



MYNYDDOEDD
CAMBRIAN
MOUNTAINS

DARGANFOD / DISCOVER
**MYNYDDOEDD
CAMBRIAN
MOUNTAINS**

NATUR • TREFTADAETH • LLWYBRAU
NATURE • HERITAGE • TRAILS



thecambrianmountains.co.uk

Cyflwyniad i | Introduction to

Mynyddoedd Cambrian Mountains



Croeso i Fynyddoedd Cambrian

Ardal o ucheldir yng nghanol Cymru. Saif y mynydd uchaf, Pumlumon Fawr (2468tr/752m) yn gadarn dros y cyfan.

Yma mae digonedd o le i'r enaid gael llonydd ar lwybrau'r mynydd neu'r dyffrynnoedd coediog, rhaeadrau trawiadol a llynnoedd anghysbell. Cewch gyfle i fwynhau natur a'r awyr agored ar ei orau; darganfod diwylliant byw a hanes cyfoethog tywysogion Cymru, mynachod, mwyngloddwyr ac amaethyddiaeth. Yn y llyfryn yma ein bwriad yw cyflwyno cipolwg o natur, treftadaeth a llwybrau. Cewch flas hefyd o ochr 'tywyll' Mynyddoedd Cambrian!

O Fynydd Llanllwni yn y de, trwy ardal Yr Elenydd a thu hwnt i ucheldir Pumlumon Fawr, dewch i ddarganfod Mynyddoedd Cambrian heddiw.

Welcome to the Cambrian Mountains

A remote wilderness rising in the heart of Wales. Pumlumon Fawr's (2468tr/752m) summit stands prominent as its highest point.

There are wide open spaces and steep sided wooded valleys, breathtaking waterfalls and tranquil lakes. Here you can find solitude and peace and experience nature and the great outdoors. The mountains are alive with culture and the history of Welsh princes, monks, mining and farming. In this booklet we present nature, heritage and trails at their best. You'll even discover the 'dark' side of the Cambrian Mountains too!

From Llanllwni Mountain in the south, through Yr Elenydd and to the peaks of Pumlumon Fawr, discover the Cambrian Mountains today.



Ceir amrywiaeth eang o fyd natur gan gynnwys adar, mamaliaid, blodau a phlanhigion yng nghoedtiroedd a glannau llynnoedd. Ymwelwch â'r gwarchodfeydd natur a darganfyddwch fywyd gwyllt yr ardal.

The Cambrian Mountains are brimming with nature from birds, mammals, flowers and plants in woodlands and lakesides. Visit as many of the nature reserves as you can and you'll be amazed at what you'll discover.

Cewch glywed y Gymraeg mewn canu corawl, eisteddfodau, treialon cŵn defaid, sioeau amaethyddol ac yn y cymunedau. Mae gennym hefyd eglwysi a chapeli gan gynnwys Abaty Ystrad Fflur. Mae diwydiannu'r oes a fu dal gennym drwy leoliadau mwyngloddio plwm, arian ac aur sy'n frith dros y tir.

Hear the Welsh language sung in choirs, eisteddfodau, at sheep dog trials, agricultural shows and in the communities. There are churches and chapels, including Strata Florida, the 'Westminster Abbey of Wales'. Journey through the landscape and you'll discover remains of lead, silver and gold mines too.

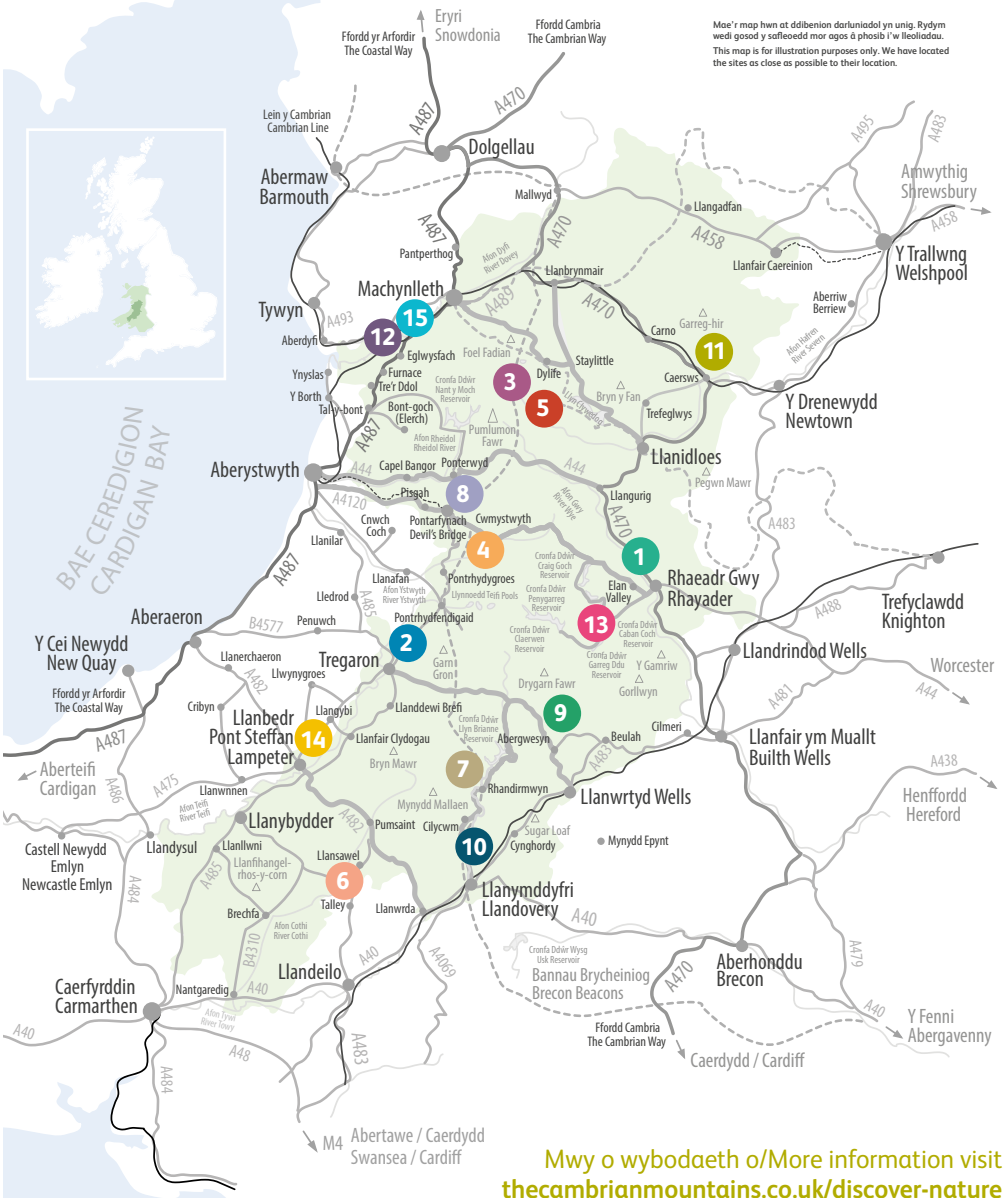


Cewch yma lwybrau diri. I'r rheiny sydd â map a chwmpawd, bydd cyfle i ddarganfod Mynyddoedd Cambrian a gwerthfawrogi'r ehangder mynyddig. Prin y gwelwch neb ar eich taith. Cerdded, seiclo, beicio mynydd, merlota a gyrru ceffyl.

Follow the waymarked trails. For those who are confident enough take a map and compass, discover the delights of the upland mountainsides where you're not likely to meet a soul all day. Walking, cycling, mountain biking, horse-riding and horse & carriage driving.

NATUR ym Mynyddoedd Cambrian

NATURE in the Cambrian Mountains



Mwy o wybodaeth o/More information visit
thecambrianmountains.co.uk/discover-nature



1 **Gilfach Nature Reserve, Rhaeadr Gwy/Rhayader**
Bronwen y dŵr, y gog, gwybedog brith, pili pala, ffynghau cap cwyr, cen y cerrig, naid yr eog. *Dipper, cuckoo, pied flycatcher, butterfly, waxcap fungi, lichen, leaping salmon.*
rwtwales.org/reserves/gilfach-farm

2 **Cors Caron Nature Reserve, Tregaron**
Dwrgwn, madfall, y gog, tylluan wen, bod tinwen, yr ymwerawdwr, gwrid y gors. *Otter, common lizard, cuckoo, barn owl, hen harrier, dragonfly, rosy marsh moth.*
naturalresources.wales/days-out

3 **Glaslyn Nature Reserve, Dylife**
Grug, ymerawdwr, cwtiad aur, corheddyd y waun. *Very large nature reserve with heather, emperor moth, golden plover, meadow pipit.*
montwt.co.uk/nature-reserves/glaslyn

4 **Stâd yr Hafod/Hafod Estate, Pontrhydygroes**
Mwsog, cen, madarch, y gog, brych y coed, siglen felen, gwybedog mannog, barduc coch, boda, hebog yr eheddyd, hebog tramor, gwalch marth, llygoden bengron y dŵr, bele'r coed, dwrgwn. *Moss, lichen, mushroom, cuckoo, mistle thrush, yellow wagtail, spotted flycatcher, red kite, buzzard, hobby, peregrine falcon, goshawk, water vole, pine marten, otter.*
naturalresources.wales/days-out

5 **Coedwig Hafren Forest, Llanidloes**
Bronwen y dŵr, gwalch marth, gwalch y môr, mwsog a glaswellt, tresgl y moch, llafn y bladur, gylfingroes, eog. *Dipper, goshawk, osprey, mosses and grasses, tormentil, bog asphodel, crossbill, salmon.*
naturalresources.wales/days-out

6 **Talley Lakes Nature Reserve, Talylychau/Talley**
Hwyaid, trochrydd, elyrch, gwyddau, lili, yr ymerawdwr. *Duck, grebe, swan, geese, white and yellow lily, Emperor Dragonfly.*
welshwildlife.org/nature-reserves

7 **Gwenffrwd-Dinas RSPB, Rhandirmwyn**
Barduc coch, gwybedog brith, tingoch, bronwen y dŵr, siglen lwyd, cen. *Red kite, pied flycatcher, redstart, dipper, grey wagtail, lichen.*
rspb.org.uk

8 **Coed Simdde Llwyd, Cwm Rheidol Valley**
Clychau'r gog, egllyn cyferbynddail, gwybedog brith, telor y coed, ysgyfarnog. *Bluebell, golden saxifrage, pied flycatcher, wood warbler, brown hare.*
welshwildlife.org/nature-reserves

9 **Vicarage Meadows Nature Reserve, Abergwesyn**
Clychau'r gog, tegeirian, llafn y bladur, glöynnod byw, madfall, broga/llyffant melyn. *Bluebell, orchid, bog asphodel, butterfly, common lizard, common frog.*
welshwildlife.org/nature-reserves

10 **Gallt Y Tlodion/Poor Man's Wood Nature Reserve, Llanymddyfri/Llandoverly**
Coetir derw, llus, mwsog, clychau'r gog, gludlys, telor penddu, delor y cnau, gwybedog brith. *Oak wood, bilberry, mosses, bluebells, campion, blackcap, nuthatch, pied flycatcher.*
welshwildlife.org/nature-reserves

11 **Llyn Mawr Nature Reserve, Caersws**
Sgimiwr llinell ddu, mursen las gyffredin, broga/llyffant melyn, giach, hwyaden gopog. *Black-tailed skimmer, common blue damselfly, common frog, snipe, tufted duck.*
montwt.co.uk/nature-reserves/llyn-mawr

12 **Ynysir RSPB, Eglwysfach**
Cornchwigen, y ganwraidd goesgoch, gŵydd dalcenwyn, telor y coed, gwalch y pysgod. *Lapwing, redshank, white fronted goose, wood warbler, osprey.*
rspb.org.uk

13 **Cwm Elan/Elan Valley**
Gwybedog brith, mochyn daear, bronwen/gwenci, llwynog/cadno, llygoden y coed, dwrgi, broga/llyffant melyn, gwyfyn bwmed pum smotyn, ystlymod. *Pied flycatcher, badger, weasel, fox, woodmouse, otter, common frog, six spot burnet moth, bat.*
elanvalley.org.uk/discover/nature

14 **Denmark Farm Conservation Centre, Lampeter**
Ysgyfarnog, tylluan wen, gwybedog brith, tegeirian y gors deheuol, pili pala, gwas y neidr. *Hare, barn owl, pied flycatcher, southern marsh orchids, butterflies, dragonflies.*
denmarkfarm.org.uk/what-to-see-monthly/

15 **Cors Dyfi Nature Reserve, Derwenlas**
Gwalch y pysgod, madfall, telor y cyrs. *Osprey, common lizard, reed warbler.*
montwt.co.uk/nature-reserves/cors-dyfi

TREFTAETH ym Mynyddoedd Cambrian

HERITAGE in the Cambrian Mountains



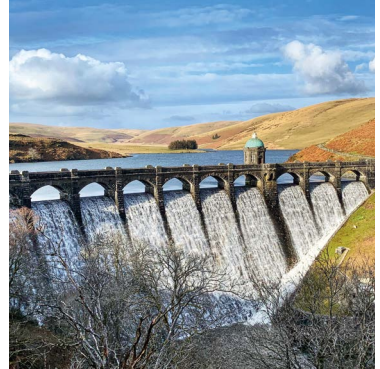
1 Pontrhydygroes/Cwmystwyth

Ar lethrau Cwmystwyth mae canolbwynt Cymru, yn ôl yr Arolwg Ordnans. Mae olion ar y tirwedd yn dyst i ddiwydiant gychwynodd cyn hanes, ddaeth i ben ond yn yr 20fed ganrif. Yma ceir Ystad Bictiwresg yr Hafod. *According to the Ordnance Survey, the centre of Wales is on the slopes of Cwmystwyth. A dramatic landscape, testimony to the search for minerals from prehistory to the 20th century. Picturesque Hafod Estate nearby.*



2 Cwm Elan/Elan Valley/Yr Elenydd

Cyfes o gronfeydd dŵr gosgeiddig Fictoriaidd, lle bu'r 'Dambusters' yn ymarfer. Olion cynhanesyddol i'w darganfod yn y tirwedd. Un ymwelydd â Stâd Elan oedd y bardd Shelley. *A series of elegant Victorian reservoir dams, where the 'Dambusters' used Nant y Gro Dam to test the bouncing bomb. Prehistoric cairns scattered across the landscape. Lyric poet Shelley visited the Elan Estate.*



3 Rhaeadr Gwy/Rhayader

Cofeb ryfel yw cloc y dref. Chwiliwch Eglwys Sant Ffraid am gofeb i Emmeline Lewis Lloyd - dringwr mynyddoedd a'r fenyw gyntaf o Gymru i ddringo Mont Blanc. Cewch gelf a hanes yng Nghanolfan CARAD. *Rhayader's town clock is also its war memorial. Find a memorial to alpinist and first Welsh woman to climb Mont Blanc, Emmeline Lewis Lloyd at St Bride's Church. Discover craft and history at CARAD.*

4 Llanwrtyd/Llanwrtyd Wells/Cilmeri

Cyfansoddwyd y gân adnabyddus "Sosban Fach" yma. Galwch hebio'r Ganolfan Treftadaeth am yr hanes. Lleoliad digwyddiadau amgen iawn. Cilmeri: cofeb i Lywelyn ap Gruffydd. *The popular song "Sosban Fach" was composed at Llanwrtyd. Call at the Heritage Centre for the story. Quirky 'World Alternative Games'. Memorial at Cilmeri to Llywelyn ap Gruffydd.*



5 Llanymddyfri/Llandovery/Cynghordy

Castell â hanes cythryblus. Cofeb Llywelyn ap Gruffydd Fychan. Tref porthmyn a Banc yr Eidion Du. Gerllaw mae cartref yr emynydd William Williams, Pantycelyn, a phont rheilffordd Cynghordy. *A castle steeped in history. Poignant memorial to Llywelyn ap Gruffydd Fychan. Inns recall the droving trade. Bank of the Black Ox. Nearby is the home of the hymnist William Williams, Pantycelyn; also the Cynghordy railway viaduct.*

6 Pumsaint & Dolaucothi

Archwiliwch diroedd Stâd Dolaucothi a chloddfa aur Rhufeinig i weld carreg y pum sant. Gerllaw mae Sarn Helen, ffordd Rufeinig sy'n cysylltu Llanymddyfri a Llanddewi Brefi. *Explore the Estate of Dolaucothi, its Roman goldmines and find the legendary stone of the 'five saints'. Nearby is Sarn Helen Roman road linking Llandovery to Llanddewi Brefi.*

Mwy o wybodaeth o/More information visit
thecambrianmountains.co.uk/discover-heritage

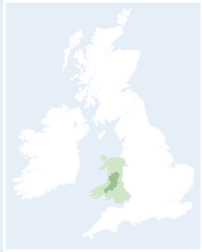
- 7 Cilycwm/Mynydd Mallaen/Rhandirmwyn/Llyn Brianne**
Cymuned y mwngloddio. Yma mae derwen a enillodd wobr genedlaethol yn ddiweddar. Mae ogof Twm Siôn Cati a chronfa ddŵr Llyn Brianne gerllaw. *A proud lead-mining community. Here a local oak recently won a national award. Find Twm Siôn Cati's cave and Llyn Brianne reservoir nearby.*
- 8 Talylychau/Talley**
Abaty sydd werth ymweld ag ef. Ger y llyn eglwys digyffro St. Michael ac ynddi eisteddleoedd 'bocs'. Mae un o goed onnen mwyaf Prydain i'r gogledd-ddwyrain o'r abaty. *Superb abbey that is worthy of a visit. Lakeside church of St Michael including its original box pews. One of the largest ash trees in Britain stands north-east of the abbey.*
- 9 Brechfa Forest/Mynydd Llanllwni a Llanfihangel Rhos-y-Corn**
Coedwig hela frenhinol; eglwys pererinion yn Llanfihangel Rhos-y-Corn gerllaw; man geni'r ymgyrchwr Gwilym Marles - hen ewyrth Dylan Thomas; Bob y gigfran gellweirus. *Norman Royal Forest; Pilgrim church at Llanfihangel Rhos-y-Corn; birthplace of Gwilym Marles, preacher and social campaigner-Dylan Thomas' great uncle. Mischievous raven called Bob at the pub.*
- 10 Llanybydder**
Tref farchnad hanesyddol ar yr Afon Teifi. Yn enwog yn rhyngwladol am ei farchnad geffylau. Safle bryngaer Oes Cerrig Pen y gaer yn agos i'r dref. *Historic market town on the River Teifi. Known internationally for its monthly horse fair. Site of an Iron Age hillfort, Pen y gaer.*
- 11 Llanbedr Pont Steffan/Lampeter**
Man geni rygbi yng Nghymru yn ei Choleg Prifysgol hynaf. Sail Normanaidd. Bu Dylan Thomas yma. *Canolfan Gwiltiau yn Neuadd y Dref. Amgueddfa gerllaw. Birthplace of Welsh rugby at the oldest University College in Wales. Norman foundations, elegant Georgian and Victorian buildings. Dylan Thomas came here. Quilt Centre at the Town Hall. Visit the Museum.*
- 12 Llanddewi Brefi/Llanio**
Chweddloniaeth gyfoethog. Tirwedd yr Ychen Bannog; gwyrth enwocaf Dewi Sant; llwybrau porthmyn y 19eg ganrif a safle caer Rhufeinig Bremia gerllaw yn Llanio. *Rich in history and legend. The landscape of mythical beasts; St David's most famous miracle; 19th century drovers' routes and nearby Bremia Roman Fort at Llanio.*
- 13 Tregaron/Soar y Mynydd**
Man geni Thomas Jones (Twm Siôn Cati) a Henry Richard AS. Cewch yr hanes yn Amgueddfa a Chanolfan Y Barcud. Gerllaw, Soar y Mynydd. Claddwyd eliffant tu ôl i'r gwesty. *Birthplace of Thomas Jones alias Twm Siôn Cati, outlaw and genealogist, and Henry Richard MP. Nearby Soar y Mynydd chapel. Visit the Kite Centre and Museum. An elephant is buried behind hotel.*
- 14 Pontrhydfendigaid/Abaty Ystrad Fflur Abbey**
Adeilion abaty Sistersiaidd. Heddiw mae technoleg archaeoleg newydd yn datgelu gorffennol. Bryngaer Pen y Bannau. Bro mebyd Caradoc Jones, y Cymro cyntaf i ddringo Everest. *Romantic ruins of a great Cistercian Abbey the 'Westminster Abbey of Wales'. Modern archaeological digs unearthing abbey's history. Pen y Bannau hillfort. Childhood home of Caradoc Jones, first Welshman to climb Everest.*
- 15 Ponterwyd/Pontarfynach/Devil's Bridge**
Ollion mwngloddio arian a phlwm. Argae Nant y Moch ger Pumlumon Fawr. Chwedl y pontydd dros yr Afon Mynach. Trên stem Rheilffordd Dyffryn Rheidol. Gerllaw mae'r Bwa. *Remains of lead and silver mining. Nant y Moch reservoir and Pumlumon Fawr nearby. Legend of the three bridges. Vale of Rheidol steam train. Woodland landscape at the Arch.*
- 16 Talybont/Tre'r ddôl/Ffwrnais**
Mwngloddio o'r cyfnod Neolithig a Rhufeinig. Ffwrnais Dyfi o'r 18fed ganrif. Bedd Taliesin, bardd chwedlonol y 6ed ganrif. Cartref gwasg Y Lolfa. *Mining dating back to Neolithic and Roman times. 18th century furnace and waterwheel. Hilltop cairn linked to 6th century poet, Taliesin. Home of Welsh printing press, y Lolfa.*
- 17 Dylife/Penffordd Las/Staylitle**
Caer Rufeinig uwchlaw gweithfeydd mwyn yw Pen y Crocbren – atgof o ffawd greulon Siôn y Gof. Ym Mhenffordd Las ganwyd Sir David Brunt, sylfaenydd astudiaethau tywydd. *A Roman fortlet overlooks the mining remains. The hill's name, Pen y Crocbren, recalls the gruesome fate of Siôn y Gof. Distinguished meteorologist, Sir David Brunt was born in Staylitle.*
- 18 Llanbrynmair**
Bro mebyd Iorwerth C Peate, sylfaenydd Amgueddfa Werin Cymru-Sain Ffagan. Samuel Roberts (S.R.) yr heddychwr. *Welch chi'r ddraig yn y tŵr? Birthplace of Iorwerth C Peate, founder of the Welsh Folk Museum-St Fagan's; also of Samuel Roberts (S.R.), pacifist. Can you see the dragon in the tower?*
- 19 Caersws**
Caerau yn gwarchod yr Afon Hafren a sawl ffordd Rhufeinig. Saif gorsaf y rheilffordd, lle bu Ceiriog yn orsaf-feistr, yng nghanol un o'r caerau. *Two forts guard the River Severn and several Roman road routes. The railway station, where poet Ceiriog was once stationmaster, lies at the centre of one of the forts.*
- 20 Llanidloes**
Tref gyntaf yr Afon Hafren. Marchnad a'r diwydiant gwlan yn ganolog i'w thwf; neuadd farchnad unigryw; casgliad arbennig o gwiltiau yng Nghanolfan Minerva. Gerllaw mae adeilion mwnglawdd Bryn Tail a chronfa ddŵr Clywedog. *First town on the River Severn. Historical market place building. HQ of the Quilt Association at Minerva Arts Centre. Remains of 18th century Bryn Tail mine at Clywedog Reservoir.*

LLWYBRAU ym Mynyddoedd Cambrian

TRAILS in the Cambrian Mountains



Cymuned Croeso i
Gerdwyr
Walkers are Welcome
Community



Mae'r map hwn at ddibenion darlunol yn unig. Rydym wedi gosod y safleoedd mor agos â phosibl i'w lleoliadau. This map is for illustration purposes only. We have located the sites as close as possible to their location.



Mwy o wybodaeth o/More information visit
thecambrianmountains.co.uk/discover-trails

1. Llwybr Ystwyth | Ystwyth Trail
discoverceredigion.wales

2. Llwybr Hafren | Severn Way
ldwa.org.uk

3. Llwybr Glyndŵr | Glyndŵr's Way
nationaltrail.co.uk/glyndwrs-way

4. Llwybr Y Gwy | Wye Valley Walk
wyevalleywalk.org

5. Llwybr Lein Calon Cymru | Heart of Wales Trail
heart-of-wales.co.uk/experiences

6. Parc Sgiliau + Llwybrau Nant yr Arian |
Bwlch Nant Yr Arian Skills Park + Trails
naturalresources.wales/days-out

7. Llwybr Feicio Rheidol | Rheidol Cycling Trail
discoverceredigion.wales

8. Llwybrau Brechfa | Brechfa Trails
naturalresources.wales/days-out

9. Pump Track Wales, Rhayader
pumptrackwales.co.uk

10. Llwybrau Cwm Rhaeadr | Cwm Rhaeadr Trails,
Cilycwm
naturalresources.wales/days-out

11. Llwybr Cwm Elan | Elan Valley Cycle Trail
elanvalley.org.uk/explore

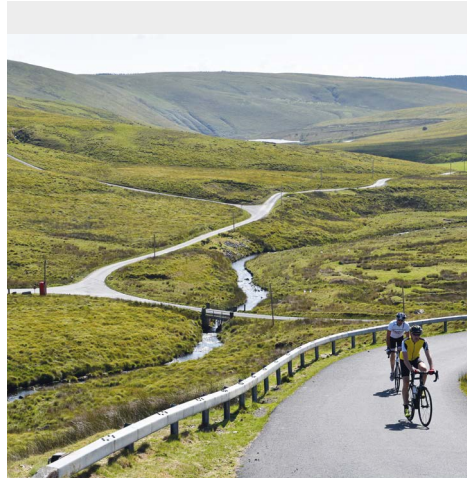
12. Taith Feicio Gwylttr y Gorllewin | Big Wilderness
Adventure, Llandovery
[discovercarmarthenshire.com/explore/
road-cycling/big-wilderness-adventure/](http://discovercarmarthenshire.com/explore/road-cycling/big-wilderness-adventure/)

13. Coedwig Crychan Forest, Cyngordy
crychanforest.org.uk neu/or
naturalresources.wales/days-out

14. Taith Cambria | The Cambrian Way
cambrianway.org.uk

15. Coedtiroedd Tallyllychau | Talley Woodlands
naturalresources.wales/days-out

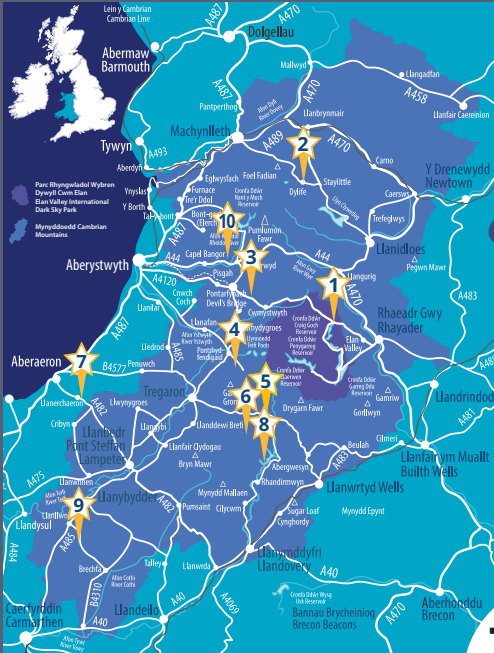
16. Coedwig Hafren Forest ger/near Llanidloes
naturalresources.wales/days-out



Gwnewch diwrnod da yn ddiwrnod gwell/
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Darganfod yr Wybren Dywyll/Discover the Dark Skies

Lleoliadau Darganfod yr Wybren Dywyll a Pharc Rhyngwladol yr Wybren Dywyll/Dark Sky Discovery Sites and the International Dark Sky Park.



1. Pont ar Elan, Cwm Elan Valley International Dark Sky Park SN 902715
2. Y Star Inn, Dylife SN 863940
3. Y Bwa/The Arch, Cwmystwyth SN 765755
4. Coed y Bont, Pontrhydfendigaid SN 737659
5. Hostel Dolgoch, Tregaron SN 805562
6. Ty'n y cornel Hostel, Tregaron SN 750534
7. Llanerchaeron National Trust, Ciliau Aeron SN 480602
8. Llyn Brienne reservoir car park SN 793484
9. Viewpoint Mynydd Llanllwni Mountain SN 507389
10. Bwlch Nant yr Arian, Ponterwyd SN 717813

Top 10
Star gazing
locations



Mwy o wybodaeth o/
thecambrianmountains

he stars, planets,
meteor showers,
mountains, one of
the world."

#cambrianmountainsdarkskies



More information from
www.thecambrianmountains.co.uk/discover-dark-skies



Dŵr Cymru
Welsh Water

A wyddoch chi? Did you know?

- 1 Beth yw uchder Pumlumon Fawr?**
How high is Pumlumon Fawr?
- 2 Lle oedd cartref plentyndod y Cymro cyntaf i ddringo Everest?**
Where was the childhood home of the first Welshman to climb Everest?
- 3 Pa eglwys sy'n fan gorffwys ar gyfer yr wythfed fenyw i ddringo Mont Blanc?**
Which church is the resting place of the eighth woman to climb Mont Blanc?
- 4 Beth yw new cronfa ddŵr talaf Y Ddeyrnas Unedig?**
What is the name of the UK's tallest dam?
- 5 Ffrindiau o ba wlad gwnaeth ein cynorthwyo i ddiogelu'r pâr olaf o farcutiaid yn yr 1980au?**
Friends from which mountainous country helped protect the last pair of red kites in the 1980s?
- 6 Beth yw enw'r tref gyntaf ar yr Afon Hafren?**
What is the name of the first town on the River Severn?
- 7 Enwch dri metal sydd wedi'u mwyngloddio ym Mynyddoedd Cambrian?**
Name three metals that have been mined in the Cambrian Mountains?
- 8 Heddiw yn Llanelwedd, Llanfair ym Muallt, ond ble oedd cartref cyntaf Sioe Frenhinol Cymru?**
Today located in Llanelwedd, Builth Wells, where was the first Royal Welsh Show held?
- 9 Tua sawl rhithwybedynod mae'r ystlum lleiaf yn ei fwyta mewn noson?**
About how many midges does a pipistrelle bat eat in one night?
- 10 Ymha dref sefydlwyd Banc Yr Eidion Du?**
In which town was the Black Ox Bank established?

Atebion i'r cwestiynau o:
Answers to the questions available from:

[thecambrianmountains.co.uk/
pocket-guide](https://www.thecambrianmountains.co.uk/pocket-guide)

Rhannwch a thagiwch eich
lluniau gan ddefnyddio
#mynyddoeddcambrian



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