

## Snowdonia Massage Therapies

Alison Richmond MGHT  
Mobile Therapist

Neal's Yard Remedies  
Independent Consultant  
Massage Treatments and  
Hot Stone Therapy

Call: **01690 750 222**  
Mob: **07534 284 188**

Visit my Neal's Yard shop:

[www.uk.nyrorganic.com/shop/alisonrichmond](http://www.uk.nyrorganic.com/shop/alisonrichmond)

Facebook: alisonrichmondnealsyard  
**20% discount** off all Massage Treatments with this advert. Please quote - Menter Siabod when booking, discount cannot be used in conjunction with any other offer.

## MEITHRINFA'R FELIN NURSERY

Dolwyddelan  
**01690 750 319**  
**07880 838 556**

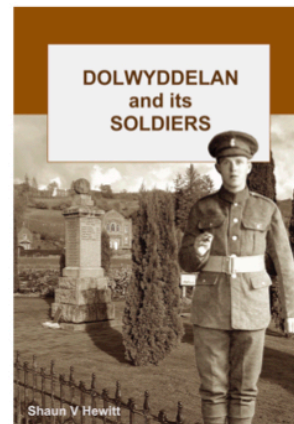
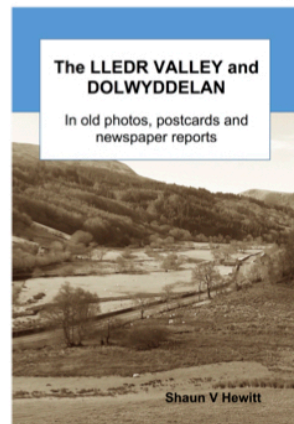


**Basgedi Crôg Hanging Baskets**  
**Planhigion i'r Ardd Bedding plants**  
**Planhigion Llysiau Vegetable Plants**  
**Planhigion Ty House Plants**  
**Compost**

## The Ideal Christmas Present !

'The Lledr Valled and Dolwyddelan' £8

'Dolwyddelan and its Soldiers' £7



Coming soon

'Dolyddelen and Vicinity' - The musings of Ellis o'r Nant from the Cambrian Times 1876 to 1881

Contact Shaun on 750 519 or (preferably) [shaunhewitt@me.com](mailto:shaunhewitt@me.com) to order. Free delivery within the valley. Or [www.lulu.com/shop](http://www.lulu.com/shop)

## GARY 'LOGS' EDWARDS

**LOGS and KINDLING**

Small or large loads

**07718 505 093**



## Bodhi MOVEMENT

Bodywork & Movement Studio

The Studio, Royal Oak Stables,  
Betws y Coed

Injury Assessment  
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Movement Analysis  
Yoga Classes

01690 359081  
[www.bodhi-movement.co.uk](http://www.bodhi-movement.co.uk)

Mike, Carrie & Jane look forward to welcoming you to



'Accommodation coming soon . . .'

## Café Restaurant

### Open Daily

For information find us on Facebook  
**Plas Penae droch Manor**

Pont-y-Pant, Dolwyddelan  
LL25 0PJ Tel. 01690 750 316  
[www.penaeldroch.co.uk](http://www.penaeldroch.co.uk)

## Lloyd Brothers

### Coal Merchants

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