



## **Parchu'r Mynyddoedd 2018, Llanberis , Gogledd Cymru**

**9.00yb**

Cyflwyniadau a chroesawu. Cae Pel droed, Llanberis (Gazeebo Cyngor Gwynedd)

**9.45yb**

Rhannu i mewn i 3 grŵp codi sbwriel .

**12.30yp**

Cinio

**1.30yp**

Rhannu i mewn i grwpiau ar gyfer y gweithgareddau

Grŵp 1 – Sesiwn Canwio ar Lyn Padarn

Grŵp 2 – Dringo yn yr awyr agored

Grŵp 3 – Sesiwn Padlfyrddio ar eich traed

Grŵp 4 – E Bikes

**4.00yp**

Diwedd y dydd.



## **Respect the Mountains 2018, Llanberis North Wales.**

**9.00am**

Introductions and Welcome. meet at Llanberis football field (Gwynedd Gazebo) .

**9.45am**

Split into groups for 3 litter picks

**12.30pm**

Lunch at the Gazebo

**1.30pm**

Split into groups for taster activities

Group 1 – Canoe taster on llyn Padarn

Group 2 – Outdoor Climbing

Group 3 – Stand up Paddle board taster session (Snowdonia Watersports)

Group 4 – E – Bikes session

**4.00pm**

Day closes.