi'i siapio'n llythrennol gan y diwydiant llechi. Dyma leoliad chwareli Dorothea, Pen yr Orsedd, a Chilgwyn, ond hefyd dyma fro TH Parry-Williams ac R Williams Parry. Dyma ardal y Mabinogi, yr ardal ddiwylliannol, ddiwydiannol a chwedlonol" meddai Heledd.

Mewn ardal sydd â chymaint o lynnoedd, mae un llyn sy'n frith o straeon a chwedlau. I Lyn Dywarchen fydd Iestyn Jones yn ymweld yn gyntaf. A pha ffordd well o ymgolli yn rhamant y straeon na thrwy nofio'n wyllt yn y llyn hwnnw? Grug Muse, sy'n hen gyfarwydd â nofio gwyllt yn llynnoedd yr ardal fydd yn esbonio cyswllt rhamantus y llyn hwn â'r tylwyth teg, ac yn sôn am y swyn o nofio yn y dyfroedd oer:

"Mae o'n brofiad arbennig iawn o ran dod i nabod dy gynefin – dod i'r un lle ar adegau gwahanol o'r flwyddyn, a mynd i fewn o dan y dŵr. Ti'n teimlo tymheredd y dŵr yn newid, ogle'r dŵr yn newid a'r bywyd gwyllt. Mae'r holl beth yn ffordd eitha' sbeshial o gael perthynas efo dy ardal dwi'n meddwl. Ond hefyd dwi'n meddwl bod o'n llesol i dy iechyd meddwl di, a 'ma'n rhywbeth dwi'n mwynhau'n arw."

Bydd Sion Tomos Owen yn mynd ar drywydd stori ysbïwyr sy'n llawn dirgelwch. Ar un adeg, ciosg ffôn Talysarn oedd ciosg ffôn enwocaf Cymru. Mae ei hanes wedi glynu i ymgyrch losgi tai haf Meibion Glyndwr oedd yn ei anterth yn yr 1980au – yn enwedig yn y gornel fach yma o Gymru:

"So 'ni'n gwybod hyd heddiw pwy oedd yn gyfrifol am yr ymgyrch" meddai Siôn. "A doedd gan yr heddlu ar y pryd ddim clem chwaith. Y gred yw fod yr heddlu lleol wedi galw ar gymorth gan y gwasanaethau cudd, ac mae'r bobl lleol yn credu bod y *spooks* a'r *spies* wedi bod yn gweithredu mewn ciosg di-nod yn Nhalysarn!"

Bydd Sion hefyd yn archwilio i'r cysylltiad rhwng Dyffryn Nantlle a Rhyfel Cartref Sbaen, yn ogystal â pholyn go enwog yn yr ardal!

Mae'r ardal yr un mor falch o'i phresennol ag yw o'i gorffennol, a bydd Heledd yn ymweld â Chlwb pêl-droed Dyffryn Nantlle, neu Nantlle Vale fel mae'n cael ei adnabod gan bawb ym myd y bêl gron led led gogledd Cymru. Mae'n glwb; sydd ag iddi sawl stori chwedlonol, diolch yn bennaf i'w chwaraewr-reolwr o'r 1970au, y reslar Orig Williams. y reslar Orig Williams. Ond daw Heledd i ddeall hefyd fod mae llawer mwy i Glwb y Vale nag El Bandito-



Caiff hefyd glywed am Seindorf Arian Dyffryn Nantlle a sefydlwyd yn 1865 gan griw o chwarelwyr ac sy'n dal i fynd o nerth i nerth hyd heddiw.

Meddai Heledd: "Mae olion yr hen ddiwydiannau'n dal i greithio tirlun Dyffryn Nantlle, ond mae llawer mwy i'r dyffryn na hanes y llechi. Mae'n wir dweud mae'r chwarelwyr osododd seiliau cadarn a hanes balch i'r ardal, ond mae yr un mor wir dweud fod y balchder yna mor amlwg ag erioed yn y gornel yma o Gymru."

Cynefin: Dyffryn Nantlle

Dydd Sul, 9 Mai 8.00

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Rondo ar gyfer S4C



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A land of myths and legends...and a famous telephone kiosk!

On the Western outskirts of Snowdonia, there is a chain of villages and towns that were once home to thousands of quarrymen. This area, the Nantlle Valley, will be the next destination for the **Cynefin** team – Heledd Cynwal, Dr Iestyn Jones and Siôn Tomos Owen in the latest episode of the series on Sunday 9 May.

“The Nantlle Valley is literally shaped by the slate industry. This is the location of the Dorothea, Pen yr Orsedd and Cilgwyn quarries, but it was also home to TH Parry-Williams and R Williams Parry. This is the land of the Mabinogi, of cultural, industry and myths,” says Heledd.

Iestyn Jones’s first stop will be Llyn Dywarchen. And what better way to get immersed in the romance of the stories and legends associated with it than by swimming in the lake? Grug Muse, who has plenty of experience of wild swimming in the area’s lakes, will explain the romantic connection between Llyn Dywarchen and its fairy tale, and will talk about the unique appeal of swimming in cold waters:

“Coming to the same place, getting underwater at different times of the year is a very special way of getting to know your habitat. You feel the water temperature changing, the water smells different, and you see differences in the wildlife. It’s a pretty special way of having a relationship with your area I think. But I also think it’s good for your mental health, and it’s something I really enjoy.”

Siôn Tomos Owen will follow a mysterious story of spies. At one time, Talysarn’s telephone kiosk was Wales’s most famous phone box. Its history has adhered to the Meibion Glyndwr’s campaign of setting holiday homes alight, which peaked in the 1980s – especially in the small corner of Wales:

“We still don’t know who was responsible for the campaign” said Siôn. “And the police at the time didn’t know either. It’s believed that the local police called for assistance from the secret services, and the locals believe that the spooks and spies had been operating in an inconspicuous kiosk in Talysarn.”

Siôn will also explore the connection between the Nantlle Valley and the Spanish Civil War, as well as a rather famous pole that can be spotted in the area!

The area is just as proud of its present as it is of its past, and Heledd will visit Dyffryn Nantlle Football Club, or Nantlle Vale, as it is known by everyone familiar with football throughout north Wales. The club holds many legendary stories, thanks to its 1970s player and manager, wrestler Orig Williams. But Heledd learns that there is so much more to Nantlle Vale than El Bandito.

She also hears about the Nantlle Valley Silver Band, founded in 1965 by a group of quarrymen and is still going from strength to strength.



Heledd says: "The remnants of the old industries still scar the landscape of the Nantlle Valley, but there is much more to the valley than the history of slate. It's true to say that the quarrymen laid firm foundations and a proud history for the area, but it is just as true to say that pride is as evident as ever in this corner of Wales."

Cynefin: Dyffryn Nantlle

Sunday, 9 May 8.00 pm

On demand: S4C Clic, iPlayer and other platforms

A Rondo Media production for S4C