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Erthygl i'r Wasg **Press Release**

Antur i'r teulu cyfan ar stepen eu drws

Mae cyfnod y clo wedi rhoi amser i ni ystyried beth sy'n bwysig yn ein bywydau - ac ar frig y rhestr i nifer mae treulio mwy o amser gyda'r teulu a dod i adnabod y bobl sydd agosaf atom yn well.

Daeth ffenest fach o gyfle yn ystod misoedd yr haf i ddianc am natur a chafodd teulu o bedwar o'r Bala gyfle i fwynhau penwythnos o antur gyda'i gilydd yn ardal odidog aber Afon Mawddach ger Y Bermo yn y gyfres **Antur Adre** ar S4C sy'n dilyn teuluoedd a ffrindiau aeth ar wyliau'n agos at adre' eleni i ddarganfod rhai o'r rhyfeddodau sydd gan Gymru i'w cynnig.

Ac mae'r teulu Jones o Rosygwalia - sef dad a mam Dei a Gwennan a dau o'u plant Harri ac Erin - yn fwy na pharod am antur ar ôl misoedd o fod yn gaeth yn y tŷ oherwydd cyfyngiadau Covid-19.

Meddai Gwennan: "Da ni'n deulu sy'n licio antur. Da ni'n licio cerdded mynyddoedd yn ofnadwy ac yn trio gwneud cymaint o gopaon Cymru a fedrwn ni."

Mae Dei sy'n saer coed wrth ei waith bob dydd yn brysur iawn yn rhedeg ei fusnes ei hun ac yn awyddus iawn i dreulio mwy o amser gyda'r teulu. "Dwi bob amser yn gweithio ac ar y go - dwi byth yn rhoi llawer o amser i'r teulu, felly mae'n neis i jysd cael mynd," meddai Dei.

Felly mae'r teulu Jones yn pacio popeth bydd angen arnynt i gefn y car am benwythnos o wersylla ac yn gyrru 40 munud o'u cartref i faes campio Tyddyn Du yn Bont Ddu ger y Bermo.

Harri ac Erin sydd wedi dewis gweithgareddau'r penwythnos - felly bydd llawer o hwyl a sbri wrth i'r teulu cyfan gael tro ar badl-fyrddio ac abseilio.

Mae Erin yn dipyn o arbenigwraig ar y padl-fwrdd a Harri wedi rhoi cynnig ar abseilio yn y gorffennol - ond tybed a fydd y rhieni yn cyrraedd gwaelod y clogwyn ac yn llwyddo i beidio disgyn oddi ar y padl-fwrdd i'r dŵr?

Mae'r teulu yn cael treulio amser yn gwneud pethau mwy hamddenol gyda'i gilydd hefyd sef coginio stêc Wagu ar y tân, chwarae *boules* a gweld yr haul yn codi dros y Mawddach.

"Roedd hi'n rili dda i gael ni gyd efo'n gilydd ac yn trio pethau newydd," meddai Erin ar ddiwedd y penwythnos. "Wnes i fwynhau'r abseilio'r gorau - roedd o'n rhywbeth hollol newydd ac mi oedd o'n neis i wneud o fel teulu."

Mae ei thad Dei yn cytuno: "Beth sy'n neis yw bod y pedwar ohonom ni wedi cael dod at ein gilydd yn yr awyr agored, rownd y tân ac yn gorfod siarad mwy efo'n gilydd - mwy na faswn ni

adre, ynte? Ac mae'n beth da i glywed beth mae pawb yn meddwl ac yn licio, felly -mae hi wedi gweithio'n sbot on."

Mae mwy o anturiaethau i ddod yn ystod yr wythnosau nesaf yn **Antur Adre**. Mae tri ffrind yn mynd ar antur i ardal Y Clas-ar-Wy, pentre' ar y ffin rhwng Sir Frycheiniog a Sir Faesyfed a phum peldroediwr o Rydaman yn mynd i antura yng Nghwm Tawe gyda Pharc Cenedlaethol Bannau Brycheiniog yn gefnlen i'w gweithgareddau. Mae'r teulu Jones o Dalybont, Aberystwyth - dau frawd a chwaer, yn mwynhau'r hyn sydd gan ardal hardd Mwnt yng Ngheredigion i'w chynnig.

Gallwch ddal i fyny gyda mwy o'r anturiaethau **Antur Adre** ar S4C Clic gan gynnwys trip gwersylla dwy fam a'u merched yn ardal hardd Dyffryn Clwyd a grŵp o ffrindiau o Brifysgol Caerdydd sy'n ymweld â'r As Fawr (Monknash) am benwythnos o syrffio a merlota.

Antur Adre
Nos Iau 15 Hydref 9.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Rondo ar gyfer S4C

03.10.2020

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Erthygl i'r Wasg Press Release

An adventure for the whole family – on their doorstep

Lockdown has given us time to consider what is important in our lives. At the top of the list for many is spending more time with family and getting to know those closest to us better.

A window of opportunity opened up during the summer months to escape for an adventure and a family of four from Bala got to enjoy a weekend away together in the beautiful Mawddach estuary near Barmouth in **Antur Adre** (Adventure at Home) on S4C. The series follows friends and families who have chosen to go on holiday closer to home this year to discover some of the wonders Wales has to offer.

The Jones family from Rhosygwalia – mum and dad Dei and Gwennan and two of their children Harri and Elin – were more than ready for an adventure after being stuck in the house for months.

Gwennan said: "We are a family which likes adventure. We like walking in the mountains very much and try to visit the summits of as many Welsh mountains as we can."

Dei, who is a carpenter and very busy running his own business, was keen to spend more time with his family. "I am always working and on the go. I never spend much time with the family, so it's nice just to be able to head off," said Dei.

So, the Joneses pack everything they need for a weekend of camping into the back of their car and drive to the Tyddyn Du campsite in Pont Ddu near Barmouth just 40 minutes from their home.

Harri ac Erin are in charge of choosing the activities for the weekend – so there will be lots of fun as the entire family has a go at abseiling and paddleboarding.

Erin is already a bit of an expert on a paddleboard and Harri has had a go at abseiling before – but how successful with their parents be at reaching the bottom of a huge cliff and keeping their balance on a paddleboard?!

The family also spend time doing more relaxing activities together such as cooking Wagyu steak around the campfire, playing *boules* and watching the sun rise over the Mawddach.

"It was really good to have us all together and trying new things," said Erin at the end of the weekend. "I enjoyed the abseiling best – it was something completely new and it was nice to do it as a family."

Her dad Dei agrees: "What is nice is that the four of us were able to spend time together in the open air, around the fire and having to speak to each other more – more than we would have done at home, perhaps? And it's good to hear what everybody thinks and likes, so, it has worked out really well."

There are more adventures to come in the next few weeks in **Antur Adre**. Three friends go for an adventure to Glasbury on the border between Brecknockshire and Radnorshire while five members of Ammanford Football Club explore the Swansea Valley with the Brecon Beacons National Park providing the backdrop to their activities. The Jones family from Talybont near Aberystwyth – two brothers and a sister – enjoy what Mwnt in Ceredigion has to offer.

You can catch up with more **Antur Adre** adventures on S4C Clic including a mothers and daughters camping trip in the beautiful Vale of Clwyd and a group of friends from Cardiff University who visit Monknash for a weekend of surfing and pony-trekking.

Antur Adre
Thursday 15 October 9.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Rondo production for S4C