



Croeso i'r Bala a Phenllyn

Dewch i brofi Calon Gynnes Cymru
Y Bala, Penllyn, Gwynedd, Cymru
Cymdeithas Twristiaeth y Bala a Phenllyn

Visit Bala & Penllyn

to experience the warm heart of Wales
Bala, Penllyn, Gwynedd, Wales
Bala & Penllyn Tourism Association

www.VisitBala.org

Y Bala a Phenllyn

yr adwy i Barc Cenedlaethol Eryri

Visit Bala & Penllyn

The gateway to Snowdonia



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Am fwy o wybodaeth teithio gweler y clawr cefn a www.VisitBala.org

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Pam ymweld â'r Bala?

- Tref wledig gyfeillgar – calon gynnes Cymru
- Popeth fydd arnoch angen
- Llyn naturiol mwyaf Cymru
- Tref hanesyddol â threftadaeth gyfoethog
- Tref "Croesawu Cerddwyr"
- Gormod i'w wneud mewn un ymweliad!

Pam ymweld â Phenllyn?

- Pentrefi bychain cyfeillgar, pob un â'i hanes a'i gymeriad
- Golygfeydd ardderchog – llynnoedd a mynyddoedd
- Mwynhau heddwch a thawelwch y fro
- Canolfan gyfleus i ymweld â mynyddoedd Eryri a'r arfordir

Bala a Phenllyn: Yr Ardal i ymweld â Mynyddoedd a Llynnoedd Eryri

Why visit Bala?

- A small friendly town – the warm heart of Wales
- Everything you need, with individuality
- The largest natural lake in Wales
- A town steeped in history and heritage
- A "Walkers are Welcome" town
- Too much to do in one visit!

Why visit Penllyn?

- Small friendly villages, each with its own history and character
- Stunning mountain and lake scenery
- Enjoy the peace and quiet of the area
- An ideal base to visit Snowdonia mountains and coast
- Outstanding water-sports
- Walking in three mountain ranges

Bala & Penllyn: The location to visit Snowdonia, Mountains & Lakes





Lleoliad – Lleoliad – Lleoliad

Croeso i Benllyn yn ardal hyfryd Parc Cenedlaethol Eryri. Mae Penllyn yn faes chwarae anferth ichwi ei grwydro'n ddi-dâl.

Mae yma dair rheng o fynyddoedd hardd – yr uchaf bron i 3,000tr o uchder – a llethrau sy'n darparu teithiau cerdded gwych. Mae llyn naturiol mwyaf Cymru'n gorwedd i'r de-orllewin o dref y Bala yng nghanol "Ardal Llynnoedd Cymru." Mae'r Bala'n cynnig cyfle ichwi ymweld âg amrywiaeth o siopau teuluol a chyfarfod cymeriadau lleol sy'n fwy na pharod i rannu o'u gwybodaeth am yr ardal. Byddwch yn clywed llawer yn siarad Cymraeg – mamiaith 80% o'r boblogaeth – a phrofi o'r diwylliant Cymreig yn cynnwys côr-meibion enwog. Mae hanes diddorol i'r dref a gallwch ddarganfod mwy trwy lecynnau wi-fi a chaffi rhyngwyd.

Dyma leoliad perffaith i feicwyr neu gerddwyr sy'n dymuno rhoi gwyliau i'r car am y dydd. Mae dŵr yn nodwedd atyniadol arbennig o Benllyn; os hoffwch chi wlychu byddwch wrth eich bodd efo'r gweithgareddau dŵr sydd ar gael yma. Mae rhannau o'r llyn yn ddiogel a chysgodol i'r rhai llai mentrus ond mae yma hefyd ddyfroedd sy'n cynnig profiadau cyffrous i'r rhai sy'n hidio dim am wlychu at eu crwyn! Profwch daith ganwio, trip ar gwch neu mentrwch i ferw gwyllt dŵr gwyn afon Tryweryn.

Yn ôl ar dir sych sylwch ar fywyd gwyllt a golygfeydd prydferth yr afonydd a phentrefi glannau'r llyn. Dewch am ddiwrnod hamddenol o bysgota neu daith ar drên bach Rheilffordd Llyn Tegid. Ymlaciwch ar lan y llyn neu ewch i wyllo adar. I'r mentrus mae cyfleusterau i ddreifio cerbyd 4x4 dros dir garw'r llethrau, gyrru beic cwad neu roi cynnig ar groesi cwsr rhaffau uchel yn y fforest.

Byddwch angen bwyd yn sicr! Profwch o'r cynnyrch lleol – cig ffres o ffermydd Penllyn ar ei orau, o anifeiliaid a fagwyd yn yr awyr iach a'u dyfrio o'r nentydd crisialog sy'n llifo i lawr i Lyn Tegid. Cewch ddewis helaeth – o bysgod i gynnyrch fferm neu o ddŵr glân i gwrw go-iawn – a'r cyfan yn cael ei gynhyrchu o fewn ffiniau Parc Cenedlaethol Eryri. Mae rhywbeth ar gael at ddant pawb mewn bwytaf safonol Sêr Michelin, gwestai moethus, caffis traddodiadol a thafarnau cartrefol.

Pan fyddwch angen gorffwys mae llety ar gael i siwtio pob angen personol a maint poced yn cynnwys Gwestai Gwledig 5 Seren (Gwobr Aur efo gwelyau 4 polyn a baddonau trobwll), Tafarnau, Gwestai Preifat, Bythynod Gwyliau, Ffermydd a thai Gwely a Brecwast sy'n cynnig gwasanaeth ardderchog a phrisiau rhesymol. Mae dewis da hefyd o barciau a safleoedd carafanio a gwersylla-pebyll i gyd â golygfeydd hyfryd.

Location - location - location

Welcome to Bala and Penllyn in the amazing Snowdonia National Park.

Penllyn is a huge playground in which you can roam for free. There are three ranges of stunning mountains – the highest almost 3,000ft high – providing wonderful walks. The largest natural lake in Wales sits at the southern end of the historic town of Bala, at the centre of Wales' own lake district. Bala offers a shopping experience to savour: unique independent shops with local characters eager to share their knowledge of the area. You will hear a great deal of the Welsh language here – as it's the first language of 80 per cent of the population. There will be opportunities to experience Welsh culture, including an award-winning male voice choir.

It's a perfect location for the cycling visitor or those wishing to have a car-free day out on foot. Water plays a huge part in Penllyn's attraction; if you want to get wet – you'll love the watersports activities on offer. The lake has safe and sheltered waters for those who only wish to get a little wet but the waters offer a more exciting experience for those who want to get soaked. Try a canoe trail, boat trip or even venture

up to the white water on the river Tryweryn. Back on dry land, explore the wildlife and beautiful riverside and lakeside villages. Try a peaceful activity such as fishing, a ride on the Bala Lake Railway or at the lakeshore, try bird-watching or "just chill out." On the mountainside, try off-road driving, quad biking or even zipping on the high ropes in the forest.

Hungry? Locally produced, award-winning meat from Penllyn is the best, coming from animals reared in this wonderful clean air and watered from the mountain streams which flow into Llyn Tegid (Bala Lake). Everything, from fish and farm produce, tap water to real ale, is sourced from the Snowdonia National Park. From restaurants with Michelin stars, to grand hotels, traditional and unusual cafés and pub grub – there's something for everyone's palate.

When you are tired, there is accommodation for all tastes and budgets; including 5 Star and Gold Award country houses with four posters and whirlpool baths, B&Bs, inns, hotels, farm-stay, traditional cottages, budget accommodation and campsites with fantastic views.

Hanes a Threftadaeth

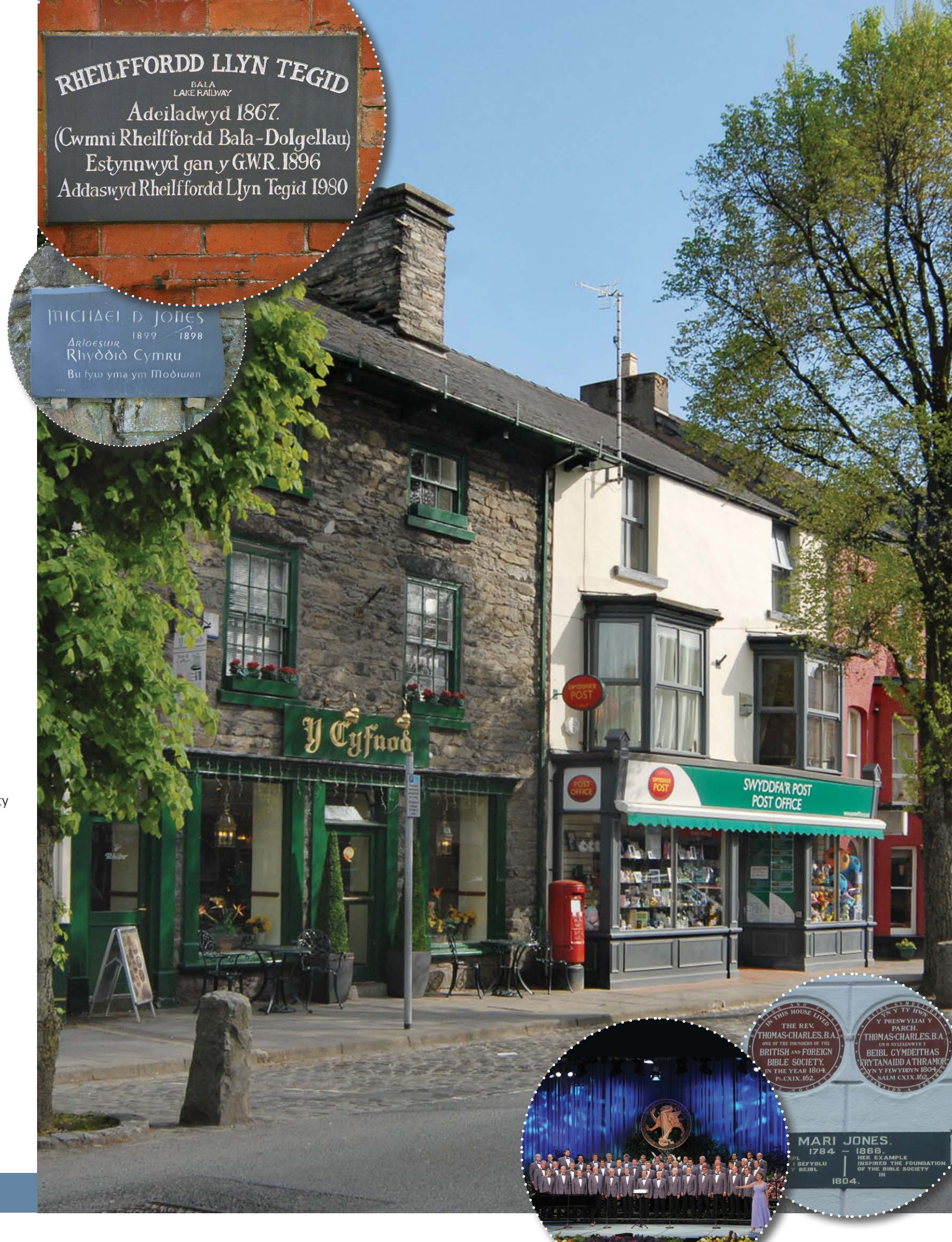
Ymwelwch â'r Bala i ddarganfod mwy am:

- Gysylltiadau Brenhinol â'r Bala
- Y Gwyniad – pysgodyn unigryw
- Treialon Cŵn Defaid cyntaf y byd
- Sut yr arweiniodd taith gerdded droednoeth i sefydlu Cymdeithas y Beiblau.
- Ffawt:- Llinell Holit Ddaeargol a'r "Cylch o Dân"
- Y Crynwyr a hanes Ymfudo i America a Phatagonia
- Geni mudiad yr IRA mewn hen waith wisgi
- Chwedlau Cymreig (ar wahân i chwaraewyr rygbi!)
- Ein Bara Brith enwog

Discover History & Heritage

Visit Bala and find out about:

- Bala's royal links
- The Gwyniad, a unique species of fish
- The first World sheepdog trials
- How a barefoot walk led to forming of the bible society
- A major geological fault line and the ring of fire
- The Quakers and Patagonia settlers
- The birth of the IRA in a former distillery
- Welsh legends who aren't rugby players!
- Speckled bread that isn't bread



Pethau i'w gwneud

I Deuluoedd:

- Trên bach ar hyd y llyn
- Marchnad anifeiliaid ar ddydd lau
- Picnic ger y llyn
- Canolfan Cŵn Defaid
- Glan y môr

I Deithwyr Gwybodus:

- Defnyddiwch gludiant cyhoeddus
- Arhoswch mewn llety gyda gwobr gynnaladwy
- Profwch ddiwylliant lleol a'r iaith Gymraeg
- Cynnrych lleol o safon arbennig
- Y Tro Trefol Hanesyddol
- Safleoedd Treftadaeth y Byd

I Bawb:

- Siopa ar Stryd Fawr y Bala
- Atyniadau ar gyfer ymwelwyr
- Rheilffordd gyda golygfeydd arbennig
- Gerddi
- Cestyll a Chartrefi Mawreddog

I'r Rhamantus:

- Aros mewn gwesty gwledig gyda baddon trobwll
- Mynd am dro ar hyd Lôn y Cariadon
- Bwyta mewn bwyty Seren Michelin
- Hwyllo ar y llyn

Things to do:

For Families:

- Steam railway along the lake
- Thursday livestock market
- Picnic by the lake
- The sheepdog centre
- The seaside

For Romantics:

- Stay in a country house with 4-poster and whirlpool bath
- Stroll along the Lover's Walk
- Dine out in a Michelin Star restaurant
- Skipped sail on the lake

For Informed Travellers:

- Come by public transport
- Stay in accommodation with a sustainability award
- Experience the local culture & Welsh language
- Award winning local produce
- The historical Town Trail
- World Heritage Sites

For Anyone:

- Shopping in Bala High St
- Visitor attractions
- Scenic railways
- Gardens
- Castles and stately homes

Cerdded, Natur a Bywyd Gwylt

Croeso i Gerddwyr

Mae tref y Bala'n croesawu cerddwyr ac, nid rhyfedd, mae'r ardal yn cynnig cymaint o gyfleon penigamp i gerdded allan o gyrraedd y dyrfa. Mae llwybrau hwylus hyd lannau nifer o lynnoedd ac ar hyd dyffrynnoedd afonydd llonydd neu nentydd cyflym eu lli heblaw am grwydro'r ucheldir garw - mannau delfrydol i gerdded. Mae'r ystod eang o lwybrau'n cynnwys troeon byr hamddenol a theithiau mwy egniol - rhai'n dringo bron at 3,000 troedfedd. Mwynhewch brofiad mynydda heb dorfeydd.

TROEON HAMDDENOL GYDA GOLYGFYDD:

Llwybr Aml-ddefnydd: y dref, y llyn ac afonydd
Tro Trefol: profwch yr hanes
Craig y Fron: y dref a'r ogofau
O amgylch y llyn neu ran o'r ffordd
Llwybr Tryweryn

TEITHIAU EGNÏOL:

Moel Emoel a Foel Goch
Arennig Fawr
Crib yr Aran (enwog)
Goreuon y Berwyn
Rhobell Fawr - llosgfynydd hynafol

Dewch i'r Bala a Phenllyn i ganfod Natur a Bywyd Gwylt

Yn ogystâd a bod o fewn y Parc Cenedlaethol mae llawer ardal wedi ei diogelu ym Mhenllyn. Gerllaw mae Gwarchodfa Natur Genedlaethol y Berwyn - lleoliad magu pwysig i sawl aderyn megis y gwalch bach, boda tinwen, hebog glas, a'r barcud coch.

Mae Llyn Tegid yn safle o bwysigrwydd rhyngwladol am adar gwylt. Mae hefyd yn gartref i'r Gwyniad - math unigryw o bysgodyn. Mae dyfrgwn yn cartrefu ger y llyn. Hefyd dyma'r fangre lle ceir y falwoden ludiog brin.

Peidiwch methu:

Troeon gyda warden y llyn i ganfod flora a fauna lleol.
Troeon mynyddig gyda arweinydd profiadol.



Walking, Nature & Wildlife



All Walkers are Welcome

Bala is a "Walkers are Welcome" town, which is little wonder as the area provides many opportunities for outstanding, uncrowded walking. The area has several lakes, deep valleys with fast flowing rivers and streams, and rugged mountains - ideal terrain for walking. There is a wide variety of walks, including short scenic walks and more strenuous ones - climbing mountains almost 3,000 feet high. Enjoy the mountain experience without the crowds.

SCENIC, LEISURELY WALKS:

All-Ability Trail: town, lake & rivers
Town Trail: experience history
Craig y Fron: town & caves
Around the lake or part-way
Tryweryn Trail

HIGH LEVEL WALKS:

Moel Emoel and Foel Goch
Arennig Fawr (the big one!)
The famous Aran ridge
The best of the Berwyns
Rhobell Fawr - an ancient volcano

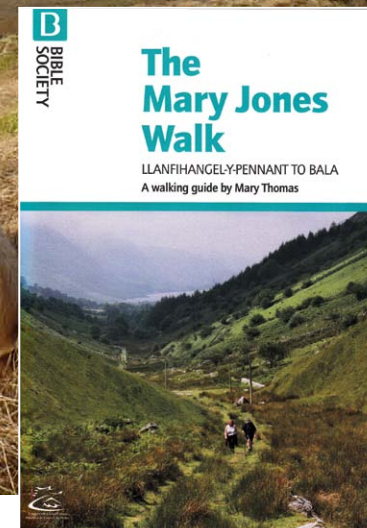
Visit Bala & Penllyn for Nature & Wildlife

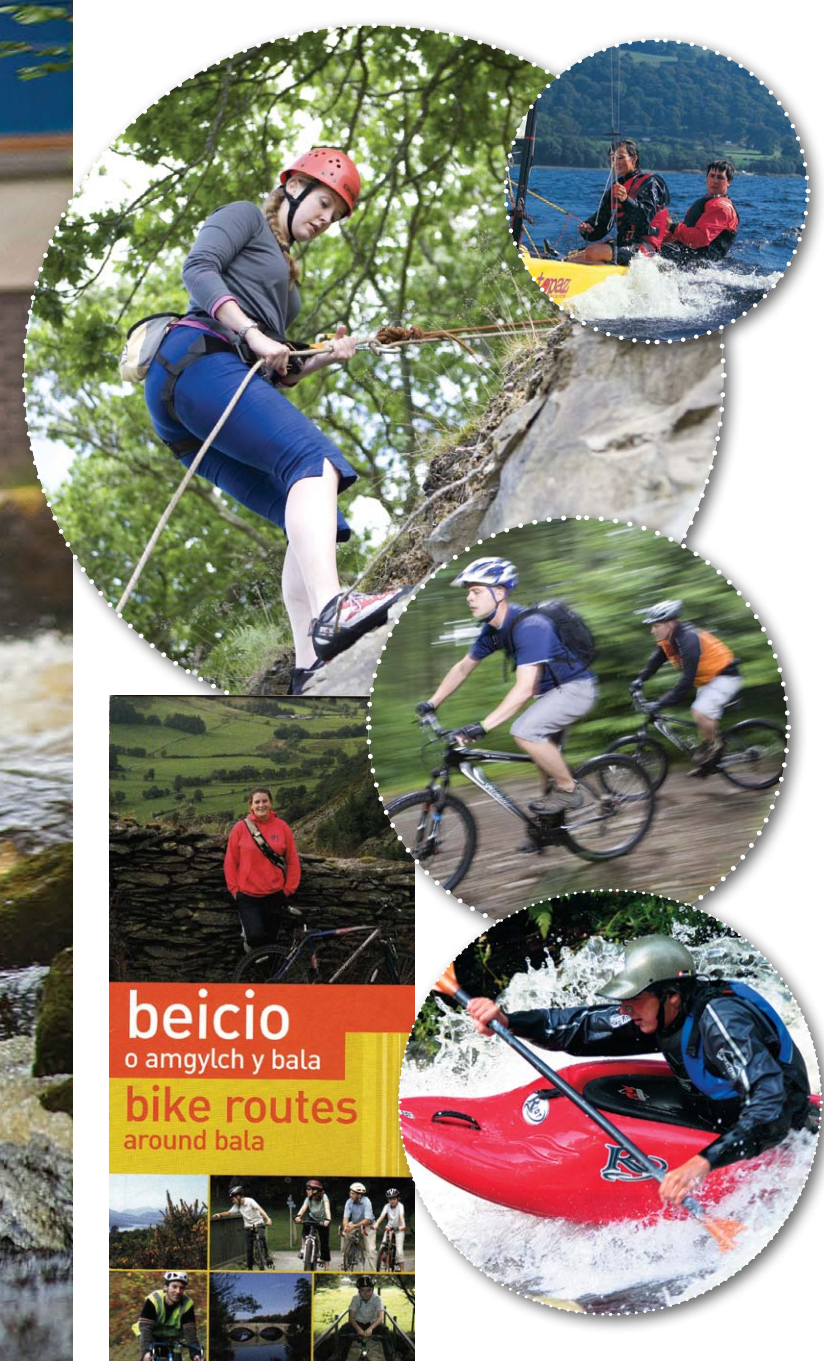
As well as being in a National Park, Penllyn has many protected areas. Nearby is Berwyn National Nature Reserve - an important breeding ground for many upland birds including merlins, hen harriers, peregrine falcons and red kites.

Bala Lake (Llyn Tegid) is a wetland site of international importance for wildfowl and is the home of the Gwyniad - a unique species of fish. Otters live around the lake. It is the only UK site for the rare glutinous snail.

Don't miss:

Walks with the lake warden to find out about flora and fauna.
Guided walks with a mountain guide.





Bala- Canolfan Awyr Agored Eryri

Mae ystod eang o weithgareddau awyr agored yn ardal y Bala a Phenllyn a chyfleusterau safon byd-eang. Eisioes mae Pencampwriaeth y Byd am ganwio dŵr gwyn wedi ei chynnal yn ardal y Bala. Hefyd, yn rheolaidd, cynhelir triathlonau, cystadleuthau nofio dŵr agored a beicio fel y "Wild Wales Challenge". Serch hynny, mae yma weithgareddau at ddant pawb yn unigolion neu deuluoedd.

Mae'r gweithgareddau ar gael yn cynnwys rafftio dŵr gwyn, canwio a thrin kayak dŵr gwyn, hwylio a chanwio ar y llynnoedd; mynydda ar dri mynydd gwahanol, cerdded llwybrau neu lechweddau serth, beicio mynydd mewn canolfannau pwrpasol, a beicio hamddenol ar ffyrdd tawel. I'r rhai sy'n mwynhau sialens does dim terfyn i'r rhestr gan gynnwys cwrs rhaffau uchel, scrambling, dringo creigiau, abseilio, ceunantu a llawer mwy.

Braslun byr yw hwn o weithgareddau awyr agored yn ardal y Bala - Canolfan Awyr Agored Eryri. Gallwch wneud "yr hyn a fynnoch" neu fynd at un o'r darparwyr sy'n gweithredu'n yr ardal.

Bala- The Outdoor Centre of Snowdonia

There is a wide range of outdoor activities available in the Bala & Penllyn area, with world-class facilities. The Bala area has hosted the World Championships for white-water canoeing and is a regular venue for triathlons, open water swimming and demanding cycling events, such as the Wild Wales Challenge. However, there are activities for all, whether an international competitor, an ironman or a family.

The activities available include white-water rafting, white-water kayaking & canoeing, sailing and canoeing on lakes, walking in three mountain ranges, mountain biking at dedicated centres and leisure cycling on quiet roads, tracks or challenging hill-climbs. For the adventurous the list is almost endless, including high-ropes, scrambling, climbing, abseiling, canyoning and much more.

This is just a snapshot of the outdoor activities available in the Bala area - The Outdoor Centre of Snowdonia. You can "do your own thing" or go to one of the many activity providers in the area.

Gweithgareddau Hamdden



Profiadau Newydd!

Mae'r Bala'n cynnig cymaint o brofiadau newydd i ymwelwyr, beth bynnag eu hoedran a'u gallu.

Mae Penllyn yn gadarnle'r iaith Gymraeg a'r diwylliant. Pa ryfedd felly fod y Bala yn ddewis aml ar gyfer cynnal yr Eisteddfod Genedlaethol ac yn lleoliad poblogaidd ar gyfer gweithgareddau diwylliannol eraill gan gynnwys Sioe Sir Feirionnydd. Mae gwando ar gôr meibion Cymreig yn canu yn brofiad arbennig, ac mae ymweld â Phenllyn fel mynd dramor heb y drafferth.

Mae Canolfannau Cywain a Cantref yn trefnu'n rheolaidd arddangosfeydd yn ymwneud â threftadaeth yr ardal. Dilynwch lwybr y dre i ddysgu am hanes y Bala a'r dylanwadau crefyddol ar y dref.

Dewch i'r Bala a dysgu gweithgaredd newydd:

- Dysgu hwylio, caiacio neu ganwio ar Lyn Tegid
- Dreifio diarffordd gydag arbenigwr
- Hyfforddiant mewn pysgota pluen
- Dysgu am helpa drysor arbenigol technegol
- Hyfforddiant cyfeiriannu yn y mynyddoedd

Dysgwch hwylio ar Lyn Tegid, y lleoliad hwylio helaethaf a



hyfrytaf yng Nghymru, gydag amodau hwylio ardderchog. Mae cysiau hyfforddi ar gael mewn canolfannau achredwyd gan RYA.

Bydd dreifio 4x4 ar gwrs arbennig gyda mannau serth, pyllau dŵr dyfnion a rhagor yn brofiad cofiadwy.

Mae amrywiaeth o bysgota ar gael, yn cynnwys pysgota pluen am eogiaid a phenllwydion yn nentydd cyflym y mynyddoedd, yr afonydd a'r llynnoedd mynyddig, a physgota bras neu am frithyll yn y llynnoedd. Mae arweiniad a hyfforddiant mewn pysgota pluen i'w gael trwy Gymdeithas Bysgota Y Bala a Phenllyn, a'r dilynwyr lleol.

Bydd chwarae golff ar Gwrs y Bala yn sicr o fod yn brofiad arbennig – mae'r cwrs ar lwyfandir bron i fil o droedfeddi uwchlaw'r môr gyda golygfeydd syfrdanol. Mae croeso i ymwelwyr.

Mae gweithgareddau hamdden ac atyniadau lleol eraill yn cynnwys:

- Rheilffordd Llyn Tegid – hanfodol i'r plant
- Bowlio deg yng Nglan-Ilyn
- Ymweld â gardd leol gyda maes chwarae antur
- Canolfan Cywain: arddangosfeydd celf
- Oriol ddarluniau
- Arddangosfeydd gwaith gwydr
- Canolfan Hamdden: yn cynnwys nofio, ystafell ffitrwydd, chwaraeon raced a chaicio yn y pwll.

Leisure Activities



New Experiences

Bala offers so many new experiences for visitors, whatever their age and ability.

Penllyn is a stronghold of the Welsh language and culture. It is little wonder that Bala is regularly chosen to host the National Eisteddfod and is a popular venue for other cultural events including the Merioneth County Show. To listen to a Welsh male voice choir is a moving experience. Visiting Penllyn is like going abroad without the hassle.

The Cywain Centre and Plase Centre regularly provide heritage exhibitions. Follow the Town Trail to learn about Bala's history and religious influence.

Visit Bala and learn a new activity:

- Learn to sail, kayak or canoe on Bala Lake.
- Drive off-road with an expert instructor
- Fly-fishing tuition
- Find out about geocaching – a high tech treasure hunt
- Navigation training in the mountains

Learn to sail on Bala Lake, the largest and most picturesque sailing water in Wales, with excellent sailing conditions. Training courses are available at RYA accredited centres.

Driving a 4x4 on a dedicated course with steep inclines, water splashes and more will be an experience to remember.



Most types of fishing are available, with fly fishing for salmon or grayling on fast flowing mountain streams, rivers and mountain lakes and coarse or trout fishing in lakes. Guiding and tuition in fly fishing is available through the Bala and District Angling Association and local ghillies

Playing at Bala Golf Club will certainly be an experience – the course is out on a plateau nearly 1000ft high with commanding views. Visitors are welcome.

Other leisure activities and local attractions include:

- Bala Lake Railway – a must for children
- Ten pin bowling at Glan-Ilyn
- Visit a local garden with adventure playground
- Cywain Centre: art & craft exhibitions
- Art Gallery
- Glass making demonstrations
- Leisure Centre: indoor swimming, fitness room, racket sports and kayaking in the pool.



Cynnyrch Lleol Celfyddyd a Chrefft

Bwyd diddorol

Mae'r ardal yn cynnig amrywiaeth diddorol o fwydydd lleol ac organig ar gyfer y rhai sy'n ymddiddori gan gynnwys:

- Cig oen mynydd ac organig
- Cig eidion gwartheg duon Cymreig
- Feniswn (cig ceirw) a hyd yn oed cig "bison" lleol
- Cigyddion sydd wedi ennill gwobrau cenedlaethol, yn gallu cyflenwi pob math o gigoedd o'r traddodiadol i'r anghonfensiynol
- Gêm a deli
- Siocledi wedi eu cynhyrchu yn y Bala.
- Bara Brith a chacennau cri

Siopa diddorol

Mae nifer o siopau diddorol ac annibynnol yn y Bala, yn cynnwys:

- Celf a chrefft
- Gemwaith a wneir yn y Bala
- Llyfrau, yn cynnwys llyfrau Cymraeg, llyfrau gan awduron lleol, llyfrau o ddiddordeb lleol

Local produce, art & crafts

Interesting Food

The area offers local and organic produce, including:

- Welsh mountain and organic lamb
- Welsh black beef
- Local venison and even local bison!
- Traditional butchers with award winning products, game and deli, including the best butcher in Wales!
- Chocolates made in Bala
- Welsh cakes and bara brith, a traditional fruit cake

Interesting Shopping

You will find interesting, independent shops in Bala to browse including:

- Art & Crafts
- Jewellery, hand-made in Bala
- Books, including Welsh-language, local authors and local interest



Sut i ymweld â'r Bala a Phenllyn

How to visit Bala & Penllyn



- London: 4¼
- Birmingham: 2½
- Manchester: 1½
- Liverpool: 1½
- Chester: 1
- Wrexham: ¾
- Holyhead (Anglesey): 1¾
- Hull: 3½



- Railway stations/Gorsafoddd Rheilffordd:
Wrexham (Wrecsam), Chester & Barmouth (Abermaw)



- Bus/Bws:
Chester-Wrexham-Bala-Dolgellau-Barmouth (Arriva X94);
National Express daily coach service London to Llangollen (seasonal)/Gwasanaeth dyddiol (tymhorol) National Express Llundain i Llangollen



More Travel Information/Am fwy o wybodaeth am drafnidiaeth:

- www.VisitBala.org/travelling_to_bala
- Public transport by Gwynedd Council/ Cludiant cyhoeddus gan Gwynedd: www.gwynedd.gov.uk
- One-stop public transport information (bus, train, etc.):
Traveline: 0871 200 22 33



For safety aspects and terms & conditions of use/
Am agweddau diogelwch, telerau ac amodau:

- www.VisitBala.org/tncs/



Attractions/Activities may be seasonal, please check before
travelling/Am wybodaeth am weithgareddau/atyniadau
tymhorol cysylltwch:

- www.VisitBala.org/tncs/



Tourist Information Centre (TIC)/ Canolfan Croeso
(part-time & seasonal opening):

Bala, Heol Pensarn Road, Bala, Gwynedd, LL23 7SR;
01678 521021;

E-mail: bala.tic@gwynedd.gov.uk



Barmouth/Abermaw: 01341 280787
(when Bala TIC closed/pan fydd y Bala ar gau)



Accommodation (Visit Wales inspected)/
Llety (arolygydd gan Croeso Cymru):

- www.VisitBala.org



More tourism information on the web/
Mwy o wybodaeth dwristiaid ar y we:

- www.VisitSnowdonia.info
- www.VisitMidWales.co.uk
- www.GoNorthWales.co.uk
- www.VisitNorthWales.co.uk

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Tudalen 4 gyda chaniatad: Tony Boydon

Darparwyd y daflen hon gan Gymdeithas Dwristiaeth y Bala a
Phenllyn gyda chymorth gan:

- Gronfa Ddatblygu Gwirfoddol Gwynedd
- Cyngor Tref y Bala, Partneriaeth Penllyn a Grŵp Busnesau'r Bala

- Welsh lamb prepared by/Paratowyd y cig oen gan: Brian Webb
- Members of Bala & Penllyn Tourism Association/
Aelodau Cymdeithas Twristiaeth y Bala a Phenllyn

Thanks for translating/Diolch am gyfieithu:
Elfyn Pritchard, Gareth Griffiths, Penri Jones

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