09.09.2021

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Erthygl i'r Wasg **Press Release**

Dewch am dro i fwynhau golygfeydd godidog Cymru

Rydym yn lwcus yng Nghymru o gael dewis da o lefydd i gerdded. Boed yn fôr, mynydd, cefn gwlad neu drefi hanesyddol, mae rhywbeth i blesio pawb ac mae gan bawb ei hoff lwybr.

Yn y gyfres newydd o **Am Dro!** sydd yn dechrau ar S4C ddydd Sul, 19 Medi, bydd pedwar unigolyn yn arwain taith i arddangos eu milltir sgwâr ar ei orau. Haul neu law, awel fain neu gorwynt, bydd rhaid diddanu a bwydo'r cyd-gystadleuwyr cyn eu harwain yn ôl yn ddiogel.

Bydd marciau yn seiliedig ar bob elfen o'r daith gyda'r enillydd yn cipio gwobr o fil o bunnoedd.

Sioned Fflur Swyddog Cynadleddau Prifysgol Aberystwyth sydd yn dechrau'r rhaglen gyda thaith sy'n cychwyn ger Pafiliwn Pontrhydfendigaid ac yn mynd â'r grŵp ar hyd glannau'r afon Teifi i abaty Ystrad Fflur.

"Dwi wedi dewis y daith yma achos mae'n dangos yr ardal ar ei gorau. Mae yna dipyn o hanes ar y ffordd a dyna beth dwi eisiau gwneud heddiw - i ddangos bod 'na cymaint o olygfeydd hyfryd i gael 'ma," meddai Sioned.

Ond tybed a fydd y daith yn plesio ei chyd-gerddwyr a beth fydd eu barn am y picnic mae hi wedi ei ddarparu, sef bwyd ar thema te prynhawn gan gynnwys brechdanau, sosej rôl cartref a threiffl?

I Sir Benfro yr awn ni nesaf ac mae Nia Phillips o Rydaman yn gofyn i'r tîm gwrdd â hi yn Llanfihangel Clogwyn Gofan am dro ar hyd Llwybr yr Arfordir.

Yn ystod y daith cawn glywed am broblemau iechyd Nia a gafodd strôc yn 2019 a hithau ond yn 20 mlwydd oed.

"Roedd e'n gyfnod rili anodd i fynd trwyddo ac wrth edrych yn ôl dwi'n eitha' prowd o'n hun fy mod i wedi dod trwyddo fe," meddai Nia. "Mae'r strôc yn bendant wedi newid *outlook* fi ar fywyd. Wi'n credu bod e'n llawer gwell bo ti'n neud rhywbeth a bo ti ddim yn gwneud yn dda na dim treial o gwbl."

A dyma hi Nia yn arwain taith hyfryd o amgylch y pyllau lili enwog a lawr i'r traeth lle mae picnic o frechdanau cyw iâr tikka a photel o gwrw yr un yn eu haros.

Mae cerdded yn ardal Dolgellau wedi helpu'r cyn-filwr Rob Parkes i ddod i delerau gyda phroblemau iechyd meddwl ar ôl 20 mlynedd yn y fyddin a'r profiad o ymladd yn Bosnia a'r Gwlff.

Ar ôl tywys y grŵp o amgylch Dolgellau yn y glaw a rhoi ychydig o hanes y dref iddynt, mae Rob yn eu tywys i'r goedwig uwchben y dref.

"Roedd hwn yn *sanctuary* i fi," meddai Rob sydd bellach wedi gadael y fyddin a nawr yn datblygu ei ochr ysbrydol ac yn gweithio fel seicig. "Pan o'n i'n sâl, o'n i yn cerdded trwy'r goedwig yma am oria' - rownd a rownd, jysd gwagio fy meddwl a cheisio dallt beth oedd yn digwydd a dwi ddal yn dod yma."

Mae Rob yn esbonio mwy i'r grŵp am ei sgiliau seicig wrth iddynt fwynhau picnic o salad nwdl.

Mae'r dro olaf yn dechrau nid ar droed ond ar drên wrth i'r grŵp o gerddwyr fynd ar reilffordd Llyn Padarn i ddechrau eu wâc. Gyda Dafydd Orritt yn eu tywys, maen nhw wedyn yn cerdded lawr ochr y llyn, rhyfeddu ar y golygfeydd arbennig a gorffen y daith yng nghastell Dolbadarn. Ar y ffordd maen nhw'n mwynhau picnic o fwrdd caws a mefus wedi eu gorchuddio â siocled.

Felly - wrth i bawb sgorio pob taith gerdded, pwy fydd yn dod i'r brig a phwy fydd yn cwympo ar hyd y ffordd? Bydd rhaid gwylio **Am Dro** i ddarganfod mwy a mwynhau rhai o fannau mwyaf ysblennydd Cymru.

Am Dro
Nos Sul 19 Medi 8.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Cardiff Productions ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Come on a walk to enjoy Wales's most beautiful views

We are lucky in Wales to have a great choice of places to go for a walk. Be it coast, mountain, countryside or an historic town, there is something to please everybody and everybody has their favourite walk.

In the new series of **Am Dro!** (Let's Walk!) which begins on S4C on Sunday, 19 September, four people will be leading a walk to show off what their local area has to offer.

Come rain or shine, gentle breeze or howling gale, they will have to amuse and provide a picnic for their fellow competitors before getting them home safely.

Marks will be based on each element of the walk with the winner scooping a prize of £1,000 at the end of the programme.

Sioned Fflur, Conferences Officer at Aberystwyth University, begins the programme with a walk from the Pontrhydfendigaid Pavilion along the banks of the river Teifi ending at Strata Florida Abbey.

"I have chosen this walk because it shows the area at its best. There's a bit of history along the way and I want to show that there are so many wonderful views here," said Sioned.

But will the walk please those she is leading and what will be their opinion of the picnic she has prepared for them on the theme of an afternoon tea, namely sandwiches, home-made sausage rolls and trifle?

We go to Pembrokeshire next and Nia Phillips from Ammanford asks the team to meet her at Bosherston for a walk along the Wales Coastal Path.

During the walk we hear about Nia's health problems after she suffered a stroke back in 2019 when she was just 20 years old.

"It was a really difficult time to go through and looking back, I am quite proud of myself that I came through it," said Nia. "The stroke has definitely changed my outlook on life. I think it's much better to do something, even if you don't do well, than not trying at all."

And so here is Nia, leading the team on a beautiful walk around the lily ponds and down to the beach where a picnic of chicken tikka sandwiches washed down with a bottle of beer awaits them.

Walking in the Dolgellau area has helped former soldier Rob Parkes come to terms with his mental health issues after serving 20 years in the army and experience of fighting in Bosnia and the Gulf.

After leading the group around Dolgellau in the rain while giving them a bit of the town's history, Rob takes them to a woodland above the town.

"This was a sanctuary for me," said Rob who has now left the army and is developing his more spiritual side as a psychic medium. "When I was ill, I walked through these woods for hours – round and round, just emptying my mind and trying to understand what was happening to me, and I still come here."

Rob explains to the group about his psychic skills as they enjoy a picnic of noodle salad.

The last walk begins not on foot but on a train as the group of walkers take the Llyn Padarn railway to the start of their walk. With David Orritt leading them, they stroll along the side of the lake, wondering at the amazing views and finishing at Dolbadarn Castle. On the way, they enjoy a cheeseboard picnic with chocolate-covered strawberries.

So, after everybody has scored each of the walks, who will emerge victorious and who will fall by the wayside? Watch **Am Dro!** to find out more while enjoying some of Wales's most splendid locations.

Am Dro!
Sunday 19 September 8.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Cardiff Productions production for S4C