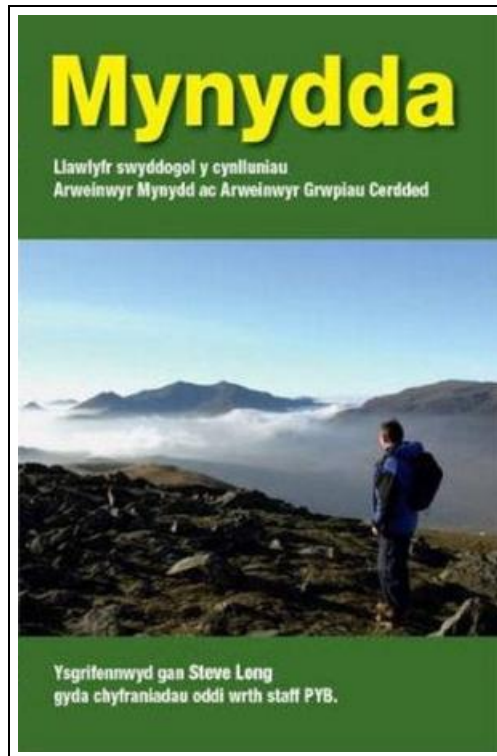


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Mountain Training, United Kingdom, 2009. Paperback. Condition: New. Language: English,Welsh . Brand New Book. This is the Welsh language edition of the UK s best selling instructional hill walking book published by Mountain Leader Training UK - Hillwalking, the official handbook of the Mountain Leader and Walking Group Leader schemes (9780954151102). Dyma r llawlyfr swyddogol ar gyfer y cynlluniau Arweinwyr Mynydda ac Arweinwyr Grwpiau Cerdded, mae n llawn o wybodaeth a thechnegau hanfodol. Rhennir y llyfr yn dair rhan: Mynd o Gwmpas yn y Mynydd, Cynefin y Mynydd, a Rheoli Grwpiau. Ceir gwybodaeth am: Mordwyo a Chyfarpar. Deall yr Amgylchedd ac adnabod y Peryglon. Rheoli Risgiau, Sgiliau Arweinyddiaeth ac Alldeithiau. Datblygiadau Newydd mewn GPS, Arolygu Grwpiau o Bell, Deddfwriaeth Mynediad a Gwaith Rhaffau. Hefyd llawer o technegau defnyddiol sydd yn galluogi ceddwy'r i cydgyfnerthu sgilliau bodoli a datblygu rhai newydd. Bu Hyfforddi Arweinwyr Mynydda ar y blaen ym maes datblygu sgiliau cerddwyr am dros ddeugain mlynedd. Dyma r llyfr cyntaf o gyfres o lawlyfrau ar gyfer cerddwyr a dringwyr. Cynhyrchwyd y llyfr drwy gydweithrediad rhwng yr awduron ym Mhlas y Brenin, Canolfan Ymddiriedolaeth Hyfforddi Mynydda, a r arbenigwyr yn Hyfforddi Arweinwyr Mynydda. Y BMC (Cyngor Mynydda Prydain), yw r corff sy n cynrychioli dringwyr, cerddwyr mynyddoedd, a mynyddwyr yng Nghymru a Lloegr. Bu r corff yn falch o r cyfle i ariannu costau cyfieithu r cyhoeddiad pwysig hwn. Mae Mynydda n llawlyfr hanfodol i bawb sydd am fynd tua r bryniau a r mynyddoedd. English translation of the above: Packed with essential information and techniques, this book is the official handbook for the Mountain Leader and Walking Group Leader Schemes. The book is split into three parts: Getting Around in the Hills, The Upland Environment and Group Management. Chapters include information on: Navigation and Equipment; Understanding the Environment and recognising...



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