Gwynedd Come & Play

The ultimate FREE guide to spaces for playing in Gwynedd

This guide has been prepared by the **Family Information Service** within **Gwynedd Council** after being inspired by the booklet prepared originally by **Conwy's Play Development Team** about their area and by a subsequent booklet by **Anglesey Play Development Unit. The Family Information Service** can be contacted on **07976 623816.**

The Family Information Service does its best to support your right as children to play.

We have been helped by:

Cyngor Gwynedd

Teuluoedd yn Gyntaf Families First

Llywodraeth Cymru Welsh Government

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Snowdonia Mountains and Coast website Visit Snowdonia

What do the pictures mean? The space is good for:

Trim trail | Tree climbing | Fixed play equipment | Wheelchair users | Toilet facilities

Parking | Ball games | Water | Café | Gym equipment

Wildlife | Dens | Sand | Cycling | Picnic table

design: viewcreative.co.uk

So What's This All About?

We found that lots of people believe children should be playing outside more and inside less but adults often find it difficult to let children go out to play.

This guide aims to give you some new ideas about where you can go and what you can do when playing outside. It includes some of the best beaches, parks, playgrounds, woods and nature reserves in Gwynedd. All the entries are labelled with facilities that the space offers. Although we've included loads of activities, there are still plenty more we haven't included and it's up to you to come up with them!

We hope that with the help of this guide you will put your wellies on and run, jump, splash, climb, paddle, crawl, hide and seek your way through some of the best play spaces Gwynedd can offer.

Benefits of Playing Outdoors

We think it is important for children to have time to play outside with their families and equally important to spend time with friends exploring their local community. We think the best type of play is when children are given the time, space and permission to choose what they want to do. We call this play that is freely chosen.

Engaging in freely chosen play can have some of the following amazing benefits;

- **Extending skills**
- **Developing physical and emotional capacities**
- **Challenging ourselves in new ways and gaining direct experience of the consequences of our actions**
- **Building resilience**
- **Attachments to people and places**
- **Increased well being and mental health**
- **IT'S REALLY FUN !!!**

Top Tips

Getting Outdoors

Put on your warmest coat or best sunhat and take some snacks and a drink, adventuring is hungry work!

Take a watch/phone/alarm: if you set it for however long you have to play you will know when it is time to go home. Make it clear where your boundaries are and stick to them. If you decide to go somewhere different tell whoever is looking after you first. Take stuff to play with like cardboard boxes, rope, old tyres, wooden planks and material but make sure you bring it home again! Good things to do to get you started:

Here are some good things to get you started from the National Trust's list of 50 things to do before you're 11¾:

- **Climb a tree**
- **Roll down a really big hill**
- **Build a den**
- **Skim a stone**
- **Fly a kite**
- **Catch a fish with a net**
- **Play conkers**
- **Go on a really long bike ride**
- **Make a trail with sticks**
- **Make a mud pie**
- **Dam a stream**
- **Make a daisy chain**
- **Set up a snail race**
- **Create some wild art**
- **Play pooh sticks**
- **Jump over waves**
- **Make a home for a wild animal**
- **Build a raft**
- **Hunt for bugs**
- **Go bird watching**
- **Make a grass trumpet**
- **Go on a walk barefoot**

If you would like to find out more, then check out **www.nationaltrust.org.uk/50-things-to-do**

Inclusive Play Spaces

Within this guide we have included information on physical access to the play spaces and what you will find there. We recognise however, that these are not the only barriers to access for children and that access is only about children physically getting somewhere – the term 'inclusion' is about children feeling that they want to be in the space once they are there.

The outdoor environment offers a range of play opportunities that do not dictate to children how they should play or interact with them. Natural materials like leaves, pine cones, water, sand, grass and mud can be played with, touched, smelt and experienced alongside natural features like trees, boulders, mounds and plants in many ways and this versatility helps children to experience these play spaces on their own terms.

When taking children to outdoor play spaces, we encourage adults to support the play process by allowing children to explore on their own terms. Some sites allow for greater exploration by giving good lines of sight so adults can supervise children from a distance – beaches and parks are good for this.

Some children prefer to be in quieter spaces and here woodlands can provide the opportunity to create their own safe haven. Other children might prefer more direction to their play in order to help them settle into an environment. The playgrounds within this guide provide this direction through traditional play equipment but also allow exploration around the boundary of the site as children become more comfortable in the space.

We have tried to include information about the accessibility of each play space including its facilities. However, because these are public spaces they can change so if you are concerned about accessing a space we would recommend researching some more before you go.

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Destinations

1. GLYNLLIFON COUNTRY PARK

ADDRESS: **Clynnog Road, Caernarfon. LL54 5DY**

COST: Adults £4; Children £2; Day family entry £10 *Costs correct at time of publication.*
Opening hours for the grounds and woodland walks:
Peak Season (1 April - 30 Sept): Daily 10:00 -17:00
Low Season (1 October - 31 March): Thursday - Sunday 10:00 -17:00

FACILITIES: Ample free parking, picnic tables, cafe, dens, wildlife, guided walking tours, shop & gallery. Facilities for the disabled.

LOCATION: On the main road (A499) between Caernarfon and Pwllheli. Come and enjoy a fun day out for the whole family at Glynllifon's historic grounds and craft centre. The perfect place to explore a variety of outdoor activities. For that reason it's important to wear suitable footwear.

Pop into The Black Cat Cafe for a cup of tea/coffee or for a meal and have a browse in the Adra shop and gallery. There are also some workshops in the yard. Annual membership is available. For more information about Parc Glynllifon, visit the Facebook page at: **www.facebook.com/parcglynllifon**
Parc Glynllifon (llyw.cymru)

2. PADARN COUNTRY PARK

Green Flag Award

ADDRESS: **Quarry Hospital, Gilfach Ddu, Llanberis. LL55 4TY**

COST: Access to the park is free / Car parks are Pay & Display

FACILITIES: Plenty of parking space, cafe, the Quarry Hospital, Padarn Lake Railway, the National Slate Museum, Ropes and Ladders (an adventure course for adults and children), Padarn Watersports Centre, "Snowdon Star" passenger vessel, Vivian Diving Centre, Walking trails (8km route around the lake and other smaller trails), Padarn Pottery, Fframia, Odyn Copr and Crefft Elidir. Some paths suitable for wheelchairs.

WORLD HERITAGE SITE

LOCATION: The park, in total, is 800 acres but in order to reach its centre at Gilfach Ddu, turn off the A4086 at Llanberis, follow the brown & white signs to Parc Padarn. There's plenty to do at Padarn Country Park! Come and have a great day out that everyone will enjoy. Enjoy the most spectacular scenery in North Wales... across Padarn Lake from Dolbadarn Castle and out towards Snowdonia in all its glory. There's a chance to learn about the area's history and to wander the pathways around the lake. Give the Ropes and Ladders course a try! We ask visitors to consider their safety at all times when near the lake itself. See the 'Top Tips for Playing Safely by Water' in this booklet for guidance. For more specific and up-to-date information about the Slate Museum and the Padarn Lake Railway, please refer to their respective websites. **Parc Padarn Country Park (llyw.cymru)**

Top Tips

Playing Safely by Water

Water is one of nature's best play things and all children should be able to experience playing in, with and around water. However it is important to keep in mind the dangers of water and stay safe.

- **Only play by or in water with an adult**
- **Check weather and tide times before you go; even on a calm day the current can be strong**
- **If you get into trouble, stick your hand in the air and shout for help**
- **Read any safety signs at the beach or river to make yourself aware of specific local hazards**
- **Never use inflatables in strong winds or rough seas**
- **If you see someone else in trouble, tell a Beach Warden. If you can't see a Beach Warden, call 999 or 112 and ask for the Coastguard but don't attempt a rescue yourself**
- **Find out about your chosen beach before you go at goodbeachguide.co.uk**
- **Remember rivers also have strong currents so take care and only play in calm, shallow sections**
- **Rocks and boulders by rivers are fun for playing but take care when they get slippery**

Find more at **www.riverandseasense.com**
www.gwynedd.llyw.cymru/beachmaps

Beaches

Beaches and Coastline | Visit Snowdonia

3. ABERDYFI

ADDRESS: **Aberdyfi, Gwynedd. LL35 OEB**

COST: Pay and Display Car Park

FACILITIES: Beach, provision for personal water craft (PWCs), toilets, disabled parking and beach access, shops, cafe.

DOG RESTRICTIONS IN PLACE ON ALL BEACHES

ABOUT THE BEACH: On the north side of the estuary of the River Dyfi, the beach at Aberdyfi is a scenic and enjoyable location with many facilities available. It's a busy sailing and watersports centre.

Also, the area of the southern shore, along the river Dyfi, is a part of the Dyfi National Nature Reserve.

4. BARMOUTH

ADDRESS: **Barmouth, Gwynedd. LL42 1NF**

COST: Pay and Display Car Park

FACILITIES: Blue Flag beach, provision for personal water craft (PWCs), toilets, disabled parking and beach access, shops, cafe.

DOG RESTRICTIONS IN PLACE ON ALL BEACHES

ABOUT THE BEACH: On the estuary of the River Mawddach, Barmouth beach is a traditional beach in many ways. A perfect place for families with miles of clean sands.

***There are some sections of the beach which have been designated as No Swimming areas. See local signs.**

Ei gadw'n Syml, Ei gadw'n iach
Keep it Simple, Keep it healthy

DANTEITHION IACH

FFYN MORON • TOMATOS BACH MELYS
FFRWYTH BACH • PYS • IOGWRT HEB SIWGR
FFLARJAC SIWGR ISEL • DŴR NEU LEFRITH
FFYN BARA • CACENNAU REIS
BRECHDANAUNEU DORTILLA WEDI'U LLENWI

HEALTHY TREATS

CARROT STICKS • CHERRY TOMATOES
BITESITE FRUIT • PEAS • SUGAR FREE YOGHURT
LOW SUGAR FLAPJACK • WATER OR MILK
BREADSTICKS • RICE CAKES
FILLED SANDWICHES OR WRAPS

5. ABERDARON

ADDRESS: **Aberdaron beach, Gwynedd. LL53 8BE**

COST: Pay and Display to park

FACILITIES: Blue Flag beach, toilets, facilities for disabled visitors as well as disabled beach access, shop, cafes.

DOG RESTRICTIONS IN PLACE ON ALL BEACHES

ABOUT THE BEACH: At the far end of the Llŷn Peninsula, Aberdaron beach is a mile long and is within an Area Of Outstanding Natural Beauty (AONB).

There's plenty to enjoy, from coastal pathways to watersports. An area full of interesting history. You will get more history of Llŷn's special landscape and seascapes when visiting the National Trust Centre Porth y Swnt.

6. PWLLHELI

ADDRESS: **South Beach, Pwllheli, Gwynedd. LL53 5PG**

COST: Pay and Display Parking some months of the year

FACILITIES: Blue Flag beach, toilets, facilities as well as easy beach access for disabled visitors, shops and cafes.

DOG RESTRICTIONS IN PLACE ON ALL BEACHES

ABOUT THE BEACH: Located to the south west of Pwllheli Harbour, there is a wide range of local services within easy reach of the beach. The town centre is just a short walk across the Embankment.

The beach is close to the Bron y De play park which is included in this booklet and to the Embankment walk area, the town's nature reserve which has information panels noting the wildlife that can be observed there.

7. DINAS DINLLE

ADDRESS: **Dinas Dinlle, Gwynedd. LL54 5TW**

COST: Free parking and entry

FACILITIES: Blue Flag beach, wheelchair access to the beach, toilets, parking, cafes, picnic tables.

DOG RESTRICTIONS IN PLACE ON ALL BEACHES

ABOUT THE BEACH: A beach that is popular with families with striking views across to the Llŷn Peninsula and to Anglesey.

How about improving your fitness and walking to the top of 'Boncan Dinas', the hill above the beach where an Iron Age fort is situated? Because the Coastal Path runs through the village, there are plenty of opportunities to take walks along sections of the Path.

Playgrounds

8. COED HELEN, CAERNARFON

ADDRESS: **Aberforeshore Road, Caernarfon LL54 5RR**

COST: Free entry and parking

FACILITIES: Playing field including swings, large and small climbing frames, springy. Picnic tables within the site. Within Coed Helen Park there are various other attractions including a skatepark and an outdoor chess board.

LOCATION: The playing field is approached by vehicles from Aberforeshore Road but the site itself is within a safely enclosed area. Public toilets and car park nearby.

The park is located in a scenic location on the banks of the Menai Straits, opposite Caernarfon's famous castle and is a perfect place to take the children after exploring the town.

9. LLANRUG

ADDRESS: **Ffordd Glanmoelyn, Llanrug, LL55 4PG**

COST: Free entry

FACILITIES: Roundabout, swings, springys, slide, multi-purpose frame.

LOCATION: Enter the village on the A4086 road between Caernarfon and Llanberis. In the village centre at the crossroads take Ffordd Glanmoelyn. Follow Ffordd Glanmoelyn for 500 metres and the play park will be located on the left side of the road.

The play park also has benches, picnic bench and countryside views. There is roadside parking.

10. CWM-Y-GLO

ADDRESS: **Cwm-y-Glo, LL55 4DN**

COST: Free Entry

FACILITIES: Swing, slide. Si-saw, climbing frame, playing field, Gym equipment

LOCATION: On the A4086 road you will see the skate park from the road. Road side parking. Picnic tables and exercise equipment as well as the play park

11. GER Y LLYN, LLANBERIS

ADDRESS: **Lakeside, Llanberis, LL55 4HA**

COST: Free Entry Pay and display parking

FACILITIES: A wide range of play equipment in a highly scenic and pleasant lakeside area. The play equipment includes swings, multi-purpose frame, an agility trail and a 'walt whirly' rotating climbing cone.

LOCATION: By the side of Lake Padarn. It is approached by vehicles on the Llanberis bypass road. There are pay & display car parks nearby, as well as public toilets.

This lakeside play area is the perfect place to stop while taking in the spectacular view of Snowdon from the shores of Padarn Lake. There are a variety of shops and cafes in the village of Llanberis which are only a short walk from the car parks located next to the play park.

12. CAEATHRO

ADDRESS: **Glan Gwna Terrace, Caeathro, LL55 2SU**

COST: Free Entry

FACILITIES: Swings, slide, climbing frame, roundabout, springy and basketball goal.

LOCATION: Caeathro is situated on the A4085 road between Caernarfon and Waunfawr. On entering the village from Waunfawr, pass the Shell garage on the left. Take the next left onto Glan Gwna Terrace. After 400 metres the play park will be located on the left side of the road.

The play park also has benches and countryside views. There is limited roadside parking.

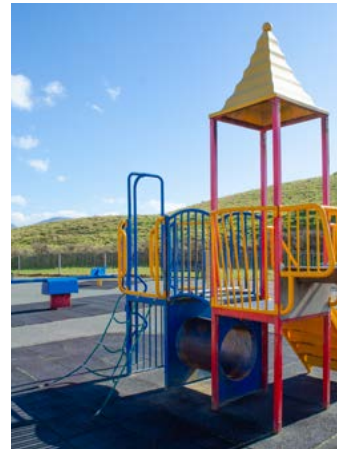
13. GLYNLLIFON COUNTRY PARK

ADDRESS: **Clynnog Road, Caernarfon. LL54 5DY**

COST: Adults £4; Children £2; Day family entry £10 *Costs correct at time of publication.*
Opening hours for the grounds and woodland walks:
Peak Season (1 April - 30 Sept): Daily 10:00 -17:00
Low Season (1 October - 31 March): Thursday - Sunday 10:00 -17:00

FACILITIES: An agility trail and swings
Facilities for the disabled.

LOCATION: On the main road (A499) between Caernarfon and Pwllheli. Come and enjoy a fun day out for the whole family at Glynllifon's historic grounds and craft centre. The perfect place to explore a variety of outdoor activities. For that reason it's important to wear suitable footwear. Pop into The Black Cat Cafe for a cup of tea/coffee or for a meal and have a browse in the Adra shop and gallery. There are also some workshops in the yard. Annual membership is available. For more information about Parc Glynllifon, visit the Facebook page at: **www.facebook.com/parcglynllifon**



14. THE MARINE, DINAS DINLLE

ADDRESS: **The Marine play area, Dinas Dinlle. LL54 5TW**

COST: Free Entry

FACILITIES: Swings, springy, multi-purpose frame, see-saw. There are picnic tables and benches within the play area enclosure.

LOCATION: In the popular beach village of Dinas Dinlle, it is easy to find on the beach road in Dinas Dinlle. A car park and public toilets are adjacent to the site.

The play park and the beach are within a stone's throw of each other which makes it easy to combine the enjoyment of both attractions.

15. PENMORFA

ADDRESS: **Sior V Penmorfa Parc, Pwllgoleulas, Bryncir Terrace, Penmorfa LL46 2UG**

COST: Free Entry

FACILITIES: Slide, Swing, Si Saw, Picnic Tables

LOCATION: On the A487 Penmorfa road the park is situated behind the village hall. Grate field for football or rugby kick about with post located there. Picnic table available and solid play equipment's.

16. THE PARK, PORTHMADOG

ADDRESS: **Lombard Street / Heol y Parc, Porthmadog. LL49 9AP**

COST: Free entry, Pay And Display parking and street parking

FACILITIES: Swings, slide, multi-purpose frame, see-saw, roundabout, climbing cone.

LOCATION: Located near Porthmadog's historic harbour area and a short walk from the Highland Railway station and the town's bus station.

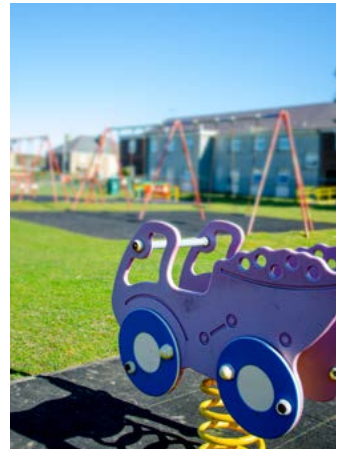
On the harbour side of Porthmadog High Steet, turn into the street opposite the Portmeirion shop and pass the pay & display car park on the right. You will find the play area on the far side of the car park, on the corner with Lombard Street. There are public toilets nearby. Porthmadog's High Street is within a stone's throw of the park. There are plenty of picnic tables available and it's possible to follow the Embankment (known as the "Cob") footpath/ cycle track which forms part of Gwynedd's Recreational Routes and the National Cycle Network.

Codwch eich pen

EDRYCHWCH LAI AR Y SGRIN = MWY O HWYL

Heads up!

LIMIT SCREEN TIME = MORE FUN



17. BRON Y DE, PWLLHELI

ADDRESS: **Bron Y De, Pwllheli. LL53 5B**

COST: Free entry

FACILITIES: Roundabout, swings, springy, slide. Free car park and public toilets on the site.

LOCATION: The play area is approached on the Embankment Road from the town in Pwllheli. After crossing the Embankment itself, carry on past Gwynedd Council's offices on your right, and then turn left into the small car park on the corner with Bron y De on the left.

This is a small park but is located very close to the South Beach, and the beach car park itself is just a short distance away.

18. ABERDARON

ADDRESS: **Aberdaron, LL53 8BE**

COST: Free entry

FACILITIES: Roundabout, swings, multi purpose frame with slide, springys, roundabout and basketball goal.

LOCATION: Follow the B4413 into the village, where you will find a National Trust car park with toilets. Leaving the car park the same way, turn left. Keep to the left road for 30 metres where you'll see a small lane off to the right. Follow this road for 50 metres. After passing a detached house. Turn left again and the play park is10 metres ahead.

The play park and the beach are close to each other which makes it easy to combine the enjoyment of both attractions.

19. HARLECH (KING GEORGE V PLAYING FIELD)

ADDRESS: **Ffordd Glan Mor, Harlech, LL46 2UG**

COST: Free entry

FACILITIES: Slide, Swing, Si Saw, Picnic Tables

LOCATION: Just off the A496 Harlech Road turn on to Ffordd Glan Mor where the park will be on your left adjacent to the secondary school.

Close to the historic Castle, beach and local swimming and climbing centre. An enclosed safe playing field with ample equipment, benches and picknick tables. Large filed also for free play. No parking but within walking distance of parking or roadside parking.

20. LEISURE PARK, DOLGELLAU

ADDRESS: **Off Smithfield Street, Dolgellau. LL40 1DE**

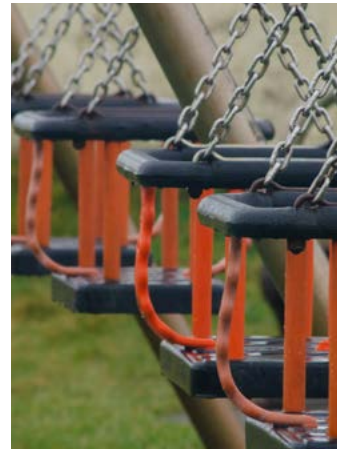
COST: Free entry

FACILITIES: Swings (cradle, flat and pendulum), zig-zag twister, springys, mini turnstile, ant hill climbing wall, cobra see-saw etc.

LOCATION: Located adjacent to the bridge in the historic town of Dolgellau.

As you cross the bridge to enter the town of Dolgellau from the north, you will see the play area on the left, a short distance beyond the far side of the bridge. Directly opposite, there is a large pay & display car park with public toilets.

Whether you are on foot or cycling, it's possible to join the Mawddach path from the Marian car park and the path is suitable for wheelchair users between Dolgellau and Penmaenpool.



21. TYWYN LEISURE PARK

ADDRESS: **Marine Parade, Tywyn. LL36 0DE**

COST: Free entry

FACILITIES: Swings (cradle & flat), mini turnstile, climb frame and multi purpose frame with slide, springys, roundabout and basketball goal. Picnic tables on site. Car park and public toilets close by.

LOCATION: The seaside park is approached via Pier Road from the town centre in Tywyn by following the signs for the beach. At its far end, follow the road around to the left, into Marine Parade. You will see the play area on the left hand side. The site is patricularly convenient for the beach area.

22. ABERDYFI

ADDRESS: **Bodfor Terrace, Aberdyfi, LL35 0EA**

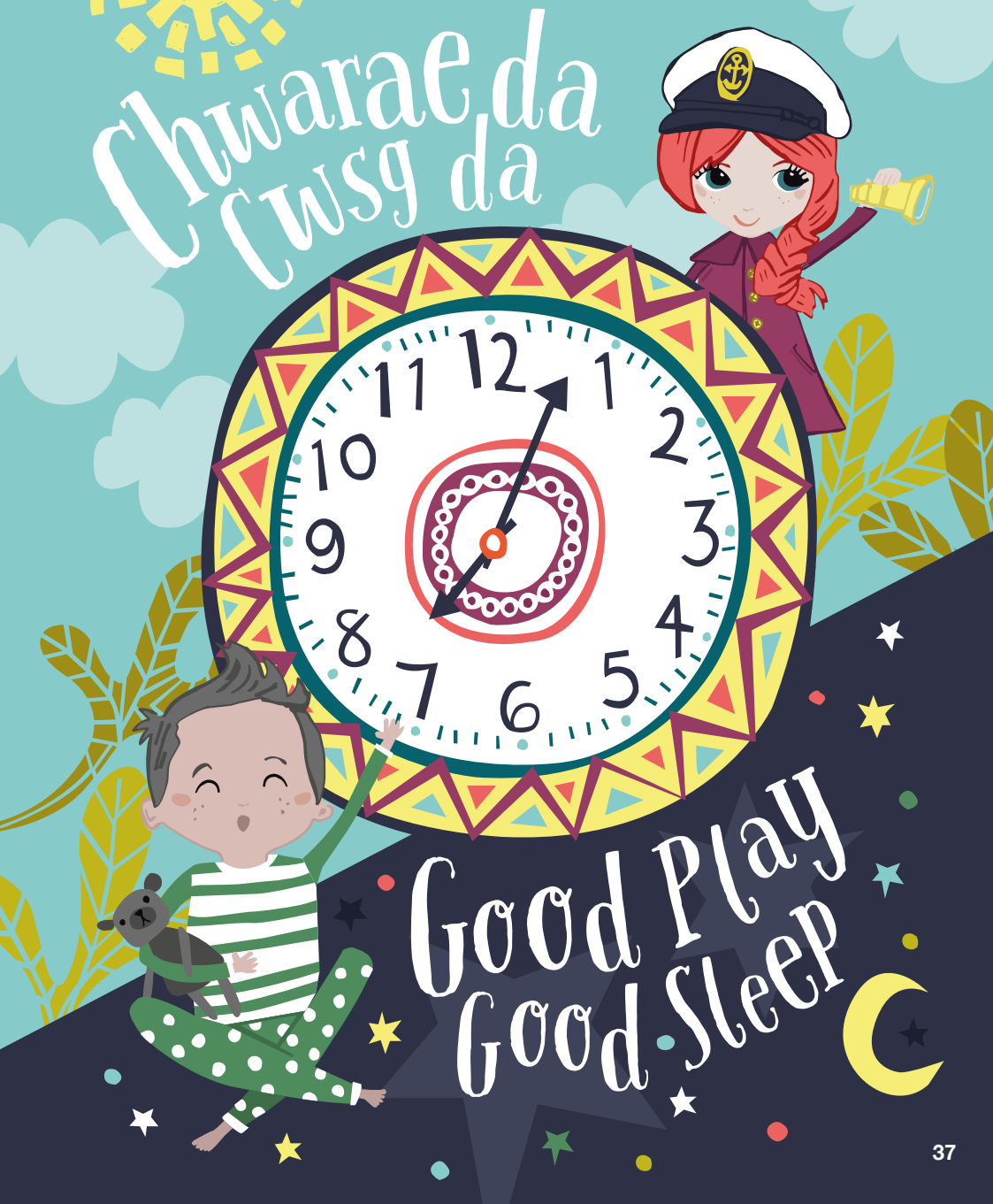
COST: Free entry

FACILITIES: Swings, slide, climbing frame, roundabout, see-saw, springy.

LOCATION: Following the A493 into Aberdyfyi, the playground is located behind the small fire station next to the large pay and display beach car park.

The playground is directly accessible from the car park. There are public toilets and information centre at the opposite end of the beach car park. The play park also has a covered shelter and benches.

The beach and the play park are next to each other which makes it easy to combine the enjoyment of both attractions.


Chwarae da
Cwsg da
Good Play
Good Sleep

Top Tips

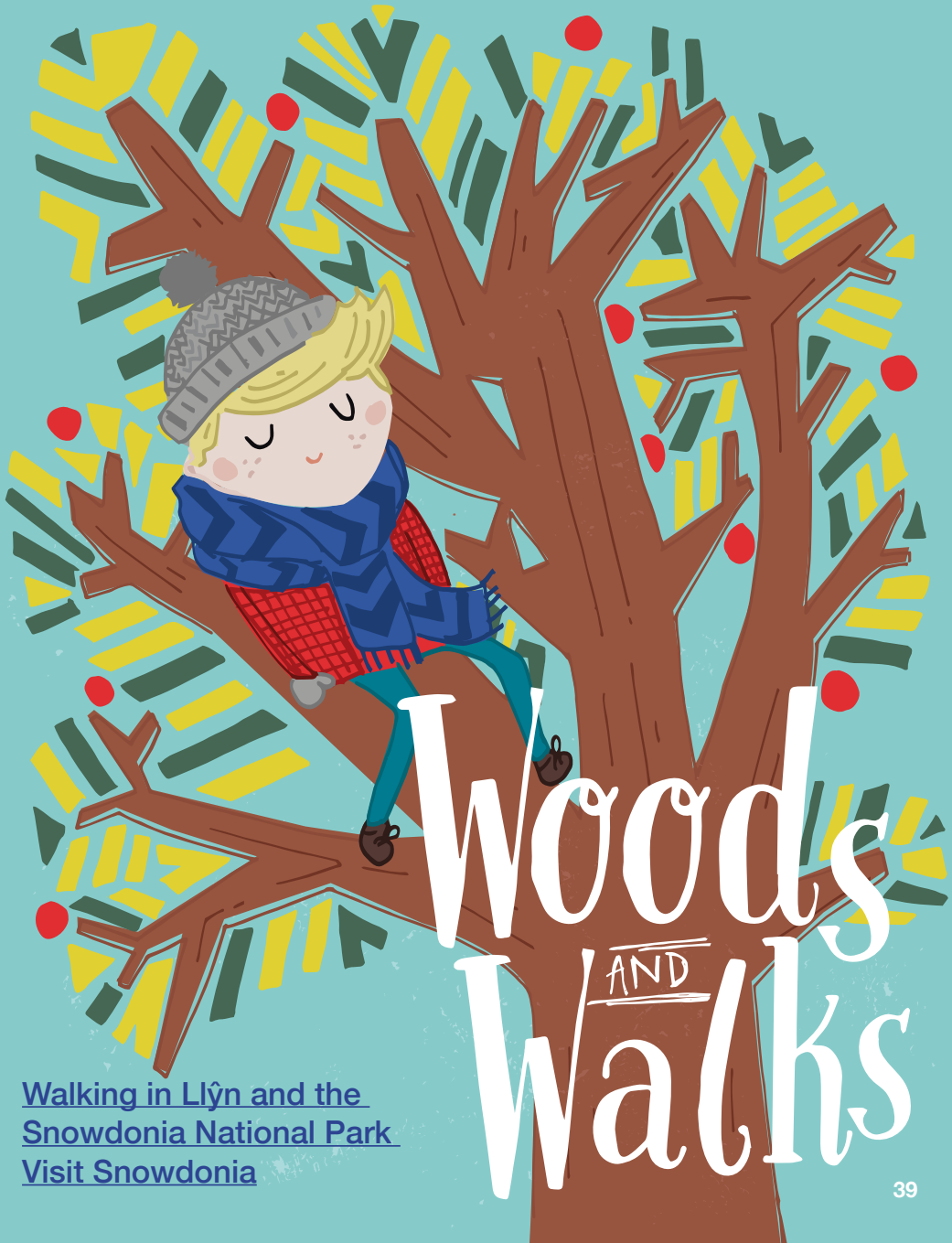
Playing in the Countryside

Nature provides the best playgrounds in the world and it is proven that connecting to nature increases people's sense of well being.
As with all the spaces in this guide the countryside is a place that needs to be cared for so please follow the Country Side Code.

Côd Cefn Gwlad
Countryside Code

- **Respect Protect Enjoy**
- **Respect other people**
- **Keep dogs under effective control**
- **Leave gates and property as you find them and follow paths unless wider access is available**
- **Protect the natural environment**
- **Leave no trace of your visit and take your litter home**
- **Consider the local community and other people enjoying the outdoors**
- **Enjoy the outdoors and stay safe**
- **Plan ahead and be prepared**
- **Follow advice and local signs**

Local Nature Reserves in Gwynedd Local Nature Reserves (llyw.cymru)



Woods AND Walks

Walking in Llŷn and the Snowdonia National Park
Visit Snowdonia

23. COED DOCTOR COMMUNITY WOODLAND, LLANBERIS

ADDRESS: **Several access points in Llanberis, near the village centre.**

COST: **FREE**

FACILITIES: Woodland walk, partial wheelchair access; picnic tables.

ACCESSIBILITY: There is an access point off the High Street and another off Clegir Road (accessed from the High Street via Goodman Street). Parking space near the Clegir Road entrance itself is limited but is only a short uphill walk from the village.

Llanberis is a place that is normally associated with Padarn Lake, Snowdon and scenic views aross Snowdonia. Coed Doctor is a densely wooded area on the edge of the village that provides a nice change of scene. An ideal place for a family outing, it contains a maze of pathways and interesting places to explore. The signpost on the entrance off Clegir Road will inform the visitor about the local wildlife and the woodland's history. Wooden pathways have been placed in certain sections but do not yet extend throughout the site. The work is ongoing but, for the time being, wheelchair users should bear in mind that only parts of Coed Doctor are accessible.

24. WERN MYNACH NATURE RESERVE, BARMOUTH

ADDRESS: LL42 1PL

COST: FREE

FACILITIES: Picnic tables, partial wheelchair access; benches.

ACCESSIBILITY: Wern Mynach woodland is located in Barmouth town centre, close to the football field near Park Road.

The Cistercian monks from the Cymer Abbey, Llanelltyd originally gave the site to Barmouth's residents for leisure purposes and, after a period as a landfill site, in 2005 the urban green site that we see today was created next to the football field. Hundreds of trees were planted, including oak, apple trees, mountain ash, broom willow, wild flowers which attract insects, birds and animals. An ideal site for families to walk and relax.

Gwybodaeth i Deuluoedd

A wyddo chi bod amrywiaeth o wybodaeth ar gael ar safle we Hwb Teuluoedd Gwynedd

Family Information

Did you know that a variety of information is available on the Hwb Teuluoedd Gwynedd website

HWB TEULUOEDD GWYNEDD

CYNGOR GWYNEDD

Gwasanaethau Gwybodaeth i Deuluoedd Gwynedd
Family Information Services

www.gwynedd.llyw.cymru/HwbTeuluoedd

- Cymorth Costau Byw / Cost of Living Support
- Help i Dalu am Ofal Plant / Help to Pay for Childcare
- Rhestr Gofal Plant / Childcare List
- Bod yn ddarparwr Gofal Plant / Become a Childcare Provider
- Blynyddoedd Cynnar / Early Years
- Cynnig Gofal Plant i Gymru / Childcare Offer for Wales
- Niwroddatblygiadol ac Awtistiaeth / Neurodiversity and Autism

A llawer iawn mwy, ewch draw i gael golwg • And much more, go and take a look

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Gwybodaeth i Deuluoedd GWYNEDD Family Information

Your Notes

GWYNEDD Come & Play

/GwybodaethiDeuluoeddGWYNEDDFamilyInformation

"Come and Play - Gwynedd" is part of the **Family Information Service** which is a page to provide information on activities and services for children, young people and families.

Please get in touch to find out more about the information we can provide through Facebook or through the contact details on page 42.

"For Children and Young People of all abilities to experience play and physical activity within communities in Gwynedd."