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Erthygl i'r Wasg **Press Release**

Croeso cynnes i gyfnod newydd yn hanes Cefn Gwlad

Blwyddyn newydd a chyfres newydd o **Cefn Gwlad** - y sioe boblogaidd ar S4C sy'n dangos Cymru wledig yn ei holl ogoniant - y tir, y da byw, y traddodiadau a'r ffordd unigryw o fyw.

Mae'r gyfres hon hefyd yn gyfnod newydd yn hanes **Cefn Gwlad** gydag ymddeoliad Dai Jones Llanilar a dau gyflwynydd newydd wrth y llyw sydd hefyd yn wynebau cyfarwydd iawn - Ifan Jones Evans a Mari Lovgreen.

"Ni'n dau sy'n camu mewn i sgidia' anferth Dai Jones," meddai Mari. "Mae sylfaeni cadarn iawn wedi cael eu gosod - cannoedd o benodau yn cofnodi'r ffordd o fyw a sawl un ohonynt yn drysorau cenedlaethol."

Mae Mari ac Ifan yn dod o gefndiroedd hollol wahanol i'w gilydd ond mae'r ddau â'u gwreiddiau yn ddwfn yng nghefn gwlad Cymru.

Meddai Ifan sy'n ffermio ar Fynydd Pantyffynnon ym Mhontrhydygroes yng nghalon Ceredigion: "Mae fy nghyndeidiau wedi bod yn troedio'r mynyddoedd 'ma ers canrifoedd. Prynodd Tadcu y mynydd nôl ym 1947 ar ôl dod allan o'r fyddin ac mae 'na rhywbeth arbennig am y cysylltiad yna efo'r tir - y teimlad yna o berthyn. Rwy'n teimlo fy mod i'n perthyn i'r hen fynyddoedd 'ma - fan hyn mae fy ngwreiddiau i."

Nid yw Mari Lovgreen yn dod o gefndir amaethyddol traddodiadol - ond fe briododd hi ffarmwr - Ed, ac mae hi'n cael modd i fyw wrth iddi ymgartrefu yn y fferm deuluol a dechrau teulu newydd yna.

Meddai Mari: "Dw i'n hapus iawn i gyfadda' dw i ddim yn fawr o ffermwr - er dw i yn dysgu ychydig bach. Hogan o'r dre ydw i sydd wedi priodi ffarmwr o Lanerfyl a chael fy nghroesawu mewn i deulu a chymuned wledig a dod i werthfawrogi a gwirioni ar y ffordd o fyw yng nghefn gwlad.

"Does na ddim newid byd mwy 'na hyn rili, nagoes? Dod o Twthill, Caernarfon i dŷ fferm mawr yng nghanol y wlad mewn ardal newydd. Ac er mai hogan ddŵad ydw i ar un olwg, mae yna hefyd wreiddia' dwfn iawn yn yr ardal."

I glywed mwy am stori Mari a chysylltiadau teuluol ei thaid gyda'r ardal ac i wylio'r rhaglen gyntaf yn y gyfres newydd ewch i S4C Clic neu BBC iPlayer.

Yn ogystal â dymuno ffarwel i Dai Jones, bydd y gyfres yma yn dweud tata wrth Cefn Gwlad Bach - ar ôl tair blynedd llawn hwyl a chyffro mae Elis a'i gefnder Gads hefyd yn rhoi'r gorau

iddi. Ond fe fydd eitem newydd sef 'Fy Nghefn Gwlad i' - cyfle i bobl o wahanol gefndiroedd esbonio beth mae byw yn y wlad yn golygu iddyn nhw.

Yn yr ail rhifyn o'r gyfres newydd ar nos Fawrth, Ionawr 12 bydd Mari Lovgreen yn ymweld ag un o ystadau enwocaf Cymru, Stâd y Rhiwlas ar un o ddiwrnodau prysura'r flwyddyn - Helfa'r Hydref - casglu'r defaid oddi ar y mynydd cyn gaeaf.

Hefyd clywn hanes dwy bensiynwraig sy'n rhannu angerdd at bysgota, Rhys Henllan ar ffarm gwneud jin yn Sir Fôn, a Steffan Harri, seren y West End wrth ei fodd nôl adref yng nghefn gwlad yn 'Fy Nghefn Gwlad i'.

Cefn Gwlad
Nos Fawrth 12 Ionawr 9.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad ITV Cymru ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

A warm welcome to a new era of Cefn Gwlad

A new year and a new series of **Cefn Gwlad** – the popular S4C show which shows rural Wales at its best – the land, the livestock, the traditions and an unique way of life.

This series is also a new chapter in the story of **Cefn Gwlad** (Countryside) with the retirement of Dai Jones Llanilar and two new presenters Ifan Jones Evans and Mari Lovgreen – who are also very familiar faces – at the helm.

"We two are stepping into Dai Jones's enormous shoes," said Mari. "He laid some very strong foundations with hundreds of episodes which record a way of life – many of them national treasures."

Mari and Ifan come from completely different backgrounds but the two have their roots deep in the Welsh countryside.

Ifan who farms on Pantyffynnon Mountain in Pontrhydygroes in the heart of Ceredigion said: "My forefathers have been walking these mountains for centuries. Tadcu bought the mountain back in 1947 when he came out of the army and there's something special about that connection with the land – the feeling of belonging. I feel as if I belong in these old mountains – my roots are here."

Mari Lovgreen doesn't come from a traditional farming background, but she married a farmer Ed and is enjoying this new life as she makes herself at home in the family farm where she has started a new family.

Mari said: "I'm very happy to admit that I'm not a great farmer – although I am learning a little bit. I'm a town girl who has married a farmer from Llanerfyl and been welcomed into a rural family and community and come to appreciate and adore the country way of life."

"This change in lifestyle couldn't be more different, really, could it? Coming from Twthill, Caernarfon to a big farmhouse in the middle of the countryside. And although I am a newcomer, I do also have very deep roots in the area."

To hear more from Mari about her family links to the area through her grandfather and to watch the first programme in the new series, visit S4C Clic or BBC iPlayer.

As well as bidding a fond farewell to Dai Jones, this series will also say goodbye to Cefn Gwlad Bach – after three years full of fun and adventure, Elis and his cousin Gads will also be hanging up their wellies.

But there will be a brand-new item - 'Fy Nghefn Gwlad i' (My Countryside) - a chance for all sorts of different people to explain what living in the countryside means to them.

In the second programme of the new series on Tuesday, 12 January, Mari Lovgreen visits one of the most famous estates in Wales – Rhiwlas Estate - on one of the busiest days of the year, when the sheep are collected in off the mountain for winter.

We also hear about Enid Edwards from Penrhyndeudraeth and Alice Davies from Llandybie, two keen fisherwomen who enjoy fishing on Llyn Clywedog; Rhys Henllan who finds out more about a gin distillery at a farm on Anglesey; and West End Star Steffan Harri, who is happy to be at home in the Welsh countryside in 'Fy Nghefn Gwlad i'.

Cefn Gwlad
Tuesday 12 January 9.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
An ITV Cymru production for S4C