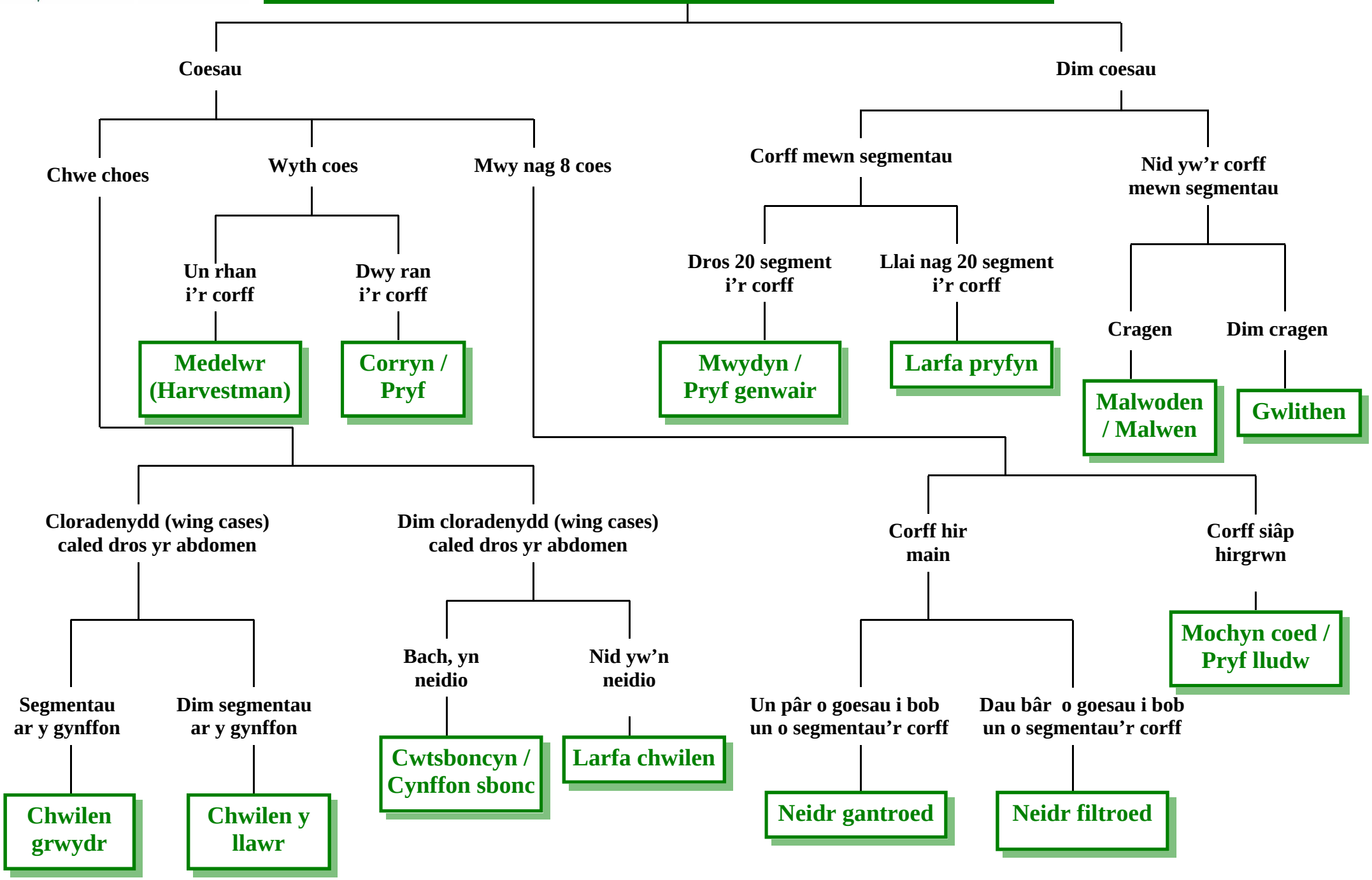Allwedd i Fwystfilod Bach yn y Coed