**Mid Wales Media Hub**

**Social Media Content**

**October 2016**

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| **Date** | **Tweet** | **Additional content** | **Area(s)** |
| **03.10.16** | Looking for a different kind of #MondayMotivation? Check out Cardigan Bay Water Sports & get planning your next adventure #Sailing #Kayaking | n/a | Mid Wales Ceredigion |
|  | Chwilio am ysbrydoliaeth ar fore Llun? Beth am weld beth sydd gan Cardigan Bay Water Sports i’w gynnig #hwylio #caiacio #antur | n/a | Mid Wales |
| **04.10.16** | 2 fab #art workshops @PengwernyddArt Romantic Ruins Art Workshop today and animal #drawing workshop taking place tomorrow @visitceredigion | n/a | Mid Wales Ceredigion |
|  | Dau weithdy celf @PengwernyddArt - Adfeilion Rhamantus heddiw a gweithdy thynnu lluniau anifeiliaid fory @visitceredigion | n/a | Mid Wales |
| **05.10.16** | This #WildlifeWednesday take a trip to Lake Vyrnwy @RSPBMIDWALES beautiful scenery & great walks #FindYourEpic |  | Mid Wales Mid & North Powys |
|  | Mae’n ddydd Mercher #bywydgwyllt - ewch am dro i Lyn Fyrnwy i fwynhau golygfeydd a llwybrau cerdded @RSPBMIDWALES #gwladgwlad | n/a | Mid Wales |
| **06.10.16** | Looking for exploration with a twist? Try a Cambrian #Safari and see the amazing mountains in a Land Rover Discovery <https://goo.gl/NtrrVz> | n/a | Mid Wales Mid & North Powys Cambrian Mountains |
|  | Crwydrwch mewn cerbyd i fynyddoedd y Cambria i werthfawrogi’r golygfeydd godidog <https://goo.gl/NtrrVz> | n/a | Mid Wales |
| **07.10.16** | It's the @centre\_alt\_tech conference this weekend! Hear how people are building a #zerocarbon future: <http://bit.ly/2cjTC0M> @biosfferdyfi | n/a | Mid Wales Mid & North Powys Dyfi Biosphere |
|  | Cynhadledd @centre\_alt\_tech dros y penwythnos! Dysgwch sut mae pobl yn sicrhau dyfodol digarbon: <http://bit.ly/2cjTC0M> @biosfferdyfi | n/a | Mid Wales |
| **08.10.16** | What better way to start a #Saturday than #Yoga & #meditation with #vegetarian lunch @ Over the Rainbow! Book here> <https://goo.gl/xOiZpf> | n/a | Mid Wales |
|  | Pa ffordd well i ddechrau dydd #Sadwrn na sesiwn o ioga, myfyrdod a chino llysieuol yn Over the Rainbow Bwciwch yma <https://goo.gl/xOiZpf> | n/a | Mid Wales |
| **09.10.16** | It's the apple festival @NTLlanerchaeron today! Bring your best apples and watch them get pressed into lovely juice! #HappySunday | n/a | Mid Wales Ceredigion |
|  | Dewch â’ch afalau gorau draw i @NTLlanerchaeron heddiw ar gyfer yr Ŵyl Afalau #SulHapus | n/a | Mid Wales |
| **10.10.16** | It’s #Chocolateweek You’ll need some for those energetic walks in the #cambrianmountains #findtyourepic bit.ly/**2d2G1hK** | n/a | Mid Wales Mid & North Powys Cambrian Mountains |
|  | Mae’n #WythnosSiocled Gwnewch yn siwr i fwyta digon i gael nerth i gerdded #MynyddoeddyCambria! #gwladgwlad <https://goo.gl/VzvjLa> | n/a | Mid Wales |
| **11.10.16** | What’s your favourite Ceredigion beach walk? #ceredigion #beachholidays #autumnbreaks  <https://goo.gl/V0Jc3y> | n/a | Mid Wales Ceredigion |
|  | Pa un o draethau Ceredigion yw eich ffefryn chi? #ceredigion #glanmôr #hydref <https://goo.gl/Epkj5S> | n/a | Mid Wales |
| **12.10.16** | Have you reached for the stars yet? Try the Elan Valley. Have you been? #darkskies #findyourepic #autumnbreak bit.ly/**2dE8yvy** | n/a | Mid Wales Mid & North Powys |
|  | Beth yw maint y sêr uwchben? Gwyliwch y sêr yn nhywyllwch pur Cwm Elan. #hydref bit.ly/**2dE8yvy** | n/a | Mid Wales |
| **13.10.16** | There are over 10m sheep in Wales? Celebrate #woolweek walking or cycling through the #midwales hills they thrive in. #findyourepic | n/a | Mid Wales |
|  | Wyddoch chi bod dros 10miliwn o ddefaid yng Nghymru? Dathlwch #wythnoswlân trwy gerdded neu seiclo yn eu mysg. #CanolbarthCymru | n/a | Mid Wales |
| **14.10.16** | Friday fact: Where's the source of two UK rivers? In the #cambrianmountains The Wye and Severn. #autumnbreaks bit.ly/2duSQRr | n/a | Mid Wales Mid & North Powys Cambrian Mountains |
|  | Wyddoch chi bod afonydd Gwy a Hafren yn tarddu ym MynyddoeddyCambria? #gwyliauhydref bit.ly/2duSQRr | n/a | Mid Wales |
| **15.10.16** | Lost your way? Why not find the Glyndwr’s Way? #walkingholidays #midwales #findyourepic bit.ly/**2dRLbw6** | n/a | Mid Wales Mid & North Powys |
|  | Rhowch gynnig ar Ffordd Glyndwr - un o lwybrau hirbell Cymru. #gwyliaucerdded #CanolbarthCymru #gwladgwlad bit.ly/**2dRLbw6** | n/a | Mid Wales |
| **16.10.16** | There are miles of cycle lanes in #MidWales As every country lane is a lane to cycle in. #cyclingbreaks #cycling bit.ly/2dEajsv | n/a | Mid Wales |
|  | Mae gan #CanolbarthCymru filltiroedd lawer o lwybrau beicio. #ardyfeic #gwyliaubeicio bit.ly/2dEajsv | n/a | Mid Wales |
| **17.10.16** | Taking part in #NationalBakingWeek? Why not just visit a local culinary destination in #midwales bit.ly/**2dXWtRx** | n/a | Mid Wales |
|  | Mae’n #wythnospobicenedlaethol. Beth am ymweld â chaffis a bwytai #CanolbarthCymru am flas o Gymru. bit.ly/**2dXWtRx** | n/a | Mid Wales |
| **18.10.16** | Spot some migratory birds at great locations. Head out to the #midwales countryside. #findyourepic bit.ly/**2dhBJ8j** | n/a | Mid Wales Mid & North Powys Ceredigion Dyfi Biosphere |
|  | Gwyliwch adar ymfudol mewn lleoliadau ar draws #CanolbarthCymru #gwladgwlad bit.ly/**2dhBJ8j** | n/a | Mid Wales |
| **19.10.16** | Come autumn sun or rain there’s always something to do in #ceredigion #midwales #findyourepic What will you do? <https://goo.gl/SchG3F> | n/a | Mid Wales Ceredigion |
|  | Glaw neu hindda mae wastad digon i’w wneud ar hyd a lled #Ceredigion #gwladgwlad <https://goo.gl/ZYUJxt> | n/a | Mid Wales |
| **20.10.16** | Wondering what to do at half-term? Stay or day visits are great in #midwales #findyourepic bit.ly/**2dhDUc1** | n/a | Mid Wales |
|  | Chwilio am syniadau ar gyfer hanner tymor? #Canolbarth Cymru yw’r lle! #gwladgwlad  bit.ly/**2dhDUc1** | n/a | Mid Wales |
| **21.10.16** | Friday fact: It’s #nationalappleday Are you a pie or tart person? There are apple events taking place in #midwales | n/a | Mid Wales |
|  | Mae’n #ddiwrnodyrafal. Mae digwyddiadau i ddathlu’r afal ar draws #canolbarthcymru | n/a | Mid Wales |
| **22.10.16** | There are 20,750 miles of rights of way in #wales Many are in #midwales #findyourepic walk in the #CambrianMountains bit.ly/**2dhElTH** | n/a | Mid Wales Mid & North Powys Cambrian Mountains |
|  | Mae 20,750 milltir o lwybrau tramwy yng Nghymru a nifer fawr ohonynt ym #MynyddoeddyCambria bit.ly/**2dhElTH** | n/a | Mid Wales |
| **23.10.16** | Blow the cobwebs away with a Sunday escape to the #Ceredigion #coast A #beach walk followed by a scrumptious meal. https://goo.gl/Fuu6oH | n/a | Mid Wales Ceredigion |
|  | Am chwa o awyr iach ewch am dro ar hyd arfordir #Ceredigion … a chinio dydd Sul i ddilyn.  <https://goo.gl/8nZYSg> | n/a | Mid Wales |
| **24.10.16** | Yay. It’s #halfterm #holiday fun time. Why not #findyourepic in #MidWales #coast #mountains #countryside | n/a | Mid Wales Mid & North Powys Ceredigion |
|  | Mae’n #hannertymor - beth am ddarganfod #arfordir #mynyddoedd #cefngwlad #CanolbarthCymru? | n/a | Mid Wales |
| **24.10.16** | Don’t get steamed up this #halfterm How about a scenic steam #railway #familybreak in #MidWales ? bit.ly/**2est4NO** | n/a | Mid Wales Mid & North Powys |
|  | Beth am drip ar drên stêm dros #hannertymor ? #canolbarthcymru bit.ly/**2est4NO** | n/a | Mid Wales |
| **25.10.16** | The beaches of #Ceredigion aren’t just for #summerbreaks get out and explore them this #autumn #halfterm <https://goo.gl/V0Jc3y> | n/a | Mid Wales Ceredigion |
|  | Does dim rhaid aros tan yr haf i ymweld â thraethau #Ceredigion - beth am drip dros #hannertymor? https://goo.gl/Epkj5S | n/a | Mid Wales |
| **25.10.16** | Be one with #nature with an #autumnbreak exploring #midwales You never know what you might see. bit.ly/**2eAB2nO** | n/a | Mid Wales |
|  | Byddwch yn un â byd natur tra’n crwydro #canolbarthcymru dros #hannertymor. bit.ly/**2eAB2nO** | n/a | Mid Wales |
| **26.10.16** | There’s no such things as the one that got away in #midwales How about a #fishing #break #holiday bit.ly/**2epeASv** | n/a | Mid Wales |
|  | Dewch â’ch gwialen ar eich #gwyliau i bysgota yn afonydd a llynnoedd #canolbarthcymru bit.ly/**2epeASv** | n/a | Mid Wales |
| **27.10.16** | As part of #nationalcholesterolmonth why not exercise with a #walking #holiday in #midwales bit.ly/**2dhElTH** | n/a | Mid Wales |
|  | I nodi mis #colestrolcenedlaethol beth am ymarfer corff ar wyliau #cerdded #canolbarthcymru bit.ly/**2dhElTH** | n/a | Mid Wales |
| **28.10.16** | Friday fact: Did you know the aqueduct from #elanvalley in the #CambrianMountains to #Birmingham is 73 miles long? bit.ly/**2eszs83** | n/a | Mid Wales Mid & North Powys Cambrian Mountains |
|  | Wyddoch chi bod y bont ddŵr o #CwmElan ym #MynyddoeddyCambria i Birmingham yn 73 milltir o hyd? bit.ly/**2eszs83** | n/a | Mid Wales |
| **29.10.16** | Don’t forget you have an extra hour to explore #midwales #ceredigion or #cambrianmountains as it’s #clocksback #daylightsavings tonight. | n/a | Mid Wales |
|  | Cofiwch bod gennych awr ychwanegol i ddarganfod #canolbarthcymru #ceredigion a #mynyddoeddycambria gan bod y cloc yn troi heno! | n/a | Mid Wales |
| **30.10.16** | Lost for time? Did you put your #clocksback for #daylightsavings ? More time to #findyourepic in #midwales bit.ly/**2dUi7Dd** | n/a | Mid Wales |
|  | A gofioch chi droi’r cloc yn ôl? Mwy o amser i ddarganfod #canolbarthcymru. bit.ly/**2dUi7Dd** | n/a | Mid Wales |
| **30.10.16** | Don’t forget your pumpkin for #halloween How about heading to a haunted #midwales event bit.ly/**2eA7LIK** #findyourepic | n/a | Mid Wales |
|  | A fyddwch chi’n ymynd â’ch pwmpen i un o ddigwyddiadu #calangaeaf #canolbarthcymru bit.ly/**2eA7LIK** | n/a | Mid Wales |
| **31.10.16** | Want to get spooked this #Halloween ? There are plenty of places for some spooky fun in #MidWales bit.ly/2fcStdp | n/a | Mid Wales |

**Facebook**

**03.10.16**

It’s shaping up to be a fantastic week here in Mid Wales with a whole host of events lined up. Some of our highlights include the Apple Festival @NTLlanerchaeron where visitors can take their own fruit and watch it get pressed in to lovely juice or the yoga retreat taking place at the Over the Rainbow Centre in Ceredigion which includes a yoga session, meditation and vegetarian lunch. For more info on some of the great events taking place this week, visit <http://www.visitmidwales.co.uk/events/thedms.aspx?dms=12&msg=&led=5&bf=1&w=100%25#!page=3>

**10.10.16**

It’s National Chocolate Week. What better excuse to have some energy while walking in Mid Wales? bit.ly/2d2G1hK

**11.10.16**

Beaches along the Ceredigion coast are great for exploring and walking. What’s your favourite? bit.ly/2dt3Fny

**12.10.16**

The nights are definitely drawing in. So why not reach for the stars? We have some great locations for dark sky watching during an autumn break. bit.ly/2dE8yvy

**13.10.16**

Did you know there are over 10m sheep in Wales? Why not Celebrate National Wool Week walking or cycling through the Mid Wales hills they thrive in.

**14.10.16**

Friday fact: Where's the source of two UK rivers? In the #cambrianmountains The Wye and Severn. #autumnbreaks bit.ly/2duSQRr

**15.10.16**

Lost your way? Why not find the Glyndwr’s Way? It winds its way through some amazing countryside and there are some great places to stop and eat or stay at along the way. bit.ly/2dRLbw6

**16.10.16**

There are miles of cycle lanes to pedal on in Mid Wales. In fact we’ve lost count. That’s because they’re country lanes - a perfect place to cycle while on a short break. bit.ly/2dEajsv

**17.10.16**

Forget the Great British Bake off. It’s the Great Mid Wales Bake Off. Are you taking part in National Baking Week this week? Why not just visit a local culinary destination in Mid Wales bit.ly/2dXWtRx

**18.10.16**

Want to see some migratory birds at great locations. Head out to the Mid Wales countryside and you might be surprised at what you see flying over. #findyourepic bit.ly/2dhBJ8j

**19.10.16**

Come autumn sun or rain (yes, it rains now and then) there’s always something to do in Ceredigion Why not #findyourepic What will you do? bit.ly/2ebNcnl

**20.10.16**

Wondering what to do for half-term? Stay or day visits are great and we have a wide choice in Mid Wales from accommodation to day visits #findyourepic bit.ly/2dhDUc1

**21.10.16**

Friday fact: It’s National Apple Day. Are you a pie or tart person? There are apple events taking place throughout Mid Wales.

**22.10.16**

Did you know there are 20,750 miles of rights of way in Wales? We think the best walks are in Mid Wales. Why no #findyourepic walk in the amazing Cambrian Mountains? bit.ly/2dhElTH

**23.10.16**

It’s not quite Halloween, but blow the cobwebs way with a Sunday escape to the Ceredigion coast with beach walk followed by a scrumptious meal. bit.ly/2edUshM

**24.10.16**

Where are you heading for half-term fun this week? Why not #findyourepic in the Mid Wales coast, mountains and countryside? bit.ly/2dFSB73

**24.10.16**

Don’t get steamed up this half term. How about a scenic steam railway trip in the amazing Mid Wales countryside? bit.ly/2est4NO

**25.10.16**

The beaches of Ceredigion aren’t just for summer breaks. Why not get out and explore them this autumn and half term? bit.ly/2dt3Fny

**25.10.16**

Be one with nature with an autumn break exploring Mid Wales. You never know what you might see. bit.ly/2eAB2nO

**26.10.16**

There’s no such things as the one that got away in Mid Wales. Get your rod out for a fishing break. bit.ly/2epeASv

**27.10.16**

As part of National Cholesterol Month why not exercise with a walking holiday or day in Mid Wales bit.ly/2dhElTH

**28.10.16**

Friday fact: Did you know the aqueduct from Elan Valley in the Cambrian Mountains to Birmingham is 73 miles long? bit.ly/2eszs83

**29.10.16**

Don’t forget you have an extra hour to explore Mid Wales, Ceredigion or Cambrian Mountains as it’s clocks back and daylight savings tonight.

**30.10.16**

Lost for time? Did you put your clocks back for daylight savings? More time to #findyourepic in Mid Wales bit.ly/2dUi7Dd

**30.10.16**

Don’t forget your pumpkin for Halloween. How about heading to a haunted Mid Wales event? bit.ly/2eA7LIK#findyourepic