



**Age Cymru Advice**, have re-launched their national advice line service. This FREE, impartial and confidential service provides expert information and advice on matters affecting the over 50's in Wales.

**Phone** – 9am to 5pm – Monday to Friday  
**FREE** bilingual phone number: **08000 223 444**

**Email:** [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

**By post:** Age Cymru, Tŷ John Pathy, 13/14 Neptune Court,  
Vanguard Way, Cardiff CF 24 5PJ

**Website:** [www.agecymru.org.uk/advice](http://www.agecymru.org.uk/advice)

### Future dates for your diary

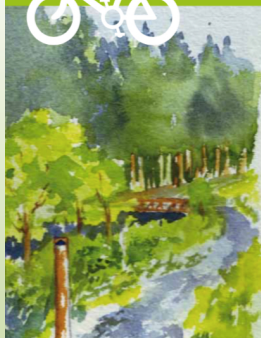
September 3rd (Sat) - Annual Horticultural Show

September 16th and 17th (Fri - Sat) - Sheep Dog Trials

October 15th (Sat) – Dolwyddelan Fun Day



BEICIO  
**Dolwyddelan**  
CYCLE



**The Dolwyddelan Cycle Map** introduces cross country cycle routes on broad forestry trails that can be used to explore the local area, reach neighbouring villages or provide a full day of off road cycling in an area of outstanding natural beauty.

From here we have access to routes that connect three breath taking valleys containing the rivers Lledr, Llugwy and Machno. The area can also boast being centrally positioned in relation to three top class mountain biking facilities; the long established Marin Trail, the challenging Penmachno Trails and the extreme Antur Stiniog downhill trails in Blaenau Ffestiniog.

**Pick up a copy of the leaflet from the Pavilion, the Bike Trail notice board in the train station car park, or Elen's Castle Hotel.**

### **Cambrian News - 13th June 1879**

A TOLLGATE is talked of at Dolyddelen, at the point where the road from Bettws to Festiniog has a branch road leading to Dolyddelen Railway station. I hope the farmers and others will wake up and bestir themselves a little in behalf of their own interests.

**Ellis o'r Nant**