



Penwythnos awyr agored 'Stiniog!

Awst 23^{ain}- 24^{ain} 2008

Gweithgareddau'r penwythnos yn cynnwys:

DYDD SADWRN 23^{AIN}

Taith 1: I'r llynoedd gyda gwybodaeth am pysgota leol a cyfeiriannu gyda Cymdeithas Enweiriol Y Cambrian a Bob Cole. Cyfarfod ym maes parcio Cwmorthin 10.00y.b

Taith 2: Sesiwn blasu Dringo – 'Tu Cefn Garreg Ddu' Sesiynnau dringo gyda arweinydd profiadol. (Oedran 11+). Cyfarfod Maes parcio Diffwys 10.30y.b

Taith 3: 'Diwrnod ar y Moelwynion' - Diwrnod mynydd 5 awr gyda mynyddwr lleol profiadol. (Oedran 18+). Cychwyn yn Gwesty Bryn Ellytd, Tanygrisiau, 10.00y.b

DYDD SUL 24^{AIN}

Taith 4: Cystadleuaeth Pysgota ar Llyn Tanygrisiau (mynediad £7 oedolion / £4 Plant - Gwobreuon ar y dydd!). Cyfarfod 10.00y.b. Caffi Lakeside

Taith 5: Natur a Geoleg. Cyfarfod Ysbyty Goffa Blaenau Ffestiniog 10.30a.m. (Taith 1-2 awr) Gan orffen yn Llyn Tanygrisiau, dan arweiniad arweinwyr Arweinwyr Cerdded Arwyr Cymunedol, y Tim Bioamrywiaeth a Roland George.

Taith 6: Clwb Padlo Blaenau. Cyfle i flasu sesiynnau hwyll caicio/canwio dan arweiniad clwb padlo Blaenau (£1.00). Cyfarfod 10.00y.b Caffi Lakeside

Taith 7: Trefol ac Hanesyddol gyda Rhian Williams. Cyfarfod Canolfan Twristiaeth, Blaenau ffestiniog 12.00y.p

Am fwy o wybodaeth neu i archebu lle cysylltwch a **Ceri Cunnington 01766 832 214** neu **Ann Griffiths 01766 831 783**. Mae gan y trefnwyr yr hawl i newid teithiau yn ôl amgylchiadau. Disgwylir i bawb ofalu gwisgo dillad ac esgidiau addas ar gyfer teithiau, ac argymhellir cario dillad glaw a digon o fwyd a diod. Bydd unrhyw elw yn mynd tuag at elusen RNID

'Stiniog outdoor activities weekend!

August 23rd - 24th 2008

The weekend's activities include:

SATURDAY 23RD

Walk 1: A walk to the lakes and information about fishing and navigation with Cambrian Angling and Bob Cole. Meet at Cwmorthin Car Park 10.00a.m

Walk 2: Climbing taster session- 'Behind Garreg Ddu'. Climbing sessions with experienced leader. (age 11+). Meet Diffwys Car park 10.30a.m

Walk 3: 'A day on the Moelwynion'. A 5 hour mountain day with a local qualified mountaineer (Age 18+). Meet at Bryn Ellytd Guest House, Tanygrisiau, 10.00a.m

SUNDAY 24TH

Walk 4: Fishing Competition on Tanygrisiau lake (Entry Fee £7 adults/ £4 juniors- Prizes on the day!). Meet Lakeside Cafe 10.00a.m

Walk 5: Nature and Geology walk. Meet Blaenau Ffestiniog Memorial Hospital 10.30a.m. (1-2 hour walk) Walk finishes at Tanygrisiau Lake, led by Community Champion Walk Leaders, Biodiversity Team and Roland George.

Walk 6: Padlo Blaenau. An opportunity to taste fun kayaking/canoeing sessions under the leadership of Clwb Padlo Blaenau (£1.00). Meet 10.00a.m Lakeside Cafe

Walk 7: Historical town walk with Rhian Williams. Meet at the tourist information centre, Blaenau Ffestiniog 12.00p.m

For more information or to book a place please contact **Ceri Cunnington 01766832214** or **Ann Griffiths 01766 831 783**. The organisers have the right to change routes as circumstances demand. All walkers are expected to wear clothing and footwear appropriate to the route, and it is recommended that waterproofs and sufficient food and drink is carried. Any profits will be donated to the RNID charity



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