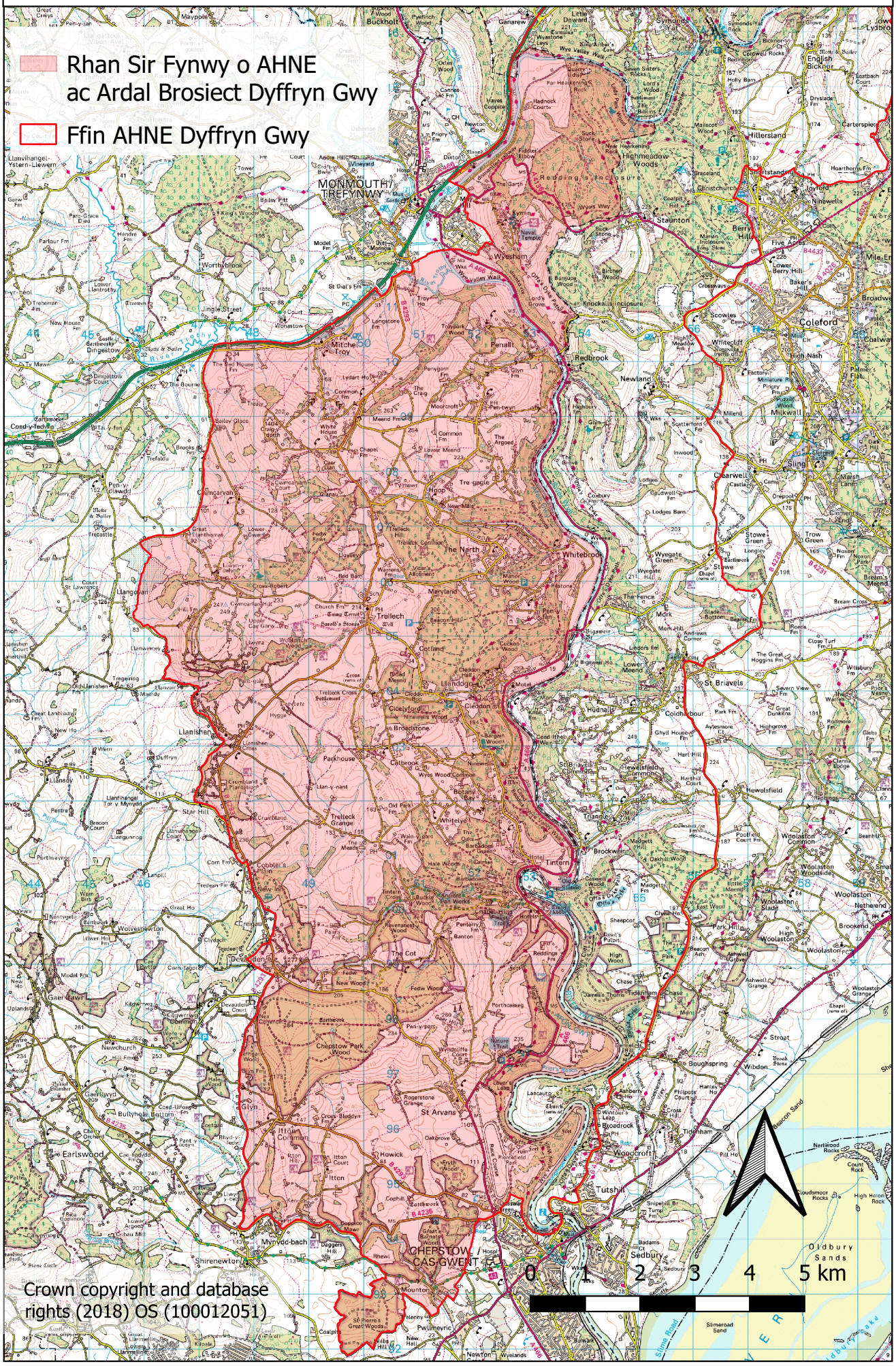Ardal Brosiect Traciau a Llwybrau Rhannau Isaf Dyffryn Gwy