Pontio
yn cyflwyno presents

Gwledd Syrcas Feast
Gorffennaf 2017 18–27 July

Y PECYN THE GUIDE

Supported by The National Lottery through the Arts Council of Wales · Cefnogwyd gan Y Loteri Genedlaethol trwy Gyngor Celfyddydau Cymru · Cyngor Celfyddydau Cymru Arts Council of Wales · Llywodraeth Cymru Welsh Government · Prifysgol Bangor University · Cyngor Gwynedd Council · Storiel · bid

SINEMA: YN YR AWYR! FLYING HIGH!
Ffilmiau Gwledd Syrcas Pontio Circus Feast Films
Tocynnau/All tickets £3

Llun/Mon 24 Gorffennaf/July 2.00pm
Ar y cyd gyda/In partnership with BAFTA CYMRU/Sinemaes

Y SYRCAS (The Circus) PG
Kevin Allen, 2013, 90m. Gydag ideitlau/subtitled
Cast – Aneirin Hughes, Llyr Evans, Sharon Morgan

Ffilm Kevin Allen(Twin Town) am hanes y Syrcas yn dod i dref Tregaron nol yn 1848. Digwyddiad sydd yn gaddo deffro y pentref cysglyd i fewn i fyd o rith a ffantasi.
Kevin Allen's (Twin Town) Welsh language period film transports us to Ceredigion in 1848 where we lose ourselves in a world of fantasy as the travelling circus arrives in Tregaron with all its wonders to wake up the sleepy town.

Llun/Mon 24 Gorffennaf/July 8.15pm

LA STRADA PG
Federico Fellini, 1955, 106m
Cast – Giulietta Masina, Anthony Quinn, Richard Basehart

Ffilm cyntaf Fellini i ennill Oscar a chlasur mawr y sinema Eidaleg. Mae La Strada yn adrodd stori bywydau caled gweithwyr teithiol byd y syrcas, gyda Anthony Quinn yn chwarae rhan Zampano, y bwli creulon a gwraig Fellini – Guilietta Masina - yn serenu fel Gelsomina, y greadures druan sydd yn gaeth i'w ofynion.
Fellini's Oscar winning tale of harsh life faced by itinerant circus performers is a towering classic of Italian cinema. Featuring Anthony Quinn as the brutal strongman Zampano opposite Fellini's wife and muse Guilietta Masina as the holy innocent Gelsomina sold into his service.

Mawrth/Tuesday 25 Gorffennaf/July 8.15pm

THE WALK 3D PG
Robert Zemeckis, 2015, 123m
Cast – Joseph Gordon-Levitt, Ben Kingsley, Charlotte Le Bon

Drama wedi ei selio ar y ffilm ddogfen enwog 'Man on Wire'. Gadewch i dechnoleg 3D alluogi chi i brofi stori brawychus taith anhygoel Philippe Petit wrth iddo gerdded nol a 'mlaen rhwng y Twin Towers yn Efrog Newyd yn 1974.
Based on the award winning documentary 'Man on Wire' – come and witness in glorious, terrifying 3D the story of French highwire artist Philippe Petit's unbelievable walk between the Twin Towers of the World Trade Centre in 1974.

Mercher /Wednesday 26 Gorffennaf/July 8.15pm

WINGS OF DESIRE 12A
Wim Wenders, 1987, 125m
Cast - Bruno Ganz, Peter Falk, Solveig Dommartin, Nick Cave

Campwaith rhamantus, arallfydol Wim Wenders. Hanes dau angel sydd yn symud yn anweledig trwy strydoedd rhaniedig Berlin tan i un ohonynt gwympo mewn cariad a artist trapîs a penderfynnu dewis byw bywyd dyn cyffredin.
Wim Wenders' sublimely beautiful and deeply romantic masterpiece gives us the story of two angels moving unseen through the streets of a divided Berlin until one of them falls in love with a lonely trapeze artist and becomes mortal.

Bwyd a Diod yn Gwledd Syrcas Pontio

Blas o'r America Ladin
Yn ystod y Wledd Syrcas bydd gan fwyty Gorad fwyd stryd wedi'i ysbrydoli gan yr America Ladin.

Food & Drink at Pontio during the Circus Feast

The taste of Latin America
Throughout the Syrcas Feast Gorad restaurant will be serving Latin American inspired street food.

I Archebu/ Reservations:
bwydabar@pontio.com / 01248 383826

Pontio
01248 382828
pontio.co.uk

Prifysgol Bangor University

ARTISTIAID PRESWYL
Mae tair o fyfyrwyr talentog Coleg Menai wedi eu dewis fel artistiaid preswyl ar gyfer y Wledd Syrcas eleni. Bydd Elin Thirsk o Gaernarfon, Lora Juckes-Hughes o Ddinbych a Lucy Kelly o Fae Cemaes – i gyd yn fyfyrwyr ar gwrs Sylfaen Celf a Dylunio wedi'i lleoli yn Pontio yn ystod y Wledd. Yn ystod eu preswyliad, bydd ganddynt fynediad arbennig i'r perfformwyr, ymarferion a gweithdai, gyda'r bwriad o gynhyrchu gwaith celf i'w arddangos o gwmpas Pontio.

ARTISTS IN RESIDENCE
Three talented Coleg Menai students have been selected as Pontio's artists in residence for the Circus Feast this year. Elin Thirsk of Caernarfon, Lora Juckes-Hughes of Denbigh and Lucy Kelly of Cemaes Bay – all students on the Foundation course in Art and Design - will be based in Pontio during the Feast. During their residency, they will have access to the performers, rehearsals and workshops, with the aim of producing artworks to go on display in and around Pontio.

Grŵp Llandrillo Menai

14 Gorffennaf-12 Medi
14 July-12 September
Big Blower
Gareth Griffith
Lefel/Level 2

RHAGLEN PROGRAMME

DIGWYDDIAD/EVENT	ARTIST	AMSER/TIME	LLEOLIAD/LOCATION	PRIS/PRICE
Artistiaid Preswyl Artists in Residence	**Lora Juckes-Hughes** **Lucy Kelly, Elin Thirsk**	**Drwy'r Wledd** Throughout	**Pontio**	-
Big Blower	**Gareth Griffith**		**Level 2**/Level 2	
DYDD MAWRTH/TUESDAY 18.07.17				
Detholiad o/Extract from **RUHM: Relentless. Unstoppable.Human.Machine.**	**Pirates of the Carabina**	1.30pm, 7pm	**Theatr Bryn Terfel, Pontio**	**£5**
DYDD MERCHER/WEDNESDAY 19.07.17				
Dewch i ddysgu HEDFAN Gweithdy Awyrol Come and learn to FLY: Aerial Workshop	**Pirates of the Carabina**	11am-1pm	**Stiwdio** Studio	**£10** Oed/Age 7+ **Addas i bawb gan gynnwys plant, rhieni a nain a taid!** Suitable for all including children, parents and grandparents!
Dosbarth Meistr Gwrthbwyso Counterweighting Masterclass	**Pirates of the Carabina**	2-4pm	**Stiwdio** Studio	**£20** Oed/Age: 16+
Gweithdy Awyrol i Oedolion Aerial Workshop for Adults	**Pirates of the Carabina**	6-8pm	**Stiwdio** Studio	**£10** Oed/Age: 16+
DYDD IAU/THURSDAY 20.07.17				
Gorymdaith syrcas drwy ganol dinas Bangor Circus procession through Bangor city centre	**Amrywiol** Various	1pm	**Stryd Fawr Bangor i Pontio** Bangor High Street to Pontio	-
Cyflwyniad i sgiliau syrcas gan Circolombia A demo of circus skills by Circolombia	**Circolombia**	3-5pm	**Ardal tu allan i Pontio, Level 2** Outside performance area, Pontio Level 2	**AM DDIM** FREE
DYDD GWENER/FRIDAY 21.07.17				
Acelere	**Circolombia**	6pm, 8.30pm	**Theatr Bryn Terfel**	**£15/£10**
Manon Llwyd a'r Band		**Perfformiad yn dilyn sioeau nos** Performance follows the evening shows	**Bar Ffynnon**	**AM DDIM** FREE
DYDD SADWRN/SATURDAY 22.07.17				
Yn y Golau In-Visible Light	**Kate Lawrence** **Ray Davies**	11am, 1pm, 4pm	**Stiwdio** Studio	**£5**
Electioneering	**Mr & Mrs Clark**	12pm, 3.15pm 6.15pm	**Ardaloedd Cyhoeddus Pontio** Public Spaces	**AM DDIM** FREE
Vagabond Matter Trafodaeth/Discussion	**Acrojou, Arloesi** **Pontio Innovation**	5.00pm	**Cemlyn Jones Lecture Room, Lefel**/Level 2	**AM DDIM ond angen tocyn** FREE but ticket required
Acelere	**Circolombia**	2pm, 7pm	**Theatr Bryn Terfel**	**£15/£10**
Manon Llwyd a'r Band		**Perfformiad yn dilyn sioe nos** Performance follows the evening show	**Bar Ffynnon**	**AM DDIM** FREE
Vessel	**Acrojou**	9pm	**Ardal perfformio tu allan i Pontio, Level 2** Outside performance area, Pontio Level 2	**AM DDIM** FREE
DYDD SUL/SUNDAY 23.07.17				
'Pwysa arnaf' Gweithdy acrofalans sylfaenol 'Lean on me' Acrobalance Workshop for beginners	**Cimera**	12.15-1.15pm	**Stiwdio** Studio	**£3** Oed/Age: 8+
Gary & Pel – The Car Crash Wedding	**Alex Marshall Parsons** **Kim Noble**	1.30pm, 6pm	**Pontio Plaza**	**AM DDIM** FREE
Acelere	**Circolombia**	2pm, 7pm	**Theatr Bryn Terfel**	**£15/£10**
All at Sea	**Acrojou**	3.15pm	**Ardal tu allan i Pontio, Level 2** Outside performance area, Pontio Level 2	**AM DDIM** FREE
Acrofalans: Gweithdy canolradd Intermediate Acrobalance Workshop	**Cimera**	4.15-6.15pm	**Stiwdio** Studio	**£3** Oed/age: 14+
DJ yn y bar DJ in the bar	**DJ fflyffilyfbybl**	6.30pm, 8.15pm	**Bar Ffynnon**	
DYDD LLUN/MONDAY 24.07.17				
Sgyrsiau Fertigol Vertical Conversations	**Vertical Dance Forum**	**Drwy'r dydd** All day	**Stiwdio**	
Rhowch gynnig ar...hedfan am hanner dydd Have a go at..lunch on the fly	**VDKL**	12.30-1.30pm	**Stiwdio**	**£3** Oedran/Age: 11+
Y Syrcas (The Circus) (PG)		2.00pm	**Sinema**	**£3**
La Strada (PG)		8.15pm	**Sinema**	**£3**
DYDD MAWRTH/TUESDAY 25.07.17				
Sgyrsiau Fertigol Vertical Conversations	**Vertical Dance Forum**	**Drwy'r dydd** All day	**Stiwdio**	
Rhowch gynnig ar...hedfan am hanner dydd Have a go at..lunch on the fly	**VDKL**	12.30-1.30pm	**Stiwdio**	**£3** Oedran/Age: 11+
The Walk 3D (PG)		8.15pm	**Sinema**	**£3**
DYDD MERCHER/WEDNESDAY 26.07.17				
Sgyrsiau Fertigol Vertical Conversations	**Vertical Dance Forum**	**Drwy'r dydd** All day	**Stiwdio**	
Rhowch gynnig ar...hedfan am hanner dydd Have a go at...lunch on the fly	**VDKL**	12.30-1.30pm	**Stiwdio**	**£3** Oedran/Age: 11+
Wings of Desire (12A)		8.15pm	**Sinema**	**£3**
DYDD IAU/THURSDAY 27.07.17				
Gweithdy Sgiliau Syrcas Circus Skills Workshop	**Cimera**	11.30am-1.00pm	**Cemlyn Jones Lecture Room** **Lefel/Level 2**	**AM DDIM o dan 8 oed i fod gydag oedolyn** FREE under 8s to be accompanied by an adult
'Hit me where it hurts!' **Gweithdy Comedi Corfforol** Physical Comedy Workshop	**Cimera**	3.30-5.00pm	**Cemlyn Jones Lecture Room** **Lefel/Level 2**	**£3** Oedran/Age: 14+
Cyflwyniad a trafodaeth Sgyrsiau Fertigol Showcase and discussion Vertical Conversations	**VDF** **Dan ofal /with Kate Lawrence**	7.00pm	**Cwrdd ger Bar Ffynnon** Meet at Bar Ffynnon **Stiwdio/Tu allan i Pontio** Studio/Outside Pontio	**AM DDIM angen tocyn i'r sgwrs** FREE but ticket required for discussion
DJ yn y bar DJ in the bar	**e-ratik**	6.30pm, 9.30, 10.15pm	**Bar Ffynnon**	

ACROJOU

Mae Acrojou yn creu perfformiadau syrcas a theatr gweledol iawn, ar gyfer digwyddiadau awyr agored yn fyd-eang. Rydym yn falch iawn i'w croesawu yn ôl i Fangor ar gyfer ein Gwledd Syrcas yn dilyn eu perfformiadau poblogaidd o FRANTIC a THE WHEELHOUSE yn 2015.

Acrojou create highly visual circus and theatre performances, for outdoor events worldwide. We're delighted that they're able to join us once again for our Circus Feast after their popular performances of FRANTIC and THE WHEELHOUSE in 2015.

ALL AT SEA

Storm mewn cwpan de, y cwmwl sy'n gydymaith i ni i gyd, darn maint cwch o gefnfor mewnol un dyn...

Mae All at Sea yn gyflwyniad theatrig mewn cwch, sy'n rhwyfo'n dyner drwy lanw a thrai'r byd o'n cwmpas. Ar goll rhwng bywyd a marwolaeth, mae cychwr unig yn croesi cefnfor enfawr o atgofion a hen obeithion, yng nghwmni ei storm bersonol ei hun: cwmwl yn hongian o hwylbren ei gwch yn bwrw glaw.

Mae All at Sea yn cyfuno hiwmor trist, dylunio trawiadol, a'r farddoniaeth weledol sy'n nodweddiadol o Acrojou mewn cynhyrchiad teimladwy a llawn awyrgylch.

A storm in a tea up, the cloud that we all carry, a boat-sized piece of one man's inner ocean... All at Sea is a theatrical installation set in a boat, which rows gently through the tides of the world around us. All at Sea combines melancholic humour, striking design, and the visual poetry for which Acrojou is recognized in a moving and atmospheric row-about installation.

VESSEL

Mae Vessel yn cyfuno acrobateg, theatr corfforol a fideo wedi'i daflunio ar ddŵr gan roi perfformiadau sy'n wledd i'r llygaid yn yr awyr agored. Mae Vessel yn stori emosiynol i'n hysbrydoli a'n dyrchafu, lle rydym yn edrych drwy lens marwolaeth ar sut i wneud y gorau o'r ffenomen rydym yn ei galw'n fywyd. Sut i gofio cofio yr hyn sy'n bwysig, wrth i ni fordwyo ar ein hynt drwy ein bywydau cyflym a hynod gymhleth.

Combining acrobatics, physical theatre and video projected onto water, Vessel is a visually stunning outdoor performance. An emotive tale to inspire and uplift, in Vessel we look through the lens of death at how to best make use of the phenomenon we call life. How to remember to remember what matters, as we navigate our fast and overwhelmingly complex lives.

VAGABOND MATTER Trafodaeth/Discussion

Sgwrs ar y ffin rhwng theatr-syrcas a gwyddoniaeth gyda'r Athro Andy Goodman Arloesi Pontio, Yr Athro A Deri Tomos ac Acrojou . Archwiliad o'r defnydd o arbenigedd peirianegol a gwyddonol mewn perfformio corfforol, gan gyfleu stori drwy ddelweddau dynamig a throsiad.

Datblygwyd gyda chefnogaeth Celfyddydau Pontio.

A conversation at the intersection of circus-theatre and science with Dr Andy Goodman Pontio Innovation, Professor A Deri Tomos and Acrojou. Exploring the application of scientific and engineering expertise to physical performance, conveying narrative through dynamic imagery and metaphor.

Developed with the support of Pontio Arts.

PABELL RHWNG PEDAIR WAL!

A FIESTA BETWEEN FOUR WALLS!

18–27 GORFFENNAF JULY

GORYMDAITH SYRCAS CIRCUS PROCESSION

Dewch i groesawu'r Wledd Syrcas i Fangor gyda gorymdaith lliwgar a hwyliog drwy'r ddinas gan ddisgyblion o ysgolion lleol **Felinheli, Hirael, Glancegin, Llandygai** a **Glanadda** a rhai o'n perfformwyr yn ystod y Wledd, wedi ei harwain gan gynllun cyfranogol Pontio i bobl ifanc, BLAS. Eleni y thema fydd 'Straeon Coll Bangor'. Piciwch draw i Storiel i weld creiriau'r Straeon Coll fu'n ysbrydoliaeth i'r orymdaith gymunedol ac i'r gweithiau celf plant a phobl ifanc sydd i'w gweld yn Pontio.

Come and welcome the Circus Feast to Bangor with a colourful and fun procession through the city by pupils from local schools **Felinheli, Hirael, Glancegin, Llandygai** and **Glanadda** and some of those performing during the Circus Feast, led by Pontio's youth participation programme, BLAS. This year's theme is 'Bangor's Lost Stories'. Head over to Storiel to see the objects related to Bangor's Lost Stories which inspired the community procession and also the artwork by young people at Pontio.

CIRCOLOMBIA ACELERE

21–23 GORFFENNAF/JULY

Mae Pontio'n falch iawn o ddod â Circolombia i Gymru am y tro cyntaf dros yr haf. Nid cwmni syrcas cyffredin mo hwn. Mae grym noeth y perfformwyr, ynghyd â'u sgiliau rhyfeddol a'u parodrwydd i gymryd risgiau arswydus ar y llwyfan ac i herio grym disgyrchiant yn arwain at berfformiadau eithriadol na fyddwch byth yn eu hanghofio. Ysbrydolwyd Acelere gan gymunedau amrywiol Colombia ac mae ynddi 13 o berfformwyr mwyaf talentog Colombia, sy'n cymysgu perfformiadau syrcas syfrdanol gyda dawns a thrac sain gwreiddiol.

Pontio is very proud to bring Circolombia to Wales for the first time this summer. This is no ordinary circus company. The sheer power of the performers, coupled with mind-boggling skill and a willingness to take terrifying risks on stage delivers world-class, gravity-defying performances that you'll never forget. Inspired by Colombia's diverse communities, Acelere features 13 of the most talented performers from across Colombia, mixing spectacular circus with dance and an original soundtrack.

FFORWM DAWNS AWYROL YN PONTIO
VERTICAL DANCE FORUM AT PONTIO

Mae'r VDF (Vertical Dance Forum) yn bartneriaeth o 7 o ddawnswyr awyrol proffesiynol sy'n gweithio yn Ewrop a Chanada, a'i prif amcan yw adeiladu capsiti yn y sector dawns awyrol, drwy rannu profiadau. Y rhain yw Il Posto (Yr Eidal), Retouramont (Ffrainc), Fidget Feet (Iwerddon), Gravity and Levity (DU/Lloegr) VDKL/Vertical Dance Kate Lawrence (DU/Cymru) Histeria Nova (Croatia)a Aeriosa (Canada). https://verticaldanceforum.word-press.com

Bydd y VDF yn cael ei gwahodd i Gymru gan VDKL a Pontio rhwng 24-27 Gorffennaf ac yn ystod y cyfnod byddent yn defnyddio amrywiaeth o ofodau tu mewn a thu allan i adeilad Pontio ac yn cydweithio er mwyn creu digwyddiad perfformiad/holi ar Orffennaf 27, gan gymryd cerddi ein Bardd Cenedlaethol Ifor ap Glyn fel man cychwyn o gwmpas thema 'sgyrsiau fertigol' a sesiynau blasu 'Hedfan am Hanner Dydd'.

Gweler y wefan am ragor o wybodaeth.

Vertical Dance Forum (VDF) is a partnership of 7 vertical dance professionals working in Europe and Canada, whose main objective is capacity building in the vertical dance sector, through peer-to-peer exchange and knowledge sharing strategies. They are Il Posto (Italy), Retouramont (France), Fidget Feet (Ireland), Gravity and Levity (UK/England), VDKL/Vertical Dance Kate Lawrence (UK/Wales), Histeria Nova (Croatia) and Aeriosa (Canada). https://verticaldanceforum.wordpress.com/

VDF will be hosted by VDKL and Pontio from 24th – 27th July 2017 during which time they will occupy a variety of spaces in and outside the Pontio building and will collaborate to create a performance/seminar event on 27th July taking nNational Poet of Wales Ifor ap Glyn's poems as a point of departure around the theme of 'vertical conversations' and a 'Lunch on the fly...' vertical dance taster sessions.

See website for further information.

Cyd-ariannir gan Gynllun Ewrop Creadigol yr Undeb Ewropeaidd
Co-funded by the Creative Europe Programme of the European Union

il posto

YN Y GOLAU

Project sydd wedi datblygu drwy gynllun SYNTHESIS Pontio, sy'n dod a celfyddydau a gwyddoniaeth ynghyd mewn ffyrdd newydd a chyffrous. Yma gwelir y gwyddonydd ffotonics Ray Davies o Academi Ffotonics Bangor a Kate Lawrence, Cyfarwyddwr Vertical Dance Kate Lawrence yn dod ynghyd. Maent wedi defnyddio dawns fertigol, sy'n hongian y dawnsiwr uwchben y ddaear gan ddefnyddio cyfarpar dringo, fel y cerbyd ar gyfer archwilio gwyddoniaeth golau. Drwy edrych ar olau drwy sbectol arbennig, mae'r dawnswyr yn diflannu a gwelwn y golau yn dawnsio, gan roi'r llwyfan i'r golau.

IN-VISIBLE LIGHT

Here we showcase an experience developed through Pontio's SYNTHESIS project, which aims to bring the arts and science together in new and exciting ways. This is a collaboration between photonics scientist Ray Davies of the Photonics Academy of Wales Bangor and Kate Lawrence, director of Vertical Dance Kate Lawrence. They have been using vertical dance, which suspends the dancer above the ground using climbing equipment, as the vehicle for this exploration. Looking at light sources through special glasses, the dancers disappear and we see the light dancing, putting the light centre stage.

GARY & PEL

The Car Crash Wedding

Antur cartŵn byw 10 munud o hyd i bob oedran ei fwynhau, yn cynnwys hiwmor colbio a dawns ddeinamig.

A 10 minute live action cartoon escapade for all ages to enjoy, featuring slapstick humor and dynamic dance. www.garyandpel.com

www.garyandpel.com

Wedi'i gomisiynu gan Articulture, mewn cydweithrediad â Chonsortiwm Comisiynu Celfyddydau Awyr Agored Cymru. Wedi'i gefnogi gan Gyngor Celfyddydau Cymru.

Commissioned by Articulture, in collaboration with the Wales Outdoor Arts Commissioning Consortium. Supported by the Arts Council Of Wales

YMGYRCHU ELECTIONEERING

Mr & Mrs Clark

Ymgyrchu yw hanes dau gymeriad sy'n wleidyddol uchelgeisiol sy'n defnyddio'r CD hunan-help ffug A Dummy's Guide to Becoming a Successful Politician mewn ymdrech ddigri dros ben i wella eu poblogrwydd ymysg y cyhoedd. Sut fyddwch chi'n pleidleisio?

Electioneering is the plight of two politically ambitious characters applying the fictitious self-help CD A Dummy's Guide to Becoming a Successful Politician in an hilarious attempt to improve their standing with the public. How will you vote?

www.mrandmrsclark.co.uk

PIRATES OF THE CARABINA

Mae'n bleser croesawu yn ôl ein ffrindiau Pirates of the Carabina, wedi iddynt wefreiddio cynulleidfaoedd Bangor gyda'i sioe FLOWN yn y babell ar Ffordd y Traeth ddwy flynedd yn ôl, a chymryd rhan yn ein Diwrnod Croeso wrth i'r ganolfan agor yn Rhagfyr 2015.

We're very pleased to welcome back our friends Pirates of the Carabina, after they wowed us on Beach Road in Bangor two summers ago with FLOWN,and took part in our Welcome Day when we opened the centre in December 2015.

R.U.H.M

RELENTLESS.UNSTOPPABLE. HUMAN. MACHINE

Rhagddangosiad 'gwaith ar y gweill' (20 munud)

Yn cynnwys campau syfrdanol awyrol, corfforol ac acrobateg, ac yn cylchdroi o gwmpas cyfres o dyfeisiadau clyfar sydd i weld â ewyllys eu hunain, mae RUHM yn tyrru i ddychmyg ffantasïol acrobat sy'n eistedd yn synfyfyrio am abswrdiaeth bywyd, a'r oes sydd ohoni.

Yn amrwd a chyda hiwmor unigryw cwmni Pirates of the Carabina, mae RUHM yn ymfalchïo yn oferedd y cynlluniau mawr, a'r rhyfeddod o roi mewn i'n dychymyg. Fel profiad syrcas cyfan, mae RUHM yn rhywle y gall pawb fod yn rhan ohonno. Beth bynnag eich oed.

A 'work in progress' preview (20 mins)

Featuring stunning aerial, physical and acrobatic feats, based around a series of mechanically ingenious contraptions that seem to have a will of their own, RUHM delves into the fantastical imaginations of a lowly acrobat sat ruminating about the absurdity of life, and our place in time.

With a rawness and playful humour that makes it uniquely Pirates of the Carabina, RUHM delights in the futility of grand plans, and the wonder of giving in to imagination. As a total circus experience, RUHM is a place everyone can be part of. Whatever your age.

CYMRYD RHAN TAKE PART

Dewch i ddysgu HEDFAN Come and learn to FLY

Dysgwch driciau a siapiau syml yn yr awyr ar y Cylch a Sidanau Awyrol a phrofwch y wefr o hedfan! Dewch i gael hwyl, enyn hyder, dysgu sgiliau newydd a gwneud ffrindiau wrth brofi hwyl y syrcas.

Oed 7+ lle i 16 yn unig

Learn simple tricks and shapes in the air on the Aerial Hoop and Silks AND Experience the sensation of Flying! Have fun, build confidence, learn new skills and make friends whilst experiencing the fun of the circus...

Age 7+ only 16 places

Dosbarth Meistr Gwrthbwyso Counterweighting Masterclass

Bydd y gweithdy yma'n ffocysu ar finiogi a datblygu repertoire ar gyfer yr Hwp Awyrol. Bydd yn cynnwys dysgu safleoedd statig, ffyrdd o adeiladu troelli a'r her o symud drwy rediad tra'n troelli, symudiadau deinamig a rholio.Bydd y gweithdy hefyd yn cynnig ychydig o amser i ddarganfod yr Hwp gyda mewnbwn technegol gan Shaena Brandel.

Oed 16+ lle i 10 yn unig

This workshop will focus on refining and developing a repertoire on the Aerial Hoop. It will cover learning static positions and poses, ways of building a spin and the challenge of moving through a sequence whilst spinning and dynamic moves and rolls. The workshop will also allow some time to explore the Hoop with technical input from Shaena Brandel.

Age 16+ only 10 spaces

Gweithdy awyrol i oedolion

Gweithdy awyrol gydag artistiaid Pirates of the Carabina i rai sydd â rhywfaint o brofiad corfforol – e.e. artistiaid syrcas, rigwyr, dringwyr, dawnswyr, gymnasteg a pherfformwyr ac ymarferwyr corfforol.

Oed 16+, lle i 12 yn unig

Aerial workshop for Adults

Intermediate aerial workshop with artists from Pirates of the Carabina. Ideal for people with some physical background- i.e. Circus Artists, Riggers, Climbers, Dancers, Gymnasts and Physical Performers & Practitioners.

Age 16+, only 12 spaces

Cyflwyniad i sgiliau syrcas gan
A demo of circus skills by

CIRCOLOMBIA

Dewch i weld yr arbenigwyr yn arddangos sgiliau acro, jyglo a pyramidiau dynol – a rhowch gynnig arni eich hunain!

Come and see the experts demonstrating Acro, Juggling and human pyramids – then have a go yourself!

CIMERA

Bydd y cwmni syrcas lleol Cimera yn cynnal gweithdai yn ystod y Wledd, gan gynnwys:

- **Gweithdy Sgiliau Syrcas (o dan 8oed i fod gydag oedolyn)**
- **'Aw Mae'n Briiiiifo!' Gweithdy Comedi Corfforol 14+**
- **'Pwysa arnaf' Gweithdy Acrobalans sylfaenol Oed 8+**
- **Gweithdy Acrobalans canolradd Oed 14+**

Gweler yr amserlen a gwefan Pontio am ragor o wybodaeth

Local circus company Cimera will be holding workshops during the Feast, including:

- **Circus Skills Workshop (under 8s to be accompanied by an adult)**
- **'Hit Me Where it Hurts!' Physical Comedy Workshop 14+**
- **'Lean on Me' Acrobalance Workshop for beginners Age 8+**
- **Intermediate Acrobalance Workshop Age 14+**

See timetable & Pontio website for further info

CERDDORIAETH YN BAR FFYNNON
MUSIC IN BAR FFYNNON

Manon Llwyd a'r Band • DJ fflyffilyfbybl • e-ratik

I ychwanegu at y naws, bydd gennym gerddoriaeth yn Bar Ffynnon yn dilyn pob perfformiad o Acelere ac yn dilyn y cyflwyniad dawns fertigol ar noson ola'r Wledd Syrcas. Ewch i'r wefan am ragor o wybodaeth.

To add to the party vibe, we'll have music at Bar Ffynnon following each performance of Acelere and the Vertical Dance Showcase on the last night on the Circus Feast. Visit the website for more information.

Darganfyddwch ragor am y digwyddiadau sy'n rhan o'r Wledd – gweler yr amserlen drosodd am amseroedd a dyddiadau...
Find out a bit more about the events taking place as part of the Feast – for times and dates see timetable overleaf...

Tocynnau
Tickets

pontio.co.uk
01248 38 28 28

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