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Erthygl i'r Wasg Press Article

Tregaron: tref fach â dylanwad mawr ar Gymru a thu hwnt

Mae Heledd Cynwal yn taro deuddeg pan mae'n disgrifio Tregaron fel 'tref fach â sŵn mawr' yn y gyfres newydd o **Cynefin** nos Fawrth, 3 Mawrth.

Mae'r dref farchnad hynafol yn cael sylw'r tîm - Heledd, Siôn Tomos Owen a'r Dr Iestyn Jones - yn yr ail raglen yn y gyfres newydd a chawn glywed mwy am yr ardal hon sy'n llawn hanes, cymeriadau a byd natur o bwysigrwydd rhyngwladol.

"Er bod Tregaron yng nghanol cefn gwlad Ceredigion, 'dyw Tregaron ddim yn cuddio. Mae'r gymdeithas yma'n fwrlwm o weithgaredd a chynhesrwydd," meddai Heledd.

Bydd yr Eisteddfod Genedlaethol yn dod i Dregaron eleni - felly dyma gyfle i wylwyr S4C ddod i adnabod yr ardal arbennig hon ychydig yn well.

Yn ystod y rhaglen mae'r Dr Iestyn Jones yn ymweld â Chors Caron a siarad â'r Dr Rhoswen Mair Leonard am y gwaith sy'n digwydd i adfer y gors i'w chyflwr naturiol, fel yr oedd e cyn i bobl ymyrryd â'r gwlypdir unigryw hwn.

"Dyw corsydd y byd 'mond yn gorchuddio tri y cant o wyneb tir y byd ond yn dal mwy na dwywaith y carbon sydd yng nghoedwigoedd y byd," meddai'r Dr Leonard. "Mae hyn yn dangos pa mor bwysig yw corsydd fel storfeydd carbon, yn enwedig y rhai sy'n cyfro tir isel fel Cors Caron."

Bydd Siôn Tomos Owen yn edrych ar hanes sawl cymeriad o'r ardal gan gynnwys Twm Siôn Cati, a'r ffermwr Joseph Jenkins, a adawodd ei fferm, ei wraig a naw o blant i fynd i Awstralia am well byd.

Dychwelodd Joseph Jenkins i Gymru bedair blynedd cyn iddo farw, a'i brofiadau wedi eu nodi'n fanwl mewn dyddiadur. Aeth Joseph yn angof am ryw 70 mlynedd nes i'w ddyddiaduron gael eu darganfod yn atig y fferm deuluol a chael eu cyhoeddi fel 'Diary of a Welsh Swagman 1869 - 1894'.

Bydd Heledd yn cwrdd â chymeriadau sydd wedi eu geni a'u magu yn y dref gan gynnwys Catrin 'Crown' Williams sy'n adrodd hanes ei theulu o borthmyn, a hefyd yn rhoi cynnig ar werthu defaid ym mart Tregaron.

Meddai Heledd: "Ers y dechrau'n deg, mae Tregaron yn dre sydd wedi bod yma i wireddu pwrpas - i gynnig lloches a chroeso ar ddechrau neu ddiwedd taith. Bellach mae Tregaron yn barod i estyn ei chroeso unwaith eto - ei chymeriadau a'i rhyfeddodau'n aros i gyfareddu ymwelwyr o bedwar ban byd."

Yn ystod yr wythnosau nesaf bydd **Cynefin** yn ymweld â threfi a chymunedau ledled Cymru a thu hwnt, gan gynnwys Tyddewi, Bro Ogwr, Bangor, Trawsfynydd a Lerpwl er mwyn cynnig cipolwg fanylach ar wahanol ardaloedd, a rhoi gwell dealltwriaeth o'r hyn sy'n eu gwneud yn gymunedau unigryw.



Cynefin

Nos Fawrth 3 Mawrth 9.00, S4C

Isdeitlau Saesneg

Ar gael ar alw ar S4C Clic s4c.cymru/clic, BBC iPlayer a llwyfannau eraill

Cynhyrchiad Rondo ar gyfer S4C

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Erthygl i'r Wasg Press Article

Tregaron: small town with a big impact on Wales and beyond

Heledd Cynwal hits the nail on the head when she describes Tregaron as a small town which makes lots of noise in the new series of **Cynefin** on Tuesday, March 3.

The team including Heledd, Dr Iestyn Jones and Siôn Tomos Owen, visit this historic market town in the second episode of the new series and we get to hear more about this area, which is full of history, characters and internationally important wetlands.

"Although Tregaron is in the middle of the Ceredigion countryside, Tregaron does not hide. The community is a hive of activity and warmth," said Heledd.

The National Eisteddfod will be coming to Tregaron this year, so here's a chance for S4C viewers to get to know this amazing area a little bit better.

During the programme Dr Iestyn Jones visits Cors Caron and speaks to Dr Rhoswen Mair Leonard about the work that is being done to restore the marsh to its natural state, before people started impacting on this unique wetland.

"Wetlands like this only cover three per cent of the surface of the earth but contain more than twice the carbon in the world's forests," said Dr Leonard. "This shows how important marshes are as carbon stores, especially those, like Cors Caron, which cover the lowlands."

Siôn Tomos Owen looks into the history of several local characters including Twm Siôn Cati and the farmer Joseph Jenkins who left his farm, wife and nine children for a better life in Australia.

Joseph Jenkins returned to Tregaron four years before his death, along with his diaries in which he recorded all his experiences. Joseph was forgotten for 70 years or so until his diaries were discovered in the attic of the family farm and published as 'Diary of a Welsh Swagman 1869-1894'.

Heledd meets some characters who were born and bred in the town including Catrin 'Crown' Williams who tells the story of her family of drovers. She also has a go at selling sheep in Tregaron mart.

Heledd said: "From the very beginning, Tregaron is a town which has been here for a reason – to offer shelter and welcome at the beginning or end of a journey. Tregaron is still ready to extend a welcome – it's characters and wonders waiting to charm visitors from all over the world."

Over the coming weeks, **Cynefin** will be visiting towns and communities all over Wales and beyond including Bro Ogwr, Bangor, Trawsfynydd and Liverpool to offer a closer look at different areas and a greater understanding of what makes these communities unique.

Cynefin
Tuesday 3 March 9.00, S4C
English subtitles



Available on demand on S4C Clic s4c.cymru/clic, BBC iPlayer and other platforms
A Rondo production for S4C