



BETWEEN THE TREES 2024



THE POWER OF GRATITUDE

Welcome to Between The Trees, where we reconnect to Nature, and each other, for mental, physical health and well-being.

Every year we have a theme. This year, we delve into the transformative power of Gratitude and how it can enhance your well-being and strengthen your connections with others.

Research shows that gratitude exercises, such as keeping a gratitude journal or expressing appreciation to others, can lead to a greater sense of happiness and contentment.

Gratitude also fosters deeper connections with loved ones, as it enhances empathy and compassion. Throughout this year's event, there is a thread of this theme, from artworks, workshops,

musical lyrics, and meditation. Challenge yourself to cultivate a "gratitude practice".

Each day you are here, reflect on three things you are grateful for, no matter how small or significant. Consider sharing your gratitude with others, letting them know how much they mean to you.

By nurturing an attitude of gratitude, you create a positive ripple effect in your life and the lives of those around you. Visit the Gratitude Art installation and become a part of the group work, leave a message, make a wish or prayer and when you are back home, consider incorporating Gratitude into your daily routine.

GRYM DIOLCHGARWCH

Croeso i Between The Trees, lle rydym yn ailgysylltu â Natur, a'n gilydd, ar gyfer ein hiechyd meddwl, iechyd corfforol a'n lles.

Bob blwyddyn mae gennym thema. Eleni, rydym yn ymchwilio i bŵer trawsnewidiol Diolchgarwch a sut y gall wella eich lles a chryfhau eich cysylltiadau ag eraill.

Mae ymchwil yn dangos y gall ymarferion diolchgarwch, megis cadw dyddiadur diolchgarwch neu fynegi gwerthfawrogiad i eraill, arwain at fwy o ymdeimlad o hapusrwydd a bodlonrwydd. Mae diolchgarwch hefyd yn meithrin cysylltiadau dyfnach ag anwyliad, gan ei fod yn gwella empathi a thosturi. Drwy gydol y digwyddiad eleni, mae llinyn o'r thema hon, o weithiau celf, gweithdai, geiriau caneuon, a myfyrdod.

Heriwch eich hun i feithrin "arfer diolchgarwch". Bob dydd rydych chi yma, myfyriwch ar dri pheth rydych chi'n ddiolchgar amdanyn nhw, waeth pa mor fach neu arwyddocaol ydyn nhw. Ystyriwch rannu eich diolchgarwch ag eraill, gan roi gwybod iddynt pa mor bwysig ydyn nhw i chi. Trwy feithrin agwedd o ddiolchgarwch, rydych chi'n creu effaith gadarnhaol ar eich bywyd a bywydau'r rhai o'ch cwmpas. Ymwelwch â'r gosodiad Gratitude Art a dewch yn rhan o'r gwaith grŵp, gadewch neges, gwnewch ddymuniad neu weddi a phan fyddwch yn ôl adref, ystyriwch ymgorffori Diolchgarwch yn eich trefn ddyddiol.

THANK YOU DIOLCH

We'd like to give a special thanks to the following, David Burger and Gethin Stacey (Pure Tech Audio Visual) for staging production, power and lighting, Phil and the team at Avon Events (Stretch tents and stage), Edryd (A & E Adventures), Joe Marvelly and team (Sound), Alan and team (Cardiff First Aid), Ben Pearce and Alan, Cai, Colin and Will (Build Team), Andrea Van Wyk and Peter Britton (Film), Nigel Mason (Trader Liaison), Meg Cox and Adam Whitmore (Artist Liaison), Matches Malone and Team (Creative area) and the whole brilliant BTT crew, without whom the whole event would not be possible.

Lastly, we would like to pay a heartfelt tribute to a wonderful human being Marcos Suarez, who provided us with his lovely red tent over the last 7 years of BTT and who sadly passed away this year.

FESTIVAL GUIDE TO LEARNING CYMRAEG

CAN I HAVE A PINT
OF BEER (PLEASE)?

GA I BEINT O GWRW (OS
GWELWCH YN DDA)?
*Gah ee bay-nt or guru
(os gwel-uch uh-n tha)*

WHERE'S THE
TOILET?

BLE MAE'R TOILED /
TY BACH?
*Blaire mire toil-ed / tee bach
(mire - like Ireland with an m)*

D'YOU WANT A DRINK?

TISIO DIOD?
Tee-shore dee-odd

I'M LEARNING
WELSH!

DWI'N DYSGU CYMRAEG!
Do-een dusky come-rye-g

CHEERS!

IECHYD DA!
*Yeah-ch-id dah
[ch - like Loch, id - like orchid]*

DID YOU KNOW?

Wales, Cornwall and Brittany are closely connected by their languages. They are called the Brythonic languages, whilst the Goidelic languages are of Ireland, Scotland and the Isle of Mann. The phrase 'cheers' from all of these Celtic nations translates to 'good health'!

'NEST TI'N GWYBOD?

Mae cysylltiad agos rhwng Cymru, Cernyw a Llydaw gan eu hieithoedd. Ieithoedd Brythonig ydyn nhw, tra bod yr ieithoedd Goidelig yn Iwerddon, yr Alban ac Ynys Manaw. Mae'r frawddeg 'cheers' o bob un o'r cenhedloedd Celtaidd hyn yn cyfieithu i 'iechyd da'!

Welsh - Iechyd da
Scottish - Slainté Mhath
Irish - Slainté Mhath
Cornish - Yeghes da
Manx - Slaynt vie
Breton - Yec'hed mat

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NO FIRES OR BBQ'S

QUIET AT NIGHT

We have a quiet at night policy to respect the forest environment, its creatures and our fellow festival-goers. Please don't play amplified music or make excessive noise (even talking loudly) in the campsite after 1am.



**ENJOY THIS SPECIAL PLACE,
LEAVE NO TRACE,
LEAVE IT BETTER**



**IT'S EASY TO
GET LOST**

Keep a close eye
on your children



**DON'T BRING YOUR
OWN ALCOHOL INTO
THE FESTIVAL AREA**

Licensing rules make
this festival a safe space

**DON'T EAT
ITEMS FOUND IN
THE FOREST**



Make sure that you

**REDUCE, REUSE,
RECYCLE**

by taking your waste home and
using recycling points on site.



NO GLASS

**THURSDAY
DYDD IAU**

**MUSIC AT THE
CERDD YN Y
NICHE**

Holly Abraham

6-6.30pm

The Deep Blue

7.15-8pm

The Goudies

8.30-9.30pm

Firewoodisland

10-11pm

FRIDAY

DYDD GWENER

	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
Forest Stage <i>Llwyfan Fforest</i>						Honey & the Bear 3.50-4.30pm		Luke Jackson 5.30-6.10pm		Tina Boonstra 7.10-7.50pm		Sam Kelly 8.50-9.30pm		Tidelines 10.30-11.45pm
The Niche <i>Y Gilfach</i>			Blino 12.30-1pm	DnA 1.15-1.30pm	Rob Lear 2-2.30pm	Brian Briggs & Paul Henry 3-3.40pm		Joshua Burnside 4.40-5.20pm	Fieldlily 6.20-7pm		Rachel Sermanni 8-8.40pm	Natalie Holmes 9.40-10.30pm		DJ Morrison 11.45pm-1am
Seren Barn <i>Sgubor Seren</i>			Dr Leah Salter & Julia Evans 12-12.45pm	Dr Brian Briggs 1-2pm	The Honest Poet 2-2.40pm	Community Conversation Workshop 2.45-4pm	Peter Britton Film- Nawr 4-4.15pm	Ellis Thomas 4.30-5.10pm	The Brwmys 6-7pm					
Hub-Hyb				The Great Millipede 1-1.45pm	Alex Wharton 2-2.45pm	Print Workshop 3-3.45pm	Upcycle Your Festival Wear 4-4.45pm							
Phil-osophy Tent					Open Mic Session 2-3pm		Phil-osophy Machine 4-5pm							
Sylvania				Mini Movers 1-1.45pm		Sylvania Pirates 3-3.45pm	Mini Movers 4-4.45pm							
				Forest School 1-1.45pm	Art Play 2-2.45pm	Lucie Hoops 3-3.45pm	Dance Performance 4-4.45pm							
Pentre Village	See pages 31-32 for times of sessions at Pentre													

WHERE TO BOOK SESSIONS DURING THE FESTIVAL?

- Massage and therapy sessions at Pentre
- Creative Workshops at the Hub-Hyb
- Woodland Skills and Crafts at the Forest Barn

Please note that these are very popular sessions, some with limited spaces, so booking is advised.

SATURDAY

DYDD SADWRN

	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
Forest Stage <i>Llwyfan Fforest</i>			Alex Hart 12-12.45pm		Magpies 2-2.45pm		Beluga Lagoon 3.45-4.25pm		Mishra 5.20-6.10pm		The Wandering Hearts 7.15-8.15pm	Ballet Cymru 8.20pm	Matthew & The Atlas 9-10pm	Valtos 11pm- Midnight
The Niche <i>Y Gilfach</i>				Auka 1-1.40pm		Filkins Drift 3-3.40pm		Trig 4.30-5.10pm	Ellie Gowers 6.20-7pm				Supalung 10-10.50pm	DJ Ford Dimensional & Evan Carson 12am-1am
Seren Barn <i>Sgubor Seren</i>	Sarah Morgan 10-10.45am	Dr Rob Thomas 11-11.45am	Dr Leanne Cullen-Unsworth 12-12.45pm	Carwyn Graves 1-1.45pm	The Big Debate 2-2.45pm	The Gentle Good 3-3.45pm	Daniel Morden 4-4.45pm		The Brwmys 6-7pm					
Hub-Hyb	Moth Trapping 9.30-10.30am	Food Tasting 11-11.45am	Animation Workshop 12-12.45pm	The Great Millipede 1-1.45pm	Storytelling 2-3pm	Print Workshop 3-3.45pm	Illustration Workshop 4-4.45pm	Lantern Making 5-5.45pm						
Phil-osophy Tent	Singing Between the Trees 10-11am		Open Mic Session 12-1pm		Phil-Osophy Machine 2-3pm		My Music Nigel Mason 4-5pm							
Sylvania	Forest School <i>See board for extra times</i> 10-10.45am	Tracy Firth 11-11.45pm	Catherine Fisher 12-12.45pm	Sylvania Pirates 1-2pm	Ballet Cymru 2-4pm		Sylvania Pirates 4-4.45pm							
		Lucie Hoops 11-11.45pm	Lucie Hoops 12-12.45pm											
Pentre Village	See pages 31-32 for times of sessions at Pentre													

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SUNDAY

DYDD SUL

	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
Forest Stage <i>Llwyfan Fforest</i>			Afro Welsh Connection 12-12.45pm		Boci 2-2.45pm		Blair Dunlop 3.50-4.30pm		Ollie Dixon 5.30-6.10pm		Our Atlantic Roots 7.10-7.50pm		The Dunwells 8.45-9.45pm	Rusty Shackle 10.40-11.40pm
The Niche <i>Y Gilfach</i>				Rona Mac 1-1.40pm		Thorpe & Morrison 3-3.40pm		Best of Open Mic 4.40-5.20pm		Eve a Sera 6.10-6.50pm		Ophelia's Beard 8-8.40pm	Sam Brookes 9.50-10.30pm	DJ Morrison 12am-1am
Seren Barn <i>Sgubor Seren</i>	Rachel Knox 10-10.45am	Liz Chadwick 11-11.45am	Katrina Naomi 12-12.45pm	Martin Hawes 1-1.45pm	Climate Change Film 2-2.45pm	Filkin's Drift 3-3.45pm	Phil Cope 4-4.45pm		Eve Goodman 5-5.40pm	The Brwmys 6-7pm				
Hub-Hyb	Moth Trapping 9.30-10am	Will Millard 10am-12pm	Animation Workshop 12-12.45pm	The Great Millipede 1-1.45pm	Storytelling 2-3pm	Print Workshop 3-3.45pm	Illustration Workshop 4-4.45pm		Lantern Making 5-5.45pm					
Phil-osophy Tent	Singing Between the Trees 10-11am		Open Mic Session 12-1pm		Phil-osophy Machine 2-3pm		My Music Nigel Mason 4-5pm							
Sylvania	Forest School <i>See board for extra times</i> 10-10.45am	Tracy Firth 11-11.45pm Lucie Hoops 11-11.45pm	Sylvania Pirates 12-12.45pm Art Play 12-12.45pm	Sylvania Pirates 1-2pm	Ballet Cymru 2-4pm <i>Matinee Performance 3-4pm</i>		Sylvania Pirates 4-4.45pm							
Pentre Village	See pages 31-32 for times of sessions at Pentre													

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OUR HEADLINERS EIN PENAWDAU



FIREWOODISLAND

Thursday 10pm
The Niche

Bristol based Norwegian/Welsh duo, Stian Vedøy and Abi Eleri, deliver dynamic vocal harmonies and create an anthemic, cinematic sound that "immediately evokes a full-body chill in the first few opening bars". Their 'mountain pop' label combines the catchiness of pop with the sensibilities of indie, and sprinkled with some organic elements from folk.



TIDELINES

Friday 10.30pm
Forest Stage

Scottish folk-pop band TIDELINES, have made their name using the melodies and moods of traditional folk with the up-to-date sounds of pop and electronica. Formed from a shared love for the traditional music of the Gàidhealtachd, their genre fusion has earned them an 'anthemic' label and charting global hits.



MATTHEW AND THE ATLAS

Saturday 9pm
Forest Stage

Matthew & The Atlas traverses musical territories from classic acoustic folk, to dramatic synth-laden electronica and urgent guitar led alt-rock. Married with a songwriting style that illustrates natural imagery and dark emotional heft, his striking and distinctive vocal creates an evocative and powerful experience that is loved by millions of fans across the world.



VALTOS

Saturday 11pm
Forest Stage

Taking the Trad and Electronic music worlds by storm, is none other than Skye-born supergroup VALTOS. Daniel Docherty and Martyn MacDonald (Valtos) are joined onstage by a full live band, including Lana Pheutan, Eilidh Cormack and Euan McLaughlin, delivering energetic and unforgettable live experiences with music that draws inspiration from the breathtaking beauty of their home.



RUSTY SHACKLE

Sunday 10.40pm
Forest Stage

South Wales' Rusty Shackle are a vibrant folk-rock band, embodying boundless energy and magnetic charisma. Hailing from diverse backgrounds between rock, folk and indie, they converge to create a harmonious explosion of sound. With heartfelt lyrics, infectious melodies, and exhilarating live shows, they have carved their mark in the music world.

NEW AT THE NICHE



JOSHUA BURNSIDE

Friday 4.40pm

Joshua Burnside is an experimental folk songwriter, singer and producer. He takes influence from alternative electronica and Irish folk, chopping and blending them with a mixture of found sounds, world music and unorthodox production methods.



RACHEL SERMANNI

Friday 8pm

Rachel is an enchanting singer-songwriter, whose performance and lyrics draw from a deep well of mysticism, dreams, nature and the simple-complex experience of being human. Blooming with elements of folk and contemporary genres, Rachel's music is intricate, intense and inciting.



NATALIE HOLMES

Friday 9.40pm

Natalie Holmes' songs draw our internal and external worlds of life into one. Inspired by nature and questioning social norms, to self-reflection and sense of purpose, her songwriting asks relevant and important questions while softened by the delicate, soundscape-like musical accompaniment.



ELLIE GOWERS

Saturday 6.20pm

Bringing to the stage a strong voice full of expression and maturity, Ellie Gowers explores sociological, ecological, and personal themes in her evocative songwriting. Taking turns from a sensitive to fiery sound, her dynamic presence has deemed her one to watch.



SESSIONS AT THE **SEREN BARN**

SESIYNAU YN Y **'SGUBOR SEREN**

DR LEAH SALTER & JULIA EDWARDS



Friday 12pm

Learning as a Social Activity

Dr Leah Salter and Julia Evans are co-directors of The Centre for Systemic Studies The Family Institute, Wales. Their talk will explore how we learn and who we learn with and from, in an ever-evolving, intra-connected, more-than-human world! They see learning as a social activity and are interested in how human and beyond-human systems interact to create learning communities.

DR BRIAN BRIGGS



Friday 1pm

Shags, Ducks and Rock'n'Roll

Dr Brian Briggs is a conservationist and musician on a lifelong quest to tune into the natural world. He is both a manager of an internationally important nature reserve in Wales, and the singer/songwriter for the band Stornoway. Brian will play a selection of amazing bird songs from his Avian Jukebox, and teach you how to identify some common British birds from their songs and calls. He will share fascinating secrets of bird communication and talk about the changing soundscapes of our natural environment, and describe how the sounds of nature have influenced his songwriting as frontman of the band Stornoway.

THE HONEST POET



Friday 2pm

The Honest Poet (THP), South Wales based singer/songwriter, has unique soulful vocals which emanate raw emotion. Drawing his inspiration from his life, cultivating each story from an honest viewpoint. Poetry plays a significant role throughout the entirety of THP's music. Infusing hip hop, spoken word and soul combining with open and honest lyrics.

DR LEAH SALTER, PAUL PRICE & ANDRE VAN WYK



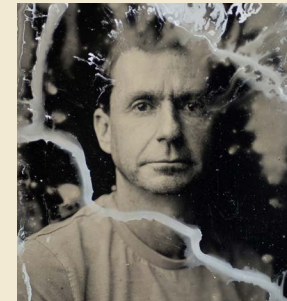
Friday 2.45pm



Community Conversation Workshop

Systemic practitioners Leah Salter, Paul Price and Andre van Wyk will be hosting a "warm data lab" workshop, centered in ecosystemic practices and community conversations. A space where learning is relational and interdependency is fostered within group conversation, generating new understandings about complex human relationships and beyond! Join them looking through a number of lenses...

NAWR FILM EXHIBITION BY PETER BRITTON



Friday 4pm

Pop over to the Seren Barn to witness the work of photographer, university lecturer and arts extraordinaire Peter Britton, exhibiting his short film titled NAWR.

This project is the story of the future of low-level landscape, told through visual, musical and aural storytelling. It aims to give the landscape a voice and an opinion upon human impact through climate change, with the narrative of the past, present and future of the landscape being told by the landscape itself.

ELLIS THOMAS



Friday 4.30pm

Ellis Thomas is a singer-songwriter from Cardiff. An unassuming character whose light acoustic folk music, deep emotional ingratiation and friendly presence on stage welcomes you in with a hug. Navigating themes of life, death and mental health: Ellis finds beauty in the darkness. Frightened Rabbit's Scott Hutchison is a clear influence in his music, as well as more contemporary artists such as Phoebe Bridgers and Lucy Dacus. To date, Ellis has self-released 3 singles and played shows at Cardiff's prestigious Swn Festival and a 2000 Trees festival tribute to Scott Hutchison.

SATURDAY / DYDD SADWRN

SARAH MORGAN



Saturday 10am

The Gulls of Flatholm Island

Sarah Morgan is an award-winning Science Communicator and PhD student at Cardiff University researching seabird disease. Sarah is driven by a lifelong love of the natural world, particularly the sea, and sharing that passion with as many people as possible. Sarah is now the Community Engagement Officer for Flat Holm Island and is on a one-woman mission to improve the public perception of gulls.

DR ROB THOMAS



Saturday 11am

Conservation Optimism

Saving the planet is tough; we see species disappear, we can encounter "ecological grief" at these losses, and we can start to lose hope. In this talk, Rob will look at what works in conservation, and reasons to be optimistic about the future of our one wild and precious planet.

Rob Thomas is a senior lecturer in zoology and conservation science at Cardiff University. He has been observing and recording wildlife in Wales for over four decades and over that time he has seen major changes (for better and for worse), which form the themes for his talk on conservation optimism.

DR LEANNE CULLEN-UNSWORTH



Saturday 12pm

Seagrass Dreaming: Revitalising Our Coasts

Leanne is one of the original founders and current CEO of Project Seagrass, as well as named one of the BBCs top 100 inspiring and influential women from around the world! In her talk, she explores what we can do to help against the destruction of native seagrass meadows and to protect what's left and put back some of what has been lost...

CARWYN GRAVES



Saturday 1pm

Tir: The Story of the Welsh Landscape

Carwyn Graves is an award winning author, public speaker and gardener based in Carmarthenshire. He takes us on a journey into the human and ecological history of Wales. Why, he asks, does the countryside contain far less nature and fewer people working the land than it did a century ago – and what can it teach us about how we approach the future?

THE GENTLE GOOD



Saturday 3pm

The Gentle Good is a well-known accomplished musician, as well as a founding member of the Khasi-Cymru Collective! Having toured the world with his music, he has a strong network of fans captivated by his style and message often inspired by nature and history through the Welsh Language.

DANIEL MORDEN



Saturday 4pm

Shapeshifters

Join professional teller of traditional tales Daniel Morden in the Mabinogi world, as he explores nature and poetry through the iconic story of Taliesin... He is a fantastic, renowned storyteller, author and podcaster, also found in The Devil's Violin project with Sarah Moody and Olly-Wilson Dickson from trio Alaw!

SATURDAY / DYDD SADWRN

THE BIG DEBATE: THE FUTURE OF LAND USE



*What role can our rural
& urban communities
play in managing land
more sustainably?*

*And what can we learn
from the land use of the
past, that can help us
shape the future together?*

*In a nation
dominated by poor
quality upland soils
can mixed farming
and agroforestry feed
the population?*

*Is the push to cover
the landscape in solar
farms, wind farms
and carbon offset tree
plantation's the answer?*

*Should we all be
eating far less
meat and reducing
stocking levels to
meet local needs?*



PANEL: Ken Moon (*Chair*), Founder of Tir Pontypridd; Abi Reader (*NFU CYMRU Deputy President and farmer*; Carwyn Graves (*Author of TIR: The Story of the Welsh Landscape*); Simon Wright (*Food writer and broadcaster, owners of Wright's Food Emporium, Cams*).

Very few of us have access to considerable areas of land, yet land, and how we use it, is critical to our sustainability both now, and in the years ahead. But when it comes to the question of how we're all meant to live in Cymru sustainably we've barely touched the copa'r mynydd.

Saturday 2pm

SUNDAY / DYDD SUL

RACHEL KNOX



10am Sunday

A Cup of Tea and a slice of CEIC: *Building Circular Economy Innovation communities in Wales*

Come and discover our little slice of CEIC (circular economy innovation communities). Learn about circular economy, what it is (and isn't), why it's important and what you can do to be a part of it! Have a go at circular design! You might even want to join our fully funded course afterwards.

DR ELIZABETH CHADWICK



Sunday 11am

The Otter Archives: *a time machine into habitats past*

Head of the Cardiff University Otter Project (CUOP), Elizabeth Chadwick's research focuses on freshwater aquatic systems, particularly the Eurasian otter and British amphibians! Using the otter as a model species, she addresses fundamental questions about population biology and freshwater systems.

KATRINA NAOMI



12pm Sunday

Battery Rocks

Wild swimmer and poet Katrina Naomi shares her poetry and experience of swimming every day for a year in Battery Rocks, Cornwall! Her collection of poems is a thoughtful meditation on nature, risk, swimming and the sea; encountering a wide range of topics including issues of fear, strength, vulnerability, climate emergency and self realization.

SUNDAY / DYDD SUL

MARTIN HAWES



Sunday 1pm

Mushrooms Between The Trees

Martin is a keen enthusiast of all things fungi with 40 years experience in the field and loves sharing his fascination of how fungi profoundly interact with our lives. He hosts guided walks and talks through the forest, so make sure to check the programme timings and join along! See page 26 for info and timings about his walk!

ARE WE SLEEPWALKING INTO CLIMATE CHANGE? Sunday 2pm FILM AND DISCUSSION

'Sleepwalking into Climate Change?' is a compilation of 3 short films, which were largely filmed locally in Porthcawl (*Bridgend Borough*). It locates climate change in the places where we live, involves young people and aims to stimulate debate and action locally. The film engages *the public, a NRW scientist, a Bangor University academic, WWF Cymru, Community Energy Wales, Bro Ffestiniog Citizen's Assembly, Cenin Renewables, the 'Hi Tide' business and local politicians*. The series of films was produced by the charity *Sustainable Wales* and film company *Mud and Thunder*. Contact: Margaret Minhinick for further details. She can be found at the Sustainable Wales Stall this weekend or email mm@sustainablewales.org.uk



FILKIN'S DRIFT



Sunday 3pm

Dynamic duo Filkin's Drift present a riveting talk about their journey walking the Welsh coastline to combat sustainable gigging. This project known as CERDD//ED has all while been fundraising for Live Music Now and is currently being compiled into a book! Accompanied by their cameraman-come-social media manager Freddie Hodkin, this talk is not one to be missed.

PHIL COPE



Sunday 4pm

The Oldest Music

Phil Cope is a writer, photographer and poet, with a series of groundbreaking books published by Seren and Parthian on the oldest music, holy wells and sacred springs! Phil's talk will share some of his poems with us and maybe encourage some new ones to be written...

EVE GOODMAN



Sunday 5pm

Carried by a clear voice, Eve Goodman weaves in the natural world and the beauty surrounding her, with songs that are bound by themes of collective human experiences, and our relationship to the wildness within us! She is also performing at the Niche tent as duo Eve a Sera, make sure to catch both sets!

THE BRWMYS



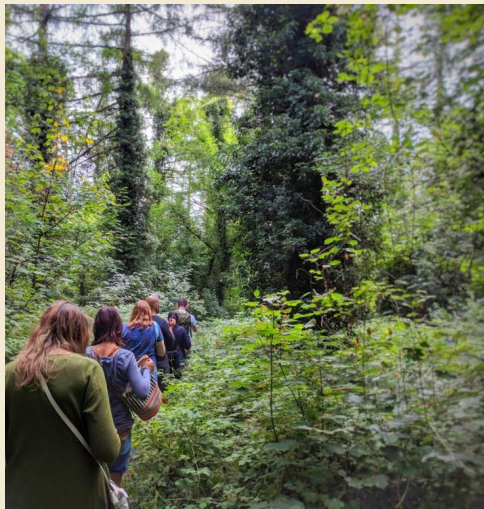
Friday, Saturday and Sunday 6pm

Twmpath Time

The Brwmys will be taking the stage every night from 6-7pm for a children and family dance & twmpath. What a fantastic way to blast out your pre-bed energy with movement, laughter and family fun!

WALKS/TEITHIAU BETWEEN THE TREES

Join the enthusiasts and experts on free foraging and mindful walks in the beautiful Candleston Woods. The festival area is adjacent to a Site of Special Scientific Interest (SSSI) and the Merthyr Mawr National Nature Reserve and is a haven for wildlife and rare plant and fungi species.



TOMMY CARR

Mindful Walking
a short sensory exploration between the trees

Tommy is a registered occupational therapist and mindfulness teacher. He is a teacher on Insight Timer with over 45 thousands plays of his guided practices. He started Mindful Walks in 2018 and recently completed a MA in Teaching Mindfulness at Bangor University.

Join Tommy Carr (MA Teaching Mindfulness) on a relaxed Mindful Walk at Between the Trees exploring your inner nature in nature through seven senses.

Sessions from the Forest Barn
2pm Friday,
10am and 2pm Saturday and Sunday

MARTIN HAWES



Fungi Talk and Walk

Martin Hawes is a keen enthusiast of all things fungi with 40 years experience in the field and love sharing my fascination of how fungi profoundly interact with our lives.

He is speaking in the Seren Barn on Sunday at 1pm and his forage walk starts from there afterwards at 2pm.

SAM KELLY



Foraging Walk

As well as a brilliant music, who has headlined BTT on a number of occasions with his band The Lost Boys, Sam is also a keen naturalist and enthusiastic forager. Join him on **Saturday** for fun, exploratory, foraging trip into the depth of Candleston Woods.

(Check the Forest barn notice board for time and sign-up sheet)

SYLVANIA

DANCE, DRAMA & CREATIVITY

DAWNS, DRAMA A CHREADIGRWYDD



Forest School with Dare Valley

Open from:
Friday 1pm
Saturday 10am
Sunday 10am

Join Sapphire and Mac from Dare Valley Forest School for lots of Forest School fun in the Sylvania area. Come along and engage in a range of child-led nature based activities and play opportunities that foster curiosity and confidence in the great outdoors!



Ballet Cymru

Saturday 2pm *Dance children's workshop at Sylvania*

Saturday 8.20pm *Dance Performance 'Daydreams and Jellybeans' at the Forest Stage*

Sunday 2pm *Workshop and Dance Performance at Sylvania*

Ballet Cymru is an inclusive and proudly Welsh professional ballet company, with a reputation for award-winning, innovative choreography performed by a diverse and hugely talented group of professional dancers from the UK and around the world. Would you like to perform in front of the main stage with Ballet Cymru? Make sure you join them for their Saturday workshop and learn the moves for their iconic Saturday evening "Daydreams and Jellybeans" performance in front of the Fforest Stage. Also make sure you join them in their creative dance workshops and matinee performance at Sylvania on Sunday!



Mini Movers

Friday 1pm

MiniMovers - activities for parents and children supporting motor skills, unlocking children's potential!

The workshop shows simple fun activities and games which support children's physical development. The team will explain why we should play the games and how the equipment and activities can be set up at the right level for children to progress and develop their skills and confidence in playful ways.



Art Play

Friday 2pm
Sunday 12pm

Free drop in sessions for all ages to experiment and get creative with chalks, paints, stencils and crayons.



Sylvania Pirates!

Friday 3pm
Saturday 1pm and 4pm
Sunday 12-2pm and 4pm

Join in the pirate fun with Master Matches Bowie Malone and Captain Maria Morgan. Can you walk the plank? Bringing the biggest bubbles, water pistols, Slip n' Slide, as well as ukulele playing, treasure hunts and games several times a day, Pirate Fun is where the fun is really at!



Lucie Hoops

Friday 3pm

Saturday 12pm and 3pm

Sunday 3pm

Learn how to hula-hoop with amazing talented spinning marvel Lucie.



**Culhwch and Olwen- Giants, Magic
boars and Talking Beasts,
with children's author Catherine Fisher**

Saturday 12pm

Join in on this talk with Catherine Fisher about the process of re-telling this ancient and exciting Mabinogion story. Catherine Fisher is a poet and author of fiction for children, twice winner of the Tir na n'Og prize and New York Times bestseller.



**Wild Wonders & Grateful Grins: Tales of
Connection and Appreciation
with Tracy Firth**

Saturday 3pm

Sunday 3pm

Hear wild and wonderful tales about talking trees and curious creatures with Tracy. Learn about kindness & being thankful for nature! Ages 5-11, but everyone is welcome!

Qwerin

Walk-about Performances



Charged with Joy, QWERIN (Q = Queer + GWERIN (welsh) = FOLK) is inspired by the weaving and flowing patterns of traditional Welsh folk-dancing, combined with the pulsating energy of Queer nightlife. They are back in fresh form this year, commenting on notions of Queerness and Welshness through a contemporary dance performance which celebrates culture, identity and community. Catch them on Saturday the 24th for captivating walk-about performances!

PENTRE PARAMAETHU

WELL-BEING & PERMACULTURE VILLAGE

THERAPISTS

'Pentre Paramaethu' (Pen-treh Para-my-thee) is Cymraeg for 'Permaculture Village', and it's here that you'll find talks, workshops and other activities covering a host of permaculture-related topics; you can also book in with one of our therapists on Wellbeing Way! At the core of permaculture are three ethics: Earth Care, People Care, and Fair Share. These ethics guide every decision and action within the permaculture framework. Want to know more? Check out what's in store!

Soul of The Earth

Massage & Sound Therapy

Soul of the Earth provides a safe place of flow, using integrated therapies and practices to embark on a beautiful and deeply transformational journey of self-discovery or simply taking time out and be.

Delphi Nile

Reiki & Chakra Balancing

Chakra and reiki therapist Delphi Nile explores all things energy and balance, mind and body, in a safe space to relax and focus.

Life Elevated

***Yoga, Sound Healing & Mindfulness
Meditation***

The Life Elevated brings knowledge and experience of these transformative practices to open the eyes, senses, body and mind to a balanced way of being.



Dakota Therapies

Massage & Sports Massage

Dakota Therapies provides an array of therapies. including Sports, Remedial and Holistic Massage, Indian Head Massage, Myofascial Release, Pregnancy Massage, Aromatherapy and Visceral Manipulation.

Greenman Healing Art

Chair Based Acupressure

Seated acupressure is a blend of Eastern energy medicine and Western massage which takes place on a specially adapted 'chair' while fully clothed. Pressure is applied to tight muscles in the neck and back, and a softer touch (Qi projection) meridian channels and acu-points.

Dobbie's Stones

SandStory Therapy®

SandStory Therapy® seamlessly combines sand, symbols, and narrative to facilitate a graceful journey between the conscious and unconscious, unveiling the innate wisdom within oneself. Suitable for adults and children.

Soul Shack

Aromatherapy, Massage & Energy Work

Fronted by Hannah Beetham, The Soul Shack offers holistic massage with Essential oils to ease your body, soothe your mind and give you a bit of space

TALKS & WORKSHOPS

Check Pentre notice board for times

Introduction to Permaculture

Thursday 2pm, Friday 4pm,
Saturday 1pm and Sunday 10am

Sandstory Workshop

Friday 1pm and Saturday 12pm

Ecotherapy Workshop

Friday 2pm and Sunday 3pm

Seed-saving Workshop

Saturday 3pm and Sunday 1pm

Herbal First Aid

Friday 5pm and Sunday 11am

Rhythms of Nature

Friday 6pm

Repair Cafe Workshop

Saturday 11am

Storytelling 'The Love Rites Show'

Saturday 2pm and Sunday 4pm

Pallets to Planters: Salvaging and re-purposing pallets

Saturday 3pm

Living Soil Workshop

Sunday 2pm

MEDITATION STATION

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

**THURSDAY /
DYDD IAU**

Hatha Yoga
2pm

Qigong
3pm

Move in
Nature
4pm

Yin Yoga
5pm

**FRIDAY /
DYDD GWENER**

Move in
Nature
1pm

Kids Yoga
2pm

Elemental
Meditation
3pm

Qigong
4pm

Embodimet
Yoga
5pm

SATURDAY / DYDD SADWRN

Vinyasa
Yoga
9am

Guided
Meditation
10am

Move in
Nature
11am

Kundalini
Yoga
12pm

Elemental
Meditation
1pm

Embodiment
Yoga
2pm

Qigong
3pm

SUNDAY / DYDD SUL

Vinyasa
Yoga
9am

Guided
Meditation
10am

Move in
Nature
11am

Yoga Nidra
12pm

Elemental
Meditation
1pm

Embodiment
Yoga
2pm

Qigong
3pm



WOOD-FIRED SAUNA
Book at Fforest Barn
(Group bookings available)

HUB-HYB

SELF, GWYDDONIAETH A NATUR
ART, SCIENCE & NATURE

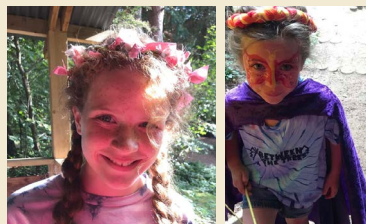
Daydreams and Jellybeans with Alex Wharton



Friday 2pm

Join Alex Wharton, Children's Laureate Wales and be transported by creative electricity, joy and mystery. Where poetry, rap and songs dance together as one. Combining his three collections of fizzy-dizzy words, this event seeks to connect us, transport us and inspire a love of playful, curious and imaginative language.

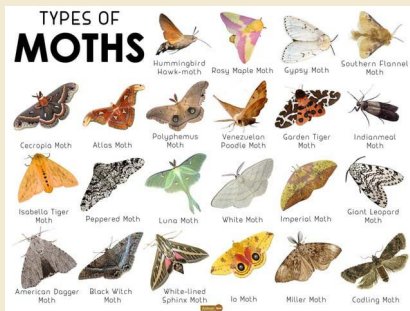
Upcycle Your Festival Wear with Rachel Knox



Friday 4pm

Back by popular demand. Join Rachel for another exciting, free session creating up-cycled, fun festival cloaks, magical wands and headresses. Let your imagination run riot. Suitable for all ages, with all materials supplied.

Moth Trapping with Andrea & Dot



Saturday and Sunday 9.30am

Andrea and Dot are the project officers for the High Brown Fritillary Project which aims to save the rarest butterfly in Wales which is now only found in the Vale of Glamorgan. Both Andrea and Dot want to encourage more people to understand and engage with the natural world and how we can all do our bit to help Wales's biodiversity!

We Are Nature Animism Costume Area



Come and get dressed up with Freya! Take a photo and tag #wearenature #BTT24

Open times: 1pm till 8pm

(near main stage, on the twmp, opposite the Fforest Barn)

Dive into a world in which nature comes to life and see the festival from a new perspective at the animism themed fancy dress area. Animism (from Latin: anima meaning 'breath, spirit, life') is the belief that objects, places, and creatures all possess a distinct spiritual essence.

Food Tasting with Simon Wright



Saturday 11am

Simon Wright has been running places to eat in Carmarthenshire for over 30 years and is currently the owner of Wright's Food Emporium Llanarthne with his wife Maryann. Simon has also had a career as a food writer, and broadcaster making radio and TV programmes for BBC Wales and Channel 4. Join him for an abundance of knowledge and of course, exploring your senses!

Moments of Joy with Jack Skivens



Saturday and Sunday 12pm

Illustration workshop exploring the small moments that make up joyful experiences

"I am Jack Skivens, a Welsh Illustrator working in water colours and inks. I love to tell stories through my illustrations. I take inspiration from the world around me. I love to explore the small moments around me including the animals and nature in these moments. I approach my work with joy and humour and hope that there is something for all to enjoy."

Great Textured Millipede with Victoria Ackers



Friday, Saturday and
Sunday 1pm

Come hither and worship the Great Textured Millipede, Lord of the Undergrowth!

Using various tools, foraged objects, and coloured clay slips; you will experiment with making textures and patterns into clay slabs. You will then add your contribution to the armature of the great beast, resulting in a collaborative sculpture that will be displayed for the rest of the festival.

Petra Project: *Storytelling & Creative Writing* with Mike Church and Tracy Wallbank



Saturday and Sunday 2pm

Petra Publishing has been delivering collaborative sessions in deprived areas of South Wales for over ten years, producing high quality children's picture books that have been celebrated in the Senedd, Hay Festival and elsewhere.

Over two thousand people have become published authors with Petra and they've written on topics as diverse as dementia, dangerous dogs and losing your temper. A recent book about wildfires, in collaboration with South Wales Fire Service, will go in every library in Wales.

Watercolour Illustration with Abi Eleri



Saturday and Sunday 4pm

Abi will be offering two watercolour workshops; one for 8 years + and one for 12 years +. In both workshops we will be exploring brush techniques, how to blend colour, the magical use of salt, and hopefully having lots of fun! The aim is to learn a little bit how the paint works in this medium, and hopefully create some beautiful pieces to serve as reminders of the festival.

Light Up! Lantern making with Lysbeth



Saturday and Sunday 5pm

In preparation for our Welsh Sunday headliners, we are making lanterns ready for Rusty Shackle's 'Lanterns' song from their latest album 'Under a Bloodshot Moon'.

(Please light up your creations safely with battery powered lights)

The Magical World in Water with Will Millard



Sunday 10am

Join adventurer Will Millard on an immersive exploration beneath the water's surface! In this workshop for children, you'll meet the stunning fish species of Wales, our alien-like water insects, jungle frogs, Amazonian catfish, and a fair few surprises in between! Will's latest kid's book *My First Day Fishing* will be available to buy.

Print Making with Will Valentine



Friday, Saturday
and Sunday 3pm

Fresh from his Masters, Will Valentine will be offering free print making workshops, where he will be using and talking about his naturally foraged botanical inks. Please sign up at the Hub Hyb as spaces are limited.

Gratitude Tree with Freya



Open times with Freya:
10am till 12pm but you
can visit it anytime

Over the course of the festival the gratitude tree will bloom into life, blossoming with all the things you as festival goers are grateful for. Spend time relaxing and absorbing the good vibes, or come along to one of the sessions in which I will help you make and hang your own gratitude tag.

MEET THE CREATIVES



Freya Aldred

Hello! I'm Freya, a second-year product design student at Cardiff Met with an interest in anything creative and nature based! In my spare time you'll find me exploring nature, upside down (at the circus) or making things. I believe our modern lives have pulled us away from nature and this is something really important to us; I hope to help others re-connect to nature with my art and activities at Between the Trees!



Victoria Ackers: a recent graduate and ceramic artist. I am fascinated by the small details and textures found in nature, recreating them in clay to express my curiosity towards the strange and unusual. Creepy crawlies, collecting bones, surreal dreams; if it's weird, then it's interesting!



Will Valentine

Will Valentine has just completed his MA Illustration and Animation at Cardiff Met University. Will's MA project built a localised creative archive of 40 unique foraged natural inks. Each ink has its own story, screen printed using the corresponding natural ink on his own handmade paper. The series of work focussed on the love and relationship he has with his family and extends the experiences and tells the stories of time spent together. You can sign up to join Will for a free print workshop in the Hub Hyb and also buy his prints and foraged inks.



HABITAT

**GET OUT OF YOUR HEAD
AND INTO YOUR HANDS!**

BLACK MOUNTAINS COLLEGE
www.blackmountainscollege.uk
Woodland Skills

GLAMORGAN CHARCOAL
glamorgancharcoal.etsy.com
Charcoal Making, fire making and forest school

THE COPPICE CO
www.thecoppiceco.com
Willow Weaving

DRYAD BUSHCRAFT
www.dryadbushcraft.co.uk
Bushcraft Skills

TOOLS FOR SELF RELIANCE CYMRU
www.tfsr.org
Blacksmithing, metalwork, woodwork, tool sharpening and tool sales

MELANIE MADE MUD
www.facebook.com/melaniemademud
Ceramic Artist- make your own pot

CRAFT TRADERS & ECO CHARITIES

RSPB
www.rspb.org.uk

Project SeaGrass
www.projectseagrass.org

Sustainable Wales
Sustainable products and clothes
www.sustainablewales.org.uk

Woodland Trust
www.woodlandtrust.org.uk

Yes Cymru
www.yes.cymru

9 Trees
<https://www.9trees.org/>



Phoenix Heart Homeware
www.phoenixheart.co.uk

Gweithdy Llwyd y Gwrych
(Dunnock Designs)
Wood Craft Products
www.instagram.com/dunnockdesign

ILO
Baby and kids organic clothing
www.iloclothing.co.uk

Foraged Earth
www.foragedearth.co.uk

Emporiwm y Bont
Textiles

Bamboo Bobbi
Unbleached, plastic-free, & carbon neutral, 100% bamboo toilet paper company
www.bamboobobbi.com

Seren Books
Book Publishers
www.serenbooks.com

JaCeri
Textiles

Abi Eleri
Watercolour artist
www.abieleri.com

Nigel Mason
Molten Fused Glass
www.moltenfusedglass.com

Bill Bennett-Clark
Spoon Crafter

Martin Lane
FAB DESIGN

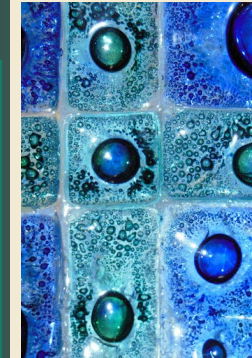
Khadi Soul
Ethically Sourced Clothing

Mama and Mimzi
Henna Art and Flower Crown Making

Bluebell Peak Designs
www.bluebellpeakdesigns.co.uk

Animal Paintings
Emily Burrup

MOLTEN FUSED GLASS



Molten Fused Glass is created at Nigel Mason's home workshop, which he shares with wife, and fellow glass artist, Joy Mason. Nigel works with a spontaneity, that makes each piece individual and unique. The rugged coastlines of Gower and Pembrokeshire are a source of great inspiration and his interest in tribal art, particularly Celtic and Aboriginal art, also comes through in his work. He also does an amazing job at organising the traders' area!

ILO CLOTHING- CHILDREN'S CLOTHING



At the heart of our brand is a desire for a more sustainable future, which is why we create clothing that you won't need to replace often, if ever – helping reduce textile waste. ILO clothing is inspired by the Scandinavian philosophy of childhood where play, comfort, environment, family and friends intertwine to nurture a wholesome child. Our clothes are gender neutral, because we believe comfy clothing and fun prints shouldn't be dictated by what gender a baby is born with.

BAMBOO BOBBI



Why do so many people make the switch to bamboo loo rolls? Switching to bamboo paper toilet products is an excellent way to make your bathroom routine more sustainable. Unlike traditional toilet paper, which is often made from virgin wood pulp, toilet paper from bamboo is derived from a renewable resource that grows rapidly and requires fewer resources to cultivate. Bamboo is naturally pest-resistant and doesn't require chemical fertilisers, making it a more environmentally friendly option. When choosing toilet tissue from bamboo, you're not only reducing your ecological footprint but also supporting a product that is biodegradable and less harmful to the planet.

Don't be caught short, visit Bamboo Bobbi!

KHADI SOUL



Ethically Sourced clothing by Deborah Dutton Hi I'm Debs, I travel to India every year for 4 months, designing, hand picking and creating beautiful Cotton block print and recycled sari clothing and other stock. I make sure I meet the makers, help to support 2 charities and ensure fair trade and equality.

PHIL—OSOPHY TENT **YOUR CHANCE TO SHINE!**

Open Choir: *Singing Between The Trees*



Saturday and Sunday 10am

Back for the 5th year running Linda Lee is joined by enthusiastic festival regular, Imogen. Come and join for an uplifting hour of singing each morning, learning songs by ear and layering them with harmonious melodies. Including the wonderful old Welsh song: Bells of Rhymney. If you're up for it, join in on a group performance in front of the crowd in the main arena on Sunday afternoon too!

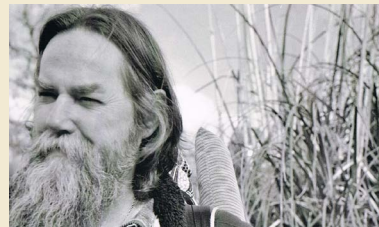
Open Mic Sessions *Sesiynau Meic Agored*



Friday 2pm Saturday and Sunday 12pm

Our Open Mic sessions have been a great success, always packed to the brim of musicians, poets and storytellers with listeners spiraling outside of the tent! If you fancy joining in on these sessions, you may also have an opportunity to perform on our second stage, The Niche, on Sunday afternoon where we schedule "Unearthed" or "best of the open mic sessions"! Hosted by fantastic Welsh singer-songwriter BLINO who will also be performing on Friday afternoon at the Niche, go check him out!

MY MUSIC, Nigel Mason



Saturday and Sunday 4pm

A Journey through music starting 40,000 years ago and finishing in 2024. Exploring some ancient and modern cultures, stories and myths relating to music and instruments. I will be playing various instruments, didgeridoo, Lakota love flutes, temple drone flutes, fujara, koncovka, jaws harps, Irish whistles, pibgorn, bodhran, bones, singing bowls, as well as others I may bring along with me. You will be asked to think about what music means to you as well as what listening to music invokes within you. No one will be made to talk as often listening brings its own meaning to the individual.

The Phil-Osophy Machine

**Friday 4pm
Saturday & Sunday 2pm**

"Our lives in the modern world are increasingly defined by our relationships with technology. Any question we want answered can simply be typed into a device and an answer immediately provided. But what if a machine asked you the deepest questions of being human?"

The Philosophy machine is an interactive art project which aims to flip the picture and make us think about what really matters to us as people." If you want to take 5 out of the festival then join Stephen Simmonds in the relaxing atmosphere of the Phil-osophy Tent for some reflective discussion and thought on what it is to be human.

The 'Wild-Philosopher': *A tribute to Phil Wyman, Wanderer, Writer, Musician & Festival Troubler*



Once met, never forgotten.. Phil first came to Wales from the USA about 15 years ago and fell in love with Cymru, its language, culture, history and people. He was such an inspirational team member of the Between The Trees family and in his words "coming to Between The Trees, was like coming home".

This year we have renamed the Cwtch tent, the PHIL-osophy Tent in his memory. Things to look out for in this cosy hidden space will be Steve Simmonds' "Philosophy Machine", the open mic (which Phil used to host) and the Between The Trees Open Choir. How Phil

would have loved a tent dedicated to "Wild Philosophy", it was his passion! He often said "Life is complex and so are we!".

Phil has written many books and his most recent publication is entitled "Love Big or Go Home". It's an interesting, as well as a humorous, read about Phil's life as he travelled around America, Wales, Cornwall, England and Europe visiting festivals, nomadic camps, the Rubber Tramps and the Gypsy and Roma communities. In it, he describes spontaneous encounters with various characters (including me) he meets along his meandering journey in Priscilla (his faithful Winnebago). In the book, he challenges our conformity to materialism and advocates for a simpler, nomadic way of life. He particularly questions the structure and attitudes of formalised religion and proposes a radical approach to Christianity, which is more accepting of other faiths and beliefs. He empathises the "power of hospitality, community, myths and fables" and encourages us to nurture equality and a sense of togetherness. This is why he loved festivals.

They are the places where magic and the unexpected happen. They bring people together, into a space outside of their daily routine, away from the influences of the "Almighty Dollar," where one becomes a part of something much bigger than ourselves.

Phil, rydyn ni'n colli chi (we miss you).

Fresh Rootz



Vegetarian and vegan world street food

The Greedy Pig



Burgers & Fries: locally sourced top quality produce

Captain Brown's Pizza



Quality wood-fired pizza

Ice Green



Handmade vegan gelato

Isabel's Bakehouse



Sweet and savoury crepes

Bibby's Beans



Serving delicious coffees from their classic VW

Tipsy Owl



Authentic cocktail and gin bar

Bragdy Twt Lol



Welsh micro-brewery producing some of the best real ale in Wales

Lahmacun



Arabic flatbreads and fire food!

SCAVENGER HUNT!

Find these 5 items in the woods. Head to the merch office with your items and claim a prize.

A PINE CONE

AN OAK LEAF

A STICK SMALLER THAN YOUR THUMB

SOMETHING YOU CAN MAKE A SOUND WITH

SOMETHING PERFECTLY ROUND

Make sure these items are naturally found on the floor, but most importantly, *don't touch anything you're unsure about!*

RETURN TO MY TREES

"dod yn ôl at fy nghoed" is a Welsh phrase which means "to return to a balanced state of mind", but the literal translation is "to return to my trees".

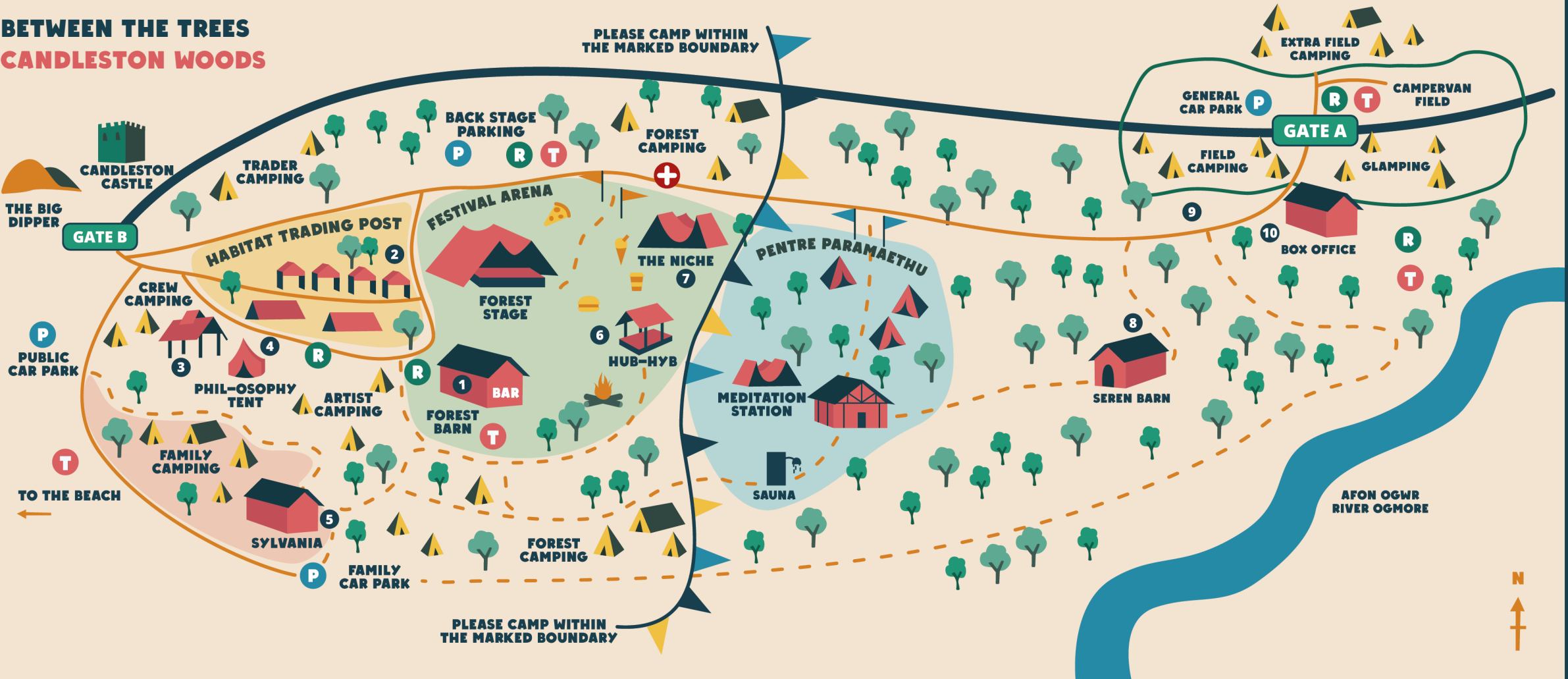
Make sure you don't miss the super early bird ticket pre-release date by signing up to our email database. We will also send you monthly updates on our all-year round BTT sessions hosted in Pontypridd live venues and cool stuff about nature. Scan the QR code below to sign up!



Share your memories of BTT24 with us! We'd love to see your photos and videos. Please post on social media and tag

#BTT24 #wearenature

BETWEEN THE TREES
CANDLESTON WOODS



MAP KEY

MEDICAL TENT	ROAD
RECYCLE POINT	VEHICLE TRACK
TOILETS	PATHWAYS
PARKING	HEDGE
ORIENTEERING POINT	

FIND YOUR WAY
ORIENTEERING CHALLENGE

- Collect an orienteering card from the Merch Stand then set off discover the numbered locations shown on the map.
- When you get to the location look for an orange orienteering clip and use it to punch your card.
- Once you've finished return the card to the box office and claim your prize!

DOCUMENT PRINTED BY ABBEY BOOK BINDING AND PRINTERS CARDIFF
PROGRAMME DESIGNED BY HANNAH STYLES
ARTWORK AND BRANDING BY MEG COX
WEBSITE BY GUWII



Ariennir yn Rhannol gan
Lywodraeth Cymru
Part Funded by
Welsh Government

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