LLanfrothen

O odre deheuol y Moelwyn Bach mae cefnen hir a choediog yn ymestyn dair milltir go lew o Fraich-y-parc i lawr i'r Garreg. Roedd y Garreg, Garreg-pen-ar-Gyffin fel y'i gelwid gynt, a'i thrwyn yn y môr pan fyddai'r Traeth Mawr yn llenwi cyn belled â Nantmor ac Aberglaslyn erstalwm, cyn dyddiau'r Cob. Mae'r dolennau haearn a ddefnyddid i glymu cychod i'w gweld o hyd ger hen efail y pentref hyd heddiw, ac mae eraill i'w gweld yng ngodre craig Garregalltran. Ynysoedd oedd y bryncynau bach sy'n britho'r morfa, fel y dengys eu henwau: Hir Ynys, Ynys Berfedd, Ynysfor, Ynys-fach. Plwyf rhwng y môr a'r mynydd oedd Llanfrothen, dau gwm yn codi o'r traeth: Cwm Croesor ar y naill ochor i'r cyffin yn codi tua'r Cnicht a chwm dipyn yn llai ar y llall yn codi hebio'r Wern a Moel Dinas i fyny am Bant-Mawr a'r Moelwyn Bach. Yng Nghefn Cyffin, ar ystlys ddeheuol y gefnen, y'm ganed ac yno y cefais fy magu.

Tua'r flwyddyn 1550, fe ddechreuwyd adeiladu stad fechan Brondanw gan ryw Hywel neu'i gilydd ac fe ddaeth hi gydag amser i gynnwys y tir o 'Garreg-pen-ar-Gyffin' hyd odre'r Moelwyn Bach. Ymhen amser aeth y stad i feddiant Robert ab William o'r Gorllwyn Uchaf ar lethrau Moel Ddu ac yna i'w fab William Roberts. Dyma'r cyfnod pryd yr ailadeiladwyd llawer o'r Plas ac mae yno i'w weld hyd heddiw lechen ar dalcen y ty gyda'r llythrennau W.W. 1660 arni sy'n cofnodi'r gwaith a wnaeth (W)illiam (W)illiams, etifedd William Roberts, ar y lle.

From the southern slopes of the Moelwyn Bach a long and wooded ridge stretches for a good three miles from Braich-y-parc down to the Garreg. The Garreg, or Carreg-pen-ar-Gyffin as it used to be known, had its nose in the sea when the Traeth Mawr used to flood as far as Nantmor and Aberglaslyn, before the Cob was built at Porthmadog. The iron rings used to moor ships can still be seen by the old forge in the village today, and others can be seen at the foot of Carregalltran cliff. The small hillocks in the estuary used to be islands, as their names indicate: Hir Ynys, Ynys Berfedd, Ynysfor, Ynys-fach (Ynys is Welsh for island). Llanfrothen was a parish between the sea and the mountain, two valleys rising from the beach: the Croesor valley to one side of the ridge, rising towards the Cnicht, and a much smaller valley on the other side rising past the Wern and Moel Dinas up towards Pant-Mawr and the Moelwyn Bach. I was born at Cefn Cyffin, on the southern side of the ridge, and that's where I was raised.

Around the year 1550, the small estate of Brondanw was built by some Hywel or other, and in time it came to include all the lands from 'Garreg-pen-ar-Gyffin' to the lower slopes of the Moelwyn Bach. In time the estate came into the possession of Robert ab William from Gorllwyn Uchaf on the slopes of Moel Ddu, and then to his son, William Roberts. It was during this period that much of the mansion of Brondanw was built, and to this day an inscribed slate can be seen in the wall with the letters W.W. 1660, marking the improvements made by (W)illiam (W)illiams, William Roberts' heir, to the house.