

26.05.2022

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**Erthygl i'r Wasg Press Release**

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## Nyrs, ieithydd, postmon a swynwraig yn mynd Am Dro!

Mae mil o bunnau yn y fantol, a phedwar cystadleuydd brwd yn awyddus i gipio'r wobr ariannol. Yn **Am Dro!** am 8:00 nos Sul 5 Mehefin, byddwn yn dilyn taith gerdded pedwar cyfrannwr wrth iddynt arwain y tri cystadleuydd arall o gwmpas eu hoff ddiangfeydd lleol. O Went i Borthmadog, o Aberffraw i Borth Tywyn, beth fydd argraff y cystadleuwyr o'r ardal wrth iddynt fynd am dro?

Yn cymryd eu tro i arwain y grŵp, mae Charly o Tymbli, Mhara o Aberffraw, Tommie o Borthmadog a Nick o Gaerdydd. Wrth rannu ffeithiau lleol a pharatoi cinio, bydd marciau am bob elfen o'r daith felly bydd rhaid trio eu gorau glas i blesio'r grŵp a chipio'r mil o bunnau!

Charly, nyrs o Pwll sydd yn tywys y daith gyntaf ar hyd arfordir Porth Tywyn, o Pwll i Borth Tywyn.

"Ma' Pwll yn cael ei anghofio tamed bach...*blink and you miss it!*." medd Charly.

Yn deithiau personol, cawn ddod i nabod rhywfaint ar y cyfranwyr, ac fe glywn am brofiad Charly o weithio ar y ward Covid yn ystod y pandemig.

"...o'n i'n nyrso'r pobl cynta' gyda Covid...Fi 'di gweld teuluoedd yn marw...Ac yn anffodus wedyn 'ny, dalies i Covid 'fyd...o'dd e'n anodd."

Mae'r ail daith yn mynd â'r teithwyr i gamu tiroedd Gwent, o Gil-y-Coed i Fryngaer Llanmelyn. Yn dod o Gasnewydd, mae Nick yn dipyn o ieithydd, mae wedi dysgu Cymraeg ac Indoneseg ac mae ganddo'i lygaid ar wobr Dysgwr y Flwyddyn er mwyn cael enw barddol!

Yn dechrau yng Nghastell Cil-y-Coed, mae Nick yn barod i roi gwers hanes am yr Oes Haearn ac am yr olion Rhufeinig. Ond ydy picnic Rhufeinig Nick yn haeddu marciau?

Tro Mhara sydd nesaf, Swynwraig Fodern o Aberffraw. Yn berson hoyw a thraws, mewn sgwrs gonest, mae'n adlewyrchu ar ei hamser yn tyfu i fyny yn yr ardal.

"...yn tyfu fyny fel person fatha fi, sy'n traws, a cyn hynna nes i ddod allan yn hoyw yn 13, o'n i bob tro yn teimlo bo' fi ar y tu allan yn edrych i mewn, do'n i methu teimlo fel rhan o'r gymuned go iawn."

Yn falch iawn o'i milltir sgwâr, mae Mhara yn mwynhau rhannu ffeithiau lleol.

"Mae Aberffraw yn bentref hanesyddol...fama oedd sêr llys twysogion Cymru...o'dd fama yn bendant yn hynod o bwysig i deyrnas Gwynedd."

Yn troedio sawl traeth, a'u bwydo gyda phastai poltergeist, ydy Mhara wedi llwyddo i swyno'r tri?

Tro'r dyn post a dyn ei filltir sgwâr, Tommie, sydd olaf ac mae ei daith yn mynd o gwmpas ei dref enedigol, Porthmadog.

"Dwi erioed 'di symud o 'ma, ma' teulu fi i gyd yn byw yma, a mae'n lle braf i fyw."

Yn dechrau wrth yr harbwr, mae Tommie yn tywys y criw i fyny 'Grisiau Mawr', traeth Porth y Gest, yn croesi cob eiconig William Maddocks ac yn gorffen ar gae pêl-droed Porthmadog. Ydy ei ffeithiau lleol a'i daith ar y tren stêm am ei goroni'n enillydd?

A wnaiff Tommie fwyta hwmws cartref Nick? Ydy Charly am ddarbwyllo Tommie taw rygbi yw'r chwaraeon gorau? Ac ydy cyfarch ysbrydion lleol o flaen crochan a thân gyda Mhara yn mynd i ennill marcian? Neu, a fydd yr acenion yn rhwystr? Cawn weld, wrth i ni fynd am dro!

**Am Dro!**

**Nos Sul 5 Mehefin 8.00, S4C**

**Isdeitlau Saesneg**

**Ar alw: S4C Clic, iPlayer a llwyfannau eraill  
Cynhyrchiad Cardiff Productions ar gyfer S4C**

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## A nurse, linguist, postie and a bewitcher go on a walk!

There's a thousand pound prize up for grabs and four enthusiastic competitors keen to scoop the prize money. In **Am Dro!** at 8:00 Sunday 5 June, we'll be following the four contestants as they lead the other three around their favourite escape spots. From Gwent to Porthmadog, from Aberffraw to Burry Port, what will be the contestant's impressions of the area as they go on a walk?

Each taking it in turns to lead the group, Charly is from Tumble, Mhara from Aberffraw, Tommie from Porthmadog and Nick from Cardiff. Sharing local facts and providing lunch, each element of the walk will be marked, so the four will have to give their all to please the group and grab the cash prize!

Charly, a nurse, leads the first walk along Burry Port's coastline, from Pwll to Burry Port.

"Pwll gets forgotten about a bit...blink and you miss it!" says Charly.

They're personal walks, and we get to know a little about each contestant, and we hear about Charly's experience of working on the Covid ward during the pandemic.

"...I was nursing the first people with Covid...I've seen families die...And unfortunately later, I caught Covid too...it was tough."

The second tour takes them to tread on the fields of Gwent, from Caldicot to Llanmelyn Wood Hillfort. From Newport, Nick is a bit of a linguist having learnt Welsh and Indonesian and he has his eye on the Welsh Learner of the Year prize as he fancies a bardic name!

His starting point is Caldicot Castle, and Nick is ready for his history lesson in the Iron Age and about the Roman remains. But does Nick's Roman picnic deserve some points?

It's Mhara's turn next, a modern bewitcher from Aberffraw. As a gay and trans person, in an honest conversation, she reflects on her time growing up in the area.

"...growing up as a person like me, who's trans, and before that I came out as gay at 13, I always felt that I was on the outside looking in, I didn't feel like I was part of the community."

Proud of her roots, Mhara enjoys to share local knowledge.

"Aberffraw is a historical village...and was the capital of the Kingdom of Gwynedd."

Treading on many beaches, and feeding poltergeist pasties to the group, has Mhara managed to charm the three?

It's the postman's turn this time, Tommie, and his walking tour goes around his birth town, Porthmadog.

"I've never moved from here, all my family live here, and it's a nice place to live."

Starting by the harbour, Tommie takes the crew up 'Grisiau Mawr' (Big Steps), Porth y Gest beach, and crosses William Maddocks' famous cob and finishes on Porthmadog's football pitch. Will his local facts and a trip on the steam train crown him the winner?

Will Tommie eat Nick's homemade houmous? Will Charly convince Tommie that rugby is the best sport? And does greeting the local spirits in front of a cauldron and a fire earn Mhara those extra points? Or, will the accents and local dialects be a barrier?

**Am Dro!**

**Sunday 5 June 8.00, S4C**

**English subtitles available**

**On demand: S4C Clic, iPlayer and other platforms**

**A Cardiff Productions production for S4C**